

REACHing Out

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

September - November - 2011 Vol. XIV. No. 3 Editor: Becky S. Teal

REACHing Out is published four times a year in December, March, June, & September at REACH of Dallas, 8625 King George Drive, Suite 210, Dallas, Texas 75235-2275

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Medication Safety Tips

Know as much as you can about the medications you are taking, including their side effects, how to take them and their contraindications. Your health depends on it.

Always tell your doctor about all of the medications, supplements, and vitamins you are taking. Many prescription drugs can interact with over-the-counter products.

Keep an active list of all medications you are taking. Give one copy to your doctor and store one in a safe and easily accessible location for yourself.

Maintain a daily medication routine. Take your pills at the same time everyday to avoid missed or skipped doses.

Using the same pharmacist for all of your medication needs protects your health and saves you time.

Never store medications in bathrooms or other areas that are vulnerable to humid and moist conditions.

Kitchen cabinets that are cool, dry and away from the reach of children or pets are a safe place to keep your medications, vitamins and supplements.

Just because a product says it is "natural" doesn't mean that it is safe. Always get the OK from your doctor or pharmacist before you purchase any "natural" health remedy.

If a medication says to take it with milk or food, it means that it may cause nausea if taken on an empty stomach. Pair it with a piece of dry plain toast and some water to prevent any side effects.

Most medications take some time before they start working. Talk to your doctor about when you can expect to see results and never stop taking a medication until you have approval from your health care provider.

Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

September 2011

- 1 Cats game! Cats vs. Shreveport Bossier @ LaGrave Field, 301 NE 6th Street, 817-332-2287. Admission is \$7.00 per person and \$5.00 to park. Please bring money for food, souvenirs. Games start at 7:05 PM - please arrange your pick up by 10:00PM.
- 5 Office Closed (Labor Day)
- 7 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 8 Lunch @ CiCi's Pizza. 2724 8th Ave., Fort Worth, 817-926-7401. Cost is \$10.00 includes drink and meal - all you can eat. 1:00-3:00PM
- 14 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 15 Red Box movie and popcorn @ the center 1:00 to 3:00 PM
- 21 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 22 Game Day @ the center 1:00-3:00 PM
- 28 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 29 Training @ the center 1:00-3:00 PM



October 2011

- 5 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 6 Omni Theater, 1501 Montgomery Street, Fort Worth. Cost \$20.00 includes show and museum entrance.
CALL OFFICE FOR DETAILS! 1:00 PM - 3:00 PM

- 10 Office Closed (Columbus Day)
- 12 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 13 Genghis Grill, 4469 Bryant Irvin Road. Cost \$20.00. 1:00-2:30 PM
- 19 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 20 Bingo @ the center. Please bring a prize valued under \$10.00. 1:00-3:00 PM
- 21 Office Closed (Staff Training)
- 26 Adjustment to Disability Training @ the center 10:00-11:30 AM
- 27 Chicken Foot @ the center 1:00-3:00 PM



November 2011

- 2 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 3 Bowling at Brunswick, 3025 Alta Mesa Blvd, \$2.00 per game and \$1.50 for shoes, if needed. Plus money for snacks. 1:00-3:00 PM
- 9 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 10 Mandarin Chinese Buffet, 3020 W. 7th Street, 817-335-6027. Cost \$7.35 plus tax, drink not included. All-you-can-eat buffet tables feature an eclectic blend of **Chinese** and **Canadian** dishes.
- 11 Office Closed (Veteran's Day)
- 16 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 17 Thanksgiving Celebration! Please pay \$9.00 for your meal. 1:00-3:00 PM
- 23 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 24 & 25 Office Closed (Thanksgiving)



CALENDAR OF EVENTS



Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

September 2011

- 5 Office Closed (Labor Day)
- 6 Adjustment to Disability Training @ the center 1:30-2:30 PM
- 7 Community Living Issues (Register with Mavis Ravin at 214-630-4796) @ the center 9:00-11:00AM
- 12 Basic Computer Classes (Register with Harvey Spears) @ the center 9:00-11:00 AM
- 13 Advocacy Work Shop (Contact Harvey Spears at 214-630-4796) @ the center 12:30-1:30 PM
- 13 Adjustment to Disability Training @ the center 1:30-2:30 PM
- 14 Peer Support Training (Contact Harvey Spears) @ the center 1:00-3:00 PM
- 20 Adjustment to Disability Training @ the center 1:30-2:30 PM
- 21 Community Living Issues (Register with Mavis Ravin) @ the center 9:00-11:00 AM
- 26 Basic Computer Classes (Register with Harvey Spears) @ the center 9:00-11:00 AM
- 27 Advocacy Workshop (Contact Harvey Spears) @ the center 12:30-1:30 PM
- 27 Adjustment to Disability Training @ the center 1:30-2:30 PM

October 2011

- 4 Adjustment to Disability Training @ the center 9:30-11:00 AM
- 5 Fire Safety in the Home and Work Environments @ the center (Contact Mavis Ravin) 9:00-11:00 AM
- 10 Office Closed (Columbus Day)
- 11 Advocacy Workshop (Contact Harvey Spears) @ the center 12:30-1:30 PM
- 11 Adjustment to Disability Training @ the center 1:30-2:30 PM
- 12 Peer Support Training (Contact Harvey Spears) @ the center 1:00-3:00 PM
- 18 Adjustment to Disability Training @ the center 1:30-2:30 PM
- 19 Safety in the Home and Work Environments @ the center (Contact Mavis Ravin) 9:00-11:00 AM
- 21 Office Closed (Staff Training)
- 24 Basic Computer Classes (Register with Harvey Spears) @ the center 9:00-11:00 AM
- 25 Advocacy Workshop (Contact Harvey Spears) @ the center 12:30-1:30 PM
- 25 Adjustment to Disability Training @ the center 1:30-2:30PM
- 26 About Town (Dallas) (Register with Mavis Ravin) @ the center 11:00AM - 1:30PM

November 2011

- 1 Adjustment to Disability Training @ the center 1:30-2:30PM
- 2 Sharing Collectables (Contact Mavis Ravin) @ the center 10:00 AM - 12:00 PM
- 7 Basic Computer Classes (Register with Harvey Spears) @ the center 9:00-11:00 AM
- 8 Advocacy Workshop (Contact Harvey Spears) @ the center 12:30-1:30 PM
- 8 Adjustment to Disability Training @ the center 1:30-2:30PM
- 9 Peer Support Training (Contact Harvey Spears) @ the center 1:00-3:00 PM
- 11 Office Closed (Veteran's Day)
- 15 Adjustment to Disability Training Counseling @ the center 1:30-2:30PM
- 16 Holiday Snack & Movie (Contact Mavis Ravin) @ the center 9:00-11:00 AM
- 21 Basic Computer Classes (Register with Harvey Spears) @ the center 9:00-11:00 AM
- 22 Advocacy Work Shop (Contact Harvey Spears) @ the center 12:30-1:30 PM
- 22 Adjustment to Disability Training @ the center 1:30-2:30PM
- 24 & 25 Office Closed (Thanksgiving)
- 29 Adjustment to Disability Training @ the center 1:30-2:30PM



CALENDAR OF EVENTS



Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

September 2011

- 5 Office Closed (Labor Day)
- 6 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 7 No General Support Group
- 13 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 14 General Support Group @ the center 1:00-2:00 PM
- 20 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 21 Movie Day @ the center 1:00-3:00 PM
- 27 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 28 No General Support Group



October 2011

- 4 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 6 "What to do?" (Ideas for the year) General Support Group @ the center 1:00-2:00 PM
- 10 Office Closed (Columbus Day)
- 11 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 13 "Dignity" General Support Group @ the center 1:00-2:00 PM
- 18 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 19 "PAIN" General Support Group @ the center 1:00-2:00 PM
- 21 Office Closed (Staff Training)
- 25 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 26 "Fall Celebration" General Support Group @ the center 1:00-2:00 PM



November 2011

- 1 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 2 General Support Group @ the center 1:00-2:00 PM
- 8 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 9 "Traumatic Brain Injury" General Support Group & Crafts @ the center 1:00-3:00 PM
- 11 Office Closed (Veteran's Day)
- 15 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 16 "Thankful" General Support Group @ the center 1:00-2:00 PM
- 22 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 23 No General Support Group
- 24 & 25 Office Closed (Thanksgiving)
- 29 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 30 To the Mall @ the center 1:00 - 3:00 PM



CALENDAR OF EVENTS



Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

September 2011

- 5 Office Closed (Labor Day)
- 21 Crafts @ the center 1:00-2:00pm
- 22 **Branding Yourself for Employment!** Everything you need to do to get a job – resume tips, attire guidance, job hunting strategies. 9:30 AM-12:30 PM at the center. To RSVP - which is a must - or for more details, call Julie Espinoza at 972-398-1111 or e-mail her at jespinoza@reachcils.org.

October 2011

- 10 Office Closed (Columbus Day)
- 13 **Help for Veterans with Disabilities-** find out what resources are available. Agencies will be on site to provide you with the assistance you need. 9:30-11:30 AM at the center. RSVP with Julie or call for more specifics 972/398-1111.
- 19 Crafts @ the center 1:00-2:00 PM
- 21 Office Closed (Staff Training)



Happy Halloween

November 2011

- 10 **Desert & Coffee Pairing for Entertaining Guests!** Before you plan your next get-together menu, you must learn the intricacies of what combinations of foods work best with beverages. 9:00-10:30 AM at the center. RSVPs are required! Call Julie at 972/398-1111.
- 11 Office Closed (Veteran's Day)
- 16 Crafts @ the center 1:00-2:00 pm
- 24 & 25 Office Closed (Thanksgiving)



Thank You to all of the wonderful people from the community that have volunteered to help with special event workshops that have helped so many REACH of Plano consumers!

Albert Jernigan for 6 great weeks of **Tai Chi for People with Disabilities** training.

Lori Owen for a fantastic workshop on **How to Create a Work Portfolio**.

All the exhibitors that participated in the **Assistive Technology Extravaganza** - Ability Connections of Texas, Krowne Manufacturing, DARS-Division for Blind Services, and Chrystal Vision.

Presenters at the **Holistic Alternatives** workshop – Barbara Petsel, LPC, Day Spring Yoga, & Simply Fit Meals to Go!

Call for Entries

REACH of Plano is gathering material for a Photography Exhibit. If you are a photographer with a disability, contact Julie Espinoza at 972-398-1111. Amateurs are welcome!

REACH of Plano is looking for photographs depicting everyday life of people with disabilities for a collection. If you would like to submit a photo, contact Julie at 972-398-1111.

REACH of Plano is accepting memoirs from people with disabilities. For more info on what type of memories you might write about, call Julie at 972-398-1111.

The center has two wheelchairs (20" and 22") to loan out to any interested consumers. Donated items that we have to give away to consumers on a first come, first served basis are three 3-wheel walkers, a 4-wheel Hugo walker, and 2 sets of crutches. Call Cynthia @ 972-398-1111 if you need any of these items.

FROM THE DIRECTOR'S DESK



Did you know?

Congress passed the Fair Housing Act in 1968 which protects everyone's right to live free from housing discrimination. The Act's goals were to eliminate housing discrimination and promote residential integration in neighborhoods across America. Under the Act, it is illegal to discriminate on the basis of race, color, religion, national origin, gender, disability, or familial status in rental housing, real estate sales, lending, insurance, and any financial or other services related to housing.

Having a safe place to call home is a fundamental building block for attaining a high quality of life. For that reason, housing discrimination is one of the most consequential forms of discrimination. Without housing, it is almost impossible to find a job, get an education, or participate in community life. If you feel you have encountered housing discrimination because of your disability, contact the North Texas Fair Housing Center, which is housed in the same office building as the REACH of Dallas center. You can reach the center by calling **469-941-0375** or **1-877-471-1022** or visiting (www.northtexasfairhousing.org).

Changes, Changes

Several North Texas nonprofit organizations that provide services to people with disabilities have recently changed their names. **Advocacy, Inc.** is now **Disability Rights Texas** (www.DisabilityRightsTx.org). The mission of Disability Rights Texas is to help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society. The statewide intake line for Disability Rights Texas is **1-800-252-9108**.

Special Care and Career Services is now **LaunchAbility** (www.LaunchAbility.org). LaunchAbility's mission is to help children and adults with developmental disabilities achieve their maximum potential and lead fulfilling lives within the community. LaunchAbility's phone number is **972-991-6777**.

UCP of Metropolitan Dallas is now **Ability Connection Texas** (www.AbilityConnectionTexas.org). The mission of Ability Connection Texas is to provide a full range of services for people with physical and intellectual disabilities as they strive to achieve their highest level of independence. The phone numbers for Ability Connection Texas are **214-351-2500** or **1-888-999-1898**.

By the way, REACH's state and federal funding to operate our 4 resource centers on independent living is okay for 2012.

Check Out These Resources

The Removing Limits Through Technology Assistive Technology Lab is a program offered by and housed at the Ability Connection Texas headquarters located at 8802 Harry Hines Blvd. in Dallas. The lab offers free hands-on demonstrations of assistive technology for individuals with hearing impairments or who are deaf, individuals with visual impairments, individuals with limited mobility, individuals with literacy limitations or cognitive limitations, and individuals who are non-verbal. To schedule a hands-on demonstration, contact Leah Gardner, director of the program, by phone at 214-247-4539 or via e-mail at LGardner@AbilityConnectionTexas.org.

The National Center on Physical Activity and Disability (www.ncpad.org) is an information center concerned with physical activity and disability. NCPAD's mission is to promote substantial health benefits that can be gained from participating in regular physical activity. The slogan of NCPAD is *Exercise is for EVERY body*, and every person can gain some health benefit from being more physically active.

Remember

Wisdom is not a product of schooling but of the lifelong attempt to acquire it. Albert Einstein

Until next time, enjoy the end of Summer and early fall weather. *Charlotte Stewart*

RISE ADVENTURES RISES TO THE OCCASION

On June 18th, RISE Adventures hosted the 2nd annual REACH Water Sports Picnic. The event took place at Lake Grapevine and was exclusively for REACH consumers, staff, and volunteers and their families. Regardless of a person's disability, RISE volunteers made sure that everyone who attended was able to participate in the activities, which included boating, kayaking, tubing, jet skiing, and sailing. A tasty lunch of hotdogs, hamburgers, and juicy watermelon was also provided. The Independent Living philosophy was evident as one young consumer with quadriplegia rode a tube around the lake and a staff member, who is blind drove a jet ski, (with a little help from a RISE volunteer). Everyone present had a great time.

If you missed this fun event, don't despair! RISE will sponsor an end-of-summer bash on Saturday, September 24, from 9:00 AM till 3:00 PM at Lake Grapevine and this party is open to anyone and everyone who has a physical disability. The same water sports will be available along with other outdoor activities. Go to www.riseadventures.org to register for this event.

Established in 2007, RISE Adventures (Recovery, Inspiration, Success, Empowerment) is a nonprofit organization that promotes independence of individuals with physical disabilities through sports and recreation programs. The activities of RISE Adventures are free to participants. This is possible primarily because of the sponsorship of C & R Medical Supplies and Lift-Aids. Randy Smith, CEO of C & R Medical, said that supporting RISE is a way for his company to give back to the disability community for using its products and services. Many volunteers also contribute countless hours of time and energy to insure that RISE Adventure activities come off without a hitch. REACH is proud to partner with RISE in expanding opportunities for people with disabilities in North Texas.

Dear Congressmen,

I am writing in response to the government financial crisis and my concern for people who are disabled and the elderly who depend on Social Security, Medicare, and Medicaid. As someone who depends on these programs (and I know many others who do too), I am concerned that Congress will cut these programs in such a way that it will affect my/our standard of living and health.

Those of us receiving Social Security benefits have had no real raise in our income in two years. This is because the government calculates the rate of inflation as less than 2%, leaving out the cost of food and fuel. If you include food and fuel costs as the government did in 1980, the real inflation rate would be more like 10%. This has been a real hardship on the poor, elderly, and people with disabilities. We see that Congress is cutting these programs, but will not cut the programs of the rich. The people that have incomes over \$100,000,000, their programs are not cut, in fact, under this program, they will not have to pay any new taxes. These rich people go on their merry way. In addition, the rest of us have to pay for the mess that they made. THIS WILL NOT STAND. Now, I am not saying that all rich people are thieves; I know some millionaires and they are good people. Some are not; these people are strictly out for themselves. Because they have run roughshod over the rest of us, and the very government that let them prosper, and indebted the whole country and brought the world into this financial crisis. This is why CAPITALISM IS DEAD AND THE CAPITALISTS KILLED IT.

Because the capitalist is not allowed to fail, the "capitalists" were allowed to use other people's money to gamble and when they lost these "capitalists" were bailed by the U.S. government and the poor. And why am I paying for this? These rich people got us into this and they do not have to pay for it? Not one of these banker "capitalists" have been put in jail or indicted. Are we, as the American people, just supposed to say "Oh well, the rich will be rich, and go on our merry way?" Moreover, are we the elderly, the poor, and people with disabilities supposed to suck it up and pay for it? NO, not this time, we are tired of being on the short end of the stick. It's time for the rich to start paying their share, and those who got us in this mess to pay too. These people need to pay by having their wealth taken away and by being put in jail. I did not make this mess and I should not have to bear this burden. Do not cut my Medicaid or Medicare benefits. I did not cause this crisis, I should not have to pay. This not right, I and many others depend on these programs.

Yours, David M. Saunders

(This letter expresses the opinion of the writer, not necessarily that of the REACH organization.)



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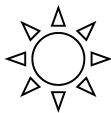
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and the Coalition of

Texas with Disabilities.

REACH FYI ON THE MOVE

By Mel Finefrock

Summertime is here, and you can tell because REACH FYI has spent much of it playing outside or, really, just playing in general. But we believe that playing and learning tend to go hand in hand. In REACH FYI, one can't exist without the other.

In April, we had our very own high tea. Together, we assembled finger sandwiches, made deviled eggs, and assembled cute little cherry tortes. There were even pretty flower arrangements and matching pink paper and plastic ware. We had Miss Paula's version of a Neiman Marcus tea, which was nice and refreshing. In the spirit of Easter, our activities included an egg-decorating contest, an egg toss, and a mystery game that Miss Paula wrote herself. How clever! We also watched the new REACH documentary DVD, which was very creative, informative, and inspiring. There were even a few familiar faces on the screen, as much of the filming was done at the Garland camp in 2009. It was interesting for those of us who were in the film to see how much we've grown since that summer. Thank you, Jade Kurian and Nigel McGregor, for putting so much love and effort into this project. You did a wonderful job capturing what REACH is all about.

In May, we picnicked at a park adjacent to Scottish Rite Hospital in Dallas. For lunch, we had fried chicken, macaroni salad, chips, cookies, and juice galore. The park was a paradise; there were nice, big trees that gave us shade so we wouldn't get hot or sunburned, and there was a light breeze the whole day. We also learned to play croquet, as well as a fun game called Fruit Basket, in which we sat in a circle and called each other's names (or fruits) as fast as we could so we wouldn't get poked with a mallet and have to stand in the middle and be it. We got lots of laughter out of both games, and then we dispersed and either checked out the accessible playground or kept playing croquet. It was a nice, lazy Sunday to enjoy with friends.

June is always a busy month for us. On the 18th, we went to the REACH Water Sports Picnic with RISE Adventures and had a blast! The temperatures even cooled down for us so we wouldn't melt in the heat. We did all kinds of fun things from jet skiing to tubing to riding sailboats and motor boats to swimming. There was good food, great music, and we even met some new friends. We were also given awesome RISE water bottles to commemorate the event. Thanks, RISE Adventures, for showing us a good time once again!

June also saw the kick-off of the first of three independent living academies to be held this summer, AKA camp, in Rockwall. (Yes, our group has grown that much!) The June academy was at Rockwall-Heath High School. We had eleven students, two of whom were new to the group, and as always, lots of help from our faithful volunteers, Kim Jannati and Daniel Clark, transition counselor from the DARS Greenville office. Consumers at the camp reported that their favorite thing to do was be with peers and cook meals. They also played lots of fun games like beach ball volleyball, made crafts, identified their personal strengths, and participated in fun improvised activities that helped them to learn more about themselves and each other, as well as how to be better communicators. Great way to start the camp trilogy, Rockwall kids!

Deaf-blind Video Relay Service

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▲ Up close interpreting ▲ Interpret in small area ▲ Slower interpreting ▲ Background color/contrast adjustments to enable the person who is deaf-blind to see better.

These are just some of the features DBVRS offers. For more information visit www.dbvrs.com or call 888-606-0515.



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Rates for Advertising in REACH Newsletter

Below are the prices to run an advertisement in the *REACHing Out* newsletter. The newsletter is published quarterly in December, March, June, and September. The newsletter is sent/distributed to 3,000+ readers living in the Fort Worth, Dallas, Denton & Plano area and is available online at www.reachcils.org.

<u>BUSINESS & PROFESSIONAL AD SIZES:</u>	<u>ONE TIME ADS</u>	<u>YEAR ADS</u>
___ Business Card (2" x 3.5")	\$ 25.00	\$ 90.00
___ 1/8 Page (4.25" x 2.75")	50.00	190.00
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___ 1/2 Page (8.5" x 5.5")	100.00	375.00
___ Full Page (8.5" x 11")	200.00	775.00

If you have any questions, please call Becky Teal, Newsletter Editor, at REACH of Denton 940-383-1062 or contact her by e-mail at reachden@reachcils.org.

Rates are subject to change without prior notice.

Double-Click Computer Re-utilization Project

Easter Seals Central Texas Community and Housing Services has implemented a new technology assistance effort to aid Texans with disabilities. The purpose of the Double-Click project is to increase independence for people with disabilities through the acquisition of refurbished computers at a low cost. The project is a multi-organizational initiative bringing together expertise from Easter Seals Central Texas, AmeriCorps and the Texas Technology Access Program, which is supporting the project.

A person with a disability living in Texas can complete the application form and submit it to the ESCT CHS office for an opportunity to purchase a reasonably priced refurbished computer. The computer system you purchase will include a CPU, monitor, keyboard, mouse, speakers and basic technical assistance. The computer can be used for word processing tasks, personal financial management, and online communication. Double-Click does not offer any specialized equipment or adaptive software programs such as JAWS.

In addition, the Double-Click project provides a loan program to offer financial assistance to purchase the refurbished computer. The Double Click Project Loan Program is a companion program to serve as a resource for people with disabilities who have no other financial resources to use to purchase a refurbished computer.

Double-Click... "Access and Independence for ALL!"

If you or someone you know can benefit from this project, visit www.centraltx.easterseals.com to download the application forms.

Easter Seals Central Texas Community and Housing Services
1016 La Posada Suite 145
Austin, Texas 78752
1-512-472-8696

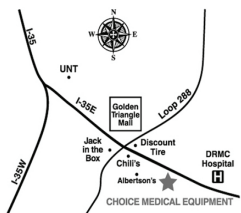


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The contents of this newsletter were developed, in part, under grants from the U.S. Department of Education (ED) and the Texas Department of Assistive & Rehabilitative Services (DARS). The contents of this newsletter do not, however, necessarily represent the policies of ED and DARS and you should not assume endorsement by either the federal or state government.

REACH receives a majority of its funding to operate the centers from grants from ED and DARS. REACH of Denton receives 100% of its funding (\$262,943) from ED; REACH of Fort Worth receives 100% of its funding (\$250,000) from DARS; REACH of Dallas receives 95% of its funding (\$503,760) from ED and 5% (\$24,559) from DARS; and REACH of Plano receives 100% of its funding (\$250,000) from DARS.



REACH VETERANS OUTREACH SERVICES

Michael Thomas

Many organizations serving veterans are faced with one common issue...finding veterans who will ask for help!

Having spoken with quite a few veterans, it is evident to me that some feel helpless and others don't like to ask for help. Going to an organization and asking for assistance makes them feel like they are not "man enough" and this is not what the military built them up to be. Many veterans still don't know that there are organizations and community fairs geared specifically for veterans that they can access.

Over the past three months, I attended seven benefit fairs and received valuable information that I was able to share with the veterans that I am currently assisting. The exhibitors at the fairs represented local, state and federal organizations and service providers offering services specifically for veterans. Some of my favorite reasons for attending these fairs include:

- Good FREE food
- Fun and informative family event (many include games for kids and bounce houses)
- Helpful educational resources (a minimum of 10 booths at every fair)
- Gift cards and door prizes
- Great networking opportunity, especially if you're looking for a job
- Chance to meet other veterans

The best recent family resource for veterans was the *Grace After Fire* event. There was a money booth, free BBQ, tea donated by Chick-fil-A, arts & crafts, a bounce house, and door prizes. Before the event started, I had a chance to visit with and gather helpful resource information from the other agency representatives attending the event.

If you would like to know about upcoming veterans events, need help in accessing services and/or benefits, or just need someone to talk to, please know that I am here for you and it would be my pleasure to assist you. You can contact me at REACH of Denton at 940-383-1062.

Automotive Maintenance and Inspection From a Wheelchair!

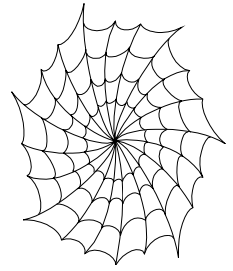
- * Non-traditional training program.
- * In Duncanville, at 67 and Cockrell Hill.
- * Approved by Texas Workforce Commission.
- * Short classroom hours.
- * Wheelchair-friendly classroom and vocational shop.
- * Demonstration-based teaching.
- * Hands-on learning.
- * Tools and chairs adapted as needed by the student.
- * Tuition assistance may be available from your DARS office.

The next class starts September 12!

Call Mechanical Excellence at 972-709-5391 or email mechanicalx@sbcglobal.net.



WEB WORLD



www.ada.gov/aids/index.htm - the Dept. of Justice's new ADA webpage on HIV/AIDS discrimination.

www.MyMedicare.gov - free and secure online service for accessing personalized information regarding Medicare benefits and services. It includes tools for people on Medicare to search for and compare drug and health plans, hospitals, nursing homes, home health agencies and health care providers.

<http://disabilityresources.tamu.edu> - allows users to search, contribute and update disability resources throughout Texas. More than 3,000 disability agencies and supports are already listed in this interactive directory created by the Center on Disability and Development at TX A&M University.

www.yourtexasbenefits.com - information about applying for food stamps, Medicaid, TANF, etc.
www.CHIPMedicaid.org - health care information for children.

www.dars.state.tx.us/publications/text/10960.htm - brochure of DFW Area Services for Persons Who Are Blind & Visually Impaired.

www.literalsystems.org and www.audiobookforfree.com - free audio books.

www.starkeyhearingfoundation.org - hearing aids for people with limited income.

www.betterhearing.org - National Institute on Deafness information on groups offering financial assistance to purchase hearing aids.

www.tripadvisor.com and www.disabledtravelers.com - travel planning tips for people with disabilities.

REACH Youth Support Group

The REACH of Fort Worth center's Youth Saturday Support Group (YSSG) will meet on the 3rd Saturday of each month. The meeting time will be from 11:00 AM to 2:00 PM. Location: REACH of Fort Worth, 1205 Lake Street, Fort Worth, Texas 76102.

The T bus #7 stops on the NW corner of West Lancaster and Lake Street, across the street from HealthSouth Rehab Center.

Participants must be 13 years to 22 years of age and have a disability. Note: Personal care assistance will not be available during the Saturday support group meetings. For more information call Miaka Palmer @ 817-870-9082.

September 17 - Meet and greet party. Refreshments will be served. 11:00 AM - 2:00 PM

October 15 - Let's play bingo! Please bring an inexpensive gift to exchange. 11:00 AM - 2:00 PM

November 19 - A special guest will be at the center. 11:00 AM - 2:00 PM

**Rehabilitation, Education, and Advocacy
for Citizens with Handicaps Inc.**

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PLEASE HELP US SAVE MONEY!

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or are receiving multiple copies, please call/contact
Robin @ (817) 870-9082,
Metro (817) 654-9614 or via e-mail: reachftw@reachcils.org.**

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