



Newsletter

VOLUME 8, ISSUE 12

DECEMBER, 2009

Creating opportunities for
people with developmental disabilities

Full Access and Oregon Developmental Disabilities Coalition support YES vote on Measures 66 and 67



The measures not passing would result in:

- The elimination of ALL Brokerages as of January 1, 2011.
- Elimination of the Fairview Housing Trust Fund.
- Elimination of all DD employment and community Inclusion.

The Board of Directors and our statewide coalition of developmental disabilities services have voted to say YES on the measures in a special election January 26, 2010. These measures are in favor of keeping services funded such as the brokerage system and other support for our clients. Although there are many things happening in everyone's lives this time of year, we need to remember to register to vote, learn about the issues, and be active citizens in the election!

Non-profit agencies such as Full Access are allowed by law to support measures such as these. We cannot, however, endorse a particular candidate. We feel that voting YES on both 66 and 67 will help ensure funding for vital community services.

These two measures:

- Increase the \$10 corporate minimum income tax for the first time since 1931. The new minimum will start at \$150.
- Increase the marginal tax rate on corporate profits above \$250,000 by 1.3% (above \$10 million in 2013)
- Increase the marginal tax rate on personal income above \$250,000 for couples by 1.8%

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97.5% of taxpayers will NOT see their taxes increased

What does it mean? A corporation making \$260,000 in profit will pay an extra \$130 in taxes (1.3% of the \$10,000 above \$250,000). A corporation declaring no profits will pay a minimum tax of about one tenth of one percent of Oregon sales. A couple making \$260,000 in taxable income will pay an extra \$180 (1.8% of the taxable income above \$250,000).

These reforms protect **nearly \$1 billion** in vital services like brokerages, education, health care and public safety. In this time of economic crisis, we must protect those who have been hit the hardest — including people with disabilities — without putting more of a burden on the middle class.

Remember to vote and we recommend you **VOTE YES** on measures **66 and 67!**

Gonna/Not Gonna for the Holidays

Many of us have lived on less. Due to uncertain times, some are living on less for the first time!

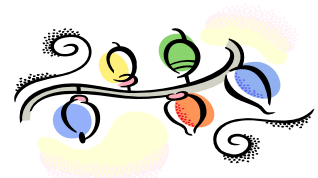
This season, you might arrange with family and friends that you're "not gonna" give anything except the gift of time. The giver writes or tells the receiver how they will spend time: a romantic walk, reading books aloud or family game night. The presentation can be a gift. Sing, rap or write down your gift in a very fun way. Consider contributing to non-profit charities like ours as a gift!



It's very cool to buy resale. Goodwill has half-price color clothing and non-clothing items. Salvation Army \$1, 50 cent items, St. Vinnie's 25% and 50% off. SARA's Treasures (in Eugene) 25 and 50 cent items and \$1.00 shoes. Make sure your item is near perfect. Cleaning makes them fresh and bright. You don't like to pour through the resale racks? Explore Cash King, Grocery Outlet, Big Lots and Dollar Tree. Think: good quality, usefulness and fun.

The end-of-season racks can be less expensive than resale, and the tags are still on! Costume jewelry can yield multiple earrings for one price. Silver and gold from summer's BOGO yield holiday color, and teens wear sporty styles all year!

Consider gift certificates. Fast food restaurants have better choices than in the past. It doesn't mean your kids choose them, but you can hope! Certificates for the discount movies is hangout time; dessert or coffee, an escape. Harbor Freight has metal whistles (think preparedness) for key chains, "One for yes, two for no, and three whistles for help." You've given more than a 99 cent item. Craft stores have inexpensive t-shirts in great colors. Avoid gifts that need batteries for someone on a tight budget. Look for something lovely and in good condition rather than anything specific.



Let go of unrealistic expectation and be kind to yourself and others. Doesn't cost a dime!

Request for Donations

You will notice in our newsletter this month we have included an envelope for you to make a contribution to our efforts at Full Access. We appreciate your generosity in considering this! We are a 501 C 3 agency, so gifts can be tax deductible!!

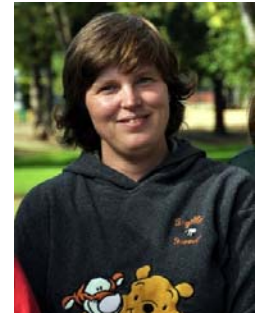
All donations are used for the program services our clients need. On their behalf, thank you!



Client Spotlight

Dannielle Dove has been a client of Full Access since 2003. Dannielle lives in her own home with her partner, Darin Kittleson, in Eugene.

Dannielle has worked for the University of Oregon in the Recycling Department for close to 2 years. Recycling and helping save the earth is very important to Dannielle as she not only works in the recycling industry, she practices extreme recycling in her everyday home life as well.



Dannielle enjoys bowling and is the team captain on her bowling league. She also enjoys attending Full Access and McKenzie Personnel events especially if there will be music and dancing.

When Dannielle is not busy working or bowling she likes to hang out at the mall and visit with friends. Dannielle also likes to stay home, watch tv/movies and does quite a bit of baking. Dannielle uses an ancient cookbook handed down to her from her grandmother and makes some awesome cookies and breads that she shares with her neighbors.

No matter what Dannielle is doing, she gives her all to be successful, and because she gives her all Dannielle is successful!

Health Action Tip

5 Tips for keeping your workout schedule taken from weightwatchers.com

Draw up a weekly timetable

Draw up a weekly timetable of planned exercise and activities. This will help you see how much activity you're getting. Try to do something for at least 20 or 30 minutes each day.

Attach exercise to a treat

Give yourself a reward for scheduling in fitness. Buy flowers once a week for completing all of the workouts you scheduled.

Get everyone else on board

Make sure your family and friends know when and where you plan to exercise. This way you shouldn't get any unwelcome interruptions.

Anticipate motivational dips

Everyone struggles with motivation from time to time. If you sometimes struggle to go to your aerobics class, get a friend to call you to make sure you're not still sitting on the sofa.

Leave your gym bag by the door

Leaving your gym bag by the door serves two purposes: you always know where it is and it serves as a gentle reminder that an exercise session might be due.

A Special Tribute to Amanda Beth Rixe

On October 30th friends and family of Beth Rixe gathered to acknowledge this young woman's extraordinary life and passage at too young of an age. Beth's "village" filled the Aspen Hall to capacity and shared the joy of her life through song, memories, bells, poetry and a celebration of her life. There is so much to be said about her and her parents, Dave and Katie. A poem shared at her service is a fitting thing to share as it says so much about her, her family and the importance of the village that gathers around Beth and all those we are entrusted to care for. As the poem states, Beth did need much love, but the love she caused in others' hearts is insurmountable and forever with us.

"Heaven's Very Special Child"

A meeting was held quite far from Earth, it was time again for another birth. Said the Angels to the Lord above - "This special child will need much love. Her progress may be very slow, accomplishment she may not show. And she'll require extra care from the folks she meets down there. She may not run or laugh or play, her thoughts may seem quite far away. So many times she will be labeled 'different,' 'helpless' and disabled. So, let's be careful where she's sent. We want her life to be content. Please, Lord, find the parents who will do a special job for you. They will not realize right away the leading role they are asked to play. But with this child sent from above comes stronger faith and richer love. And soon they'll know the privilege given in caring for their gift from heaven. Their precious charge, so meek and mild is heaven's very special child."



Easy Peasy Pot Roast for your Crock pot

6 servings

3-4 pounds of pot roast

2 (10 ½ ounce) cans of Campbell's cream of mushroom soup

1 (1 ¼ ounce) envelope Lipton's beef and onion soup mix

Optional- ½ cup of chopped onions

1. Place roast in crock pot.
2. Mix both cans of soup and dry beef onion soup mix in a bowl; pour over roast.
3. Add red or sweet onions if desired.
4. Turn crock pot on low and cook for 8 hours or until roast reaches desired tenderness.

Prepare and enjoy!

Events

Eugene / Springfield

Holiday Market

Lane Events Center Exhibit Hall, Nov. 21st-22nd, Nov. 27th-29th, all weekends in Dec., 10am-6pm (closes at 4pm on Dec. 24th); 13th & Jefferson. Handcrafted gifts, artisans, international food court and live entertainment. Free admission and parking.

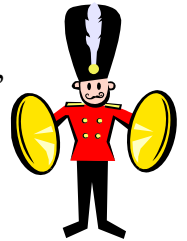


Holiday Farmer's Market

LaneEvents Center Atrium, same time and dates as the Holiday Market. Seasonal produce, wreaths, decorations, jams and jellies.

Springfield Christmas Parade

December 5th, 2pm. Known as "The Oldest and Coldest Christmas Parade in Oregon." Route begins at Centennial and Mohawk.



Chanukah Celebration

Temple Beth Israel, December 7th at 11am-3pm, Jewish songs, storytellers, food and more!

20th Anniversary Holiday Ice Show

Friday, December 11th, 7:30pm; Saturday, December 12th, 1pm & 7pm. Lane Events Center-Ice, 796 W 13th Ave., Eugene. The show is a benefit for the Marine Corps Toys for Tots program. Come and enjoy a fun show performed by local skaters. Cost: new, unwrapped toy.



Bend Area

Holiday Craft Fair

Lapine at the Senior Center, December 11th & 12th, 9am-5pm, 16450 Victory Way, 541-536-6237. Free admission.



American Red Cross Drive

December 21st, Pioneer Memorial Hospital, Prineville. Information 541-771-1564.



Bend's First 1000 Lights Walk

December 31st, 4pm-5pm. Starting at Juniper Elementary School, 1300 NE Norton St., Bend, 541-388-1860.



New Year's Eve Ball

Kah-Nee-Ta High Desert Resort & Casino. Dinner 7:30-9pm. Entertainment begins at 9pm, 6823 Hwy. 8, Warm Springs. For information, 800-554-4786.

Elks Charity Ball

December 31st, Elks Lodge, 323 North F St., Lakeview. Information, 541 947-2258.



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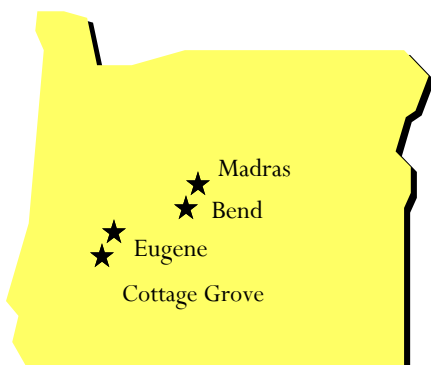
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<http://fullaccess.org>



Happy Birthday to:

Aaron S	Deb M	Jennifer A	Kim L	Richard S
Alan H	Derrick H	John R	Mark P	Ryan M
Amber C	Devin B	John S	Martin C	Sarah F
Andy R	Douglas B	John Y	Matthew R	Sharon W
Angie C	Elizabeth A	Johnnie G	Megan B	Sheena W
April R	Elizabeth H	Jonathan S	Melchiades H	Shelby S
Ashley W	Franklin H	Juan E	Michael H	Shelley V
Ben R	Heather C	Julian B	Michael H	Stephanie D
Cameron M	Holly M	Katherine M	Michael V	Stephen H
Chip G	James B	Kayla C	Misty H	Susan R
Dale M	James G	Kayla R	Nathan D	Talon S
Daniel L	Jamie C	Kayla T	Nathan H	Tamijo C
Darci H	Jaqueline H	Kelly U	Quest B	Tara L
Dayna D	Jeffery W	Kenny M	Rebecca R	Wilma C
		Kevin N		

And to anyone we may have missed!!

Full Access
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