

# Empowered Services Newsletter



Life has a way of moving like the ocean—always shifting, sometimes calm, sometimes full of energy. At Empowered Services, we believe every wave brings a new opportunity. A chance to grow, to try something different, or just to keep showing up and doing your best.

As summer starts to wind down, it's a good time to look back and appreciate how far we've come and to look ahead at what's possible next. Progress doesn't always come in big moments. Sometimes it's in the small wins, the quiet courage, and the steady effort.

**Keep riding the wave. You're doing great, and there's more good ahead.**

*-John: CEO*



EMPOWERED SERVICES

**Empowered-Services.org**

Office: (503) 855-3581

After Hours: (971) 715-9443

## Events for August:

- **August 6th:**  
Disc Golf - Herbert Hoover Park - Newberg
- **August 8th:**  
Under the Sea Sensory Bottle - Tualatin Library
- **August 12th:**  
Annual Picnic in the Park - Wilsonville Memorial Park
- **August 22<sup>nd</sup>:**  
Disc Golf - Tualatin Disc Golf Park- Tualatin



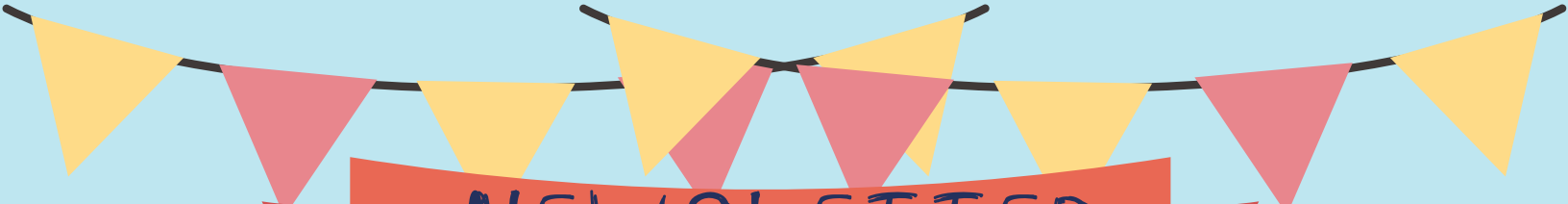
# Waves of Possibility: Reflecting, Celebrating, and Looking Ahead



Every wave of progress in the IDD community begins with people—individuals, families, caregivers, and advocates—who believe in what's possible. As we reflect on the journey, we honor the strength, creativity, and resilience that shine through every challenge and triumph. We celebrate each milestone, big and small, that marks the unique path of every person supported. These moments remind us that growth doesn't always follow a straight line, but every ripple of effort and care moves us forward. Looking ahead, we carry the lessons of the past with hope in our hearts and possibility on the horizon. Together, we are riding waves of inclusion, opportunity, and a future full of promise.







# NEWSLETTER

## *Waves of Possibility: Reflecting, Celebrating, and Looking Ahead*

As we journey through this year, we are carried by waves of **possibility**—each one shaped by our shared experiences, challenges, and triumphs.

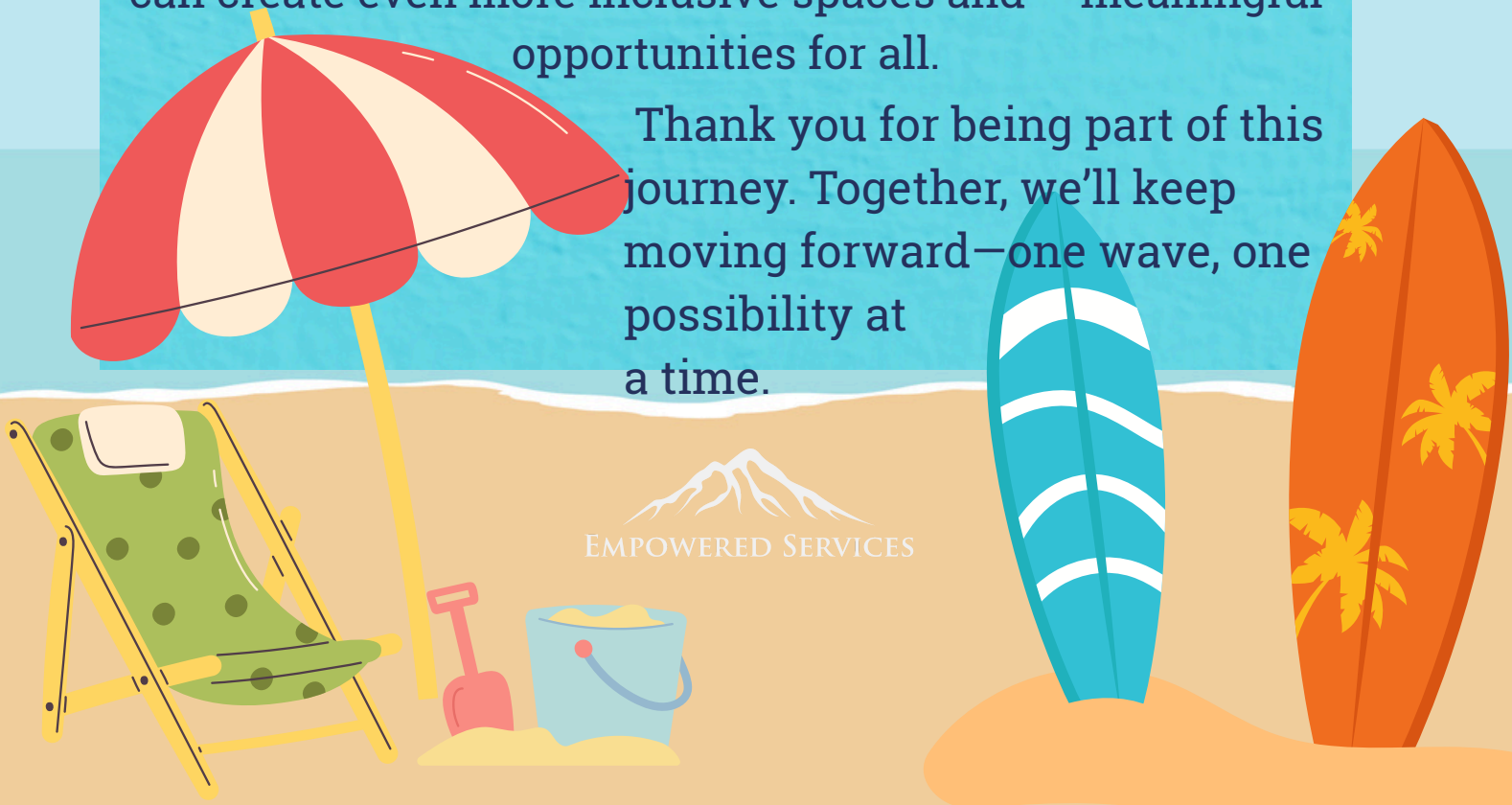
We take time to **reflect** on where we've been: the resilience we've shown, the barriers we've broken, and the voices we've lifted. We **celebrate** the milestones, big and small, that make our community strong; honoring the uniqueness, creativity, and courage of every individual.

And as we **look ahead**, we do so with hope. With continued partnership, advocacy, and compassion, we can create even more inclusive spaces and meaningful opportunities for all.

Thank you for being part of this journey. Together, we'll keep moving forward—one wave, one possibility at a time.



EMPOWERED SERVICES





# PILLAR OF EMPOWERMENT

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



## JESSICA OUR FEATURED DSP OF THE MONTH

Jessica was born in Cedar City, Utah, and is the proud mom of three amazing daughters and her best buddy, Sokka—a sweet, clever dog who can even say “I love you.” A true summer soul, Jessica enjoys paddleboarding, hiking, camping, bonfires, and dancing to any music she can sing along to. She’s also a proud foodie who loves trying new flavors, though she’ll always pass on eggs and seafood!

Her passion for the IDD community was shaped early in life after her sister suffered a traumatic brain injury at 16. Watching her sister relearn to walk, talk, and live independently and later losing her at just 27, inspired Jessica to step into a lifelong journey of advocacy and care. She began as a student aid in high school and has been drawn to supporting others ever since. As a DSP, Jessica describes her client as “incredible” and finds joy in every shared milestone—from laughter and learning to simple hand-holding curiosity. “Seeing her grow and achieve goals is the greatest gift,” she says.

What she loves most about Empowered Services is the opportunity to create real, lasting impact.

**“Helping someone live a fuller, happier life, that’s what it’s all about. And I hope that same kindness spreads beyond the IDD community into the world.”**





# 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!



## KYLE

### OUR FEATURED CUSTOMER OF THE MONTH

Hi, I'm Kyle, video game fan, foodie, and cat dad. I spend my time gaming with friends from around the world, enjoying my cats' lovable chaos, and hanging out with my amazing provider, Pam. She's kind, dependable, and hilarious—always lifting my spirits, even during stressful moments like doctor visits. She knows how to advocate for me when I need it most, and I'm incredibly grateful for her support.

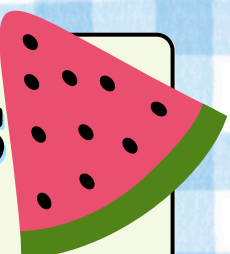
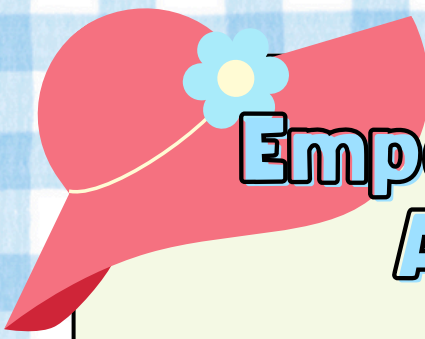
Pam and I love to laugh, and we bring that energy wherever we go. We've built great friendships with people like Julie and Nicole at Hallmark in Clackamas Town Center. Whether we're cracking jokes or playing with the dancing decorations, it always ends in shared laughter and hugs. Those little connections mean a lot.

While August heat isn't my favorite, I make the best of it with summer perks like fresh fruit, milkshakes, and slushies. Through it all, Empowered Services continues to impress me with how much they genuinely care. When Pam had back surgery, they reached out to check on her, showing that their compassion extends beyond clients to providers as well.

**Thanks, Empowered, for creating a community where people feel supported, valued, and seen.**



EMPOWERED SERVICES



# Empowered Services Annual Picnic!

August 12<sup>th</sup>, 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!

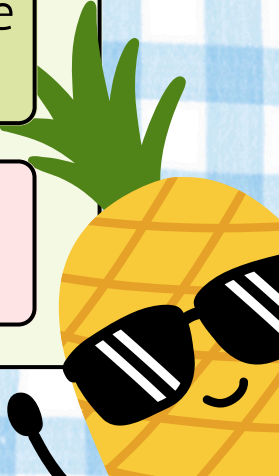
How lucky are you feeling?

### Crafts:

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



**Please RSVP** Click [HERE](#) to RSVP or RSVP by August 8<sup>th</sup> : with your County Coordinator





# FUN AT THE LIBRARY



## EMPOWERED SERVICES

### ~~~~ AUGUST & SEPTEMBER ~~~~

**WHERE: 18878 SW MARTINAZZI AVE,  
TUALATIN, OR 97062**

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August

**8**

1:30PM-

3:30PM

### 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!



September

**12**

2:30PM-

4:30PM

### GLOWING FALL LEAVES



Come and paint a Glow in the Dark Fall  
Leaf Key Chain for your keys, backpack  
or window!



# Beach Safety



## 1. Supervise Constantly

Always stay within arm's reach of kids near water—even shallow areas. Assign a “water watcher” who’s fully focused. Calm water can still be dangerous.

## 2. Teach Water Safety

Start early: teach swimming, floating, and how to escape rip currents. Kids should never swim alone—use the buddy system.

## 3. Protect from the Sun

Use SPF 30+ sunscreen 15 minutes before sun exposure; reapply every 2 hours or after swimming. Cover spots like ears, neck, and feet. Stay in the shade from 10 AM–2 PM and wear sun-protective clothing.

## 4. Keep Hydrated

Encourage frequent water breaks. Bring plenty of fluids and provide shade for cooling off.

## 5. Watch for Hazards

Teach kids to swim parallel to escape rip currents. Watch out for jellyfish and sharp debris. Avoid deep sand holes—they can collapse.

## 6. Bring the Right Gear

Pack life jackets for weak swimmers, a first-aid kit, and comfort items like towels and toys.

## 7. Set a Safety Plan

Review rules before the trip. Make sure kids know what to do if they get lost—find a lifeguard or safe adult.





# Special August Days

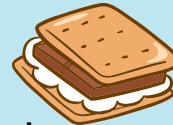


## August 6: National Root Beer Float Day

Also known as the "Black Cow," the root beer float got its start in Colorado in a mining camp. Frank J. Wisner of Cripple Creek, Colorado, gets the credit for inventing the "Black Cow" way back in August of 1893.



## August 10: National S'Mores Day



Girl Scout groups describe them in their reports as early as 1925. Earlier recipes used the name "Some Mores." It is unclear when the word "S'mores" became the more common name. Have you tried it with Fudge Cookies instead of Graham Crackers?

Ha  
Ha  
Ha  
Ha  
Ha

## August 16: National Tell a Joke Day

Since jokes come in many forms, try out your favorite. For some, that might be a one-liner or a knock-knock joke. While many people groan at the sight of a pun, they bring on chuckles, too.

## August 26: National Dog Day



Whether mixed or purebred, embrace the opportunity for all dogs to live a happy, and safe life. They all give us companionship. Additionally, they keep us safe, and they aid those in need. Dogs play. Well, they play many roles in our lives, too! They keep us healthy, both physically and mentally.

## August 30: National Beach Day

Whether it's the beach, a lake, or a river, the water offers summer fun all season long—from swimming and sunbathing to Frisbee, volleyball, and relaxing floats with friends that create lasting memories.



# Beach Day Pudding Cup

## What You Need:

- Clear Plastic Cup
- 1 Box of Vanilla Pudding
- Blue Food Coloring
- Crushed up Graham Crakers
- Swedish Fish
- Teddy Grahams
- Round Peppermint (Optional)

## Directions:

1. Make Pudding according to directions.
2. Add a few drops of Blue Food Coloring and mix to desired color.
3. Put 3 Spoons of Crushed Graham Cracker in bottom of Clear Plastic Cups.
4. Put blue pudding almost all the way to the top of the cup.
5. Push in Teddy Grahams, Swedish Fish, & Mint
6. You can also put some crushed Graham Cracker on the edge of "water" and add an umbrella and make it so they are enjoying the beach!
7. Enjoy!





# Floating Jelly Fish



## What you will need:



- Paper Cups (Ocean Colors)
- Googly Eyes
- White Streamers (cut 6 in. long)
- String (cut 8 in. long)
- Tape or Glue

## Directions:

1. Glue/Tape streamers around the inside of the cup and cut into ½ inch strips.
2. Glue Googly Eyes on outside of cup
3. Draw a smiling mouth on the cup
4. Poke a hole in the top of the cup and string the string through and glue/tape it to the inside.
5. Decorate it to your hearts content.
6. Hang in a window or wherever you think is fun!



EMPOWERED SERVICES



# 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!



EMPOWERED SERVICES



Northwest Christian Church

*Presents...*

*Back to the  
Roaring 20's*  
SHINE NIGHT

When: September 19, 2025 @ 6pm to 8pm

Where: Northwest Christian Church

2315 Villa Rd. Newberg, OR 97132

How: Register [HERE](#)



  
EMPOWERED SERVICES



EMPOWERED SERVICES



# DISC GOLF

COME AND JOIN US

## AUGUST SCHEDULE

**August 6<sup>TH</sup> 10am-12pm**

Where: Herbert Hoover Park  
114 S River St,  
Newberg, OR 97132

**August 22nd 12pm-2pm**

Where: Tualatin Disc Golf Park  
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](http://empowered-services.org)



**EMPOWERED SERVICES**  
INSPIRATION. OPPORTUNITY. SUPPORT

8101 SW Nyberg St.  
Suite 217  
Tualatin, OR 97062

A colorful illustration of a park scene. On the left, there are large green trees and tall reeds in a pond. In the center, there are grey rocks and more green bushes. On the right, there are more reeds and a grassy area. The sky is blue with white clouds.

*Are you looking for  
places to explore?*

**DATES: 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/).





# Resources & Events



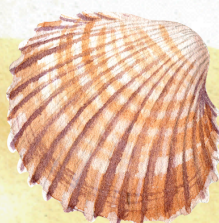
## ☀️ August Community Resources ☀️

*Like the ocean, our community is strong, connected, and always moving forward.*

*Whether you're enjoying summer moments or exploring new opportunities, know that you belong. Each wave brings hope, growth, and the reminder that everyone deserves access, inclusion, and joy.*

*Let's ride this season together—with care, connection, and confidence in what's ahead.*

**[CLICK HERE](#)**



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# 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](mailto:Info@empowered-services.org)  
[www.empowered-services.org](http://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, enérgico 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](mailto:Info@empowered-services.org)  
[www.empowered-services.org](http://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

