



Quarterly Newsletter

VOLUME 17, ISSUE 4 OCTOBER 2018

Creating opportunities for people with intellectual and developmental disabilities



Fall is in the Air

As summer ends and fall begins, Full Access has much to celebrate! It is with great pleasure to announce the hiring of our two newest Personal Agents, Sam and Art. They both bring a great



deal of knowledge and expertise to their positions and we are very excited to welcome them to our Full Access Team.



With the change in the seasons also comes changes to our building. We are undergoing renovations that will make it possible for us all to be located on the same floor allowing us to work closer together and more efficiently.

Our office was honored with a visit from Senator James Manning Jr. who was able to meet with members of the Full Access community to hear firsthand the issues surrounding the I/DD community. Everyone was very excited to share their success stories with the Senator. It was a very informative and enriching get-together.

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The new season also brings new opportunities and events. On October 4th, Full Access and OSLP will be taking to the streets for our annual Look Me in The Eye Corner Campaign. The corner campaign will be from 4-6pm on various street corners, raising community awareness about respecting and including people with disabilities. Be on the look out and give us a honk or a shout if you see us! If you would like to join us, call Taylor at (541)284-5070.



We will be hosting our annual interagency Halloween party on October 30th at the Ford Alumni Center. The party is from 6-8pm and open to all who are clients of participating agencies and are 18 or older. Come join us for a SPOOKY good time filled with dancing, snacks, games, and costumes!

Client Spotlight

This month's client spotlight centers around Joanna Rose, a Full Access client of almost ten years. Joanna works at Pearl Buck two days a week and spends the rest of her week participating in group activities and socializing with friends.

Joanna is very musical and enjoys singing and playing piano. According to her mother, "she has perfect pitch". Joanna participated in the Full Access Talent Show in 2017 and is always ready to sing Karaoke, especially Beatles songs! She participates in the *Stray Cast Improv Group* and other activities sponsored by OSLP Arts and Culture Program. Joanna also likes to dance and did an excellent job performing in a recent collaborative production with the U of O, "*Heroes From Another Planet*".



Joanna has requested that her birthday be listed in the newsletter. It's a very easy date to remember, since her birthday is Christmas Day!

Halloween Party!

Ford Alumni Center 1720 East 13th Avenue Eugene – Parking Directions on Back
Join us Tuesday, October 30, 2018
from 6p-8p
At the Ford Alumni Center
Must be 18 or older
for our annual
Interagency Halloween Party
Food Games Fun
Friends

Alvord-Taylor
OSLP
Independent Environments Inc
Full Access



Staff Spotlight

I am very proud to introduce our new Operations Manager, Robyn Kelly. She comes on board Full Access staff with a wide range of skills and talents. Robyn is our Data Processing Specialist, supervises the administrative staff, and oversees the management of our building.

Born and raised in Montana, Robyn moved to Oregon in 2014. Most of Robyn's employment history has been in the human services field where she worked for Easter Seals, Goodwill and the State of Oregon.



Robyn has four grown children and three grandchildren. She loves music of all types and spends a lot of time volunteering at the WOW Hall. She also enjoys art, lawn mowing, thrift stores, and spending time at the beach.

We enjoy all the many attributes Robyn brings to our team, but mostly her cupcakes!



Health Action Tip

A 30 minute walk in the morning can change your life, especially if you have lifestyle-related diseases such as diabetes, obesity or heart disease. A morning walk is easy on your joints and heart and the fresh morning air can help calm your nerves, improve your mood, and keep you energetic and positive for the rest of the day. When you walk, the oxygen and blood supply to the brain are accelerated, and this, in turn, leads to an enhancement in mental alertness, brain function, and memory. Recent studies suggest that physical activity such as walking for five days or more in a week can help relieve arthritis pain and stiffness. Experts also say that morning walks help in keeping different types of cancers at bay. Lastly, when you swing your arms while walking, the crossing of the midline of your body as your arms swing helps to balance your melatonin and your circadian rhythm.

Let's go for a
walk



Provider Spotlight

We have a familiar face for our Provider Spotlight! Here is Rheanna, a previous Personal Agent, introducing her new agency, Living Dreams LLC.

Living Dreams LLC is a fun new option in Lane County for day support activities in small group settings. These groups follow a regular weekly schedule and are set in various locations in the Eugene/Springfield community. Because the groups are kept small and transportation is provided, there are special opportunities to seek out destinations off the bus line and take excursions to new places around Lane County.

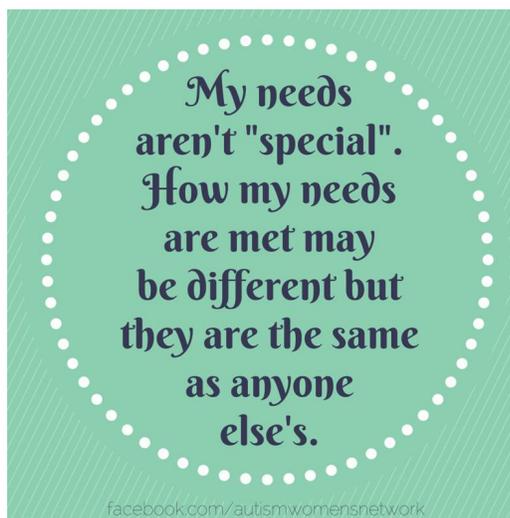
Transportation is provided during groups in a comfortable new mini-van with plenty of space for everyone. Some transportation may also be provided to and from groups, however space is limited and must be reserved in advance, so contact Rheanna now if this is something you are interested in.

Currently, there are four groups open for enrollment. These groups are kept small and will fill up fast! There is a walking group on Monday, a community activity group on Tuesday, a Bowling group on Wednesday, and a gaming group on Thursday. Members of each group will have additional opportunities to participate in special events, such as parties, BBQ cookouts, trips to the coast, ball games, seasonal activities, and more! To learn more you can visit www.livingdreamsllc.org or ask your Personal Agent for more information.



Client's Corner

One of our clients, Charity Lambert, would like to share a quote from the Autism Women's Network.



Thanks Charity! 😊

Stray Cast

Have fun, meet new friends and be on stage in a safe and supportive atmosphere.

Located at:



194 W Broadway
Eugene, OR 97401



Saturdays 12pm-2pm

September 29th

October 6th & 13th

November 10th & 17th

Presented by:



Facilitated by:
Mike Shugrue



Fun for adults of all abilities!
No acting experience needed!



All of us at Full Access are so thankful for the wonderful community that surrounds us. From our clients and their families to our PSWs, Community Partners and Local Leaders.
Thank you all!



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Happy Birthday to:

October Birthdays

Amanda A	Chris H	Jennifer B	Lila M	Rena K
Andrew C	Christopher P	Joshua S	Maria R	Ricky A
Angela F	Clinton M	Kim V	Mark A	Robert G
Bryon Y	Eda W	LaDonna G	Paul B	Terry L
Chad G				Victor C

November Birthdays

Brian R	Chuck C	David M	Kyle O	Patricia M
Casey M	Daniel W	Deirdre P	Lottie T	Stacy M
Christine C		Heather S		Tami C

December Birthdays

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

And to anyone we may have missed!!

