



Full Access

Creating opportunities for people with developmental disabilities

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

Simple Ways to Enjoy the Holiday Season

This is the time of the year for holiday lights, brightly wrapped packages and family gatherings, but often times the holiday season can make us feel more frazzled and anxious than at peace and happy. Searching crowded malls for gifts and juggling time and energy to create the perfect holiday can all contribute to holiday burnout. So here are 3 things you can do to hopefully make this a less stressful time and help you to fully enjoy the simplicity and warmth of the holiday.



- Pay it Forward: Say you are waiting in line at a fast food drive thru and you see the car in back of you also waiting. You drive forward to pay and pick up your food and you decide to spread some holiday joy by paying the tab for the person in the car behind you. So when the car behind you pulls up to the window to pay, the server says that car in front of you just paid for your food! Since you've already driven off, they don't know who you are, you don't know who they are, but you are both filled with a good positive feeling. It's that simple.

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- Gratitude: Feel appreciative of the *everyday* things; from having a roof over your head and food in the fridge to a coworker that just makes you happy to be around. A feeling of gratitude can come from something as simple as a post it note that your friend leaves you with a smiley face saying how much they appreciate you. Or you experience the joy of the holidays through the eyes of a child as she sees brightly-colored lights on the neighbor's house for the first time. Those special moments can put you in the spirit of the holiday.
- Being Mindful: Being mindful of every minute that you are alive; being aware of every step you take, a flower that gives off a wonderful smell that reminds you of your childhood or walking by a bakery and being greeted by the pleasant aroma of warm bread. Being mindful increases your awareness of the joy that is continually happening around you. Consider each day as a gift to see something new.



Enjoy a safe and peaceful holiday season.

Staff Spotlight

Meet Debbie!

As a military brat, Debbie lived an incredible life traveling all over the world, but never had roots to any place. After coming to Eugene in 1985 to visit a friend, she found her forever home and never left. Debbie has worked with people with disabilities for over 20 years, 15 of those years has been as a case manager. She has also received her CADC1 (Certified Alcohol Drug Counselor 1) certification and worked in the drug and alcohol recovery field, but missed advocating and helping clients achieve their independence. Debbie enjoys working at Full Access where she gets to take part in her clients dreaming big and reaching their goals. In her free time, Debbie goes on adventures with her friends, spends time with her three amazing daughters, and corrals her four animals (two dogs and two cats). When she has time, Debbie also enjoys cooking, sewing, and reading.



Debbie is admired by her coworkers for her strong work ethic, her dedication to her clients, and her fabulous fashion sense. Welcome to the team Debbie!



Client Spotlight

If you are off to a relaxing weekend on the Oregon Coast and happen to stop at the Fred Meyer in Florence, you will likely find Brett Raica's smiling face helping you out to your car or bringing carts back in from the parking lot.

Brett has just celebrated his 3rd year working at Fred Meyer and is now the parcel clerk with the highest seniority. The team at Fred Meyer has been very welcoming of Brett and he has been working with natural support from his supervisors and coworkers. There were some bumpy times in the beginning, but it all worked out and Brett is thriving! In a short amount of time, Brett has befriended hundreds of customers with his cheerful banter and contagious smile.



Brett also likes to keep himself busy by volunteering at St. Vinnie's 3 days a week working the donation door, sorting through items and stocking shelves.

Brett has been a client of Full Access since 2010, when he moved to Florence from Colorado. Brett says he loves all of the people he has met in his community. When he is not at working, Brett enjoys bowling, watching movies, playing video games and hanging out with his friends. He has been working with his PSW, Steve Greene, for about a year now doing fun things in the community and the two are a great match!

The next time you head up Hwy 101, make a stop at Fred Meyer and say hi!



Provider Spotlight

I would like to introduce you to one of our new providers, Ruth Dahl. Originally from Liberia, West Africa, she comes from a large family with 12 brothers and sisters.

Ruth has a real passion for helping others. Through taking care of her parents and siblings, Ruth discovered her gift at an early age.

Ruth is married and has five children. She was a Police Dispatcher in Liberia, when she met her husband. She and her family moved to Eugene in 2007. Ruth likes living here although the cold weather was a real challenge at first. She loves the change of seasons and the fall with all the beautiful colors is her favorite. Ruth enjoys sewing, beading and canning.

We are proud to have her as a Personal Support Worker for our clients and appreciate her positive attitude.



Recipe

One-Pot Tomato Basil Pasta

- 12 ounces linguine
- 1 pint cherry or grape tomatoes, halved or quartered if large
- 1 onion, thinly sliced
- 6 cloves garlic, thinly sliced
- $\frac{3}{4}$ teaspoon red-pepper flakes
- 2 sprigs basil, plus torn leaves for garnish
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 4 $\frac{1}{2}$ cups water
- Lots of freshly grated Parmesan cheese, for serving



Directions:

Combine pasta, tomatoes, onion, garlic, red-pepper flakes, basil, oil, salt, pepper, and water in a large straight-sided pot. Bring to a boil over high heat. Boil mixture, stirring and turning pasta frequently with tongs, until pasta is al dente and water has nearly evaporated, about 9 minutes.

Season to taste with salt and pepper, divide among 4 bowls, and garnish with basil. Serve with Parmesan.

Health Action Tip

This time of year, as the season changes, the leaves fall, and winter sets in, it's time to embrace the darkness by giving yourself some much needed time for relaxation and healing. The old adage early to bed early to rise, gives way to yummy opportunities to stay warm & healthy by boosting your immune system.

Golden Goddess Tea (turmeric milk) is a traditional South Asian drink high in antioxidants, anti-inflammatory compounds, manganese and iron as well as healthy fats (especially when using coconut milk). It is also antimicrobial (fights germs!)

Ingredients

- 1 cups of non-dairy milk (almond, coconut, flax, hemp, soy)
- 1 tablespoon local honey or stevia (optional)
- 1 tablespoon coconut oil (optional)
- 1 teaspoon ground turmeric
- 1 cinnamon stick or 1 teaspoon ground cinnamon
- Small pinch of black pepper and grated ginger or paste
- Dash of vanilla

Directions

- Pour all ingredients into a small saucepan and bring to a light boil,
- Whisk to combine ingredients. Reduce heat to low and simmer.
- Strain the milk if you have large pieces of ginger, cinnamon, peppercorns, etc.
- Add honey (*or stevia), vanilla, and/or a dash of cinnamon.



All Natural Cold Remedy Tea is an amazing elixir to protect you from winter colds and viruses or to alleviate already occurring symptoms such as a sore throat or coughing! Honey is antibacterial, antioxidant, anti-inflammatory, and antiviral. Ginger is antiviral, anti-inflammatory, and aids digestion. Lemon is an antiseptic, and aids digestion. It is also a great source of calcium, magnesium, and vitamin C.

Ingredients

- Grated ginger or paste
- 1/2 whole organic lemon
- 1 teaspoon honey or stevia



Directions

- Mix ingredients into a mug
- Boil water and add it to mug and stir



Holiday Safety Tips

- Never use lighted candles near trees, boughs, curtains/drapes, or with any potentially flammable item. Never leave candles unattended.
- When displaying a tree, cut off about two inches off the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, and loose connections. Replace or repair any damaged light sets.



PLEASE CONSIDER AN END OF THE YEAR DONATION TO SUPPORT
OUR CLIENTS' EMERGENCY ASSISTANCE NEEDS!

Please clip the information below and mail or visit our website at fullaccess.org to make a donation.

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Return Service Requested

Happy Birthday to:



Andy R	Dale M	Jamie C	Julian B	Rebecca R
Angie C	Darci H	Jennifer A	Kayla W	Ryan M
April R	Dayna D	John R	Kenny M	Sheena W
Ben R	Deb M	John Y	Kevin N	Susan R
Brett R	Devin B	Johnnie G	Matthew R	Tara L
Chip G	Elizabeth H	Juan E	Michael V	Wilma C



And to anyone we may have missed!!

