

Empowered Newsletter



John Marvin, CEO

As we celebrate the Fourth of July, I want to take a moment to reflect on the deeper meaning of this day—freedom, dignity, and the enduring promise of inclusion for all. At Empowered Services, our mission to support individuals in the IDD community is a powerful extension of the very values this nation was founded on. True freedom is not just about independence; it's about ensuring that everyone—regardless of ability—has the opportunity to live with purpose, choice, and respect.

I am deeply grateful to our dedicated caregivers and staff who make this vision a reality every day. Your compassion and commitment illuminate the true spirit of independence, not just on July 4th, but throughout the year.

- John

Empowered-Services.org

Office: (503) 855-3581

After Hours: (971) 715-9443



Events for July

- July 2nd

Disc Golf - Wilsonville

- July 4th

Independance Day

- July 11th

Build your own Birdhouse
Tualatin Library

- July 25th

Disc Golf - Tualatin

*Happy
4th of July*



EMPOWERED SERVICES

July Reminders:

- **Sun Safety = Self-Care**
- **Stay Cool & Hydrated**
- **Mid-Summer Mental Health Check**
- **Celebrate Safely**
- **Pace Yourself in the Summer Heat**

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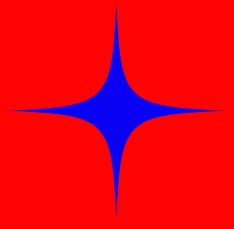


This 4th of July, we honor the freedom our nation stands for—and the importance of ensuring that freedom includes everyone. For the IDD community, independence means opportunity, access, and the right to live a full and meaningful life. We are thankful for the progress made and for the voices, talents, and strength that individuals with intellectual and developmental disabilities bring to our communities every day.

As we celebrate, let's recommit to building a world where everyone belongs, everyone contributes, and everyone is free.

Happy Independence Day!

-Sandi: COO



EMPOWERED SERVICES

MONTHLY NEWSLETTER

**CELEBRATING FREEDOM,
ADVOCACY & INCLUSION
THIS JULY**

July is a month where America celebrates independence—but at Empowered Services, we know that true freedom means more than fireworks and flags. It means the freedom to live with dignity, to choose your path, and to be included in the community you call home.

For individuals with intellectual and developmental disabilities (IDD), independence is not a solo journey—it's one built through support, advocacy, and relationship. Whether it's learning new skills, finding meaningful work, or being part of inclusive spaces, freedom looks different for everyone. And that's something worth celebrating.

This month, we invite you to reflect on:

- What does freedom mean to you?
- How can we create more opportunities for choice and voice in our daily work?
- What small step can we take to remove a barrier or build a bridge?

At Empowered Services, we're proud to walk alongside individuals, families, and care teams in this journey toward greater independence—however it's defined. Together, we're not just celebrating freedom—we're building it, every single day. Happy July, and thank you for being part of this mission.

PILLAR OF EMPOWERMENT

Congratulations on being recognized as the Star of the Month. Your dedication and hard work have set a remarkable example!



Sharae

OUR FEATURED DSP OF THE MONTH

My name is Sharae, and I'm passionate about helping others and making a positive impact in my community. I've been a Direct Support Professional for over a year, during which I've grown to deeply appreciate the I/DD community and the value of person-centered support. I'm naturally patient, dependable, and compassionate, and I love building meaningful relationships with the individuals I support.

My journey began while volunteering at a local day program, where I quickly realized how rewarding it is to help people gain confidence and independence. That experience inspired me to pursue this career. What I admire most about the people I support is their resilience and authenticity—each person brings something unique, and I truly value the trust and respect we build together.

To me, being a DSP means more than helping with daily tasks—it's about empowering individuals and celebrating their progress. At Empowered Services, I'm grateful to be part of a team that values person-centered care and encourages strong, respectful connections between staff and those we serve.

EMPOWERED STAR

Congratulations on being recognized as the Empowered Star. We are so proud of the example you set for everyone in the IDD Community!



Tanner

OUR FEATURED CUSTOMER OF THE MONTH

My name is Tanner. I love the outdoors: rock climbing, hiking, and road trips, all of which feed my adventurous heart. Going into nature gives voice to my love for God's creation.

Art is not just a hobby but a way of seeing and sharing the world. The local art nights in my town have helped me feel connected and fulfilled my dream of selling my artwork.

I light up when I talk about my provider, McKenna! I describe her as someone who is by my side, joining me on my adventures. She is truly a perfect match for our family and a treasured part of our journey together. We feel so blessed to have her in our lives—she is a treasure beyond measure! I feel that everyone at Empowered Services is genuinely excited to help in any way they can. They are always kind, understanding, and loving.

“My family is blessed to be with your agency.”

We feel blessed to have you Tanner, Thank you for inspiring us all with your creativity, honesty, and heart!



Enjoy some of his art

BYOC Program

Bring Your Own Caregiver



**Simple to Apply,
Compassionate by Design**

↔

At Empowered Services, we believe that care should never feel like a transaction. It should feel like trust, like family, like home.

Through our BYOC Program, your trusted person can become a paid caregiver: With benefits like Health Insurance, Dental, Vision PTO, and 401K.

Because the best care starts with someone who truly knows your heart!



[Click here for more information](#)



July 1st, 2025 @ 10:00am

Molalla Buckaroo Grounds
815 Shirley St Molalla, OR 97038



Our event is for those with physical and developmental disabilities of ALL ages. No horse or rodeo experience to participate!



SPECIAL TIPS FOR AVOIDING FOURTH OF JULY SENSORY OVERLOAD

The Fourth of July can be full of fun—but for individuals with intellectual and developmental disabilities (IDD), the loud noises, bright lights, and busy environments can lead to sensory overload. With a little planning and creativity, the day can be joyful and stress-free for everyone. Here are some special tips to help make that happen:

🌟 Celebrate Your Own Way

Not everyone enjoys fireworks and parades—and that’s okay! Celebrate with activities that feel safe and enjoyable:

- Decorate cookies or cupcakes with red, white, and blue icing.
- Have a backyard dance party with soft music and glow sticks.
- Watch a family movie with a patriotic theme.
- Creating your own traditions makes the holiday more personal and fun.

🎧 Use Sensory Tools Early

Noise-canceling headphones, sunglasses, and hats with brims can help reduce overwhelming input. Don’t wait until things feel “too loud” or “too bright”—start with supports in place before discomfort begins.

🕒 Keep It Predictable

Changes in routine can be unsettling. Use a visual schedule or checklist to outline the day’s events. Even if your plans are flexible, sharing a simple sequence (“We’ll eat dinner, then go outside, then watch a movie”) can reduce anxiety.

🛑 Know When to Say “Pause”

Recognize the early signs of sensory overload—such as covering ears, pacing, or withdrawing—and take a break before it escalates. A quiet room, a car ride, or even a weighted blanket can provide quick relief and a moment to reset.

👥 Include, Don’t Pressure

Offer choices throughout the day—“Do you want to sit on the porch or stay inside?” “Do you want to wear your red shirt or blue one?” These simple questions support independence while reducing stress from too many unknowns.



**Willamina Historic
4th of July**
Location:
Willamina High
School
Date: 7/4/2025
Time: Dusk

St. Paul Rodeo
Location: St.
Paul/Parrot
Mountain
Date: July 1st-5th
Time: 10:00pm

**Hood River
Fireworks**
Location: Portway
Ave, Hood River, OR
97031
Date: 7/4/2025
Time: 10:00pm

**4th of July
Spectacular**
Location: Oregon
State Fairground
Date: 7/4/2025
Time: 10:00pm

**Tigard Drone
Firework Show**
Location: Cook
Family Park
Date: 7/4/2025
Time: 10:00pm

**Tigard 4th of July
Fireworks Show**
Location: Tigard High
School Fields
Date: 7/4/2025
Time: 10:00pm

**Florence Old-
Fashioned
Fireworks**
Location: Historic
Old Town Florence
Date: 7/4/2025
Time: 10:00pm

**Harrisburg July
4th Celebration**
Location:
Harrisburg
Riverfront Park
Date: 7/4/2025
Time: 10:00pm



Star-Spangled Fruit Kabobs



Kabobs

- ☐ 6-8 large strawberries
- ☐ 2 Bananas
- ☐ 1/2 cup blueberries

Directions:

- Cut up the fruit : Half inch thick
- Skewer them in an alternating pattern (Red, White, Blue)



Prep Time:
30 minutes

Yogurt Dip

- ☐ 1/2 cup plain yogurt
- ☐ 1/2 teaspoon vanilla extract
- ☐ 1 Tablespoon honey

Yogurt Dip Directions:

- Put all ingredients into a bowl and mix until smooth
- Refrigerate until ready to serve.

FIRECRACKER BLOWER

Supplies:



Instructions:

1. Paint Toilet Paper Roll with Blue Paint



2. Paint white stars on after the blue paint dries.



3. Cut 3 red streamers and 3 white streamers about 8-10 inches long.



4. Glue Streamers inside of Toilet Paper Roll. Alternating Colors.



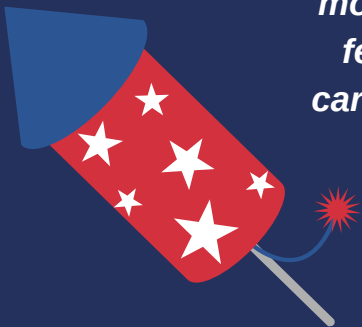
Resources & Events



🌟 Fourth of July & Community Resources 🌟

As we celebrate the Fourth of July, we're reminded of the strength and freedom that comes from unity and support. Whether you're enjoying fireworks, a quiet moment with family, or a summer BBQ, we hope you feel the joy of belonging. Freedom means access, care, and connection. Let's celebrate together and lift one another up!

[CLICK HERE](#)



July

SPECIAL DAYS:

July 8: National Freezer Pop Day

What is your favorite flavor of Freezer Pop?



July 11: National 7-Eleven Day

Go get a slurpy today! A lot of 7-Eleven give them out for free



July 16: National Hot Dog Day

How many of you like Hot Dogs? Have a Hot Dog today!



July 18: National Tropical Fruit Day

Go and try a new tropical fruit that you have never tried before!



July 20: Special Olympics Milestone



1968 – First International Special Olympics Games held in Chicago!

Marks a major step in global inclusion of persons with IDD in sports and society.

July 25: National Hot Fudge Sunday Day

Go and get yourself a Hot Fudge Sunday somewhere!

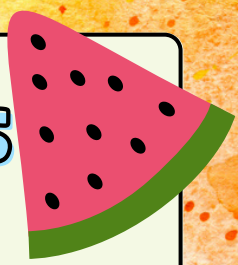
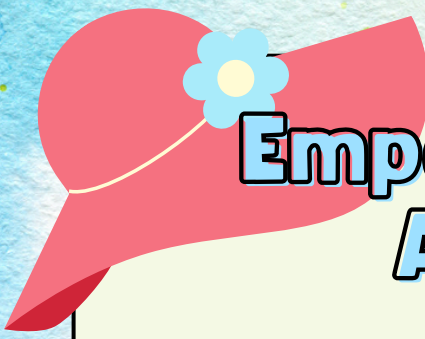


July 26: Americans with Disabilities Act (ADA) Anniversary

AKA: "Disability Independence Day"

Marks the signing of the Americans with Disabilities Act (1990) – a civil rights law prohibiting discrimination against individuals with disabilities in all public life.





Empowered Services Annual Picnic!

August 12th, 2025 from 11:00am to 2:00pm

Wilsonville Memorial Park

Come for a day of Food, Drinks, Games, Prizes, & Crafts!

BBQ:

John (CEO) will be grilling up Hot Dogs & Hamburgers

Games:

We will have games and prizes!

Let's embrace the carefree spirit of summer!

Raffle:

You will get to earn tickets for the games. You will get to use those tickets for raffle prizes!

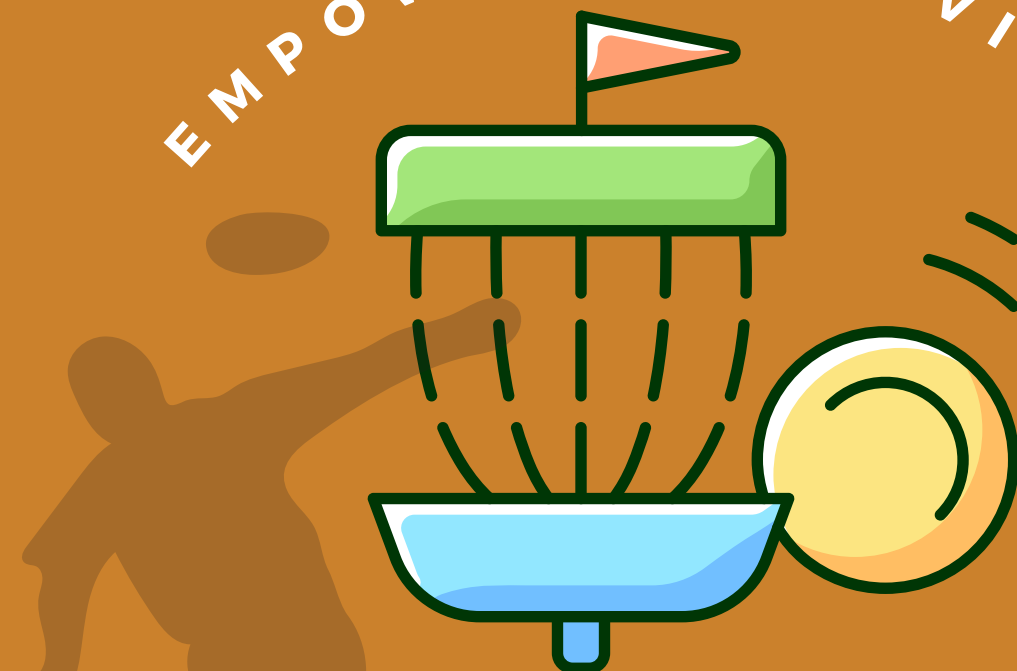
How lucky are you feeling?

Crafts:

We will have some crafts to do if you are feeling creative!

Please RSVP: RSVP to your County Coordinator!

EMPOWERED SERVICES



DISC GOLF

COME AND JOIN US

JULY SCHEDULE

July 2nd 10am-12pm

Where: Memorial Park
8100 SW Wilsonville Rd,
Wilsonville, OR 97070

July 25TH 10am-12pm

Where: Community Disc Golf
20500 SW Boones Ferry Rd,
Tualatin, OR 97062

We will supply the disc's. Please bring water and a snack.



EMPOWERED-SERVICES.ORG
503-855-3581

EMPOWERED SERVICES BOWLING



Bowling Events

- Tuesdays: Sherwood Langers (\$4)
3:00pm to 4:00pm
- Wednesdays: Wilsonville Bullwinkles (\$5)
3:30pm to 4:30pm
- Fridays: The Rec in Keizer (\$4)
3:30pm to 4:30pm

empowered-services.org



EMPOWERED SERVICES
INSPIRATION. OPPORTUNITY. SUPPORT

8101 SW Nyberg St.
Suite 217
Tualatin, OR 97062

FUN AT THE LIBRARY



EMPOWERED SERVICES

W W W JULY, AUGUST W W W

EMPOWERED SERVICE EVENT FOR DSP'S AND CUSTOMERS

WHERE: 18878 SW MARTINAZZI AVE,
TUALATIN, OR 97062



JULY

11

1:30PM-

3:30PM

BUILD & PAINT YOUR OWN BIRD HOUSE



We will supply the kits and you supply
the creativity. Make the birds happy!



AUGUST

08

1:00PM -

3:00PM

UNDER THE SEA SENSORY BOTTLE

Join us for a fun time of creating an
Under the Sea Sensory Bottle.
This will a WHALE of a good time!





*Are you looking for
places to explore?*

**DATES: July 17, August 21st
September 18th, 19th**

Entrance & Parking Fee Waived

Blue Lake Regional Park

21224 NE Blue Lake Road in Fairview

Oxbow Regional Park

3010 SE Oxbow Parkway in Gresham

Broughton Beach Chinook

44141 NE Marine Drive in Portland

Chinook Landing Marine Park

55201 NE 223rd Ave. in Fairview

For more information & dates, visit [Oregon Metro's website](https://www.oregonmetro.gov).



NOW HIRING!

DIRECT SUPPORT PROFESSIONALS

AT EMPOWERED SERVICES



\$500 REFERRAL BONUS:

Know someone who would
be perfect for the job?



LOCATION:

DSP Positions Available
Across All Oregon Counties



RATE OF PAY:

Competitive Pay rate
Available in Part-time or
Full-time positions

Are you outgoing, energetic, and self-motivated? Do you have a passion for helping others and creating a positive impact in your community? If so, we have the perfect job for you!

Join our family-like team at Empowered Services, where you can make a difference while enjoying flexible hours and community-based work.

OUR BENEFITS INCLUDE:

-  Accrued PTO
-  401K matching up to 3%
-  Future health insurance options

REQUIREMENTS:

- ✓ Must be 18 or older with a High School Diploma/GED
- ✓ 1 year of DSP/Customer Service Experience
- ✓ Obtain First-Aid/CPR Certification & pass a background check
- ✓ Clean Driving Record with Full-Coverage Auto Insurance

Take the first step towards your new rewarding career with Empowered Services today!

Join us in our mission to empower individuals every day. Your future starts here!
Empowered Services is an equal opportunity employer.

GET IN TOUCH :

 503-855-3581



Info@empowered-services.org
www.empowered-services.org



8101 SW Nyberg St. Suite 217 Tualatin, OR 97062

TO APPLY, SCAN THE QR CODE BELOW





SUPPORTING YOUR LOVED ONE'S JOURNEY TOWARDS A FULFILLING LIFE

At Empowered Services, we specialize in providing personalized Direct Support services to children and adults with developmental disabilities. Our team of caring and compassionate staff and providers are dedicated to improving the lives of those we serve by connecting them with the best possible providers to meet their unique needs and preferences.

We believe that everyone deserves the opportunity and tools to promote a fulfilling life. That's why we're passionate about providing the support and resources necessary to make that happen. We work closely with families, providers, and other support networks to ensure our customers receive the highest quality of care in a safe, inclusive, and supportive environment.

BRING YOUR OWN CAREGIVER PROGRAM

Experience personalized caregiving with our Bring Your Own Caregiver (BYOC) Program! Our focus is on you and your loved ones, ensuring seamless support with your chosen Direct Support Professionals (DSPs) arriving promptly. Your chosen DSP's will enjoy flexible compensation options tailored to your needs, empowering caregivers for a fulfilling journey. Join countless families benefiting from Empowered Services' compassionate care. Enroll today and empower your family by choosing your own caregiver for a personalized and transformative caregiving experience!

CHOOSE EMPOWERED SERVICES FOR:

- ✓ Personalized Direct Support services
- ✓ Compassionate guidance and support
- ✓ Collaborative approach with families and support networks
- ✓ Meaningful connections between customers and providers
- ✓ Safe, inclusive, and supportive environment
- ✓ Join us in supporting your loved one's journey towards a fulfilling life.
- ✓ Contact us today to learn more about how we can help.



Info@empowered-services.org
www.empowered-services.org



8101 SW Nyberg St.
Suite 217 Tualatin, OR 97062



GET IN TOUCH : ☎ 503-855-3581

¡ESTAMOS CONTRATANDO! PROFESIONAL DE APOYO DIRECTO EN EMPOWERED SERVICES



 **BONO DE REFERENCIA DE \$500:**
¿Conoces a alguien perfecto para el trabajo?

 **UBICACIÓN:**
Puesto de DSP (Profesional de Apoyo Directo) disponibles en todos los condados de Oregon

 **TASA DE PAGO:**
Tasa de pago competitiva disponible en puestos de medio tiempo o tiempo completo

¿Eres extrovertido, energético y automotivado? ¿Tiene usted pasión por ayudar a los demás y crear un impacto positivo en su comunidad? ¡Si es así, tenemos el trabajo perfecto para ti!

Unase a nuestra equipo familiar en Empowered Services, donde puede marcar la diferencia mientras disfruta de horarios flexibles y trabajo basado en la comunidad.

NUESTROS BENEFICIOS INCLUYEN:

-  PTO (Tiempo libre pagado) Acumulado
-  Aporte al 401k con igualación hasta un 3%
-  Opciones futuras de seguro de salud

REQUERIMIENTOS:

- ✓ Debe tener 18 años o más y un diploma de la High School/GED
- ✓ 1 año de experiencia como DSP/Servicio al cliente
- ✓ Obtener su certificación de primeros auxilios/CPR y pasar una verificación de antecedentes
- ✓ Historial de conducir limpio con seguro de automóvil con cobertura completa

¡Toma el primer paso hacia tu nueva carrera gratificante con Empowered Services hoy!

Unase a nuestra misión para empoderar a las personas todos los días.
¡Su futuro comienza aquí! Empowered Services es un empleador que ofrece igualdad de.

PONTE EN CONTACTO :



503-855-3581



Info@empowered-services.org
www.empowered-services.org



8101 SW Nyberg St. Suite 217 Tualatin, OR 97062

PARA APLICAR, ESCANEE EL CÓDIGO QR





APOYANDO EL CAMINO DE SU SER QUERIDO HACIA UNA VIDA PLENA

En Empowered Services nos especializamos en brindar servicios de Apoyo Directo personalizado a niños y adultos con discapacidades del desarrollo. Nuestro equipo de personal y proveedores atentos y compasivos están dedicados a mejorar la vida de losn que servimos conectandolos con los mejores proveedores posible para satisfacer sus necesidades y preferencias únicas.

Creemos que todos merecen la oportunidad y herramientas para promover una vida plena. Es por eso que nos apasiona brindar el apoyo y recursos necesarios para hacerlo posible. Trabajamos en estrecha colaboración con las familias, proveedores y otras redes de apoyo para garantizar que nuestros clientes reciban la más alta calidad de cuidado en un entorno seguro, inclusivo y de apoyo.

PROGRAMA DE TRAER SU PROPIO CUIDADOR

Experimente un cuidado personalizado con nuestro programa Traer su propio cuidador (BYOC Bring Your Own Caregiver). Nos centramos en usted y sus seres queridos, garantizando un apoyo continuo con los profesionales de apoyo directo (DSP) que elija y que llegarán puntualmente. El apoyo directo que elija disfrutará de opciones de compensación flexibles adaptadas a sus necesidades, lo que empodera a los cuidadores para que tengan una experiencia satisfactoria. Unase a numerosas familias que se benefician de la atención compasiva de Empowered Services. ¡Inscríbase hoy y empodere a su familia eligiendo a su propio cuidador para una experiencia de cuidado personalizada y transformadora!



SELECCIONE

EMPOWERED SERVICES PARA:

- ✓ Servicio personalizados de Apoyo Directo
- ✓ Orientación y apoyo compasivo
- ✓ Enfoque colaborativo con familias y redes de apoyos
- ✓ Conexiones significativas entre los clientes y proveedores
- ✓ Entorno seguro, inclusivo y de apoyo
- ✓ Únete a nosotros a apoyar el camino de su ser querido hacia una vida plena
- ✓ Contáctenos hoy para obtener más información sobre cómo podemos ayudar

