



CONNECTIONS
FOR
COMMUNITY



Some ideas for your Spring:

1. Make a goal to get outside everyday
2. Try a new recipe or healthy meal
3. Spring clean! Pick one area or room each week to tidy
4. Practice and review your emergency preparedness plans

To **register for any activity or class** in this newsletter, or to learn more about them, please contact PACE Coordinator, Emily by calling RCO or emailing eambers@rcoregon.org. You can also get in contact with Emily by reaching out to your PA.



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Published
Periodically
by RCO
for our
Customers

Meet the Director– RCO’s South-Valley Brokerage: April Theberge



“I moved from Boise, Idaho to Eugene to work with RCO this year (past) and am excited to be part of such a great team of people who are passionate about working with customers to turn their dreams into achievements. I live with my pup, Frances, and two cats, Alice and Mort. I enjoy anything I can do outside with my pup, such as paddleboarding and hiking. I also enjoy yoga, weightlifting and ballroom dancing. I have over twenty years of experience working to help people live their best

life in a variety of settings. I’ve worked with survivors of domestic violence, youth and adults in the I/DD community, at-risk youth, and people living with mental illness. I feel fortunate to have met so many wonderful people on my path and look forward to meeting the folks that we serve through RCO!” April is the RCO South Valley Brokerage Director. April has assisted in strengthening our South Valley offices and has helped to hire many new Personal Agents to support the customers in these areas.



April made the word cloud above based on her experience at RCO so far. Enjoy!

Lead PA Spotlight– Sunny Kimber



“Hello! For those of you who don’t know me, I’m Sunny! I have been around RCO for a long time. On March 1st, I celebrated 16 years! I am dedicated to RCO and the communities we serve. I was the Lead Personal Agent in the Albany office for well over a decade, and as we have changed and grown, I now am a Lead Personal Agent for our Eugene team. I am working remotely from my new home in the Midwest after my family and I moved in the summer of 2021. I grew up in Minnesota and this is where my family is. In my free time I love to spend time having

adventures and getting out in nature (when it’s not too cold here in the Midwest)! I like to try new things and get back to Oregon to see friends and my RCO community from time to time.” Sunny is a friendly, bubbly RCO staff and we appreciate her help with all the knowledge and expertise she brings.



Lead PA Spotlight– Alex Heinz

“Hello, I’m Alex. I moved from the East Coast to Eugene Oregon in 2014, and started working in the field of Intellectual and Developmental Disabilities providing direct care in Residential Settings. Over the past eight years I have continued to work in the field in different roles, and now serve as a Lead Personal Agent in RCO’s Eugene Office. I enjoy connecting with individuals and families who are receiving services, and helping them reach their goals. In my leisure time I like to read, watch movies, travel and explore the great outdoors.”

Alex joined our team during RCO’s expansion in September of 2021. We appreciate Alex’s calm, “can-do” attitude and his willingness to support his team.



Lead Spotlight–Dana Kropf



“My name is Dana Kropf and I am the Lead Personal Agent in RCO's Linn County office! I started my 7th year with RCO in February 2022. I began my RCO career as an administrative assistant in our Marion County office, became a PA there and then a PA in the Albany office, leading me to where I am today. It's been a journey of growth and lots of change, but I am grateful for it! I was born and raised in Albany and have never left! In my free time, I enjoy spending time with my two Corgis, Abby (pictured) and Leni, reading books, watching college basketball, drinking coffee, baking and going to Disneyland, of course! I love working at RCO. I believe that the relationships we build with each person we

meet truly matters in the work we do to support people to achieve their dreams and live the life they want. I am so grateful for the wonderful people and families I have met through this job. I am looking forward to the days when customers, their family members and providers are able to come say hello inside the office again, as it brings me so much joy to build relationships with those I feel we are privileged to know and support at RCO!”

Dana is a diligent, hard worker with a passion to serve our communities. She brings support, a positive outlook and even special treats to the Albany office.

Emergency Preparation Classes

RCO has dates for another series of Emergency Prep Classes for customers. You will receive a Red Cross kit, a *Ready Now* Emergency prep binder and chances to win more emergency gear. Classes are from 2-4pm.



Class 1- Emergency Kits & Evacuation Plans: Thurs 6/2, Tues 9/13

Class 2- Types of Emergencies & Local Resources: Thurs 6/9, Tues 9/20

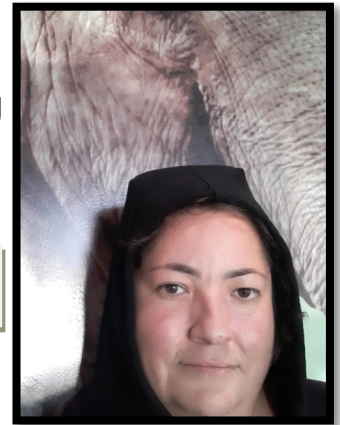
Class 3- Self Assessments, Support Groups, & Medical Info: Thurs 6/16, Tues 9/27

Class 4- Ten Steps & How to Make Goals: Thurs 6/23, Tues 10/4

RCO Virtual Family Feud and Wheel Of Fortune Games

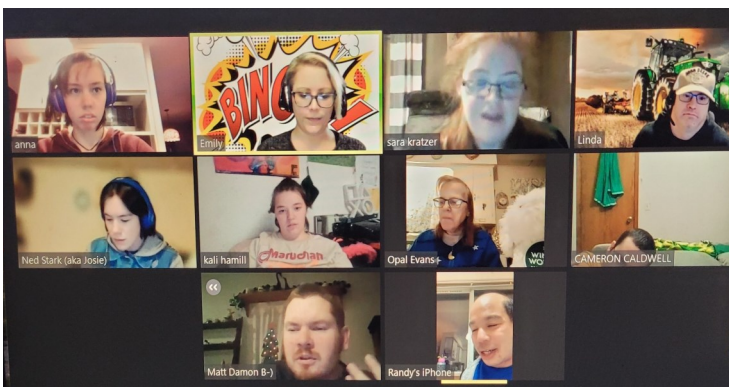
WOF: May 23rd 4-5p, July 11th 3-4p FF: June 14th 4-5p, August 23rd 3-4p

RCO is going to have Wheel of Fortune (WOF) and Family Feud (FF) games coming up! Raquel was our big winner at Family Feud in February. We asked Raquel what she likes about coming to Family Feud. She says "It's fun I get to meet new people like me I don't feel so alone it's brings me joy especially when I win. I don't hardly win at anything." Congratulations, Raquel!



RCO Virtual Bingo

Meet new people and play with RCO customers in a friendly competition. Bingo is virtual on Zoom, hosted by PACE Coordinator, Emily. You will receive Bingo cards that you can print or use on a phone, computer or tablet.



Dates and times:

- ⇒ Monday, April 18th at 4-5:30pm
- ⇒ Tues, May 3rd at 4-5:30pm
- ⇒ Thurs, May 19th at 6:30-8pm
- ⇒ Weds, June 8th at 4-5:30pm
- ⇒ Mon, June 27th at 6:30-8pm
- ⇒ Tues, July 12th at 4-5:30pm
- ⇒ Mon, July 25th at 4-5:30pm

Congrats to all the winners from Jan-March and thank you for playing.

Emily, Sarah, Josie, Anna, Loretta, Leigha, Raquel, Shane, Jennie, Kali, and Opal



Randy Finds His Passion in the Retail Industry



Randy loves people, fashion and community events and he is so active and involved in Albany, that everyone knows him! Randy currently works at Kohls. He has a long work history. He has worked at Gottshocks, JC Penny's, Phagens, Safeway and Carl's Junior. Randy also works every holiday season at another of his favorite stores, Marshal's, and has quite the collection of Christmas sweaters and clothes from there.

Randy works with an employment service provider, CEI, and is grateful for his Job Developer and Job Coach, Stacey Gavin. She has helped get Randy's foot in the door for some of these

jobs, and she says "Randy really sells himself. He interviews well, showing his passion for the job and company. He has great customer service and knows so many people. Customers come in to Kohl's and get so happy to see Randy." Randy has worked in this position since September 2015. He works two days a week in the back stockroom, as well as sometimes on the retail

floor and checking the fitting rooms. He is always on time with a smile on his face. His advice to others regarding finding and keeping work is to; "dress nice, smile and figure out the best way to get there." He lives within walking distance of Marshals, but uses Call-A-Ride to get to Kohl's. Randy's supervisors always speak highly of his work. He takes it seriously and gets every task done that he is asked of. Keep up the good work, Randy!

Sara at Brookdale: Achieving her career goals

Sara has been working on her employment related goals throughout the pandemic time and she is working in a job she loves! Over the past few months, with the help of her Job Developer through MV Advancements she has obtained her CPR/First Aid/AED certifications and Food handlers card and started working in January at Brookdale-Hillside Senior living center in McMinnville three days a week. She has a job coach and works in the cafeteria prepping food, serving residents meals, and bussing tables. Her job coach Trask says, "Sara is an amazing worker and an incredible person. She puts all of herself into everything that she does and the residents adore her." Sara gets up early on work days to eat a healthy breakfast, get ready and pack her lunch. She always arrives to work prepared and on time. Sara is compassionate and loves working with people. One of her long term goals is to become a volunteer paramedic/EMT at McMinnville Fire Department and she is taking online training at home. She hopes to help her community and get to join the fire department in the annual 4th of July parade! Great job on achieving your work goals, Sara!



Board Members **WANTED**

RCO is a non-profit organization that has a Board of Directors that helps to make decisions and some of the organizational oversight for the agency. RCO is seeking new board members to join the team, specifically in the South Valley/Eugene area. We also are new to serving Benton and Polk Counties and would like representation in all counties. Whether you have board experience, or specific skills that you can contribute, or just want to be an active part of RCO's mission, please inquire! The board meets a few times a year. Attendance and participation in board meetings is a key part of the membership. Contact Executive Director, Adam Ayers, or email info@rcoregon.org for more details.



Join an Advisory Council to Help RCO Better Serve Customers

In addition to board members, RCO is looking for interested customers to join an advisory council for your area brokerage. This will be a group that can come together and have a voice for our customers and the services and resources we provide. This is a great self-advocacy opportunity and way to get involved.

What is an advisory council?

The advisory committee plays an important public relations role as well as providing RCO staff with a fresh perspective on programmatic issues.

- Advisory councils are a group of individuals (in our case, RCO customers) that effectively supplement the board's skills and abilities to help guide the organization toward our mission.
- RCO wants customers to have a voice in the direction our agency is going, weigh in on important matters, and help us to advocate for RCO on a legislative and state level when needed.
- RCO customers on the advisory council can also represent the voice of other customers and bring issues or successes to our attention. Ideally, the group would interact with a other customers to get perspectives and opinions.

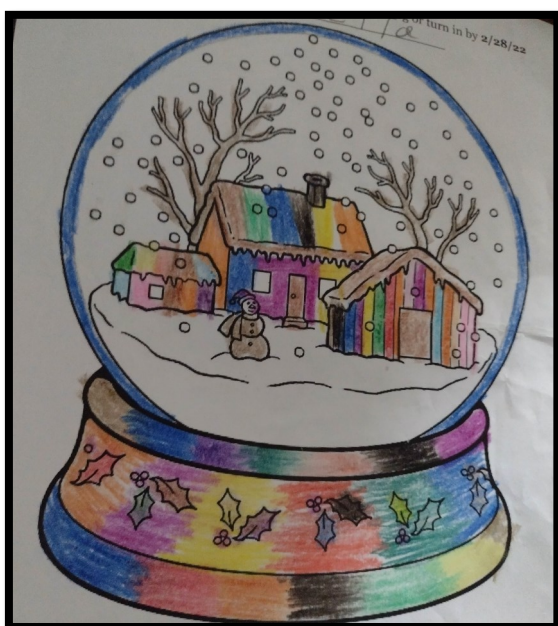
Want to learn more and brainstorm with us?

Come to our next meeting on April 21st at 4pm via Zoom.

Winter Color Contest Winners

Talented artists from both brokerages turned in their coloring pages for winter. Congrats to the winners and great job to all those who participated.

**Winner of Most Creative:
Andrew Darling!**



**Winner of Most Colorful:
Loretta Worth!**



**Winner of Best Overall:
Angela Williams!**



*YOU could be our next winner!
Submit your Coloring creation from
page 11 for our spring contest! Next
due date is June 17th.*

Spring Time Craft—Paper cupcake wrapper flowers

Want to get creative? RCO would love to see what you create with our Spring time craft project idea! Paper spring flowers made out of cupcake liners and other materials of your choice to make the centers and stems. To make, you can stack and layer the liners, or cut them. Design the middle with Fun accents. Put them on something sturdy and make stem and can add leaves. Share your design! **Take a picture and we'll publish in Constant Contact if you would like to share.**

Here are some materials:

- Colored cupcake liners
- Hot glue or other craft glue
- Colored “puff” balls

Optional supplies for center pieces

- Stickers
- Buttons
- Gems
- Glitter

Optional supplies for stems

- Pipe cleaners
- Colorful paper straws
- Green construction paper
- Popsicle sticks



Be creative and have fun with what you use!



Compass Project

Your Choice. Your path. Your future.

RCO wants you to be informed of new state changes to better the ISP process and services that you receive. ODDS created the Compass Project to improve the way people with intellectual and developmental disabilities (I/DD) participate in services. There are training and resources for you and more: www.oregon.gov/dhs/Compass-Project/Pages/RC-Individuals.aspx

The goal is to create a system that is easy to use, is transparent and provides quality supports so people with intellectual and developmental disabilities have a good life in the communities where they live, work and play.

The project is committed to providing:

- Information that is easy to find and easy to understand.
- A planning process that is simple and flexible.
- Services and a support plan that are designed with you.

Service groups and new rates:

The Compass Project's first step was creating the Oregon Needs Assessment (ONA). The next step is learning which service group a person has been assigned to. Service groups are based on a person's age and support needs.

Spring Time Recipe—One Pot Pasta with Tomato-Basil Sauce

Ingredient Checklist

1. 12 ounces fusilli pasta
2. 1 (28-oz.) can diced tomatoes
3. 2 cups chicken broth
4. ½ medium-size yellow onion, sliced
5. 4 garlic cloves, sliced
6. 1 teaspoon dried oregano
7. ⅓ cup firmly packed fresh basil leaves
8. 2 teaspoons kosher salt
9. 1 tablespoon olive oil
10. ¼ teaspoon dried crushed red pepper (optional)
11. 1 (6-oz.) package baby spinach
12. Freshly grated Parmesan cheese



For this recipe and more go to myrecipes.com

Photo credit: Becky Luigart-Stayner;
Styling Heather Chaddock Hillegas

Step 1: Place first 9 ingredients and, if desired, dried crushed red pepper in a pot with a lid or a Dutch oven in order of ingredient list. Cover and bring to a boil over medium-high heat (about 12 to 15 minutes). Reduce heat to medium-low, and cook, covered, 10 to 12 minutes or until pasta is slightly al dente, stirring at 5-minute intervals.

Step 2: Remove from heat, and stir in spinach. Cover and let stand 10 minutes. Stir just before serving. Serve with Parmesan cheese.

Enjoy!

****Note:** You can use dried basil if you have that on hand, and top with any white cheese, or make it dairy free by no cheese. Use low sodium broth and whole wheat pasta for a even healthier option. Any pasta of your choice!

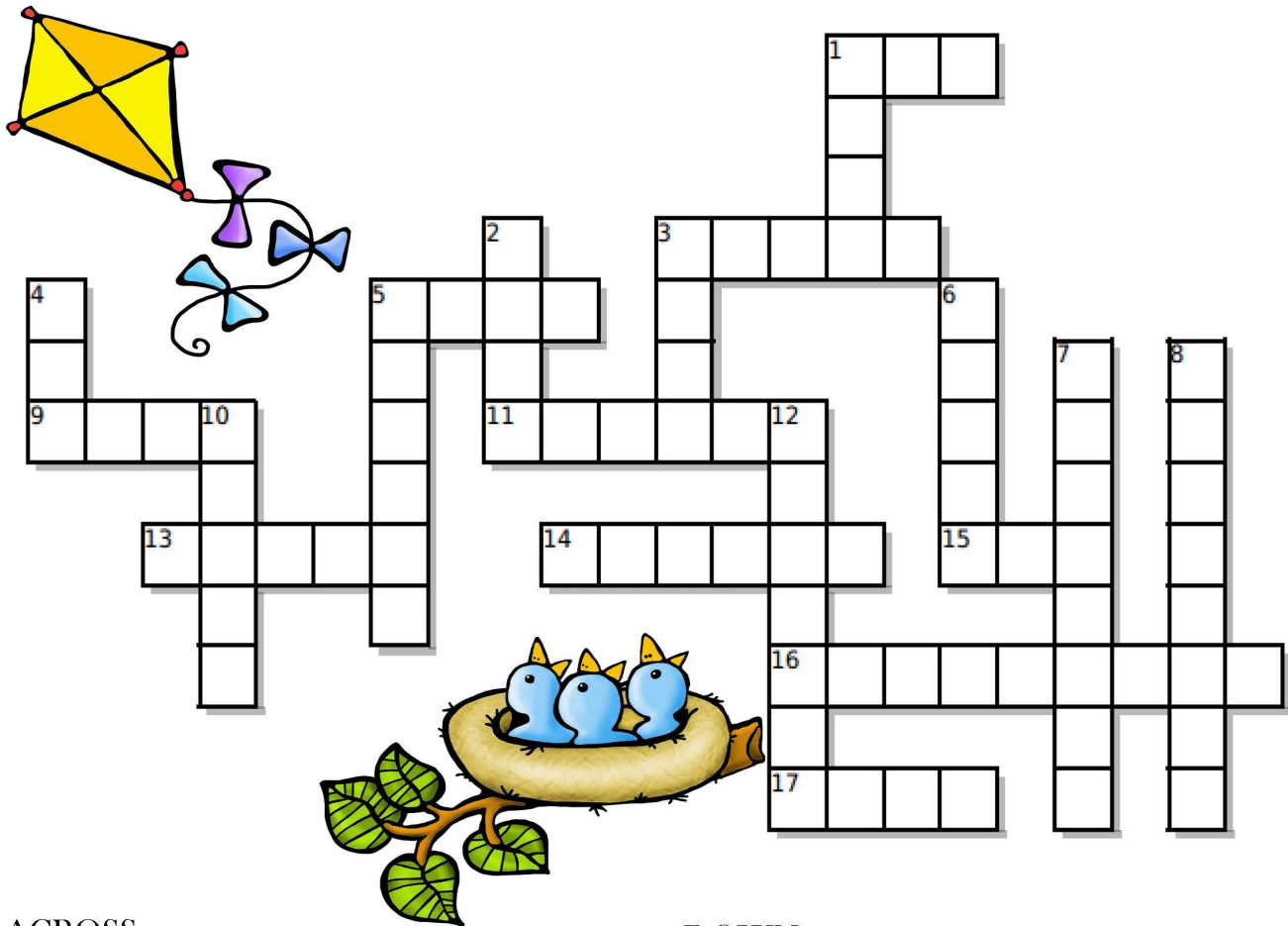
Packaged pasta sauce can have a lot of sugar or salt, so make your own to lower your salt and sugar intake!



Join our mailing list to receive more updates & email communication!

Send Emily an email @ ealbers@rcoregon.org, or visit our website under the “Contact Us” tab and “Mailing List Signup”

SPRING CROSSWORD



ACROSS

1. unopened flower
3. green blades on the lawn
5. put in the ground to grow plants
9. a wiggly animal that comes out when it rains
11. plant with colored petals
13. mix blue and yellow
14. a meal eaten outdoors
15. a hot ball of fire in the sky
16. used to be a caterpillar
17. not hot but not cool

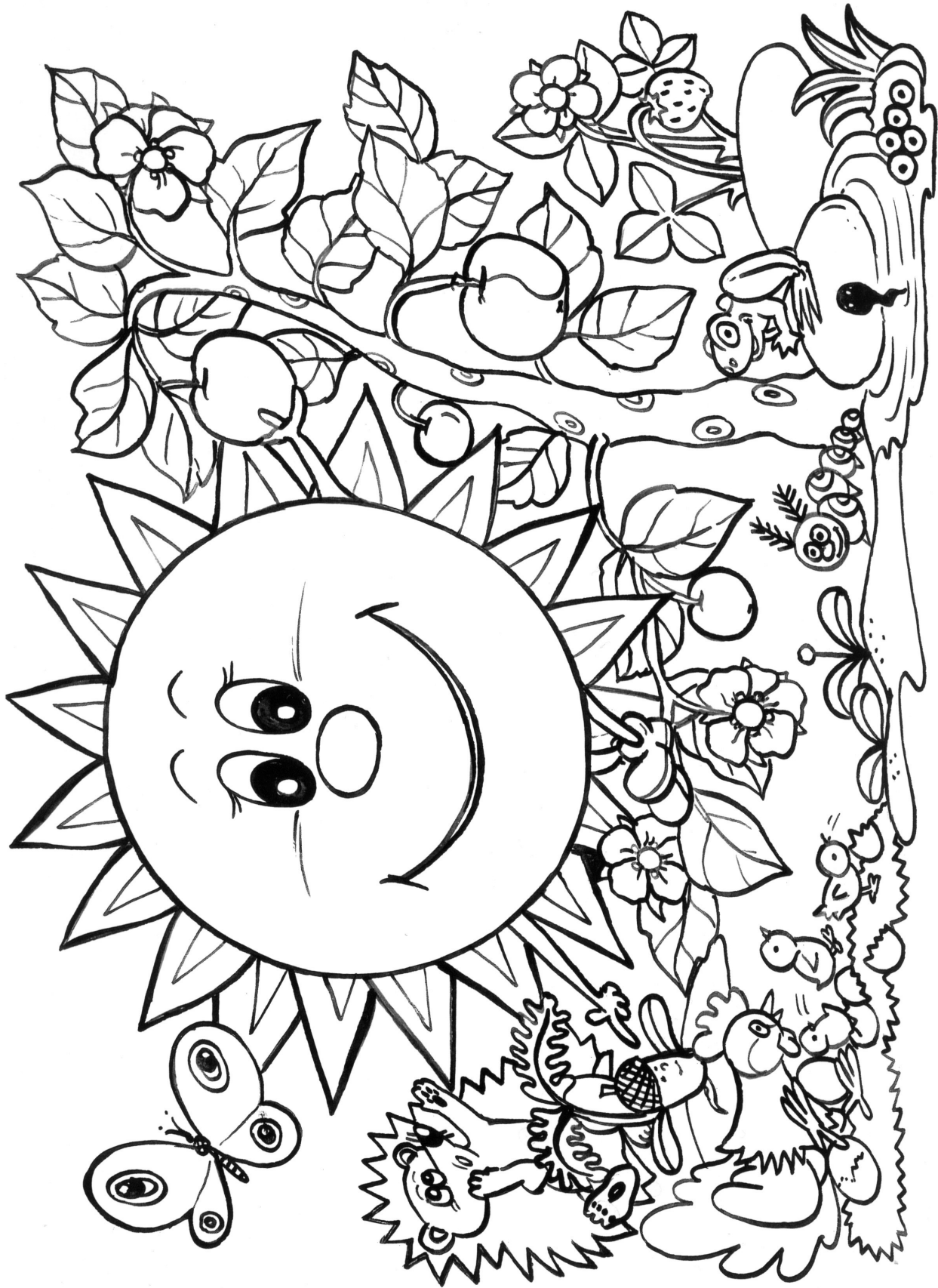
DOWN

1. this animal makes honey
2. green, found on trees
3. to become larger
4. not old
5. a rainy season
6. an animal that has wings and is covered with feathers
7. a single drop of rain
8. used to protect you from the rain
10. the month before April
12. a curved line of different colors seen in the sky

WORD BANK

Bees, Birds, Bud, Butterfly, Flower, Grass, Green, Grow, Leaf, March, New, Picnic, Rainbow, Raindrop, Seed, Spring, Sun, Umbrella, Warm, Worm

Name: _____ Turn in to RCO email or office by June 17h, 2022





RESOURCE
CONNECTIONS
OF OREGON

1775 32nd Place, Suite A | Salem, OR 97301

NON-PROFIT ORG
US POSTAGE PD
PERMIT 1039
SALEM OR



Main office/
RCO Mid-Valley,
Marion Office:
1775 32nd PL NE, Ste A
Salem, OR 97301
503-485-2510

Yamhill Office:
130 6th Street, Suite A
McMinnville, OR 97128
503-883-0430

RCO South Valley,
Lane Office:
1600 Valley River Dr
Eugene, OR 97401 Suite
#130
541-799-0545

Linn Office:
825 Burkhart Street SE
Albany, OR 97322
541-704-2720

RESOURCE CONNECTIONS OF OREGON

Our Mission Statement:

Through a partnership with RCO, individuals and their families will enrich and control their own lives based upon the principles of freedom, authority, autonomy and responsibility.

We are on the web:
www.RCOregon.org
Facebook: Resource Connections of Oregon
E-mail: info@RCOregon.org