

EVERYDAY OPPORTUNITIES

Empowering People of Diverse Abilities

It is not our disabilities,
it's our abilities that
count - Chris Burke

Notes from Seth

Hello! This is my first attempt at an article by me to be included in our new agency newsletter. I want these notes from me to be conversational, informal and more focused on people in our teams, celebrations, gratitudes and personal reflections. My semiweekly emails and s-comms tend to focus more on the business portion of our agency.

This month, May, when I am writing this, is National Mental Health Awareness Month. This is a subject that is close to me both personally and professionally. I lost a cousin, with whom I was very close, to schizophrenia. Several other relatives have also dealt with the impacts of mental health challenges. I myself have lived with depression and anxiety since I was 12 or 13. I am a believer in the importance of removing the stigma around mental health. Not everyone is comfortable speaking about their mental health experiences and that is more than fine. For me, the time has come and I am ready to be more open about my struggles. It helps me deal with my challenges and I hope it may help someone else with theirs.

Everyone we know is carrying some sort of burden. We may or may not know what it is. It may or may not be mental health related, but let's use May as a reminder to be kind and gentle with one another. If you or someone you know is struggling, please access the 24/7 EAP program at 800-433-2320 or by text at 503-980-1777 for free counseling service, talk to a friend or family member, or call a crisis line. The National Suicide Prevention Lifeline, also available 24 hours, is 800-273-8255. There is not shame in needing help. We all need help for something from time to time.

The people we serve also can struggle with mental health challenges. Mental health issues are more prevalent with people with intellectual and developmental disabilities than the "general public." There are many reasons for this, but let's always keep this in mind when we interact with the people we serve. If you have concerns about someone you serve please reach out to Tina, Cierra or anyone from the Behavior Team. Thanks for reading.

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Employee Spotlight

By Misty Nunez

Silviano Lopez has been with the Opportunity Foundation just over 4 years. He is currently an Employment Specialist, which means he provides job coaching for the people we support out in the community. He also works in the Redmond Thrift Store. During lockdown, Silviano stepped into a residential role to make sure the people we support had the care they deserved. We asked Silviano a few questions to get to know him better.



June Events

- Open Enrollment - It's almost time to update benefits for the year! Keep an eye open for announcements and special surprises.
- Bloodborne Pathogen Training - This year, you will be able to watch the video via link at your convenience! Watch out for Ellyn's email with all the information!
- Next NSO (New Staff Orientation) - starts June 14th, 2021 at 9 a.m.
- Recruitment Contest is in full swing! We've already given out our first pair of \$25 gift cards to those who qualify! If you know someone looking for a rewarding career, send them our way and enjoy the perks!
- 4th of July is coming up! Opportunity Foundation is observing the holiday Monday July 5th with holiday pay! FT and PT employees receive holiday pay. If you are scheduled to work on the 5th, FT and PT employees receive holiday pay plus all hours worked. Sub-pool is paid at an overtime rate if scheduled to work. Administration will be closed.

Silviano Lopez

What inspires you?

Learning and practicing what has been learned, for a good cause.

What is a place you have always wanted to visit? Why?

Canada, because the more I learn about the World, the more places I could find in it.

Do you have any hobbies?

Yes, I love working with wood projects.

What are 3 of your favorite things?

Italian food, country music (Alabama), and watching detective shows on TV.

Why do you like working for Opportunity Foundation?

I love to see individuals we serve discovering their potential!

Do you have any advice for team members just starting their career?

Be very patient with the people we serve; they'll teach us all more than we could ever imagine.

What is the one thing you wished you could tell the world world about working with adults of diverse abilities?

Teach individuals something that can be passed on to others.

What is your favorite restaurant?

Black Bear Diner.

What makes you laugh the most?

I laugh when I understand a pet's or a wild animal's behavior.

If you were granted 3 wishes, what would they be?

Learn more languages, teach others, and learn more about the world I live in.

What do you consider your greatest accomplishment so far?

Mastering English as my second language, obtaining a Bachelor's degree and becoming an Employment Specialist.

What is your favorite activity to relax and enjoy "me time"?

I love going for walks in the forest.

**Answers have been edited for length and clarity*

To be doing good deeds is man's most glorious task - Sophocles

HR CORNER

Don't forget that HR loves to be a RESOURCE for employee needs. We may not always have the means for a quick solution but we will do our best to help you find resources available. All information is handled confidentially whether it is a work issue or a personal one. Please do not hesitate to reach out if you need assistance - We want to be a resource for you!

Birthdays

Kendra B 6/17
Mirtha D 6/17
Seth J 6/22
Anne M 6/23
Alice C 6/24
Tisha M 6/27
Misty N 6/28
Sandra J 6/29

Years of Service

Tina D 9yrs
Laurel D 9yrs
Cheryl C 6yrs
Jerrica W 2yrs
Cynthia B 2yrs
Clarae B 2yrs



Thoughts from Deb Guerin,
Interim Residential Director:
I want to thank each of you for the incredible job you do every day! You are all so dedicated and I can't express enough how your continued efforts and support is changing the lives of the people we support.
You are appreciated!

Mission Moments: Through the Eyes of a DSP

By Kat Smith

When I started working for Opportunity Foundation, I was a little unsure about what, exactly, I would be doing. I was happy to do whatever needed to be done to support the folks that I would be working with, but I really didn't know what all that would entail. And I definitely didn't know how much I would love doing this work. From the daily physical support involved, whether it's cleaning a home or helping someone to clean themselves, preparing a meal or preparing a flight of medications, to the emotional labor that can be so much more intensive than the sweaty work, this career has been both a blessing and a challenge.

One of my most treasured experiences came when I helped buoy a resident through months of counseling appointments. Sometimes that looked like helping him find the moxie to get up and go to an appointment that he'd scheduled, but no longer wanted to attend. I could sure relate to him! There have been plenty of times in my life that my extroverted, stable side has written checks that my introverted self, who struggles with depression, has NOT wanted to cash. Hasn't that happened to us all? Working with this client, helping him to see that attending the appointments he'd made was the right thing to do, reminding him not just that other people's time has value, but that he would, usually as soon as he got to the appointment, be glad that he went, actually assisted me, as I worked through some of those issues in myself! And, seeing how proud he was of himself, afterwards – what a joy! Like many other experiences in life, we find that DSP work very often flips itself on its head: the supporters wind up being supported – the teachers learn, the helpers are helped.

I encouraged this client, daily, to use the tools and do the work that his counselor was asking him to do. It wasn't easy. Some days he would engage and some days he wouldn't. Sometimes it was a good interaction (whether he was choosing to do his work or not), and sometimes he was loud and aggressive and mean. Some days were hugs and other days were cuss words. It was sticky, sometimes painful, emotional work. But, when he did engage, one way or the other, it was powerful. And when he'd have those moments where he realized that not all of the burdens and vices he carried were his own fault – those moments when the cloud that hung above him most of the time lifted, and the sun of self-empowerment would shine on him... those were moments I wouldn't trade for the whole world.

I'd never try to tell someone that being a DSP is a piece of cake. There's struggle, there's pain, there are a variety of literal messes that you have to clean up, and there's occasionally heartbreak – but there's so much good, too. Smiles and hugs. Walking into the house and being greeted with happy trumpets of your name. Small victories with physical therapies, or emotional breakthroughs. Being a DSP isn't just a job, it's a daily purpose. You are a person that make a difference every single day. And every single day, making that difference makes you a better person.



Wickiup Residents & Staff at the 2021 Autism Walk



11th Street proudly representing Opportunity Foundation



Rick and Pace Staff showing their support!



What greater bliss than to look back on days spent in usefulness, in doing good to those around us-

Dorothea Dix

Values

Y	Z	B	H	Q	D	E	E	V	N	B	K	I	M	J	CHOICE
A	N	V	R	F	Y	X	Y	W	B	M	B	Z	U	Q	COMMUNITY
N	B	M	D	P	F	C	A	V	J	K	G	T	S	E	DIGNITY
F	N	F	I	N	J	E	J	C	D	K	V	F	C	R	EMPOWERMENT
Q	Y	G	F	I	L	S	U	P	P	O	R	T	R		EQUALITY
I	S	I	N	E	H	L	O	T	Y	E	X	N	C	H	EXCELLENCE
N	N	G	I	E	B	E	Q	U	A	L	I	T	Y	T	GOALS
T	I	P	T	G	R	N	Q	B	O	S	P	Q	H	J	INCLUSION
E	R	A	Y	B	A	C	V	P	N	B	U	W	D	Y	INTEGRITY
G	E	M	P	O	W	E	R	M	E	N	T	F	E	G	SUPPORT
R	U	R	Q	N	H	Y	D	Q	C	C	G	N	X	O	
I	M	I	N	C	L	U	S	I	O	N	C	M	A	A	
T	R	P	A	H	X	D	U	C	H	O	I	C	E	L	
Y	M	G	J	D	C	O	M	M	U	N	I	T	Y	S	
D	K	I	R	Q	N	A	T	X	Z	L	N	A	W	Y	



Residential Spotlight

By Brittany Smith

Here at Opportunity Foundation, we support an amazing group of people who all have their own unique story. Every month we will spotlight one of our awesome residents. This month's resident is Rick Hartwig from Wickiup House!

Rick moved in to Wickiup House in October of 2019. He has a cat named Sassy that one of his sisters takes care of for him. His favorite part about living at Wickiup House is "The people! I like to kid around with the staff and my housemates."

Rick has a great sense of humor and loves to tell jokes! Some of his favorite pastimes include going for rides with staff and looking for deer while they are out. He also likes to watch his birds outside of his bedroom window. Rick has been working really hard on improving his walking and also his reading skills. He has been making great progress and says that it's "going pretty good." Rick said that overall he's "pretty happy" and that he really likes being at Wickiup House!

Business & Community Update

By Lew England

Did you know the Opportunity Foundation has over 30 businesses and organizations that support us as employers or as a financial sponsor? Recent additions include Eagle Crest Resort and Initiative Brewing, both future employment sites. Help us spread our wings even further by referring a business you think is a match for our values by completing the "Business Contact" form on the intranet main page.

Partner of the Month: *Personalized Nutrients in Sisters* - Personalized Nutrients hired Josh in January of 2019 after he spent successful years in Opportunity Foundation's mill, assembly, and small group programs. Located in Sisters, they were a perfect match. Personalized Nutrients makes custom made to order vitamins and ships direct to customers. Check out their website at <https://freedomtoformulate.com/>



Safety Break: RMT Minutes

We're extremely happy to let you know all the attention we paid to safety in the last year plus has made a huge impact. Not only do we have a safer environment for our employees and those we serve and a culture seeking to keep people away from injury or harm, but it has also brought a dramatic decrease to our cost of insurance. Thank you! Let's continue to focus on ways to make our workplace safer and take advantage of the rewards.

Observation Program: We can all impact safety by observing our work areas and identifying hazards. Ask your supervisor how you can participate in our safety observation program and help make a difference.

Safety Suggestion: We WANT your ideas for safety improvements. Suggestions are reviewed monthly by the safety Committee and if yours is implemented you get \$20 cash. Even small ideas make an impact. That easy!

http://intranet.ofco.internal/?page_id=5073

Safety Star: See someone modeling safety and being a good example? Nominate them as a Safety Star. Submissions are reviewed quarterly by the safety committee and the winner receives \$100 cash!

http://intranet.ofco.internal/?page_id=5174

Pssst! Over here!

Are you a writer? Photographer Want to put your talents to use? ??????? is recruiting for the Journalism Club! Even if you only want to participate in a small way, we would love to have your input! Please contact Misty at: munez@opportunityfound.org to participate.



Healthy Options

Turkey Taco Lettuce Wraps

Yields: 6 servings | Serving Size: 1 lettuce leaf taco | Calories: 215 | Total Fat: 13g | Saturated Fat: 3g | Trans Fat: 0g | Cholesterol: 56mg | Sodium: 866mg | Carbohydrates: 11g | Fiber: 5g | Sugars: 4g | Protein: 16g |

- Ingredients
- 1 pound lean ground turkey
 - 3 tablespoons taco seasoning
 - 1 cup (half-pint) cherry tomatoes, halved
 - 1 avocado, pitted, peeled, and diced
 - 1 cup salsa
 - 12 whole romaine lettuce leaves

Directions

1. Add ground turkey to a skillet. Cook over medium heat for 8 minutes until browned. Add 1/3 cup water and taco seasoning. Allow to cook for 3 minutes more. Remove from heat.
2. Double each lettuce leaf so the top fits into the second and you have 6 doubled leaves altogether. Spoon in meat mixture. Add cherry tomatoes and avocado pieces. Top each with salsa.



Sugar-free Jello Cookies

- 3/4 cup butter
- 1/2 cup sugar substitute
- 2 (1/3 ounce) sugar free jello packets of your choice
- 2 eggs
- 1 tsp vanilla
- 2 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt



Cream butter, sugar, 1 package of jello and eggs in a medium bowl till smooth and fluffy. Add remaining ingredients and mix well.

Roll dough into one inch balls. Roll dough balls in remaining package of jello and place on a greased and floured cookie sheet.

Flatten each with a fork. (Sometimes a little flour on the fork helps keep it from sticking)

Bake 6-8 minutes at 350 degrees. Cool completely and store in an airtight container.