

rainy weather? not at KOIN 6

KOIN 6 NEWS STATION GIVES A "BACKSTAGE PASS" TO QWO'S RESPITE GUESTS. "THE QWO CROWD IS SO TALENTED," SAYS CHIEF METEOROLOGIST BRUCE SUSSMAN, "THEY ALMOST GOT HIRED TO START DOING THE NEWS!" KOIN 6 STUDIO WILL NEVER BE THE SAME.

Let me introduce you to Joal; he is a regular Bed & Breakfast guest at QWO. He can tell you what time it is in every time zone around the world and he is an expert on local news station anchors. All you have to do is name a station and he can tell you which anchors work there and when they are on the air. So you can imagine how excited he was when KOIN 6 News weatherman, Bruce Sussman, invited us to take a tour of the station! When the day of the tour arrived, Joal, along with the nine other guests

and two staff, met Bruce at the KOIN 6 building for a grand tour of the station including the computer room, control station and the news desk. The group got the chance to meet several other KOIN 6 News anchors. They even got to stay in the studio and watch Bruce give a live weather forecast! But, the biggest hit of the tour was the big green screen where the weather is broadcasted

from daily. Bruce invited each guest to take a turn giving a faux weather forecast, and let me tell you, some of them were naturals at it. The guests were also able to sit at the news desk in front of all the big cameras and practice being news anchors. Joal says that sitting at the desk was his favorite part of the tour, it made it all feel real. He also said that now that he has had the chance to practice, he thinks he could easily fill in for Bruce Sussman, if needed. Special thanks to Bruce and the KOIN 6 Team.



TREASURE NIGHT TALENT SHOWS *Rock On!*

Our Treasure Night guests had two chances to shine in the spotlight at the annual Talent Shows. Both Sunset & Hillsboro Presbyterian Treasure Nights host yearly opportunities for our singers, poets, dancers, comedians and artists to showcase their talents. Mark your calendars for the upcoming Summer Beach Blast on June 28th at Sunset Presbyterian.

impact on the lives of people with special needs. Each week our club focuses on identifying local non-profits that support our mission statement. Moreover, we award grants to deserving organizations.

Our research led us to come in contact with QWO. We then volunteered at the Annual Treasure Night Winter Concert. It was a fantastic experience for the members of Community 101 because we truly saw what a wonderful organization QWO is. We sang, talked, and danced all night with the "Treasures." By the end, we felt as if we were part of the Quiet Waters family. Seeing how much joy this organization brings to the Treasures was truly uplifting. That night we all felt honored that such a great organization is in our local community.

Later, Steve, Becky, and Donald came to our school to tell us more about QWO. After hearing Steve's story about the formation of Quiet Waters, watching a video on its different services, and talking to Donald about how much Quiet Waters has changed his life, it was decided: La Salle's Community 101 is Quiet Waters #1 fan. Steve showed us that even at a young age, we all have the power to positively change

our community. We have the power to put our passions and goals into action. Hearing him say that he started Quiet Waters at an age very close to ours was empowering and showed us that we can truly make a difference. Finally, hearing from Donald was the best part of the meeting. After realizing that Quiet Waters not only helped turn him into a popular ladies man with all the Treasures, we saw how the organization gave him a job, helping to develop his independence and build his confidence to live on his own.

COMMUNITY 101: la salle high students shine

LED TO SERVE THE COMMUNITY, STUDENTS AT LA SALLE HIGH ADOPT QWO'S MINISTRY

by LaSalle Student, Lauren Bene
Community 101 is an Oregon based program where students receive a \$5,000 allocation for grant making in areas such as an education, hunger, arts,

or culture. This was a strong year for Community 101 at La Salle High School because we had over twenty members. At the beginning of the year, we created our mission statement and determined our area of focus was to help support nonprofit organizations making a positive



the quest for solutions:

AGENCIES IN WASHINGTON COUNTY COLLABORATE

On April 11th, a community forum brought Washington County residents, local agencies and officials together to talk about the needs of families and individuals with disabilities with the goal of thinking strategically about how to best address the dramatic reduction in funding while continuing to support the needs of those families and individuals. As Oregon continues to face very tough economic times our elected officials are being forced to make difficult decisions regarding budget cuts and State funding that impact all people with developmental disabilities. No department or program will be spared from budget cuts this legislative session. While many

of us have similar challenges in caring for our family member with disabilities each story is different, each person's needs are you unique and individual and that is why it is so important to hear from as many people as possible during this pivot time in Oregon's history. As a result of the forum, efforts are being made to continue the momentum by establishing a Washington County DD Coalition (a break off from the State DD Coalition). For more information and/or to become involved, please contact steve@quietwatersoutreach.org. Thanks to Karen Voiss of Housing Independence for contributing to this article and campaign.

"OUT & ABOUT!": qwo launches new activity night aimed to build friendships & fun

"OUR SON HAD A GREAT TIME; HE REALLY ENJOYED BEING WITH TWO OF HIS FRIENDS. HELPED THAT THE ACTIVITY INCLUDED DINNER; MY HUSBAND AND I WERE ABLE TO HAVE A LEISURELY DINNER." - PARENT

What do bowling, food, friends, and fun all have in common? Our first OUT & ABOUT! activity night. Often our guests at QWO's respite program miss hanging out with their friends they make on their overnight weekend stays—some go months before seeing them a second



time. In an effort to help nurture these great friendships, in March QWO launched a new activity program aimed at providing opportunities for guests to interact outside of their weekend stays. And this is not just limited to our current guests; all are welcome. Our first activity night was a night of fun at Big Al's

Bowling Center. At this event, more than a dozen guests joined us to hang out, bowl, eat, and enjoy each other's company. Our hope is to make OUT & ABOUT! a monthly activity joining in activities like geocaching, local sporting events, visits to museums & nature parks, fishing trips, and much more. The cost for each event varies and

is based on the activity ranging from \$15-\$45. All people with developmental disabilities ages 12 and older are welcome to participate. It's easy to get involved, just send us an e-mail and we'll place you on the mailing list. If you are interested in helping as a volunteer for these events, please contact us as we love to have you join us. For more information, contact Mary-Kate at 503-620-8288 or mary-kate@quietwatersoutreach.org.

upcoming events

- ~ All-Treasure Night Summer Beach Blast Dance
June 28th, 7-8:30pm @ Sunset Presbyterian Church
- ~ Summer All-Treasure Night BBQ
August 9th, 6-8:30pm @ Hillsboro Presbyterian Church



FOLLOW US ON FACEBOOK

Did you know that last month, our Interior Beautification Specialist, Donald Scott, debuted his rapping/dancing talent in video on QWO's facebook page. Keep updated on the latest QWO news, happenings, events, and more. It's easy to sign up; just visit QWO's website or search Facebook for "Quiet Waters Outreach" and friend us. You won't regret it!

a shift in the board of directors

QWO'S BOARD OF DIRECTORS WELCOMES SIX NEW BOARD MEMBERS TO HELP LEAD THE FUTURE OF THE MINISTRY

At the very heart of this ministry sits a group of gifted people who volunteer their time and talents overseeing the direction of Quiet Waters. Their role is mandated by nonprofit law, however, our Board takes this responsibility beyond the basic requirements. They actively participate in the development of the future vision, monitoring financial oversight, supporting the operational leadership and ensuring that QWO's mission is used as a lens through which all decisions are made. "These leaders are critical to the leadership of this organization...and to my sanity!" says



Executive Director, Steve Ristow. In the last few months Doug Minson, Nona Scott, and Cheron Vail retired from the board after years of dedicated service. To fill the open positions, the board welcomed six new members to this body of leadership: J.V. Torgerson, Dr. Christine Corbin-McAfee, Mark Viers, Phil Mann, Todd Ashby, and Scott Abrahamson. Each of these new members brings to the table a unique set of talents that will help accomplish the goals of QWO. These new members will join the current board members in leading this ministry into our bright future. Many thanks to all of our past and current board members for graciously sharing their time and talents!



FOR MORE INFORMATION ABOUT TREASURE NIGHTS OR QUIET WATERS OUTREACH: CALL 503-620-8288 OR VISIT US ONLINE AT WWW.QUIETWATERSOUTREACH.ORG



PO Box 714 Sherwood, OR 97140
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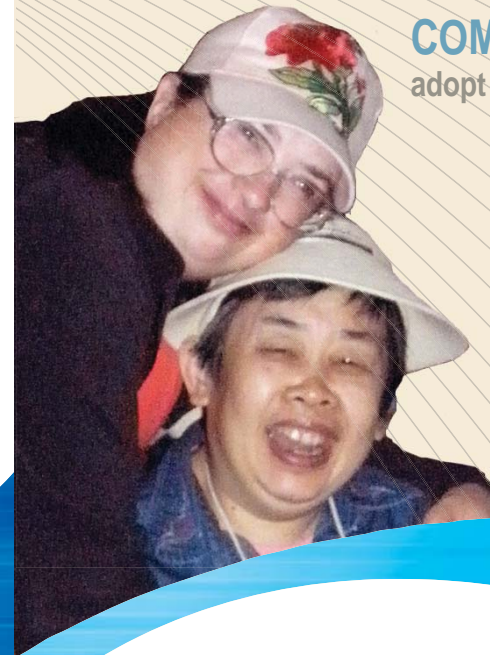
RETURN SERVICE REQUESTED

"he leads me beside quiet waters, he restores my soul"
-Psalm 23:2-3

Since 1997, QWO is dedicated to serving people with developmental disabilities, their families and caregivers by providing services that restore their spiritual, mental, physical and emotional health.

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COMMUNITY 101: LaSalle High School students adopt QWO as local community project ~ page 2



QWO welcomes six new board members to help lead this ministry into the future.
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How one local community is responding to the State Budget Crisis.
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QWO introduces new "Out & About" activity program. Seeking volunteers to help.
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Treasure Night Talent show rivals "America's Got Talent!"
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experiencing the power of respite

JUDY GOODWILL SHARES HER PERSONAL EXPERIENCE OF CARING FOR A SON WITH A DEVELOPMENTAL DISABILITY AND HOW QWO HELPS PROVIDE HER HOPE & SUPPORT

Quiet Waters Outreach is an answer to my prayers. "Support" and "hope" are the two words that come to mind when I think of this ministry. Every time my son, Phillip visits QWO he gets a vacation and I get respite. What other place offers such a package? In deciding where to receive respite, it is important to me that I am comfortable and trust that he is in good care in a safe environment. It's necessary in order to maintain my peace of mind, relaxation and enjoyment while Philip is away. It is also important that he will benefit from this experience. QWO is just that place. The professional staff is so friendly and they give lots of attention to their guests. Both Selah West and Martha's Place are warm and welcoming.

I'll admit, the first time Philip was a little hesitant to go to QWO. I asked him to try it once. We agreed that if he did not want to stay more than one night he could come home. He ended up staying the whole weekend. I was pleasantly surprised. When the weekend was over he said he had fun and wanted to go again. Philip says "There are rules there. That's good. Everyone has to obey the rules." He feels that everyone is treated equally and he gets to meet new friends.



The challenges with Philip's chronic physical health issues have been great. As a single parent providing caregiving 24/7, I have felt so alone on this journey. Just knowing that QWO is there for our support is huge. The renewed strength and hope refreshes and energizes

me. Respite care has made a huge difference in both Philip and my life. When he gets back home he tells me with excitement how the whole weekend went. That in itself gives me rest and peace of mind.

Thank you Quiet Waters Outreach. You are truly a gift from God. We need more places like Martha's Place and Selah West; the need is great. Who could ever imagine that God would go above and beyond all we ask or think and bring such caring people like you in to our lives? To God be the Glory.

3 CORE SERVICES OF OUR MINISTRY

1. Treasure Nights:

QWO helps locate, train, and mentor volunteers from local area churches to provide monthly activity nights to people with DD. Currently, seven churches reach 350+ participants each month. Focus is on opening the doors for the Christian community to include & embrace people with DD as a valuable part of their church & the community.

2. Respite Care:

Aiming to strengthen caregivers and enrich the lives of people with DD, QWO provides both overnight weekend respite care and day respite programs to guests at our two B&B's in Tigard and Hillsboro.

3. Family Support:

Understanding that the responsibility of caring for a person with a DD is challenging, QWO comes alongside families to help with the everyday tasks that aren't always attended to.