

Newsletter

VOLUME 12, ISSUE 6

JUNE, 2013



Oregon Business Magazine Award Winner
for best medium-sized nonprofit
to work for in the state!
2010, 2011 & 2012
and
Alfred P. Sloan Award Winner 2011 & 2012

Full Access and NextStep Have Joined Forces!

Full Access is excited to announce that we are now partnering with NextStep recycling. Founded in Eugene in 1999 by Lorraine Kerwood out of her garage, NextStep has grown since that time into 2 separate spaces where they are able to carry out their mission in our community. NextStep provides technology and training directly to children and adults who might otherwise not have access to technology.



NextStep provides computers to individuals in the community through two avenues. The first way to obtain a refurbished desktop computer is to volunteer at NextStep for 60 hours or more. Now that Full Access and NextStep have become community partners, there is a second option that allows people we serve to be referred directly to NextStep. They will support you in obtaining a complete desktop computer that is internet ready with Microsoft Office Professional and Windows 7 capabilities. If you're interested in learning how to volunteer with NextStep or you would like to be referred to them please contact your Personal Agent for more information.



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NextStep provides valuable resources to our community through their retail store and warehouse, where you can access training in multiple areas such as dismantling computers, learning what is refurbishable vs. recyclable and what happens to recycling waste also known as "E waste". They also provide free basic computer classes where they support community members to become more independent on technology.

NextStep might be a great place to volunteer and learn more if you're looking for refurbished electronics such as TV's, phone's, computers and printers. The next time to you think of throwing away that old printer, computer, phone or other electronic device please consider instead donating it to NextStep Recycling! What you donate today can help a child, family or adult have access to technology tomorrow.



Client Spotlight

Deborah McClure has been with Full Access since we opened in 2002. In that time, she has had several accomplishments and made new connections. Over the past few years, Deborah gained ownership of her own home, had a few jobs in the community, and she continues to increase her education by attending LCC. Deborah and her partner had a commitment ceremony, she has reconnected with her adult son and she has become a strong self advocate.



Deborah has realized that her dreams and goals are truly self-directed. When she wants something to change, she shares that goal and will work with whoever she needs to make it happen. This can be for things as simple as working with her family to get their daily needs met, to talking with her Personal Agent to make changes to her support plan to reflect the needs and goals she wants to work towards in her life.

Deborah has also become interested in taking her advocacy to local government and to Salem whenever she has the opportunity. She does a fantastic job sharing what is important to her personally, but also sharing how important services are for all individuals.

Congratulations Deborah on showing us how self-direction really works and how successful it can be!

Staff Spotlight

This month instead of shining the spotlight on just one staff member, we are shining the light on the entire team. We are a fabulous mix of 36 individuals ranging in age from being twenty-something to being close to the countdown to retirement.

Our team is a blend of our front line admin staff plus a couple of clerks, our very busy personal agents, the more behind the scenes finance department and leading us all is our excellent management team. Of this mix of 36 employees, 5 of them have been with us since 2002, the year we opened our doors. More than half of our current employees were hired during our first 5 years of operation. That equates to a happy well-managed team.

During our 11 years we have had 7 marriages, had 8 babies born (with 2 more on the way), 1 retirement, a few higher education graduations and supported our teammates through the loss of loved ones. Within those 11 years we have watched our staff's babies and young children grow to be amazing teenagers and young adults. We have actually watched them go from preschool to driving.

We have watched our staff members grow and mature in their job duties. Some have created and fostered new community relationships and partnerships. We have proudly watched and been part of many client success stories. So if you want to see some wonderful people doing amazing work, just follow that spotlight. It is shining brightly on our team!

Provider Spotlight

When we called Patrick and asked if we could write about him for our newsletter his reply was, “Nah. This is just what I do.” We laughed and then he graciously relented. Patrick has been a Personal Support Worker for Full Access since 2006. His story begins back in the 1980’s in the San Francisco Bay Area.



Patrick’s place of employment at that time subcontracted with a janitorial crew that hired adults with developmental disabilities. One guy was wearing a Hulk Hogan t-shirt and Patrick realized they shared a common interest in WrestleMania. They laughed and joked about The Hulk and became friends. Through this friendship, something “just clicked” for Patrick. He knew at that time that he had found his calling and began volunteering his time.

Once in Deschutes County, Patrick started working with J bar J and the correctional services for youth. He put in many years of good service and enjoyed his work. One day someone mentioned working with adults with DD/IDD and his interest was once again sparked. For a while, he worked both jobs and finally the time came when he chose to follow his heart.

Now Patrick is contracted by Cascade Community Development to provide support to Kearney Ave Apartments, Norton Ave Apartments and the Kearney 2 project. He also works 1:1 with clients as a PSW through Full Access. Patrick takes great pride in the relationships he develops and the people he supports. Kearney 2 was recently visited by the Governor’s office to view as a model for Veterans Services. All the housing programs that Patrick supports have been successful in fostering an independent lifestyle. “You have to come from the heart first to do this job well” Patrick explained.

When asked about his future Patrick replies, “My future is here. I will retire doing this work.” And those whose life he touches are fortunate that he followed his calling all those years ago. We are all fortunate that he followed his heart.

Trainings

Medication Safety: June 14th, 10:00am-1:00pm in Eugene at the Phoenix Inn Suites. Types and effects of medications, assisting with documentation, storage, recognizing risks and warning signs, the role of the homecare worker.

Challenging Behaviors: June 20th, 10:00am-1:00pm in Eugene at the Phoenix Inn Suites. Practical information about cognitive issues and challenging behaviors, the causes, understanding the problems, and communication ideas.

These trainings are offered by the Oregon Home Care Commission. They are free of charge for Personal Support Workers (PSW) and the consumers they work for. To register, call 1 (877) 867-0077 toll free and use Option 2. You may also send your registration request to: Training.OHCC@state.or.us

Health Action Tip

Water – Your Nutritional Secret Weapon

Staying properly hydrated is one of the best choices you can make to improve your health. Resolve to work your way up to the recommended eight glasses of water a day. Give yourself some flavorful inspiration by adding cuts of citrus fruit to your water pitcher – or try adding cucumber slices for a fresh, tasty, calorie-free flavor boost.

Limes contain more natural antihistamines (bioflavonoids) than other citrus fruits. Add some to your water for allergy relief.



Recipe

Grilled Salmon with Lemon-Dill Sauce

Marinade

- 1 tbsp canola or olive oil
- 1 tbsp chopped fresh dill weed
- 1 tsp grated lemon peel
- 3 tbsp lemon juice
- 2 tbsp honey
- ½ tsp garlic-pepper blend
- 1 lb salmon fillets cut into 4 pieces
(4 oz each)

Lemon-Dill Sauce

- 1 container (6 oz) plain yogurt
- 1 tbsp chopped fresh dill weed or
- 1 teaspoon dried dill
- ½ tsp grated lemon peel
- 1 tbsp lemon juice
- 1/8 tsp pepper



- Step 1.** Heat gas or charcoal grill. In small bowl, mix all marinade ingredients except salmon.
- Step 2.** In 8-inch square (2-quart) glass baking dish, arrange salmon pieces skin side up in single layer. Pour marinade over salmon; turn to coat. Cover with plastic wrap; refrigerate 20 minutes.
- Step 3.** Heat gas or charcoal grill. Brush grill rack with oil. Remove salmon from marinade; discard marinade. Place skin side down on grill over medium heat. Cover grill; cook 10 to 15 minutes or until salmon flakes easily with fork.
- Step 4.** Meanwhile, in small bowl, mix sauce ingredients. Serve with salmon.

New Resource from MIUSA (Mobility International USA)

See how international exchange can have a positive impact on the future careers of young people with disabilities, who are concerned about how to stand out to future employers, and take the first step towards their careers. Go to <http://www.miusa.org/publications/books/findyourcareerpath> for more information.

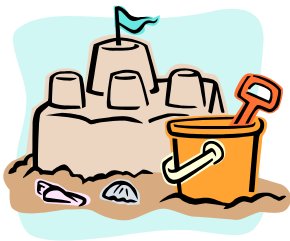
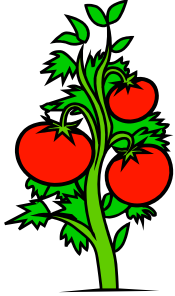
Events

Eugene/Springfield

Saturday Market: Every Saturday, Downtown Eugene. Free

Artwalk in the Whiteaker District: June 28th, 6:00pm-9:00pm, 1172 West 2nd Ave. Eugene. Art, eateries and live music. Free

Sand Castle Sculpting Clinic: June 29th, 10:00am-6:00pm, Sand Master Par, 5351 Hwy 101 Florence, Oregon. Learn to sand sculpt with the pros! Free. For more information call: (541) 997-6006



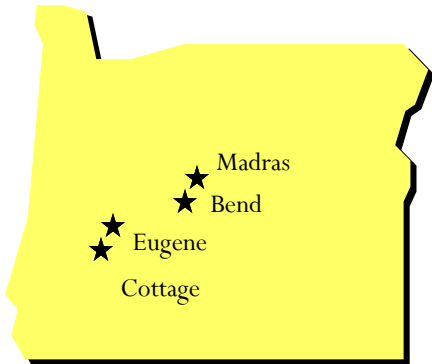
Bend

Adaptive Golf Clinic: June 5th, 4:40pm-6:30pm, Awbrey Glen Golf Course in Bend. Oregon Adaptive Sports is hosting an adaptive golf clinic for individuals with disabilities. Golf professionals will work with participants on driving range and putting green skills. No cost to attend, but you must register. Contact Christine Brousseau at (541) 306-4774.

Junior Rodeo: June 8th, 9:00am, Lake County Fairgrounds in Lakeview. Come watch the competitions. For more information call: (541) 947-2925.

Daly Days Health Fair: Lake Health District will be sponsoring the Daly Days Health Fair. For more information contact the Lake District Hospital at (541) 947-2114.





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Return Service Requested



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<http://fullaccess.org>



Happy Birthday to!!



Alicia G	Christian B	Josef S	Nina W	Samuel L
Andrea M	Cory H	Joshua R	Norberto A	Shane R
Ashley C	Crystal L	Kandle K	Oscar C	Shaun R
Ben G	Donna S	Katharine F	Pamela D	Shawn W
Billie R	Garth H	Katie A	Reana L	Stacie E
Brian G	Ian T	Kimberly F	Renee P	Terri R
Bryan H	Jason A	Kimberly S	Richard R	Tiffany H
Caroline M	Jay W	Klynt H	Rosanne S	Tracy M
Cassandra W	Jenna P	Marsida N	Roya W	Trevor R
Charles B	Johnny C	Megan A	Samantha D	Trina C
Christa Q	Monica V			Zackary C



And to anyone we may have missed!!

