

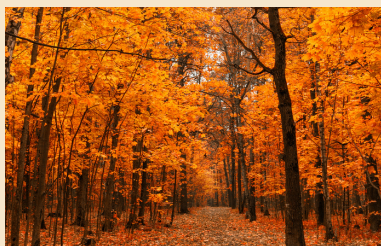
NOVEMBER
— NEWSLETTER —

EMPOWERED SERVICES



HOLIDAY REST

WHAT IS THAT?







A TIME FOR YOU

How did I get here? Sitting on my bathroom floor, sobbing. I look up and in the mirror I see a person that I don't recognize. A pale face from staying inside too often, eyes with black circles under them from years of sleepless nights, an overweight body from overindulging on comfort food and thinning hair from overwhelming stress. My heart is beating quickly, I can't stop crying and I feel so alone. Who is this stressed out person? How did I get here?

I am a special needs parent.

I guess that's why material things, being stylish and perfectly put together became unimportant. How could those things matter to me? Those things couldn't make my son healthy, they couldn't save his life so how can I care about them?



No matter how badly I care for myself, I feel I'll always have the strength to care for my special needs child. Except that is not true, otherwise I wouldn't be crying on the bathroom floor. Parents of special needs children carry a heavy weight on their shoulders and easily get stressed out.

• • • AND THAT IS OK! • • •

A TIME FOR YOU

Here are some things that can help you recharge when you are stressed:

- 1-Have a date night
- 2-Go out with some friends
- 3-Get a massage
- 4-Go for a walk
- 5-Visit a nature park
- 6-Go to the gym
- 7-Go window shopping
- 8-Get a manicure and pedicure
- 9-Try something new like rock climbing
- 10-Go to the movies

A PARENTS GUIDE TO AUTISM

A PARENT'S GUIDE TO AUTISM

IF YOUR CHILD HAS RECENTLY BEEN DIAGNOSED WITH AN AUTISM SPECTRUM DISORDER, YOU HAVE COME TO THE RIGHT PLACE.

A PARENT'S GUIDE TO AUTISM WAS DEVELOPED AS PART OF AUTISM SPEAKS' SERIES OF FAMILY SUPPORT TOOL KITS TO SUPPORT YOU AND PROMOTE A POSITIVE FUTURE FOR YOUR CHILD AND FAMILY DURING AN OFTEN CHALLENGING TIME.

YOU ARE NOT ALONE IN THIS JOURNEY AND THIS GUIDE IS A STEP TOWARD FINDING THE HELP YOU NEED TO TRAVEL THE ROAD TO OPTIMAL OUTCOMES FOR YOU, YOUR CHILD AND YOUR FAMILY.

SECTIONS INCLUDE:

RESPONSE TO THE DIAGNOSIS

YOUR ROLE AS A PARENT

TEN THINGS A PARENT CAN DO TO HELP THEIR CHILD WITH AUTISM

BUILDING A SUPPORT NETWORK

TAKING CARE OF YOURSELF

PERSONAL STORY: HOW I LET GO OF MY EXPECTATIONS AND LEARNED UNCONDITIONAL LOVE
FREQUENTLY ASKED QUESTIONS

<https://www.autismspeaks.org/tool-kit/parents-guide-autism>



EMPLOYEE OF THE MONTH JULISA!

Someone once asked me “if you could apply to your dream job, what type of job would that be?” Without hesitation I answered, “I want a job where I get paid to do ministry!” Well God heard my prayers and sent John & Sarah Marvin into my life. My passion to lovingly serve people while furthering God’s Kingdom has been very much supported here at Empowered Services. As a faithful minister of the Gospel of Jesus Christ, I have been very fortunate to work for such an impactful agency who also seeks to serve people with love. If it wasn’t for the Marvin family creating job opportunities that serve families & provide supports that Empower People to grow, I wouldn’t be doing what I love. From my heart to yours, THANK YOU Empowered Services!

Mom's in Prayer

This is a wonderful group to get connected with.
They are a group of mom's and dad's

WOULD YOU LIKE TO GATHER WITH OTHER MOMS FOR PRAYER TO RE-FOCUS ON THE LORD, TO INTERCEDE ABOUT IMMEDIATE AND FUTURE CONCERNS FOR YOUR CHILDREN, AND TO PRAY FOR PEOPLE IN YOUR SCHOOL COMMUNITIES TO TURN TO JESUS, THE BREAD OF LIFE? OUR MOMS IN PRAYER SPECIAL NEEDS TEAM CONDUCTS PRAYER MEETINGS VIA CONFERENCE CALLS OR ZOOM SPECIFICALLY FOR MOMS WHO HAVE A CHILD WITH ONGOING SPECIAL NEEDS.



MomsinPrayer.org



ADAPTIVE AND INCLUSIVE

Dance

A fun evening of dancing for individuals with disabilities
and additional needs, ages 15 and up.



SATURDAY, OCTOBER 22

7-9 P.M.

AT THE CONCORD SCHOOL PROPERTY | DOORS OPEN: 6:45PM
DANCE INSTRUCTION | PRIZES | RAFFLE | COSTUME CONTEST | SNACKS

Fee: \$10 NCPRD, \$12.50 Non-resident, \$15 at the door



Music by DJ Shawn Hinz



REGISTER BY OCTOBER 17 AT NCPRD.COM



SUNDAY OCT 23RD
HIGHLAND RIDERS PONY CLUB
SPOOKY BARN PARTY
FREE ADMISSION FOR KIDS & ADULTS
COSTUMES ENCOURAGED
SUNDAY OCTOBER 23RD
2:00 P.M. - 6:00 P.M.

PONY RIDES \$5
CRAFTS
RAFFLE PRIZES
AND MORE

AUTHOR
LISBETH ASAY
WILL BE SIGNING BOOKS



16723 S WILLIAMS RD. BEAVERCREEK OR 97004

Sing With Us!

Wilsonville Choral Arts Society



Children's Choir for 3rd - 5th Grade Singers
Days: Wednesdays (Session 1 runs Oct - Dec)
Time: 4:00 - 5:00 PM

Adult Community Choir for ages 18 - 100+
Days: Wednesdays (Session 1 runs Oct - Dec)
Time: 6:30 - 7:30 PM

All Choirs
Where: Lowrie Primary School
 28995 SW Brown Rd - in the Music Room
Cost: \$40 for Session 1
 (discount for full year sign ups)
Starts October 5th!

More Info and Registration
www.wilsonvillechoirs.com



Harvest Festival

OCTOBER 22, 2022

STEIN BOOZIER BARN | 10 AM - 1 PM

VOLUNTEERS NEEDED

EMAIL
 BEHLER@CI.WILSONVILLE.OR.US



LIVE MUSIC FROM THE W LOVERS | COSTUME PARADE | MAGICIAN |
 FACE PAINT | DONUT TRUCK | DEWDROP THE UNICORN | FREE
 PUMPKINS | DANCE PERFORMANCE | STORY TIME



Harvest Festival

OCTOBER 22, 2022

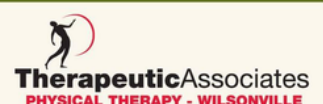
STEIN BOOZIER BARN | 10 AM - 1 PM

RAIN OR SHINE!

WHY DON'T
 GHOSTS GO OUT
 IN THE RAIN?

IT DAMPENS
 THEIR SPIRITS!

HARVEST
 FESTIVAL WILL
 GO ON RAIN OR
 SHINE! DON'T
 FORGET A RAIN
 JACKET OR
 UMBRELLA



FUN THINGS TO DO

FALL ACTIVITIES:

ASO SPOOKTACULAR HALLOWEEN DANCE-ATTACHED

**INCLUSIVE COSTUME AND DANCE 10/22 FOR AGES 15 AND
UP (ATTACHED)**

**BOO BASH DOWN SYNDROME NETWORK OF OREGON-
ATTACHED**

**ROLOFF FARMS, WHEELCHAIR ACCESSIBLE
[HTTPS://WWW.ROLOFFFARMS.COM/](https://www.rolofffarms.com/)**

**HOOD RIVER HARVEST FESTIVAL
[HTTPS://WWW.HOODRIVERHARVESTFESTIVAL.COM/](https://www.hoodriverharvestfestival.com/)**

**TRISKELEE FARMS FALL FEST WEST LINN
[HTTPS://TRISKELEEFARM.COM/FARM-
EXPERIENCES/OLA/SERVICES/FALL-FEST-TOUR](https://triskeleefarm.com/farm-experiences/ola/services/fall-fest-tour)**

**JOIN DOWNTOWN OREGON CITY ON OCTOBER 29TH 2022
FROM 12PM - 5PM FOR THE CITY'S FIRST ANNUAL
HARVEST FESTIVAL.
[HTTPS://WWW.DOWNTOWNOREGONCITY.ORG/UPCOMING
EVENTS](https://www.downtownoregoncity.org/upcoming-events)**

**TRICK OR TREATING DOWNTOWN OREGON CITY
[HTTPS://WWW.DOWNTOWNOREGONCITY.ORG/UPCOMING
EVENTS/2022/TRICKORTREAT](https://www.downtownoregoncity.org/upcoming-events/2022/trickortreat)**

CANBY HAUNT JR, DESIGNED FOR FAMILIES WITH CHILDREN 12 AND UNDER WE DEDICATE THE FIRST HOUR ON SATURDAY NIGHTS AS HAUNT JR, A MORE BRIGHTLY LIT AND FRIENDLY ATTRACTION TO PROVIDE ONLY LAUGHTER AND DELIGHT. THE CREATURE CANDLE PROVIDES SAFE PASSAGE MAKING TERRORS AND MONSTERS SCARED OF YOU. TURN THE CANDLE ON AND MONSTERS SHRINK BACK, OR SWITCH THE CANDLE OFF TO LET THE NIGHTMARES AND SCREAMS RUN WILD. FACEMASKS ARE NOT REQUIRED.

[HTTPS://WWW.ETIX.COM/TICKET/E/1022486/CANBY-HAUNT-JR-SATURDAYS-7P8P-CANBY-CLACKAMAS-COUNTY-EVENT-CENTER](https://www.etix.com/ticket/e/1022486/canby-haunt-jr-saturdays-7p8p-canby-clackamas-county-event-center)

MAKE A FUN FALL SENSORY BIN [HTTPS://ARTFULPARENT.COM/10-FUN-FALL-SENSORY-PLAY-ACTIVITIES-FOR-KIDS-THAT-ARE-TASTE-SAFE-TOO/](https://artfulparent.com/10-fun-fall-sensory-play-activities-for-kids-that-are-taste-safe-too/)

CITY OF ESTACADA THE PARKS AND RECREATION COMMISSION PRESENTS THE SECOND ANNUAL TRICK-OR-TROT ON SATURDAY OCT 29TH! THE TRICK-OR-TROT IS A FREE COSTUMED NEIGHBORHOOD DASH FOR KIDS! THERE WILL BE MEDALS AND GOODIE BAGS FOR ALL FINISHERS. REGISTER AT [HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSCEHKOINTGTZM1OYRXIQXAOP7AG9BGFSUJRCKKHZ0-RXDRMRW/VIEWFORM](https://docs.google.com/forms/d/e/1FAIPQLSCEHKOINTGTZM1OYRXIQXAOP7AG9BGFSUJRCKKHZ0-RXDRMRW/VIEWFORM)

ESTACADA'S TRICK OR TREAT EVENT [HTTPS://WWW.CITYOFESTACADA.ORG/BC-PRC/PAGE/2ND-ANNUAL-TRICK-OR-TROT](https://www.cityofestacada.org/bc-prc/page/2nd-annual-trick-or-trot)

TRICK OR TREATING DOWN TOWN OREGON CITY [HTTPS://WWW.DOWNTOWNOREGONCITY.ORG/UPCOMINGEVENTS/2022/TRICKORTREAT](https://www.downtownoregoncity.org/upcomingevents/2022/trickortreat)



RESOURCES

TRANSITION: ABEONA WORKSHOPS ON SPECIAL NEEDS TRUSTS AND GOVERNMENT BENEFITS (ATTACHED)

FACT OREGON NEWSLETTER ATTACHED

FACT OREGON ALL ABOUT BEHAVIOR SUMMIT. FREE FOR FAMILY MEMBERS, REGISTRATION REQUIRED:

[HTTPS://FACTOREGON.APP.NEONCRM.COM/NP/CLIENTS/FACTOREGON/EVENTREGISTRATION.JSP?EVENT=11006&](https://factoregon.app.neoncrm.com/np/clients/factoregon/eventregistration.jsp?event=11006&)

ACTIVATE YOUR ADVOCACY: PARENT LEADERSHIP TRAINING APPLY HERE:

[HTTPS://WWW.SURVEYMONKEY.COM/R/CJ2TQVP](https://www.surveymonkey.com/r/CJ2TQVP)

DON'T FORGET TO CHECK OUT YOUR LOCAL LIBRARY FOR GREAT BOOKS, GAMES, MOVIES AND ONLINE EBOOKS AND AUDIO BOOKS, PLUS CULTURAL PASSES! CULTURAL PASS EXPRESS IS A FREE SERVICE PROVIDED BY LIBRARIES IN CLACKAMAS COUNTY THAT PROVIDES INSTANT ONLINE ACCESS TO FREE AND LOW-COST PASSES TO MUSEUMS, GARDENS, AND OTHER LOCAL VENUES. THE LIBRARY HAS EVENTS FOR ALL AGES!

[HTTPS://LINCC.ENT.SIRSI.NET/CLIENT/EN_US/LINCC/?](https://lincc.ent.sirsi.net/client/en_us/lincc/?)

[RM=HOURS+AND+LOCAL%7C%7C%7C1%7C%7C%7C2%7C%7C%7CTRUE](https://lincc.ent.sirsi.net/client/en_us/lincc/?rm=hours+and+local%7C%7C%7C1%7C%7C%7C2%7C%7C%7Ctrue)

NEW SOCIAL GROUP: BRING YOUR OWN PUMPKINS FOR CARVING/PAINTING. BRING YOUR FAVORITE HALLOWEEN TREAT FOR THE POTLUCK. I WILL BE SHOWING A SCOOBY DOO HALLOWEEN MOVIE. PUNCH AND POPCORN WILL BE PROVIDED. TWO JUDGING GROUPS FOR CARVED AND PAINTED PUMPKINS. THE ADDRESS IS 13900 S. GAIN ST OREGON CITY 97045 TONYA TOMBLESON (PARENT) STARTED THIS GROUP TO GIVE KIDS AGES 6-18 AN OPPORTUNITY TO SOCIALIZE WITH THEIR PEERS.

AUTISM PARENT SUPPORT GROUP, VIRTUAL, FREE. REGISTER HERE:

[HTTPS://WWW.EVENTBRITE.COM/E/FREE-AUTISM-PARENT-GROUP-ONLINE-TICKETS-105594110828](https://www.eventbrite.com/e/free-autism-parent-group-online-tickets-105594110828)

VOLUNTEER ENGAGEMENT RESOURCE FAIR:

[HTTPS://DOCHUB.CLACKAMAS.US/DOCUMENTS/DRUPAL/A162C999-4394-48CF-BBB9-3048283E41A2](https://dochub.clackamas.us/documents/drupal/A162C999-4394-48CF-BBB9-3048283E41A2)

EMERGENCY RESOURCES:
HEALTH EMERGENCY READY OREGON = HERO

IN AN EMERGENCY, EVERY MOMENT COUNTS. HERO KIDS IS A VOLUNTARY, NO-COST, SECURE REGISTRY THAT LETS FAMILIES RECORD CRITICAL DETAILS ABOUT THEIR CHILD'S HEALTH. FIRST RESPONDERS AND HOSPITAL EMERGENCY DEPARTMENTS CAN QUICKLY AND EASILY ACCESS THAT INFORMATION IN AN EMERGENCY. FOR EMERGENCY HEALTH CARE PROVIDERS FACED WITH SPLIT-SECOND DECISIONS, HERO KIDS REGISTRY CAN FILL THE PRE-HOSPITAL INFORMATION GAP. READ MORE BELOW, OR CLICK ON THE YELLOW BUTTON TO REGISTER.

HERO KIDS IS NOT JUST FOR KIDS. IT IS OPEN TO ANY OREGON CHILD OR YOUNG ADULT THROUGH AGE 26 [HTTPS://WWW.OHSU.EDU/OCCYSHN/HERO-KIDS-REGISTRY](https://www.ohsu.edu/occyshn/hero-kids-registry)

ADDITIONAL RESOURCES:

- **PHONE 211 OR WEBSITE: [HTTPS://WWW.211INFO.ORG/](https://www.211info.org/)**

- **TEEN RESOURCE FLYER (ATTACHED)**

FOOD RESOURCES:

- **HOW TO GET FOOD IN CLACKAMAS COUNTY RESOURCE PAGE**
 - **PDX FREE FRIDGE**
 - **OREGON FOOD BANK FINDER**
 - **CLACKAMAS SERVICE CENTER**
- **FIDO (FRIENDS INVOLVED IN DOG OUTREACH) – PROVIDING PET FOOD TO ENSURE THAT THE BOND BETWEEN PEOPLE AND THEIR PET COMPANIONS IS UNBROKEN. 503-655-3663**

MENTAL HEALTH RESOURCES:

- **CLACKAMAS COUNTY CRISIS LINE – PROVIDES 24/7, FREE, AND CONFIDENTIAL SUPPORT. 503-655-8585**
 - **CRISIS TEXT LINE – TEXT HOME TO 741741 – 24/7 LINE.**
- **NATIONAL SUICIDE PREVENTION LIFELINE – PROVIDES 24/7, FREE, AND CONFIDENTIAL SUPPORT. MILITARY VETERANS MAY PRESS '1' FOR SPECIALIZED CARE. 800-273-TALK**
- **OREGON YOUTHLINE – A TEEN-TO-TEEN CRISIS SUPPORT AND HELP LINE. PLEASE LET YOUR TEENS KNOW THAT THERE ARE PEERS AVAILABLE TO LISTEN AND SUPPORT THEM. CALL, TEXT, AND CHAT OPTIONS ARE AVAILABLE.**
 - **CALL: 877-968-8491 (24/7 LINE)**
 - **TEXT: TEEN2TEEN TO 839863**
 - **CHAT: ONLINE (4PM-10PM)**
 - **EMAIL: YOUTHL@LINESFORLIFE.ORG**
- **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) IS OFFERING VIRTUAL SUPPORT GROUPS AND CLASSES DURING THIS TIME.**
- **REACH OUT OREGON IS AN ORGANIZATION THAT OFFERS SUPPORT TO FAMILIES WITH CHILDREN EXPERIENCING MENTAL, EMOTIONAL, AND BEHAVIORAL HEALTH CHALLENGES. THEIR GOAL IS TO HELP FAMILIES GAIN ACCESS TO A SUPPORT TEAM OF FAMILIES, FRIENDS, AND COMMUNITY NETWORKS WHERE QUESTIONS ARE ANSWERED, RESOURCES ARE SHARED, AND NEEDS ARE UNDERSTOOD.**
 - **AUTISM SOCIETY OF OREGON – SUPPORT GROUPS BY REGION**
- **YOUTH SUICIDE SUPPORT GROUP-TUESDAYS AT 4PM FLYER ATTACHED-HOSTED BY YOUTHERA**

SUPPORT GROUP

WELCOME TO THE ASO-SYNERGY FREE PARENT GROUP MEETING ON THE 4TH SATURDAY OF EACH MONTH FROM 10-11:30AM. WE ARE OFFERING A FREE ONLINE GROUP FOR PARENTS OF CHILDREN ON THE AUTISM SPECTRUM LIVING IN OREGON, FACILITATED BY BARBARA AVILA, MS, OF SYNERGY AUTISM CENTER.

[HTTPS://AUTISMSOCIETYOREGON.ORG/EVENTS/2022-10/](https://autismsocietyoregon.org/events/2022-10/)

SENSORY FRIENDLY HAIRCUTS

[HTTPS://WWW.PIGTAILSANDCREWCUTS.COM/STYLECHAT/HAIRCUTS-FOR-KIDS-WITH-SPECIAL-NEEDS-SENSORY-DIFFERENCES/](https://www.pigtailsandcrewcuts.com/stylechat/haircuts-for-kids-with-special-needs-sensory-differences/)

JENNIFER MORENO CAN OFFER SENSORY FRIENDLY HAIRCUTS IN HER PRIVATE SALON IN LAKE OSWEGO.

SHE DOES NOT OFFER DISCOUNTED PRICES, JUST FYI. I'M NOT SURE WHAT HER PRICES ARE FOR CHILDREN'S CUTS.

[HTTPS://WWW.JEMBOUTIQUESALON.COM/](https://www.jemboutiquesalon.com/)



PAVED TRAILS FOR HIKING

TRAIL LINK IS A GREAT WEBSITE TO FIND ACCESSIBLE WALKING AND HIKING TRAILS, YOU CAN FILTER BY YOUR AREA, ACTIVITY, WHEELCHAIR ACCESSIBLE, LENGTH, AND SURFACE



[HTTPS://WWW.TRAILLINK.COM/STATEACTIVITY/OR-WALKING-TRAILS/](https://www.traillink.com/stateactivity/or-walking-trails/)

[HTTPS://WWW.ALLTRAILS.COM/US/OREGON/PORTLAND/PAVED](https://www.alltrails.com/us/oregon/portland/paved)

[HTTPS://WWW.BLM.GOV/VISIT/WILDWOOD-RECREATION-SITE](https://www.blm.gov/visit/wildwood-recreation-site)

www.understood.org is a resource that helps millions of people with learning and thinking differences anticipate the challenges, barriers, or opportunities in life to confidently reach their potential.

Their mission is to shape a world for difference so that people who learn and think differently can thrive and build a more equitable world where neurodiversity is championed and celebrated so everyone can be uniquely Understood.

October is National Bullying Prevention Month

Being bullied may be a signal that a child has differences. Spotting patterns in your child's behavior can help you figure out the best supports. Also, kids need to build self-advocacy skills to stand up for themselves and ask for help.



Connie is our Customer Care Relations Specialist and Newsletter Editor - you can email her at:
esnewsletterteam@gmail.com



GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR







WATER INTAKE



1L



2L



3L

WEATHER



NOTES / REMINDERS

TODAY'S AFFIRMATION

















TOMORROW I LOOK FORWARD TO





