

EASTCO'S *NEW* NEWSLETTER

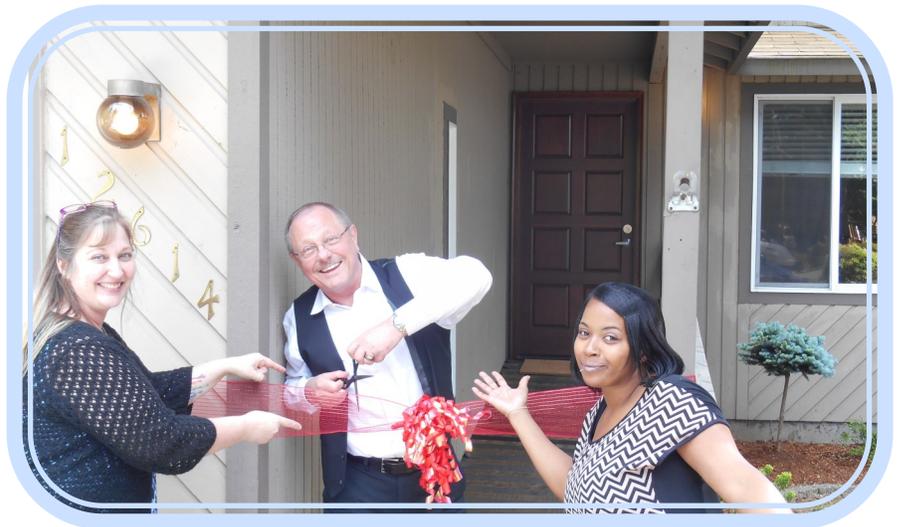
July 2016

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Claudia's Place, A New Home

In March 2016, Eastco purchased a residential site located in the Powellhurst Gilbert neighborhood. This purchase was prompted by the real estate listing of a current group home located on 148th Street. On May 12, 2016 "Claudia's Place" opened her doors as a 3 bedroom residential group home located in a quiet cul-de-sac at the end of Mall Street. Named after a long time client of Eastco, and daughter of Barbara Place, this home is now managed by LaToya Jackson as the residential administrator. She leads a team of 5 caregivers, and supports two residents to access their community and live as independently

as possible. The home is still waiting to find it's third resident. This 3 bedroom home has an open yard and a 2 level deck , just right for hanging out or having friends over for BBQs. An open house showcased the home on April 28th, with over 30 people attending. If you happened to miss this celebration, but would still like to view the home-stop by any time!



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What Should We Call It...

The Eastco Newsletter has a new life, and we in the creative team think that deserves a new name! But we need YOUR input—send ideas and suggestions to eastconewsletter@gmail.com, or send us an SComm on Therap! Also feel free to share your ideas or any shout-outs you would like to see featured in upcoming issues.

Proactive Pete

Have you ever been stuck without a solution to a problem? OR have you had a great, positive solution to an issue that you want to share with others? Tell it to Proactive Pete!

Think of this as a place to ask for help and to share proactive techniques that have worked for you! This can be a wide range of questions and suggestions, touching on work topics, social suggestions, kitchen ideas or general tips!

Send long your questions or proactive suggestions!
eastconewsletter@gmail.com or on Therap

Susan Says—Do It Yourself!

OUTER LIMITS

Some July History:

- **US Postal system** was established in 1775.
- **The bikini made its first appearance on the model runway in 1946- JUST BARELY.**
- **The rabies vaccination** was invented in 1885- the vaccination was given to nine-year-old Joseph Meister, who had been bitten by an infected dog.
- **The first moon walk** happened in 1969.
- **The FBI** was founded in 1908.
- **John Adams and Thomas Jefferson** both died on July 4, 1826.
- **1947 welcomed the first sighting of an U.F.O. in Roswell.**

July also holds bizarre and unique holidays:

- **World UFO Day**
- **Sidewalk Egg**
- **Frying Day**
- **National Nude Day**
- **Yellow Pig Day**
- **Ugly Truck Day**
- **Take Your Pants for a Walk Day**
- **International Day of Friendship**
- **National Junk Food Day!**

How will you celebrate your July??? To find more ways to celebrate each day of July check out this webpage: holidayinsights.com/moreholidays/july

Plant Pruning – each ‘type’ of plant has a ‘best’ season for pruning; knowing that is significant to the success of your plants life. Some of the other DIY tips for pruning are:

#1-Unless absolutely necessary do not prune in hot weather; it's not good for the plant and it is not good for the person.

#2-SAFETY - - power equipment: is it right for the job?; is it in working order? (A piece of equipment is only as good as the care it gets from the owner/user.) Protective eye wear is essential; loud equipment (chainsaws, hedge trimmers etc) need hearing protection; gloves are useful when working with ‘prickly’ plants and protective clothing as needed.

Hand tools: are *they* right for the job; are they in working order—again, only as good as the care they

receive!

#3-Set up: check the area around the plants to be pruned to assure other plants are protected. Look the plant to be pruned over; look for where you want it to reduced in size. For bigger branches use loppers with blades/cutting edges on both sides-this makes for an easier and cleaner cut; smaller parts use pruning or trimming shears. Do your initial cut just above the ‘cut’ line; step back and reevaluate the design choices; make changes a little at a time as needed.

#4-When finished: water the plant(s) thoroughly; cutting/pruning is a traumatic experience for plants. Put the trimmings in the compost; chopping up the bigger pieces; put all the equipment away and ENJOY!

Susan Says . . . ;)

Cooking with Mary

Summer's garden brings us the best tasting tomatoes, corn that is sweet on the cob and firm, creamy avocados. When you add them together with other fresh ingredients, you'll have a side dish that is sure to be a hit whether you eat it at home or bring it to a BBQ with friends and family. This **Corn, Avocado and Tomato Salad** is like a fresh & delicious taste of summer in every bite.

Serves: 4-6 servings

Ingredients:

2 cups cooked corn, fresh or frozen (see Note)
1 pint cherry or grape tomatoes, halved

Dressing:

2 tablespoons olive oil
1 tablespoon fresh lime juice
¼ teaspoon salt

Instructions:

Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend. Notes: Fresh corn is really best to use here. Cut it off the ear and boil it for 3-4 minutes to cook it.



1-2 avocados, cut into ½inch cubes

½ cup finely diced red onion

½ teaspoon grated lime zest

¼ cup chopped cilantro

¼ teaspoon pepper

Out & About In July ~ Looking for something to do, look no further!

Zoo Concerts; Summer concerts are back and into full swing! Most concert purchases will also get you admission into the zoo for that day. Headliners feature local favorites like Pink Martini, Texas legend Lyle Lovett and his Large Band, The B-52s with The English Beat, Ziggy Marley with Steel Pulse, and so many more. So make sure to take advantage of this opportunity to spend a day with the animals then relax in the evening to your favorite band. Tickets sell fast-so don't wait around! Prices and dates vary, consult the Oregon zoo website.

6th Annual Oregon Berry Festival Friday, July 15 from 12:00pm to 6:00pm ~ Saturday, July 16 from 11:00am to 5:00pm—Ecotrust Event Space, NW 10th and Johnson, Portland, Oregon

The Oregon Berry Festival is made for berry lovers! In addition to fresh berry vendors there will be berry products galore, berry themed food booths, cooking demonstrations featuring berries, and a children's booth with berry themed crafts. Spend a day in the Pearl District.

Free admission-parking varies.

Portland Highland Games: Friday, July 15th 12pm—6pm and Saturday, July 16th 9am—6pm
Mount Hood Community College in Gresham, OR

A celebration of all things Scottish! Watch Highland Dancers, Bagpipe Bands, and Heavy Athletes as they compete. Listen to Celtic Inspired Artists on the Entertainment stage. Try traditional foods while shopping for Scottish wares. Children's Activities make it fun for the whole family.

Gresham Arts Festival: The 15th Gresham Arts Festival will be held on Saturday, July 16, 2016. This festival boasts 150 artists, entertainment, music, children's activities, food and fun, turning the city's historic downtown into a giant art gallery. Hours are 9a.m. to 5 p.m. Cost is FREE.

Portland Kennel Club Dog Show: The Portland Kennel Club will be having their annual dog show July 22-24th, 2016 at the Portland Expo Center. Admission to the public is free, but there are parking fees involved. Friday showcases specialty breeds, with the doors open to the public at 8:00 a.m. Saturday & Sunday all breeds will be shown. Judging begins at 8:00 a.m. If you love dogs, or know someone who does, this is one you wouldn't want to miss...no bones about it!

8th Annual Northwest Book Festival : Saturday, July 30, 2016 11:00 am - 5:00 pm

Over 100 critically acclaimed authors display their latest books and sign autographs at NW Book Festival, which also has publishers at Pioneer Courthouse Square. Free Admission.

Eastco Dates to Remember:

July 4th - Barbara Place Center and ESI CLOSED for Independence Day

July 30th—BBQ at Blue Lake Park

Sept 5th—Barbara Place Center and ESI CLOSED for Labor Day

Oct 13th—Annual Awards Banquet

July's Staff of the Month!

Our first employee of the month is.....

Chase Wilson from Claudia's Place!

Here are the many reasons we have chosen Chase:

His engagement with the clients is top notch. He goes above and beyond engaging our clients in various activities such as Eastco gardening,

PRIDE events, nature walks, picnics, trying out the MANY coffee shops in Portland, taking our clients down to the vigil downtown after the shooting etc. He engages with each of the clients, gives them ideas of activities and adventures, and then listens to what they would like to do.

Chase lends a helping hand on and off of the clock and always with a smile! When he is around the Barbara Place Center he is helpful to every client and staff that he encounters. Chase sets the example of what community inclusion really looks like!



LIGHT MUSINGS FROM THE MIND OF DD. . .



Supported Employment Department Grows

Things have been ramping up in Eastco's Supported Employment Department. In May, we moved into our new office in downtown Gresham, located at 320 N Main Ave. In June, Lead Employment Specialist Kaelyne Mowell was joined by three new Employment Specialists, Brian Baker, Dan Klein, and Zac Meyer. All three have experience working in Eastco's Vocational Program, teaching work skills and job tasks. As production supervisors, Brian worked at the Cascade Enclave and Zac at the Shop, while Dan supervised the Silk Screening at Eastco Screen Imprints.

Last fall, the three began the training needed to become Employment Specialists. Thanks to

scholarship funds from the Oregon Employment First Initiative, Eastco was able to send them through the Employment Professional Certificate Program at Highline Community College. Every Friday, Brian, Zac and Dan attended classes to become competent in the skills needed to assist job seekers in finding and maintaining jobs in the community.

We at Eastco congratulate Brian, Dan, and Zac on successfully completing the course and becoming certified Employment Specialists!



[A SHOUT OUT! To Awesome Amber!](#)

In the shop, Amber is very eager to do her best for any job she is put on. She has labeled combo's, tide, fresh-N-up wipes, tubes, baby wipes...you name it, she has done it. In LEAP, Amber is positive, friendly to her peers and helps out when she can. Way to go Amber!

[A SHOUT OUT! To Brian, The Bomb-Diggity!](#)

Brian Sturges, how do we thank you? From your daily work to the move from 148th to Claudia's Place to setting up the new employment office in downtown Gresham...your work is appreciated and there aren't enough words (literally...there's only limited space in this newsletter) to show Eastco's gratitude. Mr. Sturges we thank you!



Eastco Diversified Services, Inc.

Our Mission:

To support individuals with special needs in pursuit of homes, jobs, and activities of their choice within our community.

Don't forget to RSVP to our Summer BBQ!

Mark your calendar and get ready to join us for food, fun, prizes, great music and good friends!

This year's BBQ is set for Saturday, July 30th from 10am - 3pm at Blue Lake Park. There is a park entrance fee of \$5 per car or \$7 per van. Food will be served from 11am-12:30pm followed by our special guest Will, the One Man Band. You'll also be able to enjoy kickball, Bingo and door prizes. For more information and to RSVP, please call Ana 503-667-0613. We all hope to see you there!



**Don't forget to check out
our website & facebook!**

Beat the Heat!

We've reached the triple digits in the Portland area and summer is just getting started! Let's talk about some things to do to make sure you're getting the most out of this hot weather and feeling great!

- Dress Smart! Wear appropriate clothing for the weather, including shorts and t-shirts. If you're worried that you might get chilly or it may rain, bring along that extra light jacket. But it's not a great idea to start off wearing something too heavy – you could overhear before you realize it! Go ahead and put your winter clothes away for now.
- Water, Water, Water! I know, you hear it all of the time, but PLEASE – drink water! Have a glass when you wake up and every time you have a meal. Keep some handy at bed times and wherever is safe to keep close by at work. Carrying a re-usable water bottle is an easy way to make sure you don't go thirsty! And when you do go for a sip, see if you can get yourself to drink a little bit extra...your body will thank you! If you don't like the taste (or lack of taste) of water, throw some fruit slices in your bottle or a squeeze of lemon juice...yum!
- Protect Your Skin! Put on sunscreen and don't forget the hat, shade and sunglasses you need to keep yourself safe! Even if it's overcast or the sun isn't directly shining on you, you could still get a burn. Re-apply sunscreen as needed and help those around you to remember to do the same. Don't forget your nose!
- Stay Cool! Do what you need to stay comfortable. This could mean turning off unnecessary lights, not using too much heat in the kitchen, using a fan or air conditioner, or just plain staying inside when it's too hot. Take care of your body so you can enjoy your days!