



# Newsflash

VOLUME 15, ISSUE 5

MAY 2016

**Creating opportunities for people with developmental disabilities**

**Three-time Oregon Business Magazine Award Winner for best medium-sized nonprofit to work for in the state! and**

## New Beginnings

The sun has been shining bright, enticing people to leave their homes to breathe in the fresh air and inhale the sweet scents of spring. With the beautiful weather, the world is full of new beginnings. Apple blossoms are opening to the bees who help bring about fruit in the fall, sidewalks are blanketed with the petals of pink dogwood, and front yards everywhere are blooming with colorful gardens. It is a perfect time to pull out of the slump of cold, rainy days and start getting ready for an active summer!

Healthy habits can be developed anytime throughout the year, but there's nothing like the motivation of sunshine to kick off some healthy goals. Eating healthy and getting enough exercise is essential to a healthy body, but with rain keeping many people indoors and holidays filling bellies with treats, many people have difficulty maintaining their healthy goals through the coldest months of the year. May is the perfect time to "spring" back into action. Eating healthy gets easier in the spring, with the abundance of fresh spring greens and other seasonal vegetables. Many seasonal foods are starting to become available at the Saturday market, Springfield Farmers market, and farm stands around Lane County. Eating seasonally can be beneficial in many ways. Not only does it bring you fresh, local food from your community, it also introduces you to new foods you may not otherwise try and supports the livelihood of local farmers.

Another excellent habit to form, as the weather brings people outdoors, is to use this time outside to get some exercise. There is a wonderful network of paths along the river for biking and walking, and many people enjoy joining local tree and rock climbing groups that take people outside to safely learn climbing skills. There are several beautiful hiking spots in the local area, including Mount Pisgah, Spencer Butte, and Fern Ridge Wildlife Reserve. Whatever you choose to do, whether it's biking, hiking, or strolling along the river, remember to keep your body moving and have fun!

**SPROUT FILM FESTIVAL**

Join us at Wildish Community Theater on Tuesday, May 10, 2016  
for an evening of short films by and about people with intellectual & developmental disabilities.

**Matinee**  
10:00 - 11:00am

Brought to you  by Making Magic Tours, Umpqua Bank & Full Access Board of Directors

**Evening Films**  
6:30 - 8:30pm

\$10 - In Advance    \$15 - At the Door

**Win a Disneyland vacation!**  
Raffle tickets on sale now

 1 ticket for \$5  
5 tickets for \$20  
15 tickets for \$50

For tickets, or to reserve your matinee seat, visit us at [fullaccess.org/events](http://fullaccess.org/events)

# Happy Birthday to:



Ann M  
Ashley C  
Debbie M  
Evica M  
Gary H  
Gib D



Hannah F  
Jared M  
Jesse D  
Joi L  
Josh F



Julie S  
Justin C  
Mari A  
Michael D  
Rachael R



Ryan C  
Sara K  
Scott W  
Tiffany C  
Tim N  
Tina C



And to anyone we may have missed!!

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