

# 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**

## The Winds of Change

Full Access is undergoing big changes in the next month! First of all, we are in the process of separating our agency from one to two! This means that we will have Full Access serving Lane County. And, we will have Full Access High Desert, a newly certified support services brokerage, serving Deschutes, Jefferson, Crook and Lake Counties! We are doing this to be sure we provide the best possible service to all our clients and their families. Having smaller organizations made sense to us since we were as big as two brokerages compared to some other places in the state.

It will take a few months for all the details to work out about this change to two agencies. Each will be separate operations with their own board of directors, staff, State contract and management. We are so excited to share more news about this! We are very fortunate to have Heather Hopkins-Slechta promoted to the Executive Director role for Full Access High Desert.

Heather is one of the original staff hired by Full Access in 2002. After 13 great years with Full Access, she is looking forward to the opportunity for the growth of services focusing on the High Desert region.



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As a member of the 'sandwich generation' it is very important to Heather, both personally and professionally, that services are available to support individuals to stay in their own homes or their family homes. She is a strong proponent of self directed services and advocates that these services continue to abide by the original philosophy that created the brokerage system.

Heather received her degree in psychology from the University of Oregon and has been working in social services since 1992. She has participated on several state and local advisory committees, as well as planning committees for state wide conferences, related to services for individuals with intellectual and developmental disabilities.

After spending several years in the Willamette Valley, Heather moved her three generation household to Bend in 2013. She and her family very much enjoy the area and the outdoor recreation Central Oregon and the High Desert have to offer.

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## NEWSLETTER

We have also selected the Executive Director for Full Access, supporting our Lane County clients with Margaret Theisen leaving this month. After interviewing with over 30 people representing Full Access, Todd Teixeira was hired as the Executive Director effective July 1.



Born and raised in Northern California, Todd has life-long experience with disability. Visually impaired since birth, he understands having necessary services and supports are essential to an individual achieving their personal goals. Todd holds a Bachelor's degree in Business Administration from San Jose State and a Certificate in Management from the University of Virginia Darden School of Business. For the majority of his career, he has worked as a department and division director in the nonprofit social services industry for organizations serving the cross-disability community, including individuals who are blind or visually impaired, physically disabled, and persons with intellectual and developmental disabilities. Todd's passion, leadership and management skills are well suited to direct Full Access into the next phase of success. Away from work, he enjoys spending time with his wife Louise, and their two daughters, Brandy and Jasmyn.



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### Goodbye/Hello Open House

**When:** Wednesday, June 17th, 3pm-5pm

**Where:** Full Access Office  
1240 Charnelton St.  
Eugene, OR 97401

**Why:** Join us at our office to say goodbye to Margaret Theisen, Full Access' Founding CEO. After over 13 years leading Full Access, Margaret will be heading for some R & R in her garden followed by the search for her next great passion!



We will also be saying hello to Todd Teixeira. Todd will be taking over as Full Access' next Executive Director on July 1, 2015.

We hope you can join us in thanking Margaret for all of her hard work and in welcoming Todd to our organization!



## Client Spotlight

When people hit retirement age, people think it's a time to slow down and start living a less active life. Not our client, James Henry Doshier. He recently turned 65 and is busier than ever!

James Henry made the choice to retire from Goodwill about five years ago, and spends his days busy out and about. He has a close-knit group of friends he goes out and spends his afternoons with bowling, going to movies, or enjoying a walk in one of Eugene's beautiful parks.

One other thing James Henry likes to do with his time is volunteering at KindTree. He is currently taking one class there, and volunteers to help out with set up and clean up of another one of their classes.

James Henry is known for his great attitude and sense of humor. You don't have to talk to James Henry long before his jokes have you laughing!

## Recipe - Famous Chocolate Chip Cookies

### Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-oz. pkg.) semi-sweet chocolate chips
- 1 cup chopped nuts (optional)



### Directions:

- Preheat oven to 375 degrees.
- Combine flour, baking soda and salt in small bowl.
- Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy.
- Add eggs, one at a time, beating well after each addition.
- Gradually beat in flour mixture.
- Stir in chocolate chips and nuts.
- Drop by rounded tablespoon onto ungreased baking sheets and bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks and cool completely and enjoy!

### Provider Spotlight

Delores Caffrey is in the Full Access Provider Spotlight! Delores, better known as “Jo”, has provided excellent supports to the individuals we serve for many years. Currently working as a Personal Support Worker, Jo’s experience and dedication has been evident in the Lake County community for Lake County Mental Health, Lutheran Community Services, Goodwill Industries and other service oriented endeavors. Jo also works for the Lakeview Hospital in the coffee shop where she can be found on most any weekday. When not busy with her official “work” routine, Jo spends her time at home with family and friends and is active in her church. Jo is also an avid gardener. She has three grown children and many friends and acquaintances throughout the community. The individuals that need in-home and community supports often ask for Jo, as they appreciate her ability to let them expand their own personal horizons and encourage their independence. When asked how she handles all of the many different demands on her time and energy, Jo said, “You just do all you can in the day you have to do it in.”



**Thank you, Jo, for bringing so many positive contributions to our team and the individuals you support. You do it so well!**

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### Safety Tip - Protect Yourself When Walking

- Avoid walking alone at night unless absolutely necessary.
- Keep to well lit commonly traveled routes.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully. Know where you are going. Project a no-nonsense image.
- Avoid potentially dangerous situations.
- If you feel threatened, cross the street, locate an emergency phone, or enter a store or place of business even if you have just left it.
- Have your door keys ready; carry them in your pockets, not buried in a purse.



## Health Action Tip - Summer Safety Tips

Warm weather is almost here! In Oregon we all love the summertime because it's time to get outside and enjoy hiking, biking and grilling. You can prevent illness and injuries while enjoying the outdoors by following some simple, yet important health and safety tips.

### Prevent Heat Illness.

- Never leave children or pets in a hot parked car, even for a minute.
- Stay hydrated. Don't wait until you feel thirsty to drink. Remember water is the very best thing to drink; soda and coffee do not hydrate you nearly as well as a cool glass of water.



### Stay protected from the Sun.

We all love the sun. Sunny days make us feel good. It's good to get outside and enjoy the beautiful weather, just remember to use these tips before you go outside.

- UV rays are strongest between 11am and 4pm. Plan activities outside of these times.
- Skin does not have to feel hot to get burned, so protect yourself even on a cloudy day
- Wear sunscreen with a SPF of 15 or greater. Apply 20-30 minutes before going outside.
- Wear UVA/UVB protective sunglasses, and a hat that protects sensitive ears and the tip of your nose.
- Stay hydrated by drinking plenty of water. Alcohol causes dehydration.
- Stay indoors during extremely hot temperatures.
- Protect your arms and legs with loose fitting, tightly woven cotton clothing.

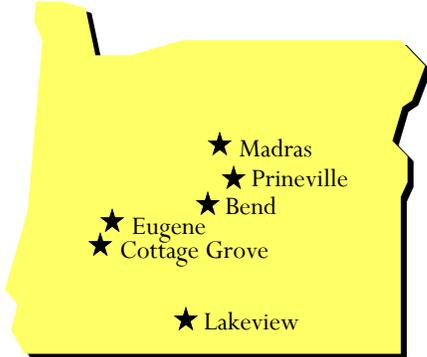


### Avoid Bacteria at Your Picnic

- Carry food in a cooler with a cold pack. Remember, a full cooler stays colder than a half empty one.
- Keep cooler in the shade with the lid closed.
- Transport the cooler inside the car, it will stay cooler than in the trunk.
- Bring along a hand sanitizer and use it before preparing or eating food.



**Remember these simple tips and have a safe and happy summer!**



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Full Access  
 1240 Charnelton Street  
 Eugene, OR 97401

**Return Service Requested**



**Happy Birthday to:**

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

**And to anyone we may have missed!!**