

February 2026 Newsletter



Message from John...

February often invites us to think about love, but at our organization, love is not just a feeling. It is something we put into action every day. Love in action shows up when our teams go the extra mile for those we serve. It is present in the care we bring to each interaction, the integrity behind every decision, and the commitment we show to doing what is right even when it is not easy. It lives in the partnerships we build, the trust we earn, and the impact we create together.

This month, I am especially grateful for the way our people lead with heart. Your dedication, compassion, and willingness to serve are what make our mission real. Because of you, lives are supported, communities are strengthened, and meaningful change continues to take shape.

As you read this month's stories, I hope you see clear examples of love in action and feel proud of the role you play in making it happen.

Thank you for all that you do and for the heart you bring to our work.



EMPOWERED SERVICES



John Marvin
CEO/Founder



-John Marvin
CEO/Founder



February 2026 Events

February 6th, 2026
Fun at the Library
Craft

February 12th, 2026
Valentine Pizza
Party

February 18th, 2026
Sensory Friendly
Movie

February 19th, 2026
Rock Wall
Climbing

February 26th, 2026
Nutrition Class
via: Zoom



EMPOWERED SERVICES

**Sandi
Byers**



COO

Message from Sandi...

Our community is made up of people who support one another in meaningful ways. Every day, customers and providers work together to create stability, build confidence, and support full and active lives. That is what love in action looks like here.

Love in action can be seen in many ways. It is in the support that helps customers live their best lives everyday. It is in the dedication of providers who show up with patience, respect, and compassion. It is in listening, problem solving together, and celebrating progress big and small.

For customers, love in action means being supported in ways that honor your choices, goals, and independence. For providers, it means continuing to offer consistent, thoughtful support that helps people feel safe, valued, and confident in their daily lives. This community is built on trust, teamwork, and shared commitment. When customers and providers work together, meaningful progress happens. Lives are enriched, connections are strengthened, and opportunities grow.

Thank you to our customers for allowing us to be part of your journey, and thank you to our providers for the care and dedication you bring each day. Together, you bring love in action to life and help make every day meaningful.

-Sandi Byers: COO

PILLAR OF EMPOWERMENT



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



CHUCK OUR FEATURED DSP OF THE MONTH



Chuck is a bilateral amputee due to a traumatic train accident at age eleven while holding a birthday gift from his grandmother, when he fell off a train. He never allowed the accident to define or limit him. He has been married for thirty one years and is the proud father of two sons who live in the Pearl District of Portland. Chuck coached his sons in baseball, basketball, and soccer and was deeply involved in Scouting as a Den Leader and Scoutmaster, reflecting his lifelong passion for teaching and mentoring others. He earned a degree in cross category mild to moderate special education, which led him into the IDD community and eventually to Empowered Services through a “chance” encounter with the CEO.

As a Direct Support Professional, Chuck values the strong relationship he has built with his customer and appreciates their understanding, cooperation, and transparency. He enjoys their shared interests, including 1950's music and classic rock, and values the genuine conversations they share. Chuck finds the greatest fulfillment in seeing lightbulb moments, both with customers and while collaborating with office staff. He appreciates the supportive, team centered culture at Empowered Services and the shared mission of making a meaningful difference in people's lives.



EMPOWERED SERVICES

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!



MATTHEW

OUR FEATURED CUSTOMER OF THE MONTH

Meet Matthew! He enjoys staying active and spending time with others, whether that means playing ball, going for drives, or hanging out with peers. Being around people and sharing experiences brings him a lot of joy. Feeling respected and truly listened to is very important to him, and he appreciates having a provider who treats him as a person with his own opinions, choices, and preferences. Even though he is nonverbal, he is very clear about what he wants and communicates his needs in ways that work for him, which helps him stay involved and confident in his day to day life. Some of his favorite moments come from playing basketball with Unified Sports at his school, where he feels included, supported, and connected to his teammates. He also loves going to youth group at his church, where he feels welcomed and enjoys being part of a positive and encouraging community. Being part of Empowered Services has been meaningful because it gives him more opportunities to get out of the house, spend time in the community, connect with people his own age, and feel a strong sense of belonging. These opportunities have helped him build friendships and feel more comfortable being himself.



Fun at the Library



EMPOWERED SERVICES

February 6th, 2026

Sweet Keychain

Come Create a Sweet Keychain!
Celebrate Valentines with us!

3:00pm-4:30pm

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

2:00pm-3:00pm

WHERE: NEWBERG LIBRARY
503 E. HANCOCK STREET, NEWBERG, OR
97132 (AUSTIN MEETING ROOM)

3:00pm-4:30pm

WHERE: BROADWAY COMMONS
1300 BROADWAY ST NE,
SALEM, OR 97301 (ROOM 202)

3:00pm-4:30pm

WHERE: OREGON CITY LIBRARY
606 JOHN ADAMS ST, OREGON CITY, OR
97045 (COMMUNITY ROOM)

3:00pm-4:30pm

WHERE: WHIRLED PIES
606 JOHN ADAMS ST, OREGON CITY, OR
97045 (COMMUNITY ROOM)



Join us for...



Please RSVP with
your County Coordinator!

Valentines Pizza Party!



February 12th, 2026

3:00pm - 5:30pm

502 S St Paul Hwy, Newberg, OR 97132



REGISTER HERE



SENSORY FRIENDLY MOVIE NIGHTS

FREE - LIMITED SEATING

FEBRUARY 18TH @ 5:45PM

REGAL HILLTOP IN
OREGON CITY
325 Beavercreek Rd,
Oregon City, OR 97045

Partnered with:



Sponsored by:





REGISTER HERE



SENSORY FRIENDLY MOVIE NIGHTS

FREE - LIMITED SEATING

FEBRUARY 18TH @ 6:30PM

METRO CINEMAS
888 WILLAMETTE ST,
EUGENE, OR 97401

Partnered with:



Sponsored by:



Reaching New Heights with Empowered Services!

SCAN ME



Rock Climbing Wall!



February 19th, 2026



3:00pm to 4:30pm

**George Fox University
Hadlock Building**

Only 10 Spots Available

Register to Reserve your spot!



EMPOWERED SERVICES



Empowered Plate Class

February 2026 Edition



Empowered Plates is an interactive nutrition class created for the IDD community. This class helps participants learn how to read food labels in a simple and practical way so they can feel more confident making food choices every day.

Participants will learn how to...

1. Find the serving size on a food label
2. Notice important nutrients like protein, fiber, sodium, and sugar
3. Compare foods to see which options may be healthier
4. Understand food claims like low sugar or high protein
5. Use label reading skills when shopping for food

The class uses clear examples, visual supports, and group discussion to make learning easy and engaging. The goal of Empowered Plates is to support independence, confidence, and healthier choices at a comfortable pace.



**FEBRUARY
26TH**

AT 4PM

**VIA
ZOOM!**

Ingredients

- 1 (12oz.) bag of Freeze Dried Strawberries (about 1 ½ cup)
- 1 Cup of Confectioners (Powdered) Sugar
- 5 cups of Rice Chex
- 4 cups of Honey Nut Cheerios
- 3 4oz. White Chocolate Chips
- 1 Cup of Valentine M&M's
- ¼ Cup of Valentine Sprinkles (like Hearts, Red & White Sprinkles)



Valentine Trail Mix

Directions

- Crush up the Freeze Dried Strawberries (so there are chunks and powder)
- Add Powdered Sugar in with the strawberries in a bowl and set aside.
- Pour Rice Chex, Cheerios, White Chocolate Chips in a big bowl.
- Combine all together until everything is pink.
- Enjoy!

Valentine's Day Glitter Slime

Ingredients

- 12 ounces Elmer's Glitter Glue (2 bottles)
- 1 Tablespoon baking soda
- 2 Tablespoons contact lens solution or saline solution



How to Make Glitter Slime

1. Pour glue into a bowl and add baking soda to the middle. Then pour contact solution on top.
2. Stir ingredients together until you can no longer stir. There will still be liquid in the bowl. Mix the liquid into the slime with your hands until it is all worked in (about 1-2 minutes) and is no longer sticky.
3. Wash your hands and play with your slime! Store in a plastic container with a lid or zip-top bag.



EMPOWERED SERVICES

Special Days in February



February 2nd: National Tater Tot Day

In 1934, brothers Nephi and Golden Grigg and their brother in law rented a plant on the Oregon Idaho border to make frozen French fries. Rather than waste the leftover scraps, they turned them into small shredded bites that fried well, baked well, and tasted great. In 1952, they bought the plant and formed the Oregon Frozen Foods Company, later known as Ore Ida.



February 8th: National Kite Flying Day

Observed on February 8th, National Kite Flying Day celebrates the joy and history of flying and making kites, with many people launching kites or attending festivals. Kites originated in China around 470 B.C., inspired by wind moving through nature and daily life. Early stories describe their use for communication, observation, and even spying on enemies.



February 16th: National Do a Grouch a Favor Day

National Do A Grouch A Favor Day encourages small acts of kindness for the grouches in our lives, and maybe in ourselves. Whether it is their nature or just a rough day, a little kindness can help turn a frown into a smile.



February 20th: National Love Your Pet Day

Most U.S. households have at least one pet, with dogs slightly more common than cats, though cats outnumber dogs overall. Pets also include birds, reptiles, fish, and more. On February 20th, National Love Your Pet Day is the perfect time to show extra appreciation and enjoy benefits like reduced stress and lower blood pressure.



February 25th: National Clam Chowder Day

Clam chowder is a soup or stew made with clams or fish, often including milk or cream and potatoes, though Manhattan chowder uses tomatoes.

The word chowder may come from the French chaudiere, meaning cauldron, or the English jowter, meaning fish peddler.



Coming Soon....


EMPOWERED SERVICES
In Partnership with



FUN WITH LEGOS

*Plan it, Build it,
Take it Home!*



Locations in many locations near you!

- Salem
- Portland
- Newberg
- Columbia City
- Salem
- Hillsboro
- Beaverton
- More to be added soon!

**Hilyard
Community
College**
2580 Hilyard St.
Eugene, OR 97405



Free Events
Limited Space
Must Register
to Attend

<https://charity.pledgeit.org/Legos>

ECp PROGRAM

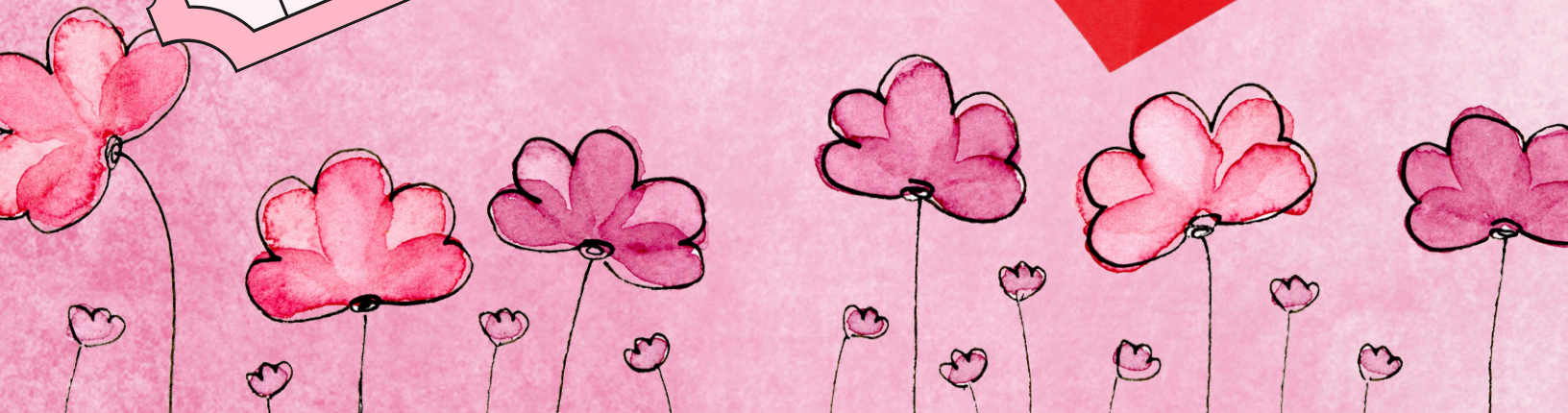
Formally known as our BYOC Program

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

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

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.





Resources & Events



February Community Resources

As January begins, fresh snow marks a season of new beginnings and renewed energy.

We invite you to explore our resources and upcoming events created to support learning, connection, and growth.

Join us as we start the year together, building community and moving forward with purpose.



EMPOWERED SERVICES

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

8101 SW Nyberg St.
Suite 217
Tualatin, OR 97062

empowered-services.org



**NORTH
POLE**

STUDIO

WORKSHOPS & CLASSES

JANUARY - MARCH

Print Making, Mask
making, Mosaic

MORE INFO:

971.251.0020

www.northpolestudio.org

514 NW 11th Ave Suite 203
Portland, OR. 97209



EMPOWERED SERVICES

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.

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

