



Full Access

Creating opportunities for people with developmental disabilities

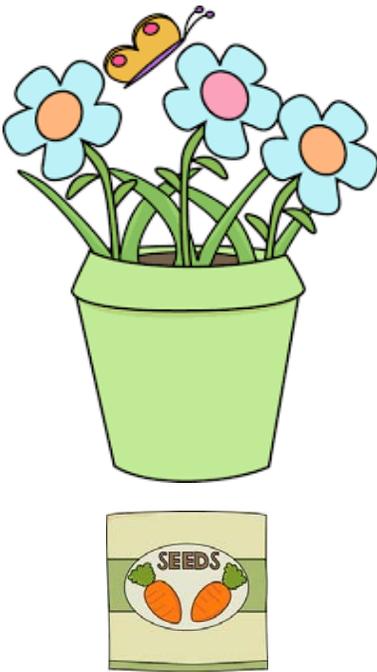
Newsletter

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Three-time Oregon Business Magazine Award Winner for best medium-sized nonprofit to work for in the state! and Two-time Alfred P. Sloan Award Winner

Spring has Sprung!



The weather is warmer and the days are getting longer, and that means more time to explore the beautiful state we live in. The Eugene Saturday Market doesn't start back up until April, but the Winter Farmer's market is happening in downtown Eugene now. Eugene's Winter Farmer's market operates on Saturdays from 10am to 2pm on 8th and Oak Street, rain or shine. They accept Oregon Trail and EBT, as well as cash, credit or debit cards.

The Springfield Farmer's Market happens year round in the Sprout building on 418 A Street in Springfield. If you would to get some great food from people who grow it close stop by and enjoy! Springfield's Farmer's market operates on Fridays, from 3pm to 7pm. They offer a program where any participant in SNAP (Supplemental Nutrition Assistance Program) is matched financially. For every \$2 in SNAP spent, they match \$1. This offer extends where they will offer up to a \$5 match. They also accept cash, credit and debit cards.

Inside this issue:

Client Spotlight	2
Recipe	2
Staff Spotlight	3
Provider Spotlight	4
Health Action Tip	5

If you're looking to get out and do some further exploring of seasonal activities in the area, the Gray Whale migration from Baja California, Mexico up to Alaska begins in Late March and continues until June. It's estimated that 18,000 gray whales pass close to the Oregon Coast during this time. If you're wanting to stay inside the valley, there's the Junction City Daffodil Festival held the third weekend in March every year, admission is free and it's held rain or shine.



Client Spotlight

Meet Anna!

Anna Howell has been with Full Access for 4 years this month and has achieved a great deal of growth during this time. It was not easy for her to learn how to live independently in her own apartment, but with the support of her family and providers Anna is becoming more independent every day.



Anna loves being around people and is a great listener. She has put her skills to use with her volunteer work. Anna first started volunteering at First Baptist Church in 2014 and has become indispensable. Staff at the church are always so glad to see Anna with her big smile and positive attitude. Anna also volunteers at the Dove Clinic where her willingness to take on any task has made her a valued member of the team.



When Anna is not volunteering, she is buzzing around town in her chair with her providers, enjoying life and sharing her sunny personality.



Recipe

Quick & Easy Fudge

Ingredients:

- 18 oz. dark chocolate (do not use milk chocolate)
- 1 (14 oz.) can sweetened condensed milk
- 1/3 cup unsalted butter
- 1/2 teaspoon vanilla



- Grease an 8 inch square cake pan or line it with parchment or waxed paper.
- In a large saucepan over low heat, melt together the chocolate, sweetened condensed milk, and butter, stirring frequently. Do not boil.
- Remove the pan from the heat and mix in the vanilla. You can also add things like nuts, marshmallows, or chocolate chips at this point.
- Pour the mixture into the cake pan and refrigerate until it is set up. After the fudge has hardened, remove it from the cake pan and cut into squares. Store in a sealed container in the fridge.

Staff Spotlight

Please join us in welcoming Mike Shugrue, our new program supervisor. Mike joined our team last December after working with one of our clients as a personal support worker.

Originally from Massachusetts, Mike also lived in Vermont and Rhode Island before moving with his wife and son to Eugene, his wife's home town, in 2014. Mike has taken seven cross country road trips to explore the United States, even though his very first one started off with a broken down car before he and his friend even got to the first state line.



Mike has a degree in Psychology from Worcester State University. He has worked as a Coordinator in Adult and Child and Family Services in Rhode Island and as a Job Developer here in Eugene. Mike has a great passion for building community connections. He has several inspirational stories of creating groups and events by bringing people together around a common cause. Through his efforts, kids with disabilities have gotten to soar up in the trees in a summer camp and bring stories to life in theater, among other things.

During his down time, Mike enjoys spending time with his family and being outdoors, hiking, camping and kayaking.

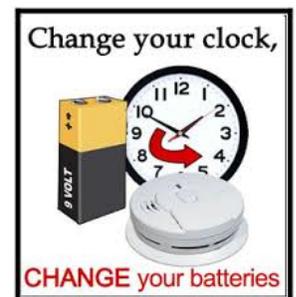
Welcome to the team Mike!



Spring Forward March 13th/Change Smoke Detector Batteries

To kick off Daylight Savings Time, clocks “spring forward” Sunday, March 13th at 2am. Before going to bed be sure to change all of your clocks to reflect the time change. NFPA (National Fire Protection Association) wants to remind you that this might also be a good time to change the batteries in all of your home's smoke alarms and carbon monoxide detectors.

To stay safe, replacing batteries in all smoke alarms should be done at least once a year, but changing them while changing all of your clocks serves as a great reminder. In addition, smoke alarms should be tested once a month and if an alarm “chirps”, warning the battery is low, replace the battery right away.



Provider Spotlight

Albert Roy, known in the karate community as ‘Sensei Albert’, shares his experiences bringing Martial Arts to the disability community...

I recently began teaching private karate lessons to Full Access client, Garth. I am happy to work with new clients, and always look forward to meeting potential students whom I may be able to help in the future.

I started karate at age 10 and earned my black belt at age 16. I then taught about 8 years for my instructor, before moving to Eugene to open my own dojo (karate school) in 1992. My educational background includes: a BS in School Health Education, a BA in Physical Education and a MS in Effective Teaching Methodologies. During my graduate work, I spent most of my time in the Psychology and Special Education Departments of Central Washington University, as this was where the professors actually knew how to teach. For my thesis, I wrote a manual of effective teaching for karate instructors.



Opening up my own dojo was my laboratory experiment – I wanted to prove my theories. I grew the largest homeschooling karate program in the United States, with over 125 kids and adults, along with our regular afterschool students (another 125) and community center programs.



Throughout the years, I have worked with many students with Autism, ADD, ADHD and aspy. Some even making it to brown and black belt! Garth is now on the journey many others have been on before him: teaching me to teach him. When I wrote my thesis, it started with a quote from a French philosopher who really impacted my educational philosophy. He said “there are no learning disabilities, only teaching disabilities”. I am so excited Garth is in my life to help me become a better teacher and person. I hope, that by sharing my knowledge of karate, I can return the favor by helping him reach his goals. Garth brings a great deal of enthusiasm and energy to his lessons and also practices outside of class, which is the surefire way to success in any endeavor.

Lunch with Our New Director April Wick

Come to the Full Access office on Tuesday, March 22nd from 12 - 1:30 pm for lunch with April! This lunch will be for Personal Support Workers only and seating is limited to the first 12 who sign up. April is interested in hearing from you! She wants to know your thoughts on anything from improvements to Full Access, to fun activities we could do! Pizza and beverages provided. Call (541) 284-5070 by March 18th to reserve your seat!



Health Action Tip - Tips for Achieving Peace of Mind

- **Deep Breathing**

Have you ever found yourself taking a deep breath in the midst of a stressful situation? When you did, you probably felt a momentary relief. An excellent relaxation technique referred to as deep breathing simply extends that activity to about a five minute experience. All you have to do is sit up straight with your eyes closed and your hand on your stomach. Inhale through your nose and allow yourself to focus on your breath moving from your stomach to your head. Reverse the process as you exhale through your mouth. This technique slows your heart rate and distracts your thoughts from whatever is causing you stress.



- **Journal Writing**

Many people find journals to be an excellent relaxation activity. Expressive writing, stream of consciousness writing, dialogues and gratitude journals are just a few of the types of journal writing that work well as a relaxation technique.



- **Laughter**

How long has it been since you had a really good laugh? Laughter is emotionally therapeutic. As you strive to achieve a balance between work and fun, schedule a specific time to watch a hilarious movie or reruns of humorous television shows. Visit a comedy club. Read a book that makes you laugh until tears roll down your cheek. You might be amazed at how relaxed you feel after some serious laughing.



- **Get Moving**

Exercise and music combine well to create a relaxation technique that anyone can engage in daily. Upbeat music is great to exercise or dance to. That activity is definitely a great way to relieve stress, clear your mind and simply have fun. Calming music or listening to nature sounds can also soothe your mind. Whether you take a walk or get involved in a more strenuous exercise routine, purposeful moving can be beneficial to your mind and body.



You owe it to yourself to create a balance between the amount of time you dedicate to work and the amount of time you reserve for relaxation and fun. Setting aside some time each day for solitary relaxation activities will have mental, emotional and physical benefits. Experiment with a variety of techniques to discover the ones that are most relaxing for you.





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Happy Birthday to:



Amy S
BJ C
Christy W
Daniel H
Darlan W

David F
David I
Jacob P
Jeremy Z
Kelly B

Kerry K
Kyle B
Lisa M
Mitchell B
Molly H

Paul C
Phyllis P
Rachael G
Renee S
Sara I



And to anyone we may have missed!!