



Newsletter

VOLUME 15, ISSUE 6

JUNE 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

Two-time Alfred P. Sloan Award Winner

Important Changes to Submitting Timesheets

Starting July 1, 2016 your Personal Support Worker (PSW) will have to start entering the time that they work with you into the computer. They will use a computer system called eXPRS (pronounced express) that is managed by the State. This change is going to mean that your PSW is going to have to do a little extra work in order to complete their timesheet before you sign it.

As the employer of record, it would be a good idea if you check in with the PSWs that work for you to see if they are ready for this change. Specifically, you can tell them:

- You will need to enter your timesheet into eXPRS starting July 1, 2016. If you do not enter your own timesheet then you won't receive your check until you do.
- If you don't have a way to log into the eXPRS system you can go to Full Access and fill out a User Enrollment Form. You will need an email address to do this.
- You will still need to turn in a timesheet with my signature to Full Access prior to the deadline on the Oregon State Contract Payroll Calendar. If you don't have this, you can request one at Full Access or on their website at <http://fullaccess.org/providers>.
- You will need to write progress notes for work that you do with me on each of your timesheets. If you do not include progress notes on your timesheet then it will be incomplete and can't be approved for payment by Full Access.

Your PSW is a part of the Union. The reason that all of these changes are occurring on July 1, 2016, is because of the Collective Bargaining Agreement that the Union agreed upon on the behalf of PSWs. If you, or your PSW, has questions about these changes you can call SEIU at 1-877-451-0002.

Sprout Film Festival Was a Big Success!

Thank you to everyone who came to the 2016 Sprout Film Festival. It was a fantastic day and we were able to share the films with over 200 people!

Often times, people with intellectual disabilities as subjects of films and performers remain marginalized in the media. However, the Sprout Film Festival showcases the works of all genres featuring this

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population. By presenting these films, the festival hopes to reinforce accurate portrayals of people with intellectual disabilities, by having an enjoyable and enlightening experience that will help breakdown stereotypes, promote a greater acceptance of differences and awareness of similarities.

We would also like to pay special thanks to the Friends of Sprout who sponsored our free matinee this year!



Goodwill Industries of Lane and South Coast Counties
Making Magic Tours
Umpqua Bank
Full Access Board of Directors

We hope to see you all next year when Full Access presents the 10th Anniversary of the Sprout Film Festival.

Provider Spotlight

Full Access is fortunate to have a number of exceptional Personal Support Workers and Terry Lee is truly a standout. Terry had several long-term working relationships and offered a sense of stability for his clients that can be rare to find. The easy rapport he built was a reflection of his laid back temperament - nothing ruffled Terry's feathers! A fellow PA described Terry as someone who didn't back down from a challenge. He followed through, communicated effectively, and didn't take anything personally. To say Terry went above and beyond the basics of his job duties would be an understatement. According to a parent of a long-term client, "Terry is like family. There will never be anyone to replace him".

He sought to improve the quality of life of the clients he supported through humor and consistency. He showed up for every shift on time and with a great attitude. Terry could always be trusted to have a smile, a kind word, and unmatched enthusiasm. Terry regularly accompanied two of his clients, Ruth and Richard, to their Special Olympics practices. Ruth says, "Terry's a real nice guy. He took us to bocce and would always shout 'let the bocce balls fly!' whenever he dropped us off at practice". Ruth expressed that she and her husband will miss him terribly.

In a recent conversation with Terry, he indicated that he was fortunate to have been a Personal Support Worker for such a long period of time. He said, "I've never had a bad day with my clients. I absolutely loved the time I've spent with them. I've never actually felt like I was going to work".

We will all miss Terry, his sense of humor, and the genuine love he had for the work he did. We wish you the very best in your future endeavors.

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Staff Spotlight

Tiffany Brown began working as a Personal Agent at Full Access in January of this year. She is very familiar with Eugene having grown up here. To find out a little more about Tiffany, she graciously agreed to answer some questions.



What brought you to Full Access?

I have a few friends that work for Full Access and they always speak of their happiness at work and with Full Access as an agency. So I came to Full Access on a hope and dream to better my life and to further my education of I/DD services.

Describe your work experience or case management experience prior to coming to Full Access.

I have 10 years of experience working as a Direct Support Professional with people with disabilities. I also worked in Human Resources. Being a case manager has been a part of my journey in furthering my education in I/DD services and I am happy to be part of the Full Access team.

How did your previous job help you in transitioning to Full Access?

During the 8 years that I worked as a Direct Support Professional, I learned a lot about community opportunities. This helped me be able to provide resources for the individuals and the families that I support on my caseload.

What is the best part of your job as a Personal Agent?

I love connecting with people and being a part of positive changes in their lives. I get to see how the resources I connect them with change their lives and help them achieve their goals.

What are things you enjoy doing outside of your work time?

I enjoy hiking and being outdoors in general. I am a huge family person and spend a lot of time with my loved ones. I am a fan of micro-brew and the delicious food that this beautiful city of Eugene has to offer.



Client Spotlight

Rodney Carver is an individual supported by Full Access, who has had a lot of successes and goals met as a result of those supports. RC has received services from Full Access for over 7 years, and his wife Tina has been part of Full Access for over 8 years. The couple who met 12 years ago at a bowling event are now married, and reside in an apartment in Springfield. They both are very involved in their church, and enjoy outdoor activities such as camping and fishing.

RC is originally from McMinnville, but has lived several places in his lifetime. RC says that his father was “always on the move”, and the family lived as far east as Arkansas where RC worked on ranches and farms. Since settling back here in Oregon, RC worked mostly as a janitor, but after losing his job in 2014, was on the job search again. He was reconnected back with Vocational Rehabilitation, then assisted by SES in his recent job search, which led him to his current maintenance position at Jerry’s Home Improvement Center. RC has worked at Jerry’s for about 6 months and really enjoys his job. He considers himself a hard worker and feels totally valued now that he is employed. His wife Tina was also hired recently as a dishwasher at the Montessori School in Springfield.

RC has also become a participant in the “Life Stories” class, which is a collaborative activity with the University of Oregon. This class meets on Mondays from 4pm-7pm, where the class participants share their “Life Stories” each week, and rehearse for a stage performance which will be held on June 3rd at the University. RC is a very enthusiastic member of the group and he is really enjoying the social experience that the class provides.

RC and his wife Tina are living a full and active life together and are great examples of how people can flourish with supports and services provided by Full Access.



Recipe: Apple Cobbler



Ingredients:

1 can Apple Pie filling
1 cup flour
1 cup of sugar
1 teaspoon baking powder
1 egg
1 teaspoon vanilla
1 stick of butter (melted)

Directions:

- In a square 8x8 baking dish spread pie filling.
- In a medium bowl mix flour, sugar and baking powder.
- In a small bowl beat egg and vanilla.
- Pour egg mixture into flour mixture and mix with spoon and then use fingers to make a crumbly consistency.
- Crumble on top of pie filling and drizzle melted butter on top.
- Bake at 350 degrees for 30-35 minutes or until golden brown.

Health Action Tip: Mindfulness

We live busy lives filled with the responsibilities of work, family and the tasks of caring for a home. On top of this, we have news and events of the world flashing at us through our computer, television and phone. With so much to think about, we can feel overwhelmed and stressed. Stress can cause major health issues, such as heart disease, weight gain and depression. By relaxing and taking the time to appreciate life, we can improve our health and feel happier.

One way to reduce stress is mindfulness. Mindfulness, simply put, is being aware and at peace in the present moment. It can be a time set aside or something you think about while going about your daily routine. Here are some ways to practice mindfulness:

Breathe slowly. Pay attention to your breath as it goes in and out. Think only about the breath. As thoughts come into your mind, **allow those thoughts to pass on by.** Do not get caught up in thinking about life or the world, just breathe and **Relax your body** from head to toe. Notice any tension and focus your breath in that area – breathe relaxation into the muscles. **Focus on the present moment.** Pay attention to where you are and what you are doing. For example, I am washing silverware in my kitchen. The water is warm on my hands. **Smile gently and often.** A smiling face reminds the brain to be happy. **Enjoy your life.** Take time to remember what you enjoy about yourself and your life. Think about what you are grateful for.

Mindfulness is a simple way to improve your health and feel happier. It doesn't have to take any extra time, or you can sit and really focus on your breath for a while. Either way, you will notice the benefits. For me, even if I spend just a few minutes a day thinking about what I am grateful for, I feel more content and happy with my life. What works for you?





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Happy Birthday to:

Ashley C	Ian T	Katharine F	Richard R
Ben G	Jay W	Klynt H	Roya W
Brian G	Jenna P	Logan J	Samuel L
Caroline M	Johnny C	Monica V	Shane R
Cory H	Josef S	Pamela D	Shaun R
Edwin W	Joshua R	Reana L	Tracy M
Garth H			Zackary C



And to anyone we may have missed!!