



Newsflash

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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

Forward Together - Full Access, The Next Stage on the Journey

In thinking about my new role as Executive Director of Full Access in Lane County, I can't help but first feel absolutely grateful that I have received the honor to lead such a dynamic and forward-thinking organization. I am extremely excited about this opportunity and look forward to collaborating on forging a new future for Full Access. It has always been my passion to dedicate my time and career to providing the highest quality services and supports for individuals with disabilities to be able to achieve their personal and self-directed goals. As an individual who was born with a congenital degenerative visual impairment, I have firsthand experience with the associated challenges of having a disability. As a result I also require various supports and accommodations to succeed in achieving my life goals.

During my time attending school, from elementary through college, I depended on supports from para-professionals for the blind and visually impaired to enlarge my textbooks and related materials, orient me to navigating around the campus, learning to type and to use a computer, and how to access public transportation to facilitate my independence in traveling. In addition, I also utilized adaptive technology to assist me in performing such tasks as reading, writing, viewing the blackboard or other things at a distance, and for mobility. These adaptive tools included a hand-held magnifier for seeing things close-up, using a video magnifier for reading textbooks and printed materials, paper with thick black lines and a thick black marker for writing, and a monocular telescope for viewing things at a distance. When my vision became worse over time, the types of supports and adaptive technologies I depended on changed. I was no longer able to use some of the tools I previously depended on, and needed to adapt to other supports. When I started working I required an entire new set of supports to be successful. Around this time, there were significant improvements with technology, including specialized software for computer accessibility, that offered many new resources that were vital to allowing me to perform my job responsibilities to expectation. Additionally, I began using a white cane for mobility as a result of my decrease in vision. My career focus over the past 15 years has been within the non-profit social services industry, for organizations that serve individuals with disabilities, as my passion is to give back to my peers in a similar way to what I received to accomplish my life goals. After serving as a director for an organization which served individuals who were blind or visually impaired to assist them in gaining competitive employment, I then transitioned into a role as a director within an independent living center which promoted guiding individuals with all types of disabilities to pursue and achieve their independent living goals.

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NEWSLETTER

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I never allowed my disability to prevent me from participating in activities that were important to me, because I strongly believe in pursuing your interests and integrating into the community as a fully contributing member. No matter what your limitations may be, it is essential to focus on your abilities and strengths, and not allow what may be challenging for you to prevent you from accomplishing your goals and dreams. Being able to identify what services and supports you require, and then making a plan to receive these services and supports, is a vital step to achieving your goals. All that is required from that point on is determination, persistence, and perseverance! As someone who sincerely believes in self-directed services and person centered planning, I hold true to the philosophy that individuals should determine their own services and supports, make their own decisions, and lead their lives in the way they choose.

Full Access provides the platform for me to continue along this career path, and to lead an organization that has a long lasting reputation of providing high quality services, outstanding customer service to its clients, and promoting a culture and working environment to its staff that contributes to the quality reputation earned by the organization. My goal is to continue to build on the strengths of the organization, and to cultivate new opportunities, employ innovative strategies, and advocate on behalf of persons with Intellectual and Developmental Disabilities (IDD) to propel Full Access into the next phase of success. My approach will be to engage staff, clients and community partners in this process and develop a holistic model to further the opportunities for the IDD community in Lane County. Together we can strive to succeed in creating a community environment that respects the equality, dignity and humanity of everyone!

Sincerely,
Todd Teixeira
Executive Director

Healthy 4th of July Recipe

American Flag Fruit Kabobs

- 1 cup water
- 3 Tbsp lemon juice
- 1 pint strawberries, washed, trimmed and halved
- 1 cup blueberries
- 6 bananas, cut into 1 inch pieces
- bamboo skewers

Mix water and lemon juice in a medium sized bowl. Place bananas in lemon water to coat to prevent them from browning. Thread a strawberry piece, followed by a banana piece onto 7 skewers. Repeat the process two more times on all 7 skewers and end by adding one additional strawberry. On 5 additional skewers, thread a strawberry, banana, strawberry, banana, then follow with about 5 or 6 blueberries. Line all skewers up on a serving platter to look like a flag and serve.

4th of July Safety Tips

- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight a “dud.”
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Never use fireworks around pets! While exposure to lit fireworks can potentially result in severe burns and/or trauma to the face and paws of curious pets, even unused fireworks can pose a danger. Many types contain potentially toxic substances, including potassium nitrate, arsenic and other heavy metals.
- Loud, crowded fireworks displays are no fun for pets, so please resist the urge to take them to Independence Day festivities. Instead, keep your dogs inside during fireworks, preferably with human companionship. If it’s hot, air conditioning will help. Bringing your dogs to a fireworks display is never a good idea.
- Make sure your dog gets plenty of exercise earlier in the day.
- Provide a safe place inside for your dogs to retreat. When scared of sounds they can’t orient, dogs often prefer small enclosed areas. If your dog is comfortable in a crate, that is a good option.
- Keep the curtains closed, and if possible, also the windows and turn on some calming music.
- Make sure all your dogs are wearing ID tags with a properly fitting collar. (Dogs have been known to become Houdini around the 4th of July.)
- Leave your dog something fun to do – like a frozen Kong filled with his favorite treats.



Follow the above safety tips and have a safe and enjoyable 4th of July!





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Happy Birthday to:

Anna S		Jamie L		Mark S		Richard J
Ben M		John S		Mary H		Robert C
Blaine S		Lyndon S		Nathaniel K		Roberta F
Bo B		Marcia S		Paul M		Sara P
Charlene		Mark K		Perry J		Sarah V
						Traci R



And to anyone we may have missed!!