

# Newsletter

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**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**

## Emergency Preparedness

September is National Emergency Preparedness Month. This is a good reminder that we should all be prepared for any natural disasters or emergencies that may happen in our community. While thinking about these situations can be scary, it's important to be prepared so you and your family can stay safe during a disaster. Here are three steps to help you prepare for an emergency situation:

### Step 1: Stay informed

It's important to know what types of emergencies that are likely to occur in your community. This helps you create an effective plan and pack the necessary items in your emergency kit. Subscribing to electronic alerts from sites like weather.com and FEMA.gov can give you advance notice approaching emergencies. The more advanced notice you have, the more time you have to get to safety and implement your emergency plan. It's important to have a battery powered radio and back-up batteries to stay informed of conditions or receive instructions from authorities or rescue personnel.

### Step 2: Make a Plan

Create a plan to know where and how you will go places in the event of an emergency. You should make plans for either staying in your home, or if need be, evacuating to a safe place. If you need assistance,

develop a personal support network of close friends and family. Your personal support network should be aware of your emergency plans: places you plan to go, where you keep your emergency kit, and any medication or devices you may need and how to use them.

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### Step 3: Build an Emergency Kit

Your emergency kit should include anything you might need to survive without power and utilities. It should include food, water, first aid materials, extra medical supplies, any device chargers, medical alert tags or bracelets, supplies for any pets or service animals and possibly a laminated communication board. Copies of important documents such as ID, birth certificates, medical records, social security number and bank information is also a good idea.

For more information or tips on getting prepared for natural disasters, visit [www.ready.gov](http://www.ready.gov).

### Staff Spotlight

Please join us in welcoming one of our newest Personal Agents, Rheanna Vote! Rheanna joined Full Access on July 1<sup>st</sup>, 2015 and has quickly proven to be a great advocate for her clients and a valued member of our team.



Rheanna began her career in Developmental Disabilities volunteering as a classroom aide for elementary and middle school students in a self-contained classroom. After working with children, Rheanna provided recreational activities for adults with developmental disabilities for four years before attending the University of Oregon to complete a Bachelor's degree in Psychology. Rheanna finds great pride in advocating for her clients and providing them with the services and support they need to accomplish their goals and achieve their dreams.

An Oregon native, Rheanna is an avid lover of the outdoors. She spends time daily tending to her beautiful gardens and teaching her three children about the abundance of food in the natural world. She enjoys adventuring with her family at the coast, hiking forested trails, harvesting berries, and swimming in the creeks, rivers, and lakes that are so plentiful in the Willamette Valley. When she has to be indoors, Rheanna enjoys cooking and canning the bounty of her harvests.

Welcome, Rheanna!

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### Safety Tip ~ Home Food Safety

- **Wash**  
Bacteria can easily spread around your kitchen and onto food, putting you at risk for food poisoning. To keep bacteria at bay, wash hands, surfaces, cutting boards, cooking utensils, dishes and produce.
- **Separate**  
Cross-contamination occurs when harmful bacteria are transferred to a food from another food or surface. For example, when juices from raw meat, poultry, seafood or eggs come into contact with ready-to-eat foods, such as bread or vegetables. When shopping, storing, cooking and eating, keep raw meat, poultry, seafood and eggs separate from ready-to-eat foods.
- **Cook**  
Cooking foods to the safe minimum temperatures kills harmful bacteria that cause food poisoning. Don't rely upon sight, taste or smell alone; a food thermometer is the only reliable way to ensure foods reach the proper temperature.
- **Refrigerate**  
Refrigerate foods quickly and at a proper temperature to slow the growth of illness-causing bacteria and prevent food poisoning. Use an appliance thermometer to ensure your refrigerator is set at or below 40°F and your freezer is at or below 0°F.

## Health Action Tip ~ Notice Your Breath!

Have you ever thought to stop what you are doing and notice your breath? Being mindful of your breath is a method of self-control. When you become stressed, your body responds: your heart rate increases, your breath becomes shallow and rapid, you start to sweat, and blood flow is redirected to your muscles and brain. This is what's called the "fight or flight" response. "Fight or flight" is an adaptation that functions as a survival mechanism for humans. In prehistoric times, if a saber tooth tiger was chasing you, this life-saving response prompted you to get out of the situation as fast as possible! If you decided to run, it is 'flight' but if you stayed to battle the saber tooth tiger, this would be 'fight' response.

Today our bodies can respond with "fight or flight" responses at inappropriate times which may create overwhelming anxiety in non-life threatening situations. If you learn to be mindful of your breath, you can decrease your body's physiological response to stress while increasing your emotional well being! Over time, you may find yourself becoming less reactionary in stressful situations.

Here are some steps to help you get started:

- Find a quiet space to practice your breathwork. You can be seated on the floor, in a chair, or standing.
- Set an intention for your practice.
- Begin by closing your eyes to observe your breath. Ask yourself: Is my breathing shallow or deep? Am I breathing through my nose or mouth? How do I feel? Don't change anything, just observe.
- Notice that by shifting your focus to your breath, you are shifting your focus away from thinking. Observing your breath helps sync your body and mind, increasing the mind-body connection.
- Now that you have awareness of your breath, start to shape it.  
Begin long deep inhalations and exhalations through your nose.  
Pull your inhalation breath all the way down to your upper abdomen-to your diaphragm.  
Fully exhale the breath until your belly button starts to draw in towards your spine and it feels like there is no more breath left inside you to exhale.
- As you continue breathing, begin to make your breath audible; sounding like the ocean, or a whisper (in yoga it's called ujjayi breathing.) Stay present, self-aware and grounded in the practice.
- Use each inhale to bring in new, fresh, vital energy.
- Use each exhale to release any unwanted energy no longer serving you-negative emotions; either your own emotions or feelings you have taken on from others during social interactions.  
Release any stress, anxiety, depression, physical pain.
- A good goal for beginners is to get to ten breaths. Can you make it to five minutes?  
Now see how long you can keep going with the practice without getting distracted.

## Provider Spotlight

My name is Jodi Davis and I am a Personal Agent at Full Access and I would like to introduce you to Tabitha Westrope. Tabitha has earned provider spotlight for assisting my client through thick and thin through some very difficult times. My client had multiple traumatic experiences including medical emergencies, legal issues, and even became homeless. Tabitha took late night crisis calls from my client, advocated for health and housing needs, attended several ER visits outside of her scheduled time with the client, and attended numerous court hearings. Tabitha assisted my client in finding temporary housing and got her off the streets. Tabitha went above and beyond to show support and hung in there with this person through some very challenging times. Being a provider is never easy, but to the providers who stick with it through hard times with clients, kudos to you all!

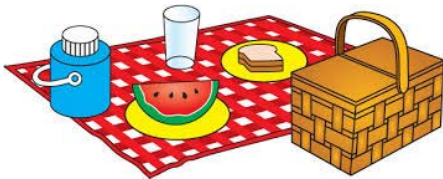


Tabitha continues to be a natural, unpaid support to this individual although they are no longer with the brokerage and they choose to live in a group home. Tabitha, thank you for all your long hours, late night calls, advocacy and the family time you sacrificed. You are amazing!

## Client Spotlight

Meet Roya!

Roya came to America from Afghanistan with her 8 brothers and sisters. She is very close with her siblings and actively helps with the family business. Roya speaks both English and Farsi, she is very social and outgoing, and loves to tell stories. In her free time, Roya likes to exercise. She stays active by walking and working out. Roya also enjoys shopping, eating out, and enjoying picnics in the park with her family.



## Recipe ~ Tofu Popcorn Pieces

Vegan and gluten free coated tofu pieces. Throw in a lettuce wrap, eat with chips, or serve them as an appetizer.

### Ingredients:

- 13oz block firm or extra firm tofu
- 1/3cup chickpea/garbanzo flour
- 1/4 cup nutritional yeast
- 1 Tbsp wet mustard (any kind: dijon, wholegrain etc)
- 1 tsp salt
- 1 tsp all purpose seasoning (try cajun or lemon pepper for different flavors)
- 1/2 tsp pepper
- 1/3- 1/2 cup water
- 2-3 Tbsp extra virgin olive oil or coconut oil



### Directions:

- Press tofu for about 10 minutes. Drain tofu, wrap in paper towels or clean tea towel, and place heavy items on top to press. I use a heavy chopping board with some weights on top.
- Meanwhile, prepare the coating.
- Combine all dry ingredients in a bowl.
- Slowly add the water, whisking as you go. The coating should be the consistency of pancake batter.
- Add mustard and mix.
- Break the tofu into big crumbles into the coating. You can also chop into 'sticks' or into nugget sized pieces. I prefer to do crumbles as its less fussy to cook and comes out just as good.
- Combine tofu and coating.
- Heat oil in a non stick pan.
- Pour the tofu mix into the pan and spread so the tofu is on a single layer.
- Cook on both sides until golden brown, adding oil as needed.





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**Return Service Requested**

## Happy Birthday to:



Jonathon A

Brenda D

Charity L

Jessica S

Susan B



Vernon G

Mark M



Tina S

Catherine C

Natausha J

Tony M

Unico V

Clark C

Nicholas K



Sara M

Angel V

Dustin C

Justin K

Jenna O

Caleb W



happy  
birthday



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