

APRIL 2026

NEWSLETTER

What We've Learned

Spring is here, bringing new beginnings and fresh energy, and we want you to know how much Empowered Services truly appreciate.

Reminders

Take a moment this spring to care for yourself, your wellness matters just as much as everything else you do.

Upcoming Events

- April 2: Rock Climbing
- April 9 & 10: Fun at the Library
- April 11: Easter Egg-Hunt
- April 15 & 20: Sensory Movies

Contact Info

✉ info@empowered-services.org

☎ 503-855-3581

🌐 www.empowered-services.org



A Letter From John



Dear Empowered Family,

Spring is here — and you can feel it. The days are stretching longer, the air is softer, and everywhere you look, things that seemed dormant through the cold months are quietly coming back to life. I love that, because it's the same message that lives at the center of what we do at Empowered Services every day — new life is always possible, and no hard season gets the final word.

April also holds something especially close to our hearts — it's **Autism Awareness Month**. A time to celebrate the incredible individuals in our community, to deepen our understanding, and to remind the world of what we already know: every person deserves to be seen, valued, and embraced for exactly who they are. At Empowered Services, that's not just something we say in April — it's something we live every single day.

I want to share something with you. Recently, one of the individuals we serve came into the office — beaming. He looked at us and said thank you for the difference Empowered Services has made in his life. I'm not going to lie — I teared up. I looked at him and said, *"C, you don't realize the difference you've made in our lives."*

And I meant every word. Because that's the thing about this work that most people on the outside will never understand. You come in thinking you're here to serve — and somewhere along the way, the people you serve change you.



A Letter From John... cont'd

That moment reminded me that I need to say to all of you what I said to him:

To the individuals we serve — you are the heartbeat of everything we do. You are not a case number or a file on a desk. You are someone's whole world, and it is our deepest honor to walk alongside you. Your victories — even the ones the world might call small — are the biggest things in our day. The truth is, you give us far more than we could ever give you.

To the families — I see you. I know there have been nights filled with worry and moments when you wondered if anyone truly understood. We are in this with you — not just professionally, but with our whole hearts. Your love and advocacy inspires everything we do.

To our DSPs — you show up. Day after day, you show up — on the hard days and the good days, when it's thankless and when it's beautiful. You are the hands and heart of this mission. What you do is not "just a job." It is a calling, and you are answering it with grace every single shift.

To our admin and leadership team — you carry so much behind the scenes that others never see. This mission doesn't move without you, and we are grateful.

So this spring, be encouraged. You are seen. You are valued. And as I learned again that day in the office — the difference you make is greater than you'll ever know. It changes lives. And it changes ours right back.

Happy Spring and Blessed Easter, Empowered family.

With love and gratitude,

John Marvin
Founder/Owner, Empowered Services



Spring is here, bringing longer days, fresh energy, and a natural opportunity to reset and refocus. It's a season that encourages us to embrace change, try new approaches, and continue growing, both personally and as a community.

At Empowered Services, this time of year reminds us why our work matters. Every day, we are honored to connect individuals in the intellectual and developmental disability community with providers who offer not just support, but dignity, independence, and encouragement.



Change doesn't always happen all at once, it's built through small, consistent steps, and we're proud to be part of that journey.

As we step into this new season, we look forward to continuing to learn, adapt, and strengthen the support we provide. Thank you to everyone who makes this work possible, your dedication truly makes a difference.

AUTISM AWARENESS MONTH



Autism Awareness Month began in April 1970 as a way to increase understanding and acceptance of individuals with autism. It was created to bring attention to the strengths, challenges, and experiences of people on the autism spectrum, while supporting families and communities. Over time, it has grown from raising awareness to promoting inclusion, acceptance, and advocacy. Today, it is recognized worldwide as a time to celebrate neurodiversity and continue building a more inclusive society.

This April, Empowered Services will be wearing blue to help bring awareness to autism and show our support for the community. We encourage you to join us by wearing blue throughout the month as we stand together to promote understanding, acceptance, and inclusion.

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!



BELLA

OUR FEATURED CUSTOMER OF THE MONTH

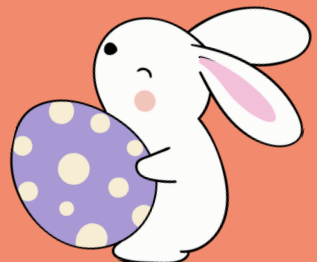
Hello, I'm Bella. I'm a bright and creative person, and I love bringing joy to the people around me. Music is a big part of my life. I enjoy lots of different kinds, especially alternative and rock and roll. I'm a happy and loving person, and I really enjoy going to school and expressing myself through art. Drawing with pens is one of my favorite things to do, and I do it often.

I also love visiting the Doc Martens store and spending time at the bookstore. With support, I'm able to stay calm and enjoy exploring books, and I especially love being read to. One of my favorite authors is Mo Willems. I love the book *Should I Share My Ice Cream?* so much that I have it memorized and like to quote parts of it. I also enjoy *Pete the Cat* books, and I have a special tradition of picking out a new book every time I go to Powell's.

I have a really positive relationship with my provider. His calm and supportive approach helps me feel my best, and he's always finding new activities and ways to help me grow. I truly appreciate Empowered Services for helping me find such an amazing provider who supports me in so many meaningful ways. I really benefit from his care and dedication, and I'm grateful for the support I have.



empowered-services.org



PILLAR OF EMPOWERMENT

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



ADAN

OUR FEATURED DSP OF THE MONTH

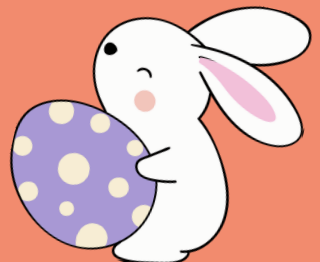
Hello I am Adan, I was born in Mexico and moved to the U.S. at age 6, an experience that shaped my perspective and appreciation for growth and opportunity. I've always loved basketball and recently completed my first season as an assistant coach for Lake Oswego's 8th grade boys team. It was so rewarding and such a great way to give back to my community.

I became a DSP during the 2020 lockdown because I wanted to pursue more meaningful work and support others during a challenging time by helping people push past barriers and reach their full potential. I'm especially inspired by B's ability to stay positive and resilient no matter the situation, her perseverance motivates me to approach each day with that same mindset. I find a lot of fulfillment in small daily successes, knowing that progress takes time, much like building something strong one step at a time.

Working with Empowered Services has been incredibly rewarding, as I feel consistently supported by a team that truly goes above and beyond to care for clients and connect them with the resources they need.



empowered-services.org



The History Of Easter

Easter is a holiday that has been celebrated for many years and is often associated with themes of renewal, hope, and new beginnings. It arrives during the spring season, a time when nature comes back to life—flowers bloom, trees begin to grow again, and the days become brighter. These natural changes remind people that growth and fresh starts are always possible, even after difficult or uncertain times.

Over time, Easter has become a celebration that brings people together across different cultures and traditions. Activities like decorating eggs, sharing meals, and gathering with family and friends add joy and a sense of connection to the season. These traditions highlight the importance of togetherness, celebration, and appreciating life's simple moments.

Today, Easter is a time to slow down, reflect, and embrace the idea of new beginnings. It encourages people to appreciate the beauty of change, spend meaningful time with loved ones, and move forward with positivity and gratitude. At its heart, the season is a reminder that renewal and hope are always within reach.



EMPOWERED WELLNESS CONNECTION



At Empowered Services, we focused on wellness and self-care throughout the past month, recognizing how important it is for our providers to take time to recharge and care for themselves. We connected with our providers and encouraged them to take part in self-care activities, challenging them to prioritize their well-being while continuing the amazing work they do every day.

We loved hearing the different ways our providers practiced self-care and supported their own wellness. Your dedication not only impacts those you serve, but also shows the importance of taking care of yourself along the way.

Each month, we will be hosting a raffle for providers who participate in our self-care initiatives. Our March winner is Merry S, congratulations! Thank you to everyone who participated, and we look forward to continuing this journey together.

**MARIA S: "TRABAJAR,
RELAJARME SALIR A CAMINAR Y
PASEAR CON LA FAMILIA
TAMBIÉN ."**



**STEVEN T: "GOLF DRIVING
RANGE, MASSAGE,
MEDITATION"**



**TIFFANY A: "PUPPY
YOGA!!!"**



Self-Care Corner

Wellness.

Spring Into Self-Care: Simple Ways to Refresh This Season

John's letter this month reminded us of something important — the people in this community give more than they realize. The individuals we serve show up with courage every single day. The families carry more than most people see. And our DSPs pour themselves into this work shift after shift. So this month, we wanted to make sure you're taking care of you, too.

Spring is nature's way of saying, "let's start fresh!" And the good news? Self-care doesn't have to be complicated. Whether you're an individual navigating a busy schedule, a family member balancing caregiving with everything else, or a DSP recovering from a long week — these are for you.

Healthy Starts Here

Get Outside (Even for 10 Minutes)

Fresh air works wonders. Take a short walk. Sit on the porch. Watch the clouds. Feel the sunshine on your face. You don't need a plan — just step outside and breathe. If the world feels overstimulating some days, find a quiet spot. A few calm minutes outdoors can reset your whole mood.



Share Your Self-Care & Win!

Tried something from this list? We want to hear about it! Share a photo, a story, or a quick note about your favorite self-care moment this April with your County Coordinator. Every submission enters you into our Spring Self-Care Drawing for a chance to win amazing prizes — including a dinner for two, a spa gift set, and more! The more you share, the more chances you have. Take care of yourself and get rewarded for it.

More Self-Care Tips

Try Something Creative Color a picture.

Paint some rocks. Make a card for someone you love. Press some spring flowers between book pages. Creativity isn't about being perfect — it's about having fun and expressing yourself in whatever way feels right to you.

Drink More Water. This one's simple but powerful. Keep a water bottle nearby and sip throughout the day. Add a slice of lemon or cucumber if you want to make it fancy. Your body and your brain will thank you!

Make a Feel-Good Playlist. Music changes everything. Put together a list of songs that make you happy, make you dance, or make you feel calm. Play it in the morning. Play it while you cook. Play it just because. For individuals who are sensitive to sound, soft instrumental music or nature sounds can be just as soothing.

Fresh Space, Fresh Mind. Pick one small area — a nightstand, a drawer, a corner of your room — and give it a little spring cleaning. Open a window and let the fresh air in. A tidy space can make your whole day feel lighter. Don't try to do it all at once — one small spot is a win.

Connect with Someone You Care. About Call a friend. Text a family member. Say hi to your neighbor. Wave to your DSP a little extra today. Connection is one of the most important parts of self-care, and it doesn't cost a thing. Families and caregivers — this one is for you too. You spend so much time supporting others. Reach out to someone who fills your cup.



"You can't pour from an empty cup. Take care of yourself first — not because you're selfish, but because you matter too."

Protect Your Rest. Longer days are exciting, but don't forget to wind down. Keep a bedtime routine that helps you relax — a warm shower, a favorite show, a cozy blanket. Good rest is the foundation for good days. If transitions from daytime to bedtime are tough, a consistent routine with the same steps each night can make all the difference.

Grow Something Plant a seed in a cup. Water it. Watch it grow. There's something quietly powerful about nurturing a little life — and it's a beautiful reminder that small things become big things with time and care. Just like the growth we celebrate in this community every day.

Remember: Self-care isn't selfish. It's how you fill your cup so you can keep showing up for the people and things that matter most. You give so much to this community — make sure you're giving a little something back to yourself too. Pick just one thing from this list and try it this week. You deserve it.

Spring Is Here — Stay Safe & Enjoy It!

We talked about self-care this month — and one of the best ways to take care of yourself is making sure you're prepared to enjoy the season safely. Warmer weather means more time outside, and we love that!

Here are a few simple reminders to help you and your loved ones stay safe and comfortable as the season heats up.

Allergies Are Back. Sneezing, itchy eyes, stuffy nose? You're not alone — spring allergies are real. Talk to your doctor or support team about what's safe to take. On high pollen days, keep windows closed and change clothes after being outside. A quick face wash works wonders too.

Sun Protection Matters. The sun feels great, but it can sneak up on you. Wear sunscreen — even on cloudy days. A hat and sunglasses help too. If you take any medications, ask your doctor if they make your skin more sensitive to the sun. Many do.

Hydrate, Hydrate, Hydrate. As temperatures climb, your body needs more water. Don't wait until you feel thirsty — sip throughout the day. Keep a water bottle close by and take extra water along on outings. Signs you might need more water: headaches, feeling tired, or dizziness.

Bug Smart. Bees, mosquitoes, and ants are waking up too. Wear light-colored clothing outside, avoid strong perfumes, and check for ticks after walking in grass or wooded areas. If you have a known allergy to stings, make sure your care team knows and your plan is up to date.

Dress for the Weather. Spring weather changes fast — sunny in the morning, rainy by lunch. Layers are your best friend. Keep a light jacket handy and wear sturdy shoes for walks, especially on wet ground.

Keep Plans Updated. Now is a great time to review health and safety plans with your care team. Medications, emergency contacts, allergy info — a quick check now can prevent a problem later.

The bottom line: Get outside, soak up the season, and have fun — just be prepared. A little planning goes a long way toward keeping spring safe and enjoyable for everyone.

SPRING CRAFT CORNER

Decorate Your Own Easter Egg Planter

WHAT YOU'LL NEED:

- A small terracotta pot (or a clean yogurt cup)
- Acrylic paint & brushes
- Googly eyes & stickers
- A small handful of soil
- Grass seeds or a tiny flower seedling



WHY WE LOVE THIS ONE:
IT WORKS FOR ALL ABILITY LEVELS — PAINTING AND STICKING ARE HANDS-ON AND SENSORY-FRIENDLY, THERE'S NO "RIGHT" WAY TO DO IT, AND EVERYONE GETS TO TAKE HOME SOMETHING LIVING THAT THEY MADE WITH THEIR OWN HANDS. PLUS, WATCHING IT GROW OVER THE FOLLOWING WEEKS KEEPS THE JOY GOING LONG AFTER CRAFT TIME IS OVER.

WHAT TO DO:

- Paint your pot any color you like — go wild! Polka dots, stripes, solid colors — there's no wrong way.
- Add googly eyes, stickers, or draw a funny face to turn your pot into an Easter egg character.
- Let it dry.
- Fill it with a little soil and sprinkle in some grass seeds or pop in a small seedling.
- Water it gently, set it in a sunny spot, and watch your Easter egg come to life!



Recipe Corner

SPRING BERRY PARFAIT CUPS

A colorful, no-cook, layer-it-yourself spring treat! Simple enough for everyone to make their own — and the best part is there's no wrong way to build it.

Ingredients

- 2 cups vanilla yogurt
- 1 cup fresh strawberries (sliced)
- 1 cup fresh blueberries
- 1 cup granola
- 0.5 cup whipped cream
- 2 tablespoons sprinkles for topping



STEPS

- Set up your station: Give each person a clear cup or small bowl and set out all the ingredients in separate bowls: 2 cups vanilla yogurt, 1 cup fresh strawberries (sliced), 1 cup fresh blueberries, 1 cup granola, 0.5 cup whipped cream, and 2 tablespoons sprinkles for topping. Clear cups are great because you can see all the pretty layers!
- Layer the yogurt: Spoon a few big spoonfuls of 2 cups vanilla yogurt into the bottom of your cup. This is your creamy base.
- Add your berries: Drop in a layer of 1 cup of fresh strawberries (sliced) and 1 cup of fresh blueberries. Mix them up or keep them separate — it's your parfait, your rules!
- Sprinkle the crunch: Add a layer of 1 cup of granola on top of the berries for that satisfying crunch.
- Repeat your layers: Keep going! Add another layer of 2 cups vanilla yogurt, more berries, and 1 cup of granola — stack it as high as your cup allows.
- Top it off: Finish with a dollop of 0.5 cup of whipped cream and a pinch of 2 tablespoons sprinkles for topping on top. Stand back and admire your masterpiece.
- Enjoy!: Grab a spoon and dig in. You made this! Be proud of it — and enjoy every bite.

Notes: Why this recipe works for everyone: No knives needed (pre-slice strawberries ahead of time), no heat, no timers. Every step is hands-on – scooping, pouring, layering. There's no "right" way to build it, so every parfait is a personal creation. Use adaptive utensils if needed, and feel free to swap in any fruit that works for your group. Bananas, mandarin oranges, and raspberries are all great options. For dairy-free friends, coconut yogurt works beautifully!

APRIL FOOLS



April Fools' Day is celebrated on April 1st and is known as a day for fun, laughter, and harmless jokes. Its exact origins are not completely clear, but it is believed to have started hundreds of years ago in Europe when calendars changed and some people continued celebrating the new year in the spring. Others would play tricks on them, which eventually turned into a early tradition.

Over time, April Fools' Day spread around the world, with different cultures creating their own ways to celebrate. People often play small pranks on friends, family, or coworkers, always meant to be lighthearted and bring smiles.

Today, April Fools' Day is all about having fun, sharing laughter, and not taking things too seriously. It's a great reminder to enjoy the moment and bring a little joy to those around us, just remember to keep the jokes kind and safe!



It's Back!

The 3rd Annual Empowered Services Easter Egg Hunt



Three years ago, we had a simple idea —

What if we brought our whole Empowered family together for a day that had absolutely nothing to do with paperwork, meetings, or schedules? What if we just... had fun?

That idea became our very first Easter Egg Hunt in 2024, and it was magic. The smiles. The laughter. The look on someone's face when they found a golden egg. It was one of those days that reminded every single person there why this community is so special.

Now it's a tradition — and this year, it's bigger and better than ever.

A Beautiful Day in Aurora

Our Easter Egg Hunt takes place on John's personal property in Aurora — a place close to his heart that he built with his late wife. Wide open space, fresh spring air, green grass, and a real fishing pond stocked with fish. Opening this special place to the Empowered family each year is one of the things he looks forward to most. Whether you're hunting eggs, casting a line, or just sitting under a tree watching your loved one light up — you'll feel the warmth the moment you arrive.

What to Expect

- **Egg Hunting** — hundreds of eggs hidden across the property, waiting to be found
- **Golden Egg Prizes** — find the golden eggs and unwrap some extra-special surprises
- **Craft Corner** — hands-on creative fun for everyone
- **Face Painting** — become a butterfly, a bunny, or whatever your heart desires
- **Fishing** — yes, real fishing! The pond is stocked and the fish are biting
- **Sensory-Friendly Environment** — this event is designed with our IDD community in mind, so everyone can participate comfortably at their own pace

The Details

- **Date:** Saturday, April 11th
- **Time:** 11:00 AM – 3:00 PM
- **Location:** 21825 Airport Rd. NE, Aurora, OR 97002
- **Who's Invited:** IDD individuals served by Empowered Services, their families, and our DSPs
- **RSVP:** Contact your County Coordinator

Why This Day Matters

This isn't just an egg hunt. It's a day where the individuals we serve get to be exactly who they are — laughing, playing, exploring — surrounded by people who love them. It's a day where families exhale and just enjoy. It's a day where DSPs see the joy behind the work. And it's a day where this whole community gets to feel like what it truly is — a family.

Three years in, and this day still gives us chills. We can't wait to see you there.



EMPOWERED SERVICES



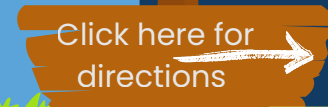
EGG HUNT



EGG HUNTING
GOLDEN EGG PRIZES
CRAFT CORNER
FACE PAINTING
FISHING TOO



**SATURDAY, APRIL 11TH,
START 11:00 AM - 3:00 PM**



Click here for
directions

TAP HERE

21825 AIRPORT RD. NE
AURORA, OR 97002

RSVP:
Your County Coordinator
empowered-services.org



FREE EASTER EVENTS

Sherwood - Avamere

Date: April 2nd

Time: 1:30 PM – 4:00 PM

Location: 16500 SW Century Dr., Sherwood, OR 97140

Cost: Free

Newberg - Jaquith Park & Ballfield

Date: April 19th

Time: 10:00 AM

Location: 1215 N Main St, Newberg, OR 97132

Cost: Free

Salem - Riverfront Park

Date: April 19th

Time: 11:00 AM

Location: 200 Water St NE, Salem, OR 97301

Cost: Free

Wilsonville - Memorial Park

Date: April 4th

Time: 10:00 AM

Location: 29600 SW Park Place, Wilsonville, OR 97070

Cost: Free

Portland - Wilshire Park

Date: April 4th

Time: 12:00 PM - 2:00 PM

Location: 4116 Northeast 33rd Ave, Portland, OR 97217

Cost: Free

Lane - Springfield

Date: April 4th

Time: 9:00 AM - 12:00 PM

Location: 6100 Thurston Rd, Springfield, OR 97478

Cost: Free



EMPOWERED SERVICES

empowered-services.org

Fun at the Library



EMPOWERED SERVICES

Bouquet Stamp Art

COME CREATE A BEAUTIFUL STAMP
BOUQUET!

APRIL 9TH

WHERE: OREGON CITY LIBRARY

DATE: APRIL 9TH

2:00pm-4:00pm

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

APRIL 10TH

WHERE: TUALATIN LIBRARY

3:00pm-4:30pm

18878 SW MARTINAZZI AVE,
TUALATIN, OR 97062

WHERE: NEWBERG LIBRARY

2:00pm-3:00pm

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

WHERE: BROADWAY COMMONS

3:00pm-4:30pm

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

WHERE: WHIRLED PIES

3:00pm-4:00pm

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

RAINBOW FRUIT KABOB

Ingredients

- Strawberries
- Grapes
- Pineapple
- Melon
(Cantaloupe or watermelon)
- Wooden Sticks
(Skewers)

Directions

- Wash your fruit
- Cut the fruit into small pieces (ask for help if needed)
- Carefully place the fruit onto sticks, one piece at a time
- Put fruit kabobs on a plate
- Enjoy!

WATER COLOR TULIPS

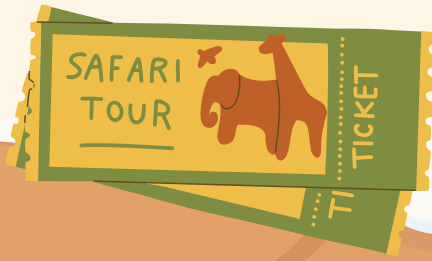
INGREDIENTS

- Coffee filters
- Water color paint
- 1 bowl of water
- 1 paper towel
- 1 cup



NOW TO MAKE THE WATERCOLOR TULIP

1. Lay your coffee filter flat on a paper towel.
2. Dip your paintbrush in water, then in paint, and color the filter
3. Place a cup upside down on a paper towel.
4. Drape your painted coffee filter over the cup and allow it to fully dry before removing it from the cup.



DISCOVERY DAYS WILDLIFE SAFARI

DATES: MAY 4TH - 5TH

TIME: 9:00 AM - 6:00 PM

LOCATION:

1790 SAFARI RD, WINSTON, OR 97496

**FREE TICKETS ARE AVAILABLE REACH OUT TO
YOUR COUNTY COORDINATOR**



Reaching New Heights with Empowered Services!

SCAN ME



Rock Climbing Wall!



April 2nd, 2026



3:00pm to 4:30pm

**George Fox University
Hadlock Building**

Only 10 Spots Available

Register to Reserve your spot!



EMPOWERED SERVICES
empowered-services.org

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



REGISTER HERE



SENSORY FRIENDLY MOVIE NIGHTS

FREE - LIMITED SEATING

APRIL 15TH @ 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

APRIL 20TH @ 6:30PM

METRO CINEMAS
888 WILLAMETTE ST,
EUGENE, OR 97401

Partnered with:



Sponsored by:



Coming Soon....

FUN WITH LEGOS

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

EMPOWERED SERVICES

In Partnership with



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>



FORGE | Parenting Inside Out

12 WEEK PARENTING SERIES

FAMILY · OPPORTUNITY · RESILIENCE · GRIT · ENGAGEMENT

Thursday Nights: April 2nd – June 18th 2026

5:00 pm – 8:30 pm

Clackamas Community College Harmony Campus

7738 SE Harmony Road, Milwaukie, OR 97222, Room# 170 & 172

**CHILDCARE
AVAILABLE**



**DINNER
PROVIDED**

Free for participants. Serving Clackamas and Multnomah counties, register today!



503-546-6578



nwfs.org



forge@nwfs.org

The production of this flyer was supported by Grant 90ZJ0117 from ACF. Its content are solely the responsibility of NWFS and do not necessarily represent the official views of ACF.

April 2026: Empowered IDD Resources

Activities, classes, adaptive sports, sensory-friendly outings, and community meetups, updated for April 2026. Confirm details before attending.

empowered-services.org/empowered-resources

CLICK HERE



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

