The Board of Directors, employees and consumers extend a BIG THANK YOU to our supporters who designated REACH as the recipient of their financial contributions on September 17th, North Texas Giving Day 2015. This was REACH’s third year participating in the event and our generous donors helped us by contributing more than $3,500.

Anonymous Donors
Stella Ashley
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Larry Williams
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

December 2015
1. Adjustment to Disability Training @ the center 10:00-11:00 AM
2. Pappas Burger, 2700 W. Freeway. [Website: www.pappasburger.com]. Bring $20.00 for meal, drink and tip. Lunch on your own from 1:00-2:15 PM
8. Adjustment to Disability Training @ the center 10:00-11:00 AM
10. Olive Garden, 4700 SW Loop 820. [Website: www.olivergarden.com]. Lunch prices are $10.00 and up. Also, if you wish to shop at the mall after lunch bring extra money to do so. Lunch will be from 1:00-2:15 PM
15. Adjustment to Disability Training @ the center 10:00-11:00 AM
17. Annual Christmas Party. Please pay $20.00 in advance to cover your meal, dessert and gift exchange. Join us at the center 1:00-3:00 PM
22. Adjustment to Disability Training @ the center 10:00-11:00 AM
24-31. Center closed (Christmas Holidays)

January 2016
1. Center closed. (New Year’s Day)
5. Adjustment to Disability Training @ the center 10:00-11:00 AM
7. New Year’s Party….Lets plan something…. TO BE DECIDED
12. Adjustment to Disability Training @ the center 10:00-11:00 AM
14. Movie Tavern, 6801 Ridgmar Meadow Road. [Website: www.movietavern.com]. Cost: $5.00 for movie; does not include food or drinks. Please call the day before for times and movie selections
18. Center closed (Martin Luther King Jr. Birthday)
19. Adjustment to Disability Training @ the center 10:00-11:00 AM
22. Meet @ center 1:00-3:00 PM
25. Game Day @ the center 1:00-3:00 PM

February 2016
2. Adjustment to Disability Training @ the center 10:00-11:00 AM
4. Genghis Grill, 4469 Bryant Irvin Road. [Website: www.genghisgrill.com]. Bring $20 for meal, drink and tip. Lunch on your own from 1:00-3:00 PM
9. Adjustment to Disability Training @ the center 10:00-11:00 AM
11. Omni IMAX Theater, 1600 Gendy Street. Please call center for show times
15. Center closed (Presidents’ Day)
16. Adjustment to Disability Training @ the center 10:00-11:00 AM
18. RED BOX Movie/Hot Chocolate @ the center 1:00-3:00 PM
23. Adjustment to Disability Training @ the center 10:00-11:00 AM
25. Game Day @ the center 1:00-3:00 PM

The above scheduled activities are subject to change or cancellation based upon weather conditions or other factors.

WEB WORLD

www.guardianshipcert.org - Information on guardians
www.aadmm.com - Information on financial agents
www.aginglifecare.org - Information on aging well

Helpful Texas Government Websites

www.capitol.state.tx.us - Texas Legislature
www.senate.state.tx.us - Texas Senate
www.house.state.tx.us - Texas House of Representatives
www.governor.state.tx.us - Governor of Texas
www.oag.state.tx.us - Office of the Attorney General
www.211.org - Texas 2-1-1 System
www.txabusehotline.org - Child/Elder Abuse Reporting
www.hhsc.state.tx.us - Health & Human Services Commission
www.yourtexasbenefits.com - Medicaid, Food Stamps & TANF
www.tea.state.tx.us - Texas Education Agency
www.txdot.gov - Texas Department of Transportation
www.tpwd.state.tx.us - Texas Parks & Wildlife Department
www.tvc.state.tx.us - Texas Veterans Commission
www.twc.state.tx.us - Texas Workforce Commission
PROJECT RAMP - Fort Worth

Do you or someone you know need a ramp built and/or handrails or grab bars installed?
The REACH of Fort Worth Resource Center on Independent Living offers accessible home modifications for low income individuals with mobility impairments who live in the City of Fort Worth. If you meet the following guidelines, you may be eligible for assistance in making these accessibility modifications.

You must be a person with a mobility impairment.
You can be any age.
You must be a homeowner, live with the homeowner or have a letter from the landlord giving permission to make the accessible modifications to the home. (No apartments.)
Must provide proof of total household income and must meet federal guidelines for low-income households. (You must provide a copy of income verification and a Social Security number from each family member living in the household who is 18+ years of age.)
Your property taxes must be current

*FUNDS WILL BE USED ON A FIRST REQUESTED, FIRST SERVED BASIS*

If you need more information about this program, please call Alma Hernandez, Project Ramp Coordinator, at 817-870-9082

CALENDAR OF EVENTS

December 2015
3  Adjustment to Disability Training @ the center 10:00-11:30 AM. In a group setting, discuss self-esteem issues, family relationships, anxiety, medical stress, depression, boundaries and goal setting. Preregister with Kiowanda
5  Youth Program IL Skills Training on Medical Homes & Identity Theft. Preregister with Pamela by November 23
8  Peer Support Training @ the center 12:00 - 1:00 PM. If you want to learn the skills needed to facilitate your own peer support group or be a more effective participant in a peer support group, this is the class for you. Preregister with Harvey
16 Holiday Celebration @ the center 11:00 AM - 1:00 PM. Preregister with Mavis by December 9
17  Adjustment to Disability Training @ the center 10:00 - 11:30 AM. Preregister with Kiowanda
19  Youth Program Christmas Party, 3:00 - 5:00 PM. Preregister with Pamela by December 9
24-31 Center Closed (Christmas Holidays)

January 2016
1  Center Closed (New Year’s Day)
7  Adjustment to Disability Training @ the center 10:00-11:30AM. Preregister with Kiowanda
12 Peer Support Training @ the center 12:00 - 1:00 PM. Preregister with Harvey
16  Peer Support Training @ the center 12:00 - 1:00 PM. Preregister with Harvey
18  Center Closed (Martin Luther King, Jr. Birthday)
19 One-on-one computer training registration @ the center 1:00 - 4:00 PM. If you like to learn about computers and software, how to protect yourself online, and/or how to use social media, then these classes are for you! Come register with Harvey for classes today!
20 Planning for the New Year @ the center 11:00 AM - 1:00 PM. Preregister with Mavis by January 13
21 Adjustment to Disability Training @ the center 10:00-11:30AM. Preregister with Kiowanda
30  Youth Bowling, Main Event Plano. Preregister with Pamela by January 15

February 2016
2  Peer Support Training @ the center 12:00 - 1:00 PM. Preregister with Harvey
4  Adjustment to Disability Training @ the center 10:00-11:30AM. Preregister with Kiowanda
6  Youth Valentine’s Day Dinner @ Dunston’s Steakhouse 4:00 - 7:00 PM. Preregister with Pamela by January 22
10 What Do I Love? Poetry Contest. Written entries due by February 3. Preregister with Mavis
13 Estate Planning for Families of Children with Disabilities 1:00 - 3:00 PM. Preregister with Pamela by February 1
15 Center Closed (Presidents’ Day)
16 One-on-one computer training registration @ the center 1:00 - 4:00 PM. Preregister with Harvey
18  Adjustment to Disability Training @ the center 10:00-11:30AM. Preregister with Kiowanda
20 Youth IL Skills Training on Community Resources 12:00 - 2:00 PM. Preregister with Pamela by February 8

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

**CALENDAR OF EVENTS**

### December 2015

- **2** Peer Counseling Training @ the center 1:00-3:00 PM
- **9** "Ready or Not" General Support Group @ the center 1:00-2:00 PM
- **16** General Support Group @ the center 1:00-2:00 PM
- **23** No General Support Group
- **24-31** Office Closed (Christmas Holidays)

### January 2016

- **1** Center Closed (New Year’s Day)
- **6** “Here we go again” General Support Group @ the center 1:00-2:00 PM
- **13** “What’s Advocacy!” General Support Group @ the center 1:00-2:00 PM
- **18** Center Closed (Martin Luther King, Jr. Birthday)
- **20** “Belly Laugh Day” General Support Group @ the center 1:00-2:00 PM
- **27** General Support Group @ the center 1:00-2:00 PM

### February 2016

- **3** General Support Group @ the center 1:00-2:00 PM
- **10** “Independence for Who?” General Support Group @ the center 1:00-2:00 PM
- **15** Office Closed (Presidents’ Day)
- **17** General Support Group @ the center 1:00-2:00 PM
- **24** “Your ADA” General Support Group @ the center 1:00-2:00 PM

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**Consumer Tribute**

As staff we have all met people who have taken part in the services, programs and events that REACH has provided and who have left an impact on our lives. And, over the years, we’ve been a part of consumers’ aspirations, successes, struggles and achievements along with the misses, and I hate to say it, failures.

As a Relocation Specialist, I have met hundreds of people who have been residents of nursing homes who have set goals of moving out and into a less restrictive environment - one that will give them more freedom to live as independently as possible. Sometimes these goals have been extremely challenging and filled with disappointments and setbacks. Other times, the moves are exciting, filled with anticipation and a huge sense of accomplishment. No matter the outcome, the common thread has always been the desire to make choices of one’s own and to live outside of an institution.

One such consumer was Gary Ford. I opened a file for Gary in 2008. He, like so many, had an illness which landed him in a nursing and rehabilitation facility. He had been there too long and wanted an apartment of his own. He accomplished this goal and lived independently until another health setback found him in another hospital and another nursing home. This pattern happened time and time again. During his period of nursing home residency, he saw inconsistencies and neglect of other residents and always attempted to make things right by being an advocate and someone who spoke up for someone who wasn’t able to. If someone was not doing their job or their actions resulted in mistreatment of another, he was not shy in speaking out. This behavior didn’t land him any “Resident of the Year” awards, however.

Gary had health problems as well as demons of his own to fight, but he continued to push as hard as he could for independence. He chose to be an activist for people with disabilities and had joined the ADAPT of Plano group in order fight for the civil rights of people with disabilities. He was a caring and compassionate person, one of many whom I’ve had the opportunity to meet through my years at REACH of Dallas and now REACH of Plano.

Because of a failing heart, Gary died on August 18, 2015 while in a nursing home. He admitted himself into the facility only 5 days earlier, but said to me that afternoon that as soon as he got better, he wanted me to help him relocate back in the community again. Now, Gary’s freedom far exceeds anything he could have found here on earth. It was a pleasure to know you, Gary Ford! “God” speed!

Susie Reukema, Assistant Director & Relocation Specialist, at REACH of Plano

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REACH of Denton will be offering Increasing Your Independence workshops throughout 2015-2016. Contact the center for dates and times. You must preregister with Becky Teal, Office Manager, if you want to attend any of these workshops.
Happy Holidays

From the REACH, Inc.
Broad of Directors
and Employees at
REACH of Forth Worth,
REACH of Dallas,
REACH of Denton,
&
REACH of Plano

Bad Weather Closing

Should we experience any icy or snowy weather in the Metroplex during the 2015-2016 fall and winter seasons, watch Channel 8 TV (WFAA) to learn if the REACH centers will be closed.

CALENDAR OF EVENTS

December 2015
24-31 Center closed (Christmas Holiday)

January 2016
1 Center closed (New Year's Day)
18 Center closed (Martin Luther King, Jr. Birthday)

February 2016
15 Center closed (President's Day)

Youth Events: S.O.A.R Youth Leaders are back in action with their "I Am Thankful Give Back Service Projects."
The students have been working hard and are ready to begin their social change projects.
Wylie and Plano students will be making sandwiches and baking cookies for the Soup Mobile which is a nonprofit organization based out of Dallas that feeds the hungry on the go every day.
Allen students will be baking cookies and sorting food items for Minnie's Food Pantry in Collin County which also helps feed the hungry by providing groceries to those in need.
Our students will then present their Give Back Project to the community in December during their second annual "I Am Thankful" luncheon event. More info to follow soon on location and time.

January: The Youth Leaders will be visiting colleges and exploring different career options and setting New Year goals!

If you're interested in participating in individualized Get FIT Texas fitness training sessions, assistive technology demonstrations, one-on-one training classes on topics such as budgeting & money management, self-esteem building tips & techniques, organizational skills, time management skills, basic housekeeping tasks, and peer counseling skills, call Julie Espinoza at 972-398-1111 to schedule an appointment. Coalition of Texans with Disabilities group meetings are scheduled as decided by the group members on a month-to-month basis.

Thank you to the League of Women Voters of Collin County for their presentation on "Making Democracy Work." Janice Schieffer gave a interesting training on how to educate yourself on the issues before you vote, how to influence family and friends to vote, and how every vote matters!

Thank you to Jeff Miller of Disability Rights of Texas! He traveled up from Austin to present on disability access issues, understanding your rights, and how to report problems. He also allowed the participants to try out accessible voting features.

Thank you to the Health & Human Services Commission for presenting a webinar for REACH of Plano consumers on the Community First Choice! Program. This program will enable 12,000 more Texans with Disabilities to remain in their own homes - not nursing homes!
**NTGD Wrap-Up**
Special thanks go out to board members Patt Bourland, Chairperson of REACH’s Fund Raising Committee, Joyce Tepley, Robert Petty, Joe Rivas and Julia Chalker for their dedicated assistance in helping make this year’s North Texas Giving Day (NTGD) a financial success for the organization. Thanks go out to employees Janie Peachee, Harvey Spears, Becky Teal and Missy Dickenson for their tireless work in promoting our involvement in the NTGD event. And finally, a thank you to Dallas consumers Bradley and Maura for representing REACH at the Victory Park/WFAA-TV community event early in the morning on NTGD.

**ADA Event**
To celebrate the 25th anniversary of President George H. W. Bush’s signing of the Americans with Disabilities Act (ADA) on July 26, 1990, REACH hosted an awards luncheon for 100 guests at the Southfork Hotel in Plano. Three people, Kent Waldrep, Ken O’Grady, and Sondra Petties were honored at the event with ADA Warrior Awards and a local artist with a disability, Linda Michael-Lo, was given a cash prize of $400 donated by Lift-Aids, Inc. for creating the winning artwork celebrating the 25th ADA anniversary. Guests commented to employees that the celebration was “Upbeat” “Informative” “Fantastic!” and “Awesome!!” A front page article in the PlanoStarCourier newspaper on July 26th recapped the celebration for Collin County residents.

**Staffing Change**
In mid-July, long time Fort Worth employee Amira Salas left REACH’s employ to take another job. After a recruitment search, Alma Hernandez was hired to assume the position of Project Ramp & Loaner Equipment Program Coordinator. Alma is a recent University of Texas at Arlington graduate with a bachelor’s degree in social work.

Have a Happy & Safe Holiday Season,
Charlotte Stewart
The company’s Mesquite store has moved to a bigger and better location!

4150 I-30
Mesquite, TX 75150
1-866-211-8267

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Words to Live by!!!

You’ve Got Three Choices in Life:
Give Up, Give In or Give It All You’ve Got!

Author Unknown

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ADAPTIVE MOBILITY of the SOUTHWEST LLC
Jim Chavez, Mobility Consultant- Proprietor
817-235-0670

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The REACH Resource Centers on Independent Living are members of the Texas Association of Centers for Independent Living, the National Council on Independent Living, and the Coalition of Texans with Disabilities.

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Rates for Advertising in REACH Newsletter

Below are the prices for placing an advertisement in the REACHing Out newsletter. The newsletter is published quarterly in December, March, June, and September. The newsletter is sent/distributed to 2,500+ readers living primarily in Tarrant, Dallas, Denton & Collin Counties and is available online at www.reachcils.org.

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If you have any questions, please call Becky Teal, newsletter editor, at REACH of Denton 940-383-1062 or contact her by email at reachden@reachcils.org.

These advertising rates may change without prior notice.
CARING to HELP

Honor your loved ones with a gift to the REACH Resource Centers on Independent Living. Donations in memory of a loved one or to celebrate a birthday, anniversary, wedding, Christmas, Valentine’s Day, etc. will help REACH continue its work in providing an array of independent living services to North Texans with disabilities.

Enclosed is my contribution of $____________

In Memory or Honor of (Name):__________________________________________

Check one: Memorial____ Birthday____ Anniversary____ Wedding____ or

Other (Explain):_______________________________________________________

Send acknowledgement to (Name, Address, City, State & Zip Code):

From (Your Name, Address, City, State & Zip Code):

Make checks payable to REACH, Inc. and mail with this form to 1000 Macon Street, Suite 200,
Fort Worth, TX 76102-4527. THANK YOU FOR YOUR FINANCIAL SUPPORT.

The contents of this newsletter were developed, in part, under grants from the U.S. Department of Health and Human Services (HHS) and the Texas Department of Assistive & Rehabilitation Services (DARS). The contents of this newsletter do not, however, necessarily represent the policies of HHS or 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 HHS and DARS. REACH of Denton receives 100% of its funding ($207,763) from HHS; REACH of Fort Worth receives 100% of its funding ($250,000) from DARS; REACH of Dallas receives 94% of its funding ($400,762) from HHS and 6% ($24,559) from DARS; and REACH of Plano receives 100% of its funding ($250,000) from DARS.

Deadlines for Future REACHing Out Newsletters

January 7, 2016 - March, April, May – 2016

April 7, 2016 - June, July, August – 2016

July 7, 2016 - September, October, November – 2016

The REACH Resource Centers on Independent Living are Fragrance Free facilities! Please don’t wear scented products when visiting the centers or participating in any of our services or activities.

Thank you!