OCTOBER NEWSLETTER

Empowered Star

The "Customer of the Month" feature. It highlights an Empowered Services customer who is making meaningful progress, trying new things, building independence, or giving back to the community. This section celebrates the customer's accomplishments, the strides they have made along the way, and the positive impact they are creating through their goals, interests, and community involvement.

Pillar of Empowerment

A DSP who has shown strong dedication, hard work, and commitment to supporting others. This section celebrates team members who set a positive example through their care, reliability, teamwork, and the difference they make in the lives of customers and the community.

Empowered Wellness Program

Encourages providers to take time to recharge, care for their well-being, and share how they practice self-care. Each month, participating providers are entered into a raffle, with one winner recognized for taking part!

Special Days in October

Seasonal reminders, community connection, and meaningful awareness topics for customers, DSPs, families, and the community.

Recipes + Arts & Crafts

Shares fun, simple activities and ideas for customers, DSPs, and families to enjoy together. This section encourages creativity, connection, and hands-on participation.

Upcoming Events

The Upcoming Events section shares important dates, activities, and community opportunities for customers, DSPs, families, and community partners to look forward to and participate in.

Office (503) 855-3581

empowered-services.org

AN OCTOBER

WELCOME FROM JOHN MARVIN

FOUNDER & OWNER, EMPOWERED SERVICES

MAKING ROOM FOR ONE ANOTHER

Dear Empowered Services Community,

As October begins, I am thinking about the simple pleasure of having something to look forward to—and someone to share it with. A visit to the pumpkin patch, a favorite recipe made together, or an afternoon catching up with friends can give a month some of its best memories.

My hope is that Empowered Services helps make room for those moments, alongside the everyday support people count on.

As Founder and Owner, I care deeply about the kind of community we are building. I want people to feel welcome without feeling they have to fit a particular mold. Some people enjoy a busy outing and meeting someone new. Others prefer familiar company, a quieter setting, or time to decide. Making room for one another means respecting those differences.

We are here to support you—not to decide what a good life should look like for you. Your choices, relationships, routines, and interests belong at the center. That includes the things you hope to try and the things you already love.

I am grateful to everyone who helps put that belief into practice. Families and caregivers share knowledge that comes from knowing and loving someone through many seasons of life. Our Direct Support Professionals build trust through their patience, reliability, and attention to the person beside them. And the individuals we support help shape this community by sharing their ideas, making their preferences known, and showing us what matters to them.

Each of you brings something we could not replace with a policy or a plan.

In this month's newsletter, we celebrate Kim as our Empowered Star and Cori as our featured DSP. You will also find opportunities to enjoy the season, get creative, and connect with others. I hope you discover something that makes you think, "That sounds like something I would enjoy."

Here is my invitation for October: ask someone, "What would you enjoy doing this month?" Take time to hear their answer. Share an idea of your own. Where possible, make a plan together—and leave room to change it.

Community grows when we make time for one another in ways that feel comfortable and meaningful. Thank you for the care, personality, and friendship you bring to ours. I am grateful to share another season with you.

With gratitude,
John Marvin
Founder & Owner
Empowered Services

If you or someone you love needs support, start here: **Begin your intake**. If you have ever thought about doing this work yourself, start here: **Share your DSP interest**. A real person responsible for your county will follow up.
Thank you for letting us be part of your lives.

P.S. October is full of ways to connect: Pumpkin patch outings, meet ups, Halloween parties and more!

Explore the October 2026 Oregon I/DD Resource Guide for the full list & current event details!

MESSAGE FROM THE CEO

October is a month of reflection, awareness, and celebration of the many ways people strengthen our communities through resilience, inclusion, and belonging.

May we come together to champion mental wellness, honor Indigenous voices, celebrate disability inclusion, support meaningful employment opportunities, and foster a culture of kindness. When we embrace our differences and uplift one another, we create stronger, more welcoming communities for all. Together, we can build a world where every voice is heard, every person is valued, and everyone belongs.

As we recognize **World Mental Health Day** (October 10), we honor the importance of emotional well-being and remind one another that asking for help is a sign of strength. Every person deserves compassion, understanding, and access to support as they navigate life's challenges.

On **Indigenous Peoples' Day** (October 12), we celebrate the rich cultures, histories, wisdom, and contributions of Indigenous communities. We acknowledge their enduring strength and commit to listening, learning, and fostering respect for the first peoples of this land. We also recognize that this day is observed alongside **Columbus Day** in many communities, offering an opportunity for reflection on our shared history and future.

Throughout **Down Syndrome Awareness Month,** we embrace the unique strengths, talents, and perspectives of individuals with Down syndrome. This month is an opportunity to increase understanding, challenge stereotypes, and recognize the many ways people with Down syndrome enrich our families, schools, neighborhoods, and communities. Together, we can foster a world where every person is valued, included, and empowered to thrive.

During **National Disability Employment Awareness Month**, we recognize the contributions, achievements, and leadership of people with disabilities in every aspect of community life. While this observance highlights the importance of opportunity, it is also a reminder that inclusion, accessibility, and belonging matter everywhere, at home, in schools, in recreation, in volunteer spaces, and throughout our communities. Every person deserves the chance to pursue their goals, share their gifts, and be celebrated for who they are.

Throughout **National Bullying Prevention Month**, we stand together in promoting kindness, empathy, and respect. Every person deserves to feel safe, accepted, and valued. By choosing compassion and speaking up against bullying, we help build communities where everyone belongs.

When we choose empathy and respect, we help create a world where everyone can live, connect and thrive as their authentic selves.

Dylan Surrett
CEO, Empowered Services

OCTOBER *Events*

Pumpkin Patches

Eugene:

- Hayride to Pumpkin Launching, Johnson Vegetable Farm, Friday, 10/9 @ 11AM-1PM, $6 admission + hayride

Wilsonville:

- Pumpkin Patch Meetup, Frog Pond Farms, Monday, 10/19 @ 3-5PM, $18 admission (includes hayride, bounce house access & cup of feed for camels!)

Salem:

- Pumpkin Patch Meetup, E.Z. Orchards, Monday, 10/26 @ 3:30-5:30PM, $7 admission + hayride

EMPOWERED SERVICES

Contact Info

EMPOWERED-SERVICES.ORG

OFFICE: (503) 855-3581

More Events

Upcoming Events

Veneta:

- Empowered Services Meetup, Our Third Space, 24993 West Broadway, Thursday, 10/8 @ 11-1PM

Corvallis:

- Dog Lover Meet Up, Willamette Natural Park, Tuesday, 10/13 @ 11-1PM

Eugene:

- Pony Bead Making, YMCA Kalapuya Room, 600 E 24th St, Thursday, 10/15 @ 12-2PM
- Sensory-Friendly Movie Night, Metro Cinema, Monday, 10/19 @ 6:30-8:30PM
- Disc Golf, Westmoreland Park, Thursday, 10/22 @ 10AM-12PM
- Interagency Halloween for 18+, Farmers Market Pavilion, 85 E 8th Ave, Wednesday, 10/28 @ 6-8PM

Newberg:

- Interagency Trunk or Treat, Connections NW, 500 E Hancock St, Friday, 10/30 @ 4-6PM

Oregon City:

- Sensory-Friendly Movie Night, Regal Hilltop, Wednesday, 10/21 @ 5:45-8PM

October Observances

- October 10: World Mental Health Day
- October 12: Indigenous Peoples' & Columbus Day
- Down Syndrome Awareness Month
- ADHD Awareness Month
- Disability Employment Awareness Month
- National Bullying Prevention Month

October Event Highlights

Featured Events

Veneta:

Empowered Services Meet Up

Thursday, 10/8 @ 11AM-1PM, Our Third Space Public House & Bookstore, 24993 West Broadway

Join Lily and friends from the Empowered Services network for a relaxing hangout at Veneta's newest community gathering spot! Whether you enjoy great conversations, creative projects, or friendly games, there's something for everyone. Art supplies will be available for crafters!

Eugene:

Hayride to Pumpkin Launching

Friday, 10/9 @ 11AM-1PM, Johnson Vegetable Farm, 89733 Armitage Rd

Meet in the check in area to catch the 11:30AM hayride over to the pumpkin patch. Option to launch pumpkins and explore the corn maze! DSPs free.

InterAgency Halloween Party

Wednesday, 10/28 @ 6PM-8PM, Farmers Market Pavilion, 85 E 8th Ave

Costume contest, DJ, space to dance, photobooth, games & tons of fun! 18+

Salem:

E.Z. Orchards Farm Pumpkin Patch Meet Up

Monday, 10/26 @ 3:30-5:30PM, 5504 Hazelgreen Rd NE

Hayride to the patch at a lovely apple orchard. DSPs free.

Wilsonville:

Frog Pond Farms Pumpkin Patch Meet Up

Monday, 10/19 @ 3-5PM, 2983 SW Advance Rd

Enjoy a hayride, feed the camels and jump in the bounce house if you wish! DSPs free.

Newberg:

InterAgency Trunk or Treat

Friday, 10/30 @ 4-6PM, 500 E Hancock St

Outdoor opportunity to celebrate with fellow IDD agencies!

More Events

EMPOWERED SERVICES

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 **September** winner is **Susan B**— congratulations! Thank you to everyone who participated, and we look forward to continuing this journey together.

LEARN MORE

Chuck B:Less stress & more time for myself.

Kim W: Writing poetry to process & release emotions.

Jen E: Starting Tap dancing again.

EMPOWERED SERVICES

A Growth Mindset Starts with Kind Thoughts

The way we talk to ourselves matters. When we make mistakes, face challenges, or learn something new, it is easy to become our own biggest critic. A growth mindset reminds us that learning takes time and that nobody is perfect. Instead of saying, "I can't do this," try saying, "I can practice more."
Small changes in our thoughts can build confidence and resilience.

Being kind to yourself also helps you be kind to others.
When we practice patience with our own learning and mistakes, it becomes easier to show understanding, encouragement, and compassion to the people around us.
Every person is growing, learning, and facing challenges we may not see.

Remember:

- Speak to yourself the way you would speak to a friend.
- Mistakes are opportunities to learn, not reasons to give up.
- Everyone learns at their own pace.
- Kind words can change someone's day, including your own.
- Growth happens one step, one try, and one positive thought at a time.

Reminder To Be Patient With Yourself

As we celebrate World Mental Health Day on 10/10, remember to slow down this month and think about what strategies work best to help you get back to baseline when life gets overwhelming.

Tips:

- *Create your own "Regulation Toolkit" list:* Keep it somewhere easy to find, such as your phone, planner, or refrigerator for times of need.
- *Use Your Senses:* Listen to calming music, hold a favorite object, cuddle a pet, sip a warm drink, or spend a few moments outside in nature.
- *Take a Sensory Break:* Find a quiet space, dim the lights, put on noise-canceling headphones, or give yourself permission to step away and recharge.
- *Pause & Breathe:* Take a few slow, deep breaths. Breathing in through your nose and out through your mouth can help your body feel safer and more grounded.
- *Move Your Body*: Go for a walk, stretch, dance, or simply change your environment. Movement can help release stress and reset your mind.

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!

KIM

Our Featured Customer of the Month

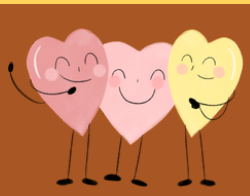
Things Kim Enjoys/Brings Joy/Fulfillment:
Spending time with friends and family, getting out in the community, being independent and meet new people.

The Qualities Kim Likes in Her Provider:
Kim likes that her provider listens, shows up, very honest, and compassionate.

Kim's Advice to Other Customers and Providers:
Advocate for yourself as best as you can and remember to just have fun!

Kim's Positive Experience in Her Community:
Kim has been able to get out and about a lot more and have really fulfilled and fun experiences in her community.

What Kim Likes About Empowered Services:
Kim likes everything about Empowered Services. Empowered services helps keep her independent.



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Pillar of Empowerment

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

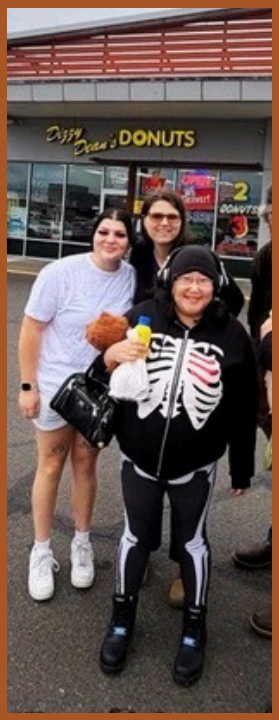
CORI

Our Featured DSP of the Month

Hi, I'm Cori!

I'm a pretty easygoing and caring person who enjoys staying active, spending time with the people I love, and making the most out of life.

I joined Empowered Services in June of 2025! I've really enjoyed getting to know the individuals I support and being able to make a positive difference in their lives!



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REGISTER HERE

SENSORY FRIENDLY MOVIE NIGHTS

FREE - LIMITED SEATING

Sense & Sensibility

MONDAY, 10/19
@ 6:30-8:30PM

METRO CINEMAS 888
WILLAMETTE ST,
EUGENE, OR 97401

Partnered with:

Autism Society Oregon

Sponsored by:

EMPOWERED SERVICES

Learn More

REGISTER HERE

SENSORY FRIENDLY MOVIE NIGHTS

FREE - LIMITED SEATING

Forgotten Island

WEDNESDAY, 10/21
@ 5:45-8PM

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

Partnered with:

Autism Society Oregon

Sponsored by:

EMPOWERED SERVICES

Learn More

EMPOWERED SERVICES

Date: Thursday,
October 22nd
Time: 10AM–12 PM
Location: Westmoreland Park in Eugene

disc golf

EMPOWERED SERVICES BOWLING

More Events

Bowling Events

TUESDAYS: SHERWOOD, LANGER'S
2:45–4 PM ($4)

WEDNESDAYS: WILSONVILLE, BULLWINKLE'S
3:30–4:30 PM ($5)

FRIDAYS: KEIZER, THE REC
3:30–4:30 PM ($4)

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8101 SW Nyberg St.
Suite 217
Tualatin, OR 97062

empowered-services.org

Pumpkin Chocolate Chip Bread

Prep time: 20 mins **Total time: 50 mins**
Cook time: 30 mins Serves: 6 mini loaves

Ingredients

- **1¾ cups all-purpose flour**
- **1½ cups granulated sugar**
- **½ tsp. baking powder**
- **1 tsp. baking soda**
- **½ tsp. salt**
- **1 tsp. cinnamon**
- **½ tsp. nutmeg**
- **½ tsp. ginger**
- **½ tsp. allspice**
- **¼ tsp. cloves**
- **1 cup canned pumpkin**
- **2 eggs**
- **½ cup canola or vegetable oil**
- **¼ cup milk**
- **1 tsp. vanilla**
- **¾ cup chocolate chips**

1. Preheat oven to 350 degrees Fahrenheit. Spray a mini loaf pan, a single standard-sized loaf pan, or about 22 muffin cups in two muffin tins with nonstick cooking spray.
2. In a medium bowl, whisk together flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg, ginger, allspice and cloves.
3. In a large bowl, whisk together pumpkin, eggs, oil, milk, and vanilla.
4. Add dry ingredients to wet ingredients, mixing until just combined.
5. Fold in chocolate chips.
6. Distribute batter evenly in your prepared baking pan of choice and place in your preheated oven.
7. For muffins, begin checking for doneness at 22 minutes. For mini loaves, begin checking for doneness at 30 minutes. For a standard-sized loaf pan, begin checking for doneness at 55 minutes.
8. Let cool for 5-10 minutes.
9. Remove from pan.
10. Enjoy!

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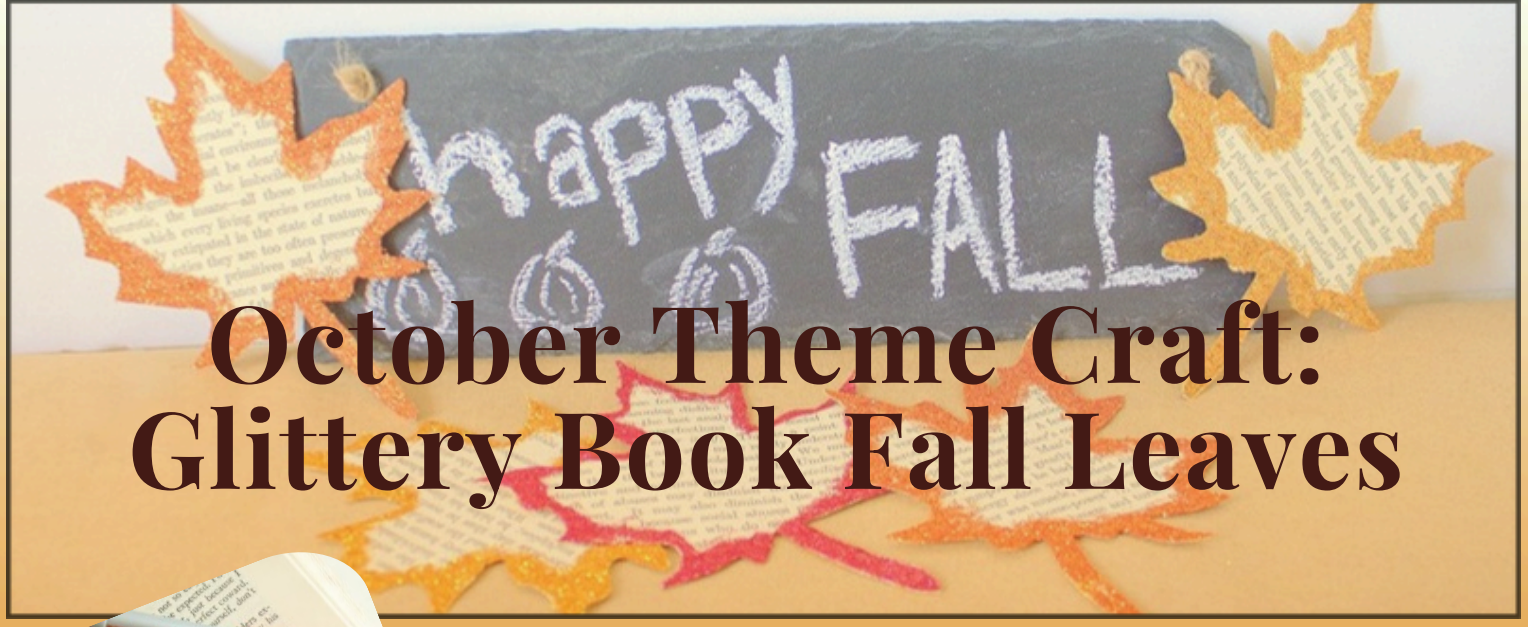

October Theme Craft: Glittery Book Fall Leaves

Supplies

- Old book or magazine pages
- Leaves Pattern or drawn by hand
- Highlighter or Pen
- Mod Podge or glue
- Scissors
- Paint Brush
- Scrap Paper
- Glitter

Instructions

- **Step 1:** Place the leaf on a piece of book paper and use it to trace the shape.
- **Step 2:** Remove the leaf and use the scissors to cut the traced leaf.
  - Don't worry about trying to cut off all of the pen lines, the glitter will cover it up.
- **Step 3:** Continue this process until all of your book page leaves are traced & cut.

- **Step 4:** On your first piece of scrap paper, apply the Mod Podge or glue on the edges of the leaf. Then remove the leaf and place it on a different piece of scrap paper & sprinkle on the glitter.
- **Step 5:** Once the glue has dried shake off the excess glitter on the scrap paper & funnel it back into the glitter container.
- **Step 6:** Repeat on all of the book or magazine page leaves.
- **Step 7:** Let dry then decorate your space! Can be used in a center piece, placed next to a fall picture, or hung on twine by mini clothespins!

EMPOWERED SERVICES

October 2026 IDD Resources

Explore the October 2026 Oregon I/DD Resource Guide for activities, classes, adaptive sports, sensory-friendly outings, and community meetups across the state. Event details can change—confirm with the organizer before attending.

Open the October Resource Guide →

CLICK HERE

CONNECT WITH US

EMPOWERED SERVICES

CALL FOR ARTIST SUBMISSIONS

We want to start featuring talent from our network!

Submit a comic strip of an experience you have had or could imagine that was a teachable moment navigating a social situation or building a life skill. We would love to feature your creativity in a future newsletter!

EMPOWERED SERVICES

Email submissions to lily@empowered-services.org

OREGON I/DD ATTENDANT CARE

The right support starts with the right relationship.

One-on-one attendant care built around the person's routines, choices, communication, safety, and goals — at home and in the community.

What attendant care may support

01 Personal care & daily routines
Authorized help with hygiene, household routines, reminders, safety, and everyday tasks.

02 Community participation
Support with appointments, errands, recreation, events, and meaningful community life.

03 Skills & independence
Practice everyday skills at the person's pace in ways that support choice, confidence, and independence.

04 A DSP who fits
Matching considers support needs, communication, schedule, personality, and what works in real life.

Already have someone you trust?

Ask about Empowered Choice — a pathway for a family member, friend, or trusted supporter who may be able to become a paid DSP.

START INTAKE

Statewide across all 36 Oregon counties • English & Spanish support • (503) 855-3581 • empowered-services.org

No cost to ask. A real person typically responds within 1–2 business days. Eligibility, authorization, and service availability apply.

INTEGRITY EMPATHY SYNERGY COMMUNITY ADVOCACY LEGACY

EMPOWERED SERVICES

NOW HIRING • DIRECT SUPPORT PROFESSIONALS

Do work that changes a life — including yours.

Meaningful one-on-one work helping someone build skills, independence, and a fuller everyday life — with a team that supports you, too.

A practical career with real support

1 **Competitive pay + benefits**
Benefits are available to eligible employees; compensation varies by role and assignment.

2 **Flexible local schedules**
Find opportunities by county and schedule so work can fit your life.

3 **Paid training**
24 paid training hours annually, including safety, documentation, communication, and quality care.

Care-team guidance
You are not working alone — local Care Coordinator support helps keep services aligned.

5 **Mileage reimbursement**
Approved customer community outings may qualify for mileage reimbursement.

6 **Room to grow**
Career pathways can move from direct support into coordination and leadership.

Many great DSPs come from caregiving, retail, food service, education — or simply caring for family.

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INTEGRITY EMPATHY SYNERGY COMMUNITY ADVOCACY LEGACY