

**SPRING/
SUMMER 2017**

The Diversified News Eastco's Newsletter

CHANGE

The times they are a changin' . . . a line made famous in a song from the 60's.

However; this concept has been true from the beginning of time. The seasons change, the time of day moves forward, we are born, grow up, grow old and pass on.

The changes we experience on a daily basis go largely unnoticed with our routines.

The changes we do not choose often loom large and uncomfortable. Those we may choose can be exciting and scary. What we know is that change is a constant and certain part of our lives. The 'agency' now known as Eastco Diversified Services has been part of the change in service supports for about a half century. We said 'of course people should live in 'their' communities' and brought forward ideas that were seen as too new, too soon and not realistic. We campaigned on, believing that our ideas were an avenue for bettering peoples lives both daily and long term. We said 'of course people can work and make money' and our great new ideas became the oldies and we saw the need again for change. We said 'people should have the choice to live where they want'. And We said 'of course people can work in 'their' communities' and We worked with the system to bring about that next wave of change. At times We have been frustrated by the twists our ideas were put through, but We always knew that we must move forward. Currently We are faced with some of the most significant changes in some time. We are saying 'of course people can work in 'their' community and make minimum wage'.

Having grown comfortable and assured about our choice of directions We have now been tasked with implementing changes so uncomfortable that We fear them. We are learning to say 'of course ALL people have rights, wants, needs, desires and dreams-show us Yours, tell us Yours'. We are strong, We are dedicated and We can make our endeavors the next best thing for our services and supports . . all the while knowing . . that the times-they will keep on changing. We will soldier on knowing that "We" team Eastco will always be up to the challenge.

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Proactive Pete

SPRING REFLECTIONS

Life is a reflection of our inner self.

With spring on the rise, maybe it's time to plant seeds of positivity. Through the ages we have all learned to "roll with the punches", "let it go", and "leave our baggage at the door". Most people know that whatever you put into your day, week, month, or year-life tends to show us the same in return.

Positivity is a conscious choice. Holding on to grudges, bad judgements, that half empty glass-can poison you, and in the end, you are the one who loses out. Embrace change, it is the ONLY thing constant in the world! Adapt and be flexible to everything and everyone. You never know what Karma may have done in someone else's life today! To dwell on the negative let's you become unfocused on greater positive things...your focus may also become your reality.

Here are my "seeds" of positivity, plant them in your mind, water them with use, and let them grow.

"Attitudes are contagious. Are yours worth catching?" — Dennis and Wendy Mannering

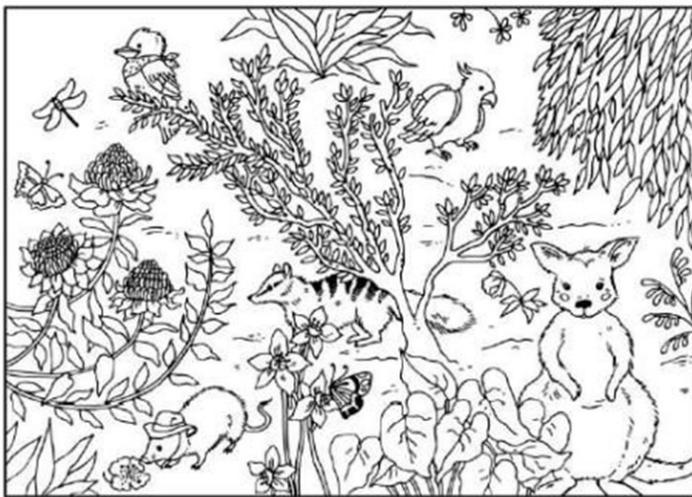
"Very often a change of self is needed more than a change of scene." — Arthur Christopher Benson

"People deal too much with the negative, with what is wrong ... Why not try and see positive things, to just touch those things and make them bloom?" — Thich Nhat Hanh

"For every day that there is sunshine, there will be days of rain, it's how we dance within them both that shows our love and pain." — Joey Tolbert

"To be upset over what you don't have is to waste what you do have." — Ken S. Keyes

Can you spot the differences? Circle the differences in the pictures (using the left or right picture as your worksheet), then submit your answers 3 ways to : Newsletter Differences, PO BOX 470, Gresham OR 97030, in person at our main office(215 SW Wallula Ave, Gresham OR 97080), or as an employee you can use inner office mail. Gift cards will be awarded to the first 3 correct entries in the order of arrival. Good luck everyone!!



Find the differences!



Gardening at Barbara Place Center

Thanks to a tip from Marg and Tom, Eastco's day programs have been able to connect with Doug and Debbie Tompkins of Empty Nester Farms. They come out to volunteer, visit and teach every other Wednesday and since their first visit in February we have planted peas, radishes, strawberries, lettuce, herbs, beets, carrots, flowers and blueberries! We've also hung up some hummingbird feeders and already seen quite a few birds stopping for a drink. Doug and Debbie have donated some raised beds that are accessible to all, as well as most of the materials and plants, for which we say a big "THANK YOU!" They also bring their puppy out to visit with



Love Your Garden



It's spring; some days are dark and dreary others sparkle with sunshine. Your flowers and plants have been asleep all winter; they are hungry. Even though many are putting forth their beauty already, everyone needs a feeding. This will boost their bloom power and strengthen them all over, giving them a longer stronger life. There is a huge variety of plant foods on the market. Check the information on several before you choose for your plants. Most manufacturers have their own formula. The significant difference is the balance of chemicals. The standard is these three chemicals at these percentages Nitrogen 24%; Phosphorus 8% and Potassium 16%. This is to amend the chemical content of the soil through watering. Plant food (for out of doors plants) is mixed 1.5 table-spoons to each 1.5 gallons of water; soak the soil and if some gets on the flowers or leaves it should not be harmful unless the plant is in the full sun, which can cause a 'burn' effect. During the flowering and growing stage provide this treatment on a 7-14 day basis (this gives you some flexibility for your busy schedule!) You should quickly in a day or two notice more blooms and leaves showing up on your plants. Trim off any dead blooms to encourage more and prevent seeds forming, which uses up the plants energy when you do not want seeds. Enjoy your flowers and plants all spring and we'll prepare for summer in a later article. Susan Says . .



Outer Limits

"It's raining cats and dogs." There have been actual documented cases from all over the world of fish, frogs, dead birds, snakes, snails, beetles, worms and jellyfish raining down from the sky in great numbers, but no reports of showers of cats or dogs.

Seeds from a wild flower, the Artic Lupine, found in Alaska, have grown in the lab after being frozen in the ground for 10,000 years.

Hold on to your hat! The fastest wind speed ever recorded was 231 miles per hour on Mount Washington, New Hampshire on April 12, 1934.

The number of bacteria in a quart of soil from your backyard garden is 30 times greater than the population of the world.

Every year, plants make and store ten times the amount of energy that people use.

Tired of the cold weather? Take a vacation on the hottest planet in the solar system – Venus. At over 800 degrees, it is hotter than Mercury because the clouds and abundant carbon dioxide hold in most of the heat received from the sun.

Have you ever heard the expression, "knock your socks off"? If you are struck by lightning, your socks and shoes may be knocked off. Rapid evaporation and expansion of sweat on your skin blows your clothes off. You may not be hurt if the current does not enter your body.

One tree can provide enough oxygen for 2 people to live off of for their whole lives.

FRESH MELON SALSA



Use:

3 cups diced melon such as cantaloupe, honeydew and/or watermelon, seeds removed
1/4 cup minced red onion
2 tablespoons lime juice
2 tablespoons minced fresh cilantro
2 teaspoons minced jalapeño pepper

Method:

Combine melon, onion, lime juice, cilantro and jalapeño in a medium bowl. Serve immediately.



STAY COOL TREATS

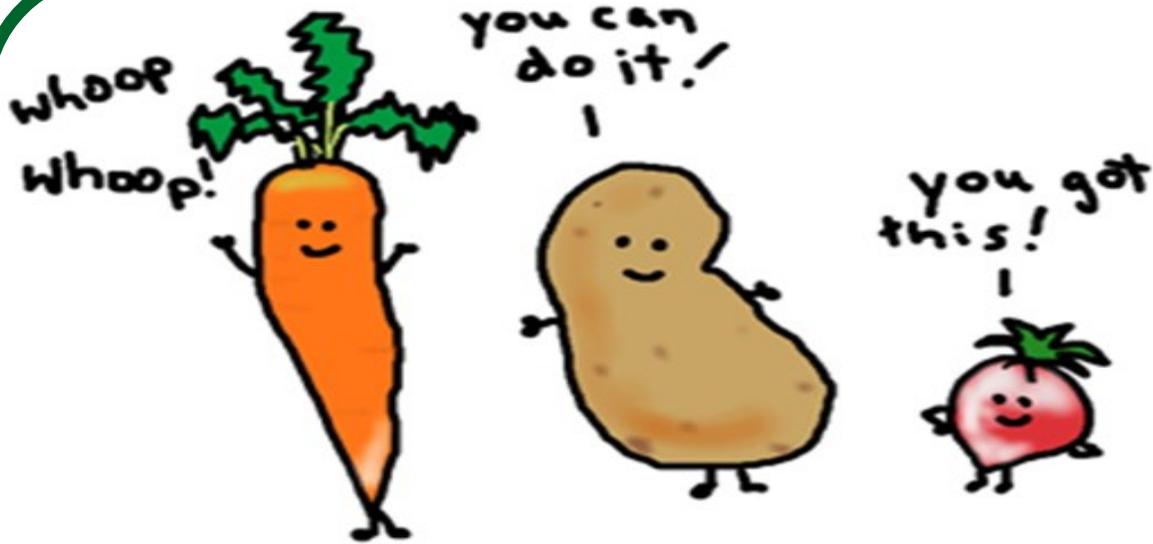
Simple, easy to do treats right from your home.

Coffee ice cubes: make your own flavor, with or without creamer, freeze, then add to your chilled coffee drink!

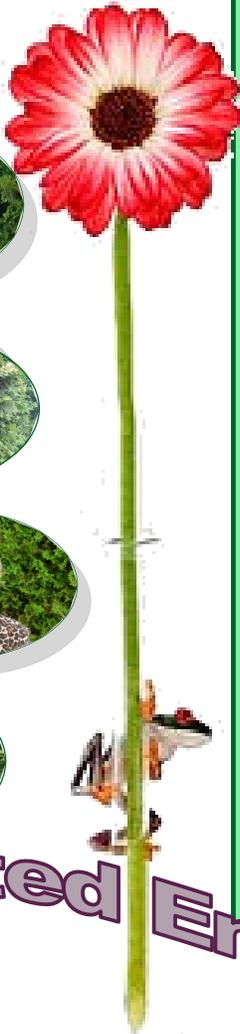
Frozen fruits: Grapes, bananas (with or without chocolate!), blueberries. Add these and many more to make your smoothies, flavored diffused water, or just to snack on.

Homemade popsicles: Using your favorite drink (juice, smoothie, coffee), pour into your favorite freezer friendly mold, add real





totally rooting for you



Staff of the Month

October – Ana Alcutt

November – Anthony Torres

December/January– All Staff individuals that went above and beyond or stayed later or came in earlier or just stayed during the crazy weather days. We appreciate these individuals that picked up extra shifts so that our group homes could stay running efficiently and supported our residents during these weather episodes.

| | | |
|---------------|----------------|-----------------|
| Libby Grise | Peter DeBad | Joshalyne Pomar |
| Stephan Tripp | Anthony Torres | John Ouk |
| Rachel Davila | Barbara Doig | Lucy Palayo |
| Joe Hein | Sam Polley | Marcus Sims |

February 2017—Ashley Miller

March 2017— Suzy Krasky

April 2017 - Mary Ann Agee

Devoted Employees!

Upcoming events

ZOO CONCERTS – Purchase of concert ticket(s) does include zoo entry for the day-prices vary. Availability is limited-purchase early!!

Tickets are available now at ZooConcerts.com for the first half-dozen shows to be announced

This year, Oregon's "wildest" outdoor concert series brings you world-class artists for a night of music and nature from June to September.

2017 Cannon Beach Sandcastle Contest

June 16th & 17th 2017 – on the beach in Cannon Beach Oregon

Sponsored by the local Chamber and Visitor's Center

Berry Festival

By Lee Farms 21975 SW 65th Ave, Tualatin, OR 97062

FRI, JUN 17 2016 9:00 AM - SUN, JUN 19 2016 6:00 PM

- Slides, Hayrides, Barrel Wagon Rides, Pony Rides, Bounce Pillow, Haymazes

***Activities above require tickets to participate, tickets are \$1.00 each, each activities ticket amount varies.

Visit Farm Animals FREE

Delicious food to eat include: Strawberry Milkshakes, Strawberry Shortcake, Berry Bowls, Marionberry & Apple Cider Donuts, German Sausage Dogs, Hot Dogs, French Fries, and much more!

There is No Parking Fee or General Admission Fee! You just pay if you want to play!

St. Paul Rodeo

June 30 - July 4, 2017 Tickets vary \$16-30(pre-purchase on the web)

Carnival, Rodeo, Fireworks, and more. See their webpage for more information

<http://www.stpaulrodeo.com/events>

Washington County Fair-Hillsboro Oregon

July 27th- July 30th, 2017

<http://www.bigfairfun.com/events> for more info

Eastco Diversified Services Company Picnic

Blue Lake Park,

20500 NE Marine Drive, Fairview Or 97024

July 29, 2017 10a-3p

Food, Fun and family-remember, vehicle parking fees and no pets allowed

20TH Annual Elephant Garlic Festival-Free Entry

August 11, 12, and 13th 2017—will be filled with music, food and fun for the entire family.

The Garlic Festival hours are:

Friday: 12PM – 11PM

* Saturday: 10AM – 11PM

Sunday: 10AM – 6PM

*The Garlic Festival Breakfast is from 7:30AM – 10AM