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Our Mission

Our Mission is to support people with intellectual and developmental disabilities to live in the *same* neighborhoods, work for the *same* employers, and share in the *same* experiences to which we all aspire.

CONTACT US

541-772-1503
www.LivingOpps.org



facebook.com/LivingOpportunities
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Thank you to our sponsors:

**Les and Paula Cracraft
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thrive

THE LIVING OPPORTUNITIES NEWSLETTER | FALL 2019



FROM THE DESK OF OUR

ceo

Every day, Living Opportunities works to fulfill our mission to ensure people experiencing intellectual and developmental disabilities thrive in their work, their home life, and the things they do in our community.

In this revamped newsletter, you will read stories about talented artists, actors, and one human resource professional whose accomplishments enrich their lives and contribute to the vibrant community we all enjoy in the Rogue Valley.

I am proud to announce Living Opportunities is once again ranked among the Top 100 Nonprofits to Work for in Oregon. Rankings are determined by anonymous surveys submitted by employees. I am so impressed by our team's dedication to the individuals we support, and grateful for their contributions to a community that welcomes all of its members.

Because of your support—not only of the individuals in this newsletter but also the hundreds of others we serve—they are all able to successfully THRIVE in our community.

Words cannot express our appreciation for your support.

Emilie Wyld Turner

Thanks to our Donors

Without the generous support of friends and donors like you, the stories of hope, resilience, and accomplishment you'll read about today would not be possible. Together with every individual and family who counts on Living Opportunities' support each day—we *thank you*. Your kindness echoes through our work and into the lives of many.

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Upcoming Events

Please visit www.LivingOpps.org for a complete, updated schedule. Call us at 541-772-1503 to learn more or confirm event details.

SAVE THE DATE!

FurnARTure

September 22nd from 2:00-5:00pm, Inn at the Commons

Please join us for our 10th annual signature fundraising event. To purchase tickets please contact Rachel at 541-772-1503 or Rachel@LivingOpps.org

Sip and Learn

October 8th and November 12th from 5:00-6:00pm

The Studio, 32 S. Central Avenue, Medford

Join us the 2nd Tuesday of each month to learn about our mission and services. For more information, call 541-772-1503 or email MichelleW@LivingOpps.org

What's Happening

the studio
AT LIVING OPPORTUNITIES

Nick McAllister

Amazing new artist Nick McAllister attends art workshops twice a week. He meticulously draws detailed images of varied subjects. "I liked drawing these beautiful flowers." Nick now has an impressive portfolio in a variety of mediums.



Center Stage

The Studio's new drama workshop debuted in May of 2018 and has been a smashing success. Budding actors are learning how to express their emotions through scene work and improvisation. To learn more about Art, Music, or Drama classes, call The Studio at 541-261-5289.



To Be or Not to Be?

That is the question. For Zahra, Oregon Shakespeare Festival has the answer!

Since third grade, Zahra has known she wanted to be an actor. Her life-long dream came true when director Chris Moore cast Zahra in the musical *Hairspray*, playing at OSF this season.

Zahra joined the ensemble cast in the role of Robin. Job coaches Tiffany Hazen and Karri Lake provided support during rigorous rehearsals of dance steps and acting cues that bring 1960's Baltimore back to life. Zahra developed professional relationships and friendships with her fellow company members. She is dedicated to her craft, giving it 100% at every performance. Zahra's joyful comment, "I love it, this is what I always wanted to do. This is my family," says it all.

Hairspray asks the question "Why can't we just all dance together?" Zahra and OSF answer with a resounding "YES, we can!"

Hairspray runs through October 27th. Tickets are available at www.osfashland.org. Come experience the fun with Zahra.



Cammie (far right)

Self-Advocacy

Self-Advocating is the surest way to get what we want in life. Over the past five years, Living Opportunities has partnered with the Oregon Self-Advocacy Network and Jackson County Self-Advocates. This robust group now discusses everything from safety to best practices for presenting information to the legislature in Salem. You can learn more by following us on Facebook.



Brian Ward (far left)

Advocacy in Action

Brian Ward knows firsthand about the supports that people need in residential and work settings. As a self-advocate before moving to Medford, he interviewed Living Opportunities to decide if we were the right program to support him here. Impressed with the way he interviewed us, we are excited to announce he has joined our own interview team.

What Does it Mean to Thrive?

Cammie resided in her own apartment for many years, until a decline in health resulted in needing more intensive support. In 2018, Cammie moved into our Weaver House group home, where the physical environment and 24-hour professional staff can support individuals needing complex care. Unfamiliar with her new surroundings, the move had its challenges, but the trained professionals at Living Opps knew the best way to support Cammie's success.

Through staff support, Cammie's confidence and independence grew to a point where she could work on physical health. At first, 300 steps a day were an achievement, but now Cammie is a leader in her Fitbit step/weight loss group—6000 steps a day and 35 pounds lost, so far.

Cammie had one more goal: visiting her family in Washington, including a sister she hadn't seen in 15 years. Last June, she was able to make the trip and was reunited with her family. Yes, Cammie is *thriving!*