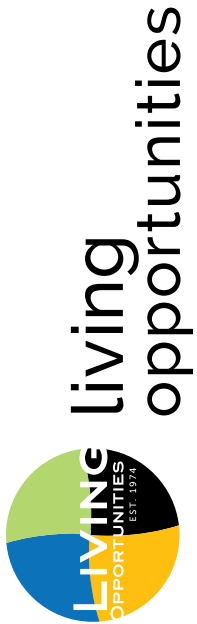


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## Our Mission

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](http://www.LivingOpps.org)



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# thrive

THE LIVING OPPORTUNITIES NEWSLETTER | SPRING 2023



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FROM THE DESK OF OUR

# ceo

Dear Friends,

Forty-three Living Opportunities staff members and stakeholders recently completed an Equity Lens workshop. An Equity Lens is a personal mission statement that encompasses your vision of the world you want to see—not only for yourself but for seven generations to come. This tool helps us see what needs to be done to build that world with those around us. The workshop was the first step in looking at what we do, how we do it, and how best to align our practices and policies with our values. We look forward to applying our Equity Lens to create positive change within our organization and the greater community.

Did you know Living Opportunities annually provides roughly 100,000 miles of transportation services to the people we support? This year, we set out to replace the vehicles in our fleet that are in poor condition—some are nearly 20 years old, with broken wheelchair lifts or nearing 200,000 miles. Thanks to grant funds from the Carrico Family Foundation, The Carpenter Foundation, and the Cow Creek Umpqua Indian Foundation, we have now replaced two vehicles and anticipate continuing this investment in safe, reliable transportation.

Ashley, our Health And Wellness Coordinator, works hard to inspire the people we support (and our staff, too!) to become more physically fit. Throughout the year, Ashley creates challenges that offer fun and competitive ways to be active. This Spring, Ashley created a 30-Day Low Impact Workout Challenge. We've completed 5k's, 30 days of Yoga, Walk to California, and more. Interested in becoming a sponsor or getting involved? Call our main office to learn more.

We welcome to the board Joe Davis, a Medford native who has practiced law in Oregon for over 20 years. Joe specializes in family law and has served on many local boards. He has a heart for service and is excited to put that to use with us.

We also celebrated 10 years of service by Polly Williams. Polly has held a number of officer positions on our board. She has helped with fundraising, consulted on grants, and she has been a fierce advocate for all we do. Polly is concluding her long tenure as a Living Opportunities board member and she will be missed.

As always, I am thankful for your continued support of our mission and vision. We look forward to seeing you at one of our upcoming events!

~ Amber Robles Myre

## 2023 Board of Directors

Tim D'Alessandro, <i>Chair</i>	Tim Clayton	Baylee LaVoie
Les Cracraft, <i>Vice Chair</i>	Joe Davis	Sarah Lynch
Micah Shanks, <i>Secretary</i>	Roger Hassenpflug	
Karlie Vandenbusch, <i>Treasurer</i>	Brent Kell	

COVER PHOTO: Ashley and Alison complete the "Couch to 5K Challenge"



## NEW LOCATION NEW OPPORTUNITIES!

The Studio is thrilled to announce our new home in the Rogue Valley Mall. After 12 years at our downtown location, we are excited to provide our community with a fresh, modern space that's easily accessible with ample parking. Our art classes and events will continue to be offered by Dan Mish and our dedicated staff, providing the same exceptional experience you have come to expect from The Studio.

The move to our new location has been an emotional journey for our staff and artists. "Moving brought in a wave of feelings for those of us who have been a part of The Studio's twelve years at 32 Central, says Hannah Washington, one of the staff members. "Although some shared that the move would be hard, courage and excitement grew into a positive change for everyone involved."

We understand change can be challenging, but we truly believe our new space at the Rogue Valley Mall will provide the community with a wonderful experience, while also engaging future fans in a new way.



The official address is 1600 N Riverside Ave, Unit #1027, which is on the first floor directly within the P3 entrance. The public has been very interested in our new location and our artists love seeing people pause and peek at the creativity happening inside.

We are grateful for your support and look forward to welcoming you to The Studio's new home. Together, we will continue to create and inspire within an inclusive space where we can all express ourselves and grow as artists. Thank you for being a part of this journey and for helping us to make a positive impact in Southern Oregon through art!



# Say hello to Lippy

**Living with an intellectual or developmental disability can be challenging, but Assistive Technology is helping to make life easier.**

Living Opportunities has been at the forefront of making Assistive Technology accessible to people and families who support individuals with IDD. Our latest project is the "follow me" robot, from Mygita, which we named Lippy.

Our robot has many helpful features. Lippy can follow someone for up to 22 miles, which makes it an excellent tool for promoting healthy exercise habits. Everyone knows exercise is essential for maintaining good physical and mental health, and Lippy can be a great motivator to get people moving!

Lippy has built-in compartment that can carry up to 20 pounds. This feature can be helpful for people who need an extra set of hands to carry items like medications, light groceries, and more. Lippy is handy for people who may rely on aid to assist with walking, or who are unable to carry objects for long periods of time.

Through testing within our organization, Living Opportunities is discovering other benefits—such as companionship. Having a robot friend who can interact with you could be particularly important for certain individuals.

Assistive Technology is making a significant impact on the IDD community, and Living Opportunities is leading the way in sourcing these tools for the people who need them. With innovative projects like Lippy, we are providing new ways for individuals with IDD to lead more independent and fulfilling lives.

# Join Us!

## SPRING ART SHOW

**SAVE THE DATE**

**Thursday, May 11 ~ 11:00am-7:00pm**

**Rogue Valley Mall**

**1600 N. Riverside, Entrance 3, Lower Level**

Make plans to join us for this special Spring event, featuring the creations of our local community and the artists at The Studio.

Original Art by SimoneRenee Moore

