



Full Access Brokerage

Assisting Individuals with Developmental Disabilities to Pursue a Quality of Life That is Consistent With Their Preferences and Choices.

VOLUME 8, ISSUE 4

APRIL 2009



Watch for the FAB commercial at the movies this year!

Eugene & Bend movie theaters will show a specially designed Sprout commercial prior to every movie in Lane & Deschutes County theaters.

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FAB Invites You to Sprout Film Festival 2009

The Sprout Film Festival will be held in both Bend and Eugene again this year. All the films feature talented actors, writers and producers with developmental disabilities. To find out more about Sprout, go to their website at <http://gosprout.org> or visit the FAB website at <http://fullaccess.org>

Thursday, May 14, 2009

LCC - Main Campus, Bldg 19 Room 104

Eugene

Matinée (12:30pm): \$5

Reception & Films (5:30pm): \$30

Evening Films (7pm): \$10

Friday, May 15, 2009

Tower Theater

Bend

Matinée (11:30am): \$6

Pre-show & Films (5pm): \$25

Evening Films (7pm): \$9

Ticket Purchases:

For the Eugene event, go to the FAB website at <http://fullaccess.org>

For the Bend event, go to the Tower website at <http://www.towertheatre.org>

Matinee

During the afternoon matinee in Eugene, we will announce the winners of the SFF High School Photo Competition, "The Face of Humanity." The photo competition is for high school students between the ages of 16-22. If you are between the ages of 16-22 and interested in the competition call Helen at (541) 284-5070 and she will let you know the specifics about how to enter your photograph.

Evening reception, silent auction and films

Both locations will start the evening with a pre-show event featuring a silent auction, appetizers and a no-host bar.

Watch for the FAB commercial on television and at the movies this year!

Some Eugene and Bend movie theaters will show a specially designed Sprout commercial prior to movies in Lane and Deschutes County Regal & Cinemark theaters. The Bijou theater will also feature a Sprout announcement. KVAL TV has offered an opportunity to feature FAB and Sprout during commercial airtime two weeks before, too!

Client Spotlight



David's father worked in refrigeration and air conditioning for supermarkets and as a result David traveled around the country, living in Wisconsin, California, Arizona and Washington. David settled in Eugene in 1962 and stayed ever since.

David worked for 43 years and retired in 2007 after 21 years of service to Datalogic, where he did recycling, straightened selves, and deliveries. According to David, the best part of retirement is "being able to sleep in and doing things I was unable to do before."

Now David spends time completing projects around his apartment, going to the show with his friends, and participating in Willamette Cascade Model Railroad Club. David is still working on goals for his retirement but has considered volunteering at a Railroad station because he "likes everything about trains."

David wants people to know that he is a happy, friendly guy, who enjoys his independence and his rights. David feels it is very important to have rights and "the most important right is to have friends."

Staff Spotlight - Nancy Hafner



Nancy Hafner, a Personal Agent with FAB since April 2005, has lived in Oregon since 1997. Nancy was born in Illinois and spent part of her childhood there and in California. She has a degree in Social Science and International Business from California State University Los Angeles plus graduate work in geography from Cal State Northridge.

Before joining the FAB crew, Nancy worked at Womenspace as the Volunteer Program and Crisis Line Manager. This was a crucial time professionally as she became involved in educating and training individuals who either wanted to work with people being affected by intimate partner violence or those experiencing it. She also did public education and outreach to the community at large. This has carried over to her work at FAB as Nancy is one of the authors of *Please Listen, A Guide to Case Management and Working with Survivors of Intimate Partner Violence*. She is also involved with other groups that are working to address violence against individuals with disabilities.

Nancy enjoys her interaction with the clients and their families, watching people strive to meet the goals they have set and working in an office with a wonderful group of professionals. She is pleased to be a part of FAB and believes that the brokerage provides the most important tools for living – the ability to be self-determining and supported in the process.

In her spare time, Nancy enjoys hiking, crafts, gardening, travel and spending time with family, friends and an assortment of pets. By the way, some people even call her the Turkey Lady which gives you a clue as to some of her pets.

Recipe - Easy Family Style Meatloaf from Gourmet Magazine

Ingredients

2 cups fresh cut breadcrumbs	2 tablespoons prepared horseradish
¾ cup finely chopped onion	2 ½ teaspoons salt
¼ cup finely chopped green pepper	Pepper to taste
½ cup sliced mushrooms	1 teaspoon Dijon mustard (or regular mustard)
2 eggs, beaten	¼ cup milk
1 pound ground hamburger	¾ cup ketchup
1 pound ground pork	3 slices bacon



Directions

Preheat oven to 400 degrees
Grease a 9x5 baking loaf pan

In a large bowl thoroughly combine all the ingredients except ½ cup ketchup and bacon.
Gently shape meat mixture into baking loaf pan.
Place the bacon on top of the meat mixture so it covers the loaf.
Brush the remaining ketchup on top of the loaf.
Bake for 50 minutes, cool for 15 minutes.
Remove from pan and slice loaf.

Serves 4 - 6

Provider Spotlight - Supported Employment Services (SES)

SES, Inc is a locally owned business offering Employment Services, Independent/Supported Living Services and Brokerage Services to people with disabilities. They have provided Comprehensive Services through Community Partners since 1991 and have provided services to FAB clients since 2004.

SES, Inc is certified by the State of Oregon, Vocational Rehabilitation Division, Worker's Compensation Division and the Mental Health and Developmental Disabilities Services Division.

All offered services are customized to match the preferences, interests, skills, abilities and choices of each customer. The staff at SES, Inc are trained professionals who are guided by the values of self-determination, inclusion, customer service, and the inherent value of work as a positive outcome for all.

SES, Inc Mission: "to secure paid jobs, teach life skills, facilitate independence for people with disabilities and interdependence with their communities."

FAB greatly appreciates the services SES, Inc has provided to our clients.

Trainings

Legislative Briefings at the Capitol

The Oregon DD Coalition is sponsoring a series of Legislative Briefings at the Capitol in Salem.

These 2 hour interactive sessions will provide participants with information on key issues, answer questions and share strategies on how to increase the voice of people with developmental disabilities in this critical time.

Bring your questions, mark your calendar and come to Salem!

- Thursday, April 23, 2009 Room 350; 9:30am - 11:30am
- Thursday, May 21, 2009 Room 350; 9:30am - 11:30am

Oregon Training on Direct Support

This series of trainings is targeted to direct support providers and related professionals who support individuals with developmental disabilities. The purpose of the series is to motivate, instruct, network, problem-solve and share best practice.

The next session, Quality Supports = Quality Services, presented by Debra McLean is April 30, 8:30am - 12:30pm.

For more information, go to the Direct Supports website at <http://www.directsupports.com>



Health Action Tip

Caregivers often provide emotional as well as physical support. Caregiver stress levels can run very high and there is a real danger of the caregiver also becoming ill if they do not take care of themselves.

- **Take time for yourself**
 - * You should try to take some time for yourself every day. That doesn't mean you need to watch a 3 hour movie; sometimes a hot bath is enough, as long as you have some respite from the day where the only person you are focused on is you.
- **Get some exercise**
 - * Physical activity often gets neglected when caregiving. Finding time to exercise, even for just twenty minutes a day, can help you maintain your physical health.
- **Eat healthy**
 - * When people are busy they tend to eat more fast food and junk food, or to skip meals entirely. However, even a little effort can improve your eating habits dramatically.



Events

Weekly Run/Walk

Now through October 14, 2009

Time: 5:30pm

www.nike.com

Location: Nike Store Eugene

Phone: (541) 686-3141

Admission: Free

Participate in a 3, 5 or 7 mile run/walk along the Willamette River path. All skill levels are welcome. Refreshments afterward.

Changing Demographics: The People of Lane County

Now through December 31, 2009

Time: Tue - Sat, 10am - 4pm

www.lanecountyhistoricalsociety.org

Location: Lane County Historical Society

Phone: (541) 682-4242

Admission: \$3, \$2 seniors

Stories of people who have come to make Oregon their home. Included are stories of Latino roots, Native American families, the PingYang School tragedy and many others.

60 Years of Fashion, 1888 - 1948

Now through May 22, 2009

Time: Tues-Fri, 10am-1pm; Sat/Sun, 1pm-4pm

www.smjhouse.org

Location: Shelton-McMurphey-Johnson House

Phone: (541) 484-0808

Admission: \$5, \$2 kids 12 & younger

Fashion exhibit featuring men and women's items from the extensive collection of the Shelton-McMurphey-Johnson House.

JELL-O Art Show

April 4, 2009

Time: Saturday, 5 - 8pm

www.mkartcenter.org

Location: Maude Kerns Art Center

Phone: (541) 345-1571

Admission: Free

This year's 21st annual show includes the work of local artists, crafters and competitive community members using the medium of JELL-O.

Health Action Tip continued

- **Learn how to manage stress**

- * Learning how to manage stress can be difficult, but it can make all the difference for your own health. Stay in touch with your friends and family members. If you need to, ask them for help giving care. Asking for help doesn't make you a failure; it just means you know your own limits.

- **Find caregiver resources in your area**

- * Finding support is critical to sustaining yourself as a caregiver. Sharing your experiences with others in a similar situation, or hearing how other people deal with the same challenges that you face can help you gain perspective.



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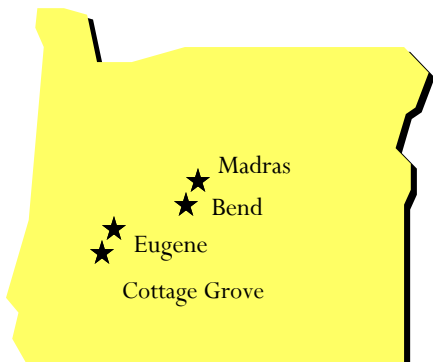
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*Assisting Individuals with
Developmental Disabilities to
Pursue a Quality of Life that
is Consistent with Their
Preferences and Choices.*



Happy Birthday to:



Adam P	Deborah H	Jamie C	Michael K	Ryan L
Angela S	Dee H	Jannel L	Mindy P	Sean E
Cathy T	Elaine U	Jason R	Mitch E	Shari B
Christopher J	Gary B	Jessica J	Nicole P	Shirley E
Christy R	Hazel S	Jessica P	Rachel L	Skippur S
Craig N	Izzy F	Judith J	Rebecca R	Tenesha H
Daniel C	James Henry D	Mark A	Rhonda E	Walter L
David W		Michael H		Wanda D

And to anyone we may have missed.

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