

October 2025 NEWSLETTER!

As October unfolds, we're reminded that change can be beautiful. The trees let go of their leaves in a burst of color, showing us that transformation is not an ending, but a part of life's journey. Within the IDD community, change often comes in many forms, new routines, new skills, new challenges, and new achievements. Each shift, no matter how small, reflects strength, courage, and possibility. Just like autumn's colors, these changes reveal the unique beauty and resilience that lives within each person.

This season, we celebrate the ways our community is empowered through change, whether it's reaching a milestone, learning something new, or simply showing up each day with determination. Together, we see that change is not something to fear, but something that can bring growth, connection, and joy.

- John: CEO



EMPOWERED SERVICES



SWEATER
weather



EMPOWERED SERVICES

Change is where we Grow!

Change can feel uncertain, but it also opens the door to growth. Just as the seasons shift and the world around us transforms, each new experience brings opportunities to learn, discover, and thrive.

In the IDD community, change often takes the form of new challenges, fresh routines, or exciting milestones. Each step forward—no matter how big or small—shows the strength and determination that empower us to keep moving ahead.

This October, we celebrate the truth that change is where we grow. Together, as a community, we can embrace change with courage, support one another through transitions, and find joy in the progress we make along the way.

-Sandi: COO



Every Ending is a Beginning in Disguise



Life is full of chapters, some close quietly, while others end with celebration. But every ending, no matter how it arrives, carries within it the promise of a new beginning. Just as autumn reminds us that the falling of leaves makes way for fresh growth in the spring, each transition creates space for what's next.

In the IDD community, endings often look like finishing a program, saying goodbye to a routine, or reaching a goal. While change can feel uncertain, it also opens the door to new experiences, new friendships, and new opportunities to shine.

This season, let's remember that every ending is a beginning in disguise. With support, courage, and a sense of empowerment, we can walk into these new beginnings knowing that they hold the potential for growth, joy, and possibility.



PILLAR OF EMPOWERMENT

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



NATE OUR FEATURED DSP OF THE MONTH

Nate moved from Las Vegas to Portland in 2016, carrying with him resilience shaped by a childhood in foster care and periods of homelessness. A friend introduced him to Empowered Services, where he quickly discovered his passion for supporting others, helping people build confidence, connect, and live more independently.

Nate draws inspiration from the individuals he supports: Bryce's gratitude, Robert's adventurous spirit, Dest's determination, and Sadar's joy. Each reminds him of the many ways people live fully, regardless of challenges.

Through this work, Nate has discovered new ways of seeing the world. He has grown more appreciative of the blessings in his own life and has developed deeper empathy for others. Empowered Services has shown him that helping doesn't always have to be grand or dramatic—sometimes it's found in the small, everyday gestures, like opening a door or helping someone put on their shoes.

For Nate, every act of kindness matters. Each interaction is an opportunity to support, empower, and remind someone of their worth.

We appreciate you Nate! Thank you for being apart of our family!



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!



ISABELLA

OUR FEATURED CUSTOMER OF THE MONTH

✨ **Hi, I'm Bella!** ✨

I love staying active and on the move! I've done cheerleading in the past, and now I'm all about track, swimming, bike riding, and helping at my church. And of course, my Barbies are always with me, no matter where I go! 💕

My provider keeps me motivated and makes everything fun. Whether we're walking, exercising, or volunteering at the food pantry, she turns every moment into something exciting. One of my favorite places is Every Body Athletics. It's so welcoming, and I always leave feeling included, supported, and full of joy. 😊

This month I'm extra excited because my family is going to Great Wolf Lodge (hello, water slides! 🌊) plus it's Halloween season, which means costumes, creativity, and fun! 🎃 ✨

What I love most about Empowered Services is the care and encouragement I get. My providers and county coordinator make me feel truly seen, valued, and supported in everything I do. 💕

Bella, we are happy that you are apart of our Empowered Services Family!



Come join us for...

PUMPKIN Patch Time!

EMPOWERED SERVICES

**October 2nd @
3:00pm**

You get to pick an Apple & a
Pumpkin!

EZ Orchards

5504 Hazelgreen Rd NE,
Salem, OR 97305

**October 16th
@ 3:30pm**

FREE to go. Cost: If you want to buy
a pumpkin!

Yesteryear Farm

26801 SW Stafford Rd,
Wilsonville, OR 97070

**October 23rd @
3:30pm**

\$8 per person for Hayride, Pumpkin
Launch, & Personal Pumpkin

Johnson's Farm

89733 Armitage Rd,
Eugene, OR 97408



Fun at the Library



EMPOWERED SERVICES



October & November



WHERE: 18878 SW MARTINAZZI AVE,
TUALATIN, OR 97062

October
10th

2:30pm-4:30pm



Pumpkin Madness

Come and enjoy some crazy pumpkin creating
with a Squishy Sensory Pumpkin Stress Ball!



November 14th

2:30pm-4:30pm



Pumpkin Pie Coasters!

Come make some cute Pumpkin Pie Coasters for
your Thanksgiving Holiday!



Ingredients!

1 Pkg.
Hot Dogs

2 1/2
Slices of
Cheese

Ketchup &
Mustard

1 Can of
Pillsbury
Crescent Rolls

EMPOWERED SERVICES

Crescent Mummy Dogs!

Directions:

Step 1: Heat oven to 350°F.

Step 2: Unroll crescent dough into 4 rectangles; press seams to seal.

Step 3: With a knife or pizza cutter, cut each rectangle lengthwise into 10 pieces or under 1/2 inch wide, making a total of 40 pieces of dough.

Step 4: Slice cheese slices into quarters.

Step 5: Wrap 4 strips around each hot dog + 1/4 slice cheese, leaving space for a "face."

Step 6: Place on ungreased cookie sheet (cheese side down); spray lightly with cooking spray.

Step 7: Bake 13-17 min until golden brown.

Step 8: Using a toothpick, dip one end into mustard and draw features on "face."



Prep Time: 30 min., Total: 50 min. Ingredients: 5, Servings: 10

Nutrition: 220Calories, 16gTotal Fat, 8gProtein, 11gTotal Carbohydrate, 4gSugars

PAPER CUP JACK'O'LANTERN PUMPKINS

SUPPLIES:

- ORANGE PAPER CUPS
- FLAMELESS TEA LIGHT CANDLES
- PENCIL
- BLACK MARKER
- CRAFT STICK
- GREEN PIPE CLEANER
- SCISSORS
- CRAFT KNIFE



DIRECTIONS:

STEP 1: USE A PENCIL TO POKE A LITTLE HOLE IN THE MIDDLE OF THE CUP (WHERE YOU WANT THE LIGHT).

STEP 2: DRAW A JACK O' LANTERN FACE ON THE CUP WITH A BLACK MARKER

STEP 3: POKE THE FLAMELESS TEA LIGHT CANDLE "FLAME" THROUGH THE WHOLE

STEP 4: TO ADD THE STEM & LEAF, USING A CRAFT KNIFE, MAKE A SMALL SLIT ON TOP OF THE PAPER CUP (ADULT ONLY STEP).

STEP 5: SLIDE CRAFT STICK THROUGH THE SLIT AND WRAP WITH A GREEN PIPE CLEANER AROUND THE STICK. CUT TO DESIRED LENGTH.

SPECIAL OCTOBER DAYS!

OCTOBER 7: NATIONAL TACO DAY

Whether you prefer soft or hard-shelled tortillas, most agree tacos satisfy a snack craving. However, they also make delicious meals.



OCTOBER 10: NATIONAL WALK TO A PARK DAY

This encourages us to walk to our local parks. Feel the wind on your face. Take in the fall weather. Visit with neighbors. Play with your children. And appreciate all the benefits green spaces offer communities.



OCTOBER 15: NATIONAL I LOVE LUCY DAY

I Love Lucy debuted on October 15, 1951, as the first filmed sitcom performed before a live audience, winning five Emmys and multiple nominations.



OCTOBER 22: NATIONAL MAKE A DOG'S DAY

Today is a reminder to animal lovers everywhere to adopt a pet instead of buying a new one. In fact, we encourage everyone to visit a shelter to see why adopting a four-legged friend will make the world a better place.



OCTOBER 31: NATIONAL FRANKENSTEIN DAY

Mary Shelley's Frankenstein was first published anonymously in 1818, with many crediting her husband, Percy. She claimed authorship in an 1823 edition, and her 1831 version—with an added origin story—is the one most widely read today.



Resources & Events



Click
Here!

October Community Resources

Just like the turning leaves and cozy fall days, October brings fresh tools, guidance, and opportunities to help us grow stronger together.

These resources are here to support you whether you're learning something new, finding connection, or reaching for your goals.

Every resource is a step toward inclusion, access, and empowerment. Together, let's keep building a community where everyone can learn, thrive, and belong like a harvest of shared growth and belonging





COME VISIT US!

When: October 31st
(12pm to 4:30pm)

Where: 8101 SW Nyberg St. Suite 217
Tualatin, OR 97062

Why: For Treats, Crafts,
& to say Hi!



BYOC

(Bring Your Own Caregiver)

Program

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

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

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

Simple to Apply,
Compassionate by
Design



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
INSPIRATION. OPPORTUNITY. SUPPORT

8101 SW Nyberg St.
Suite 217
Tualatin, OR 97062

empowered-services.org



*Are you looking for
places to explore?*

DATES: October 13th and 16th

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, 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.

PARA APLICAR, ESCANEE EL CÓDIGO QR

PONTE EN CONTACTO :

- 📞 503-855-3581
- ✉ Info@empowered-services.org
www.empowered-services.org
- 📍 8101 SW Nyberg St. Suite 217 Tualatin, OR 97062





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

