The board of directors, employees and consumers extend a BIG thank you to our supporters who designated REACH as the recipient of their financial gifts on September 20, North Texas Giving Day 2018. This was REACH’s fifth year participating in the event and our generous donors helped us out by contributing $3,824.30.

Anonymous Donors
- Maria Bean
- Mindy Lo
- Clay & Mary Peebles
- TA Hardin
- Patricia Nehr
- Janie Peachee
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- The Taylor Family
- T. A. Hardin
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- The Taylor Family
- Joyce Ann Tepley
- Joe Rivas
- Kevin Lundy Forbes
- Charlotte Stewart
- Kate Garrison, Collin County Democrats with Disabilities
- Kenneth Cox, Stairmaster Wheelchair Co.
CALENDAR OF EVENTS

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

December 2018
5  Adjustment to Disability Training @ the center 12:30 – 2:30 PM
8  Fuzzy Taco’s 2719 Race Street (Bring $20.00) 1:00 – 2:15 PM
12 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
13 Movie Tavern, 7th Street, 2872 Crockett St. (Please call on the 12th for movie times)
19 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
20 Annual Christmas Party (Please pay $20.00 by the 17th, this will cover your meal & gift) @ the Center 1:00 - 3:00 PM
24 - 31 Center Closed (Holiday Break)

January 2019
1 Center Closed (New Year’s Day)
2 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
3 Mama Mia’s, 3124 E. Belknap St. (Bring $20.00) 1:00 - 2:15 PM
7 Dixie House, 5401 S. Hulen St. ($4.99 chicken fried steak or chicken fried chicken (Monday Support Group) 1:00 - 2:15 PM
9 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
14 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
15 Luby’s Cafeteria, 1200 Bridgewood Drive (Bring $20.00) 1:00 - 2:15 PM
21 Center Closed (Martin Luther King, Jr. Day)
22 Cooking Matters @ the center 10:00 AM - 12:00 PM
23 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
24 Movie @ the center 1:00 – 3:00 PM
29 Cooking Matters @ the center 10:00 AM - 12:00 PM
30 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
31 Craft Day @ the center 1:00 - 3:00 PM

February 2019
5 Cooking Matters @ the center 10:00 AM - 12:00 PM
6 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
7 Gloria’s Restaurant, 2600 West 7th St. (Bring $20) 1:00 - 2:15 PM
12 Cooking Matters @ the center 10:00 AM - 12:00 PM
13 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
14 Valentine’s Party @ the center (Please pay $10.00 prior to the 14th) 1:00 – 3:00 PM
18 Center Closed (Presidents’ Day)
19 Cooking Matters @ the center 10:00 AM - 12:00 PM
20 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
7 Buffalo Wild Wings, 5601 S. Hulen St. 1:00 - 2:15 PM
26 Cooking Matters @ the center 10:00 AM - 12:00 PM
27 Adjustment to Disability Training @ the center 12:30 – 2:30 PM
28 Movie @ the center 1:00 – 3:00 PM

Twenty Different Ways You Can Be A Disability Activist

1. Participate in protests and demonstrations on disability issues.
2. Analyze and develop policy proposals, and help explain them to the disability community and the general public.
3. Organize disability activists in your home community.
4. Join and/or donate to disability organizations you like.
5. Respond to action alerts on disability issues.
6. Call, text, and/or write personal letters on disability issues to elected officials.
7. Meet in person with elected officials to inform them on disability issues.
8. Use Facebook, Twitter, and other social media to communicate with elected officials and candidates, while amplifying disability issues to the wider community.
9. Repost disability issue articles and alerts by others to your social media spaces.
10. Make artwork and shareable graphics for disability activism projects.
11. Help manage online disability discussions and forums.
12. Write editorials on disability issues and distribute them through blogging, freelance writing, and/or social media.
13. Write letters to the editor of your local newspaper.
14. Join other social justice movements, like environmentalism, the Women’s March, Black Lives Matter, etc., and help make them more accessible and disability-conscious.
15. Attend city, town or village meetings to monitor and comment on local disability issues.
16. Document physical barriers to people with disabilities through photos and/or accessibility mapping applications.
17. Report physical barriers to business owners, and give them practical suggestions on how to fix them.
18. Report violations of disability rights laws to relevant authorities and follow up for further action.
19. Volunteer for candidates and/or organizations you like and offer yourself as a resource specifically on disability matters.
20. Talk about disability issues with friends, family, classmates, and coworkers.

For Your Information

www.dogsforbetterlives.org – Information about the Dogs for the Deaf program.
www.stutteringhelp.org – Information about the The Stuttering Foundation.
www.envisionamerica.com - Find independence and safety managing your medications with the free ScriptAbility accessible prescription label service. En-Vision America partners with pharmacies to provide ScriptAbility accessible prescription labels at no cost to consumers as an ADA accommodation. ScriptAbility allows pharmacies to create ScripTalk talking labels, Script View large print labels and Braille prescription labels. Each participating pharmacy offers one or more of these options. The pharmacy creates the labels and affixes them to the prescription along with the legal label. ScripTalk labels can be heard using the free ScripTalk Station reader or using a Smartphone (currently the Android app is available. The Apple app will be available for iPhone 7 and above later this year.) En-Vision America is excited to announce that PX Express Pharmacy in Irving is now offering ScripTalk labels. To find out more about the service that PX Express offers, including ScripTalk and local delivery, you can contact them at 972-513-1800. ScriptAbility labels are also available at Walmart, Sam’s Club, Costco, CVS.com (mail order only), Caresmart, Humana, Aetna, OptumRx, and Express Scripts.

We are happy to work with any pharmacy that would like to provide the service. For help approaching your pharmacist or finding a pharmacy option that will work for you, give En-Vision America a call at 1-800-890-1180 or email us at customerservice@envisionamerica.com.
Consumer Success Story
Lytte Greer, Community Living Specialist

When you give your word and you don't take "no" for an answer to make it happen...Blessings show up!

While setting up REACH Home By Choice transition services for Carolyn who was returning home after two long years in a nursing facility, I learned that her home had been severely neglected over the course of her absence. Her home had to be cleaned professionally before she could return home. Her floors were a hazard due to the age and condition of the carpet. The cleaning company actually refused to clean the carpet and instead recommended that it be removed.

Carolyn was told that she could possibly get flooring through the Minor Home Modifications program. She asked her family to remove the carpet, leaving the floors bare concrete. New carpeting was scheduled to be installed, but her transition services grant funding was exhausted with all of the other required repairs that Carolyn's home needed.

Although I understand that sometimes not all things work out the way I would like, I still want each transition to be successful and the consumer to be happy. When I found out that money to have the flooring installed was denied, I asked for a couple of days to explore other options before I broke the news to Carolyn.

I knew it was going to take an act of God and a lot of effort to find a solution. The very next day I began calling various local flooring companies asking if they knew of any businesses that do charity work and then I explained Carolyn's situation. To my surprise, I stumbled upon Ideal Floors in North Richland Hills. The company's employees were very receptive to my presentation and asked that I write up a request and explain how Ideal Floors could make a positive impact on Carolyn's life. That very day, I received a call back from Ideal Floors stating that the company would be happy to help out. In less than three weeks, Carolyn had new laminate wood floors installed in her living room, hallway, and master bedroom at no charge!

The REACH Board of Directors and staff at the REACH of Fort Worth Resource Center on Independent Living will forever be grateful to Ideal Floors for being such a Blessing to the Community!
CALLER OF EVENTS
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

December 2018
5 General Support Group (Be Kind!) @ the center 1:00-2:00 PM
12 General Support Group (Stress Test) @ the center 1:00-2:00 PM
19 General Support Group (Winter Celebration) @ the center 1:00-2:00 PM
24 - 31 Center Closed (Holiday Break)

January 2019
1 Center Closed (New Year’s Day)
2 General Support Group (2019?!) @ the center 1:00-2:00 PM
9 General Support Group (Listen Up!) @ the center 1:00-2:00 PM
16 General Support Group (I’ve fallen and can’t get up!) @ the center 1:00-2:00 PM
21 Center Closed (Martin Luther King, Jr. Day)
23 General Support Group (Where’s my parking space?) @ the center 1:00-2:00 PM
30 No General Support Group session

February 2019
6 General Support Group (Budget? What Budget?) @ the center 1:00-2:00 PM
12 Center Closed (Presidents’ Day)
13 General Support Group (Be Mine?) @ the center 1:00-2:00 PM
20 General Support Group (Knowing when to stop) @ the center 1:00-2:00 PM
27 General Support Group (My doctor won’t listen!) @ the center 1:00-2:00 PM

Plans are underway to save money by e-mailing this newsletter to interested readers rather than continuing to send it via U.S. mail. If you’d like to get the newsletter via e-mail, please send Janie Peachee, Administrative Assistant, your e-mail address. You can reach Janie at jpeachee@reachcils.org.

Thank You!

Deadlines for Future REACHing Out Newsletters
April 11th, 2019 - June - August 2019 Edition

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.

Let Us Help Get You Everywhere You Need To Go

The REACH, Inc.
Board of Directors and Employees at the
REACH of Fort Worth,
REACH of Dallas,
REACH of Denton &
REACH of Plano centers
wish you a happy holiday season

Thank You!
Welcome Readers to the “THE INITIATIVE”!

Readers, we are at the end of the year and REACH, Inc. is wishing you a wonderful holiday season and Happy New Year.

The economy has been firing on all cylinders this year. We’ve seen record numbers of employment in the job market throughout 2018. There have been some hiccups in the stock market, however, consumer confidence has remained high and companies continue to report an increase in hiring. The Bureau of Labor Statistics (BLS) Jobs Report released in October 2018, mentioned that the employment-to-population ratio for working-age people with disabilities increased from 30.4 percent in September 2017 to 31.4 percent in September 2018 (up 3.3 percent or 1 percentage point).

In addition, the labor force participation rate for working-age people with disabilities increased from 33.1 percent in September 2017 to 34.1 percent in September 2018 (up 3.0 percent or 1 percentage point). In September 2018 among workers ages 16-64, the 4,864,000 workers with disabilities represented 3.3 percent of the total 146,258,000 workers in the U.S.

There has been an uptick for individuals with disabilities in the job market; and perhaps several years of a steady economy growth produced such opportunities. However, despite some success, individuals with disabilities must continue to advocate for diversity and equal opportunities in the workplace. Incorporating the principles of universal design in plans for office buildings, terminals, hotels, stadiums, and other facilities, promotes integration and inclusion for people with disabilities. “To improve inclusivity, universal design can and should be defined in a much broader way, to include ‘soft’ as well as ‘hard’ elements,” according to John O’Neill, PhD, Director of Employment and Disability Research at the Kessler Foundation. “Workplace processes and practices are ‘soft’ elements that can be designed to be equally effective for people with and without disabilities,” he explained. Studies show that inclusion benefits the entire workplace with better morale, efficiency, and consumer reviews; and we know from over fifty years of first-hand experience that employing people with disabilities is good for business. Strategies designed to enhance inclusion in the workplace for employees:

Natural Supports - Everyone Needs Them
(Natural Supports may be environmental such as a digital clock, a posted schedule, or labels on items and locations.)

People First Language - Use It
(People First Language always puts the individual in front of their diagnosis, emphasizing the fact that a person is not defined by their disability, but by their personality, skills, and interests.)

Vision Impairments are divided into two general categories - total loss of sight and low vision.
(When you approach the person, identify yourself and others with you by name.)

“Conceptualizing universal design in this much broader context eases the integration of people of all abilities into all types of workplaces. Participating in a truly inclusive environment empowers all workers, including individuals with disabilities, to achieve their employment goals,” Debra Brucker, PhD, Research Assistant Professor at the UNH Institute on Disability.

Remember…take The Initiative!!!

Reference/ Sources & Citations:

FROM THE DIRECTOR'S DESK

Consumer Demographics & Service Figures

REACH’s 2018 Fiscal Year (10/1/17-9/30/18) was another productive and successful year for each of our four centers. Employees assisted a combined total of 826 consumers develop and work on achieving their independent living goals during the year.

Four hundred and fifty-three of the consumers we assisted were females and 373 were males. Two consumers were less than 5 years of age, 52 were 5-19 years of age, 146 were 20-24 years of age, 258 were 25-59 years of age, and 368 were 60+ years of age.

Four of the consumers listed their race and/or ethnicity as American Indian or Alaskan Native, 25 as Asian, 275 as Black or African American, 129 as Hispanic or Latino, 5 as Native Hawaiian or Other Pacific Islander, 383 as White or Caucasian, 4 as Two or More Races, and 1 as Race Unknown.

One hundred twenty-five consumers had cognitive disabilities, 79 had mental/emotional disabilities, 279 had physical disabilities, 6 had hearing disabilities, 46 had vision disabilities, 288 had multiple disabilities, and 3 had other disabilities.

One hundred three consumers lived in Collin County, 240 in Dallas County, 93 in Denton County, 1 in Erath County, 1 in Hood County, 1 in Hunt County, 1 in Johnson County, 5 in Kaufman County, 1 in Parker County, 3 in Rockwall County, and 376 in Tarrant County.

The most requested services were Information & Referral assistance - 9,002, Advocacy assistance - 415, Independent Living Skills training - 238, and Peer Counseling/Peer Support - 209.

U.S. Workforce Update

The theme for this year’s National Disability Employment Awareness month in October was America’s Workforce: Empowering All. Fostering empowerment requires environments that are inclusive. Applying the concept of universal design to buildings and transportation systems has improved inclusivity in the workplace. Expanding this concept beyond the bounds of infrastructure to encompass workplace processes and procedures will expand how inclusion is defined, and empower greater numbers of people with disabilities to achieve their employment goals.

Abilities EXPO

Mark your 2019 calendar now! The Abilities EXPO is coming to Dallas for the first time in many years. The event will be held at Dallas Market Center, 2100 N. Stemmons Freeway, on December 13-15, 2019. Hours: Friday & Saturday from 11:00AM to 5:00PM and Sunday 11:00AM to 4:00PM. Admission and parking are FREE.

Cutting edge products and services will be exhibited.

Informational workshops will be held.

Get answers from the experts.

Life-changing activities for all ages will be available.

Inclusive dance empowers.

Adaptive sports for better health.

Service animals open doors.

Daily living aids will be on display.

Therapeutic cannabis – the real facts will be shared.

Stop by and visit with REACH staff at our booth space during the event.

You can register online today at www.AbilitiesEXPO.com. Follow #AbilitiesEXPO.

Rates for Advertising in the 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.
Bad Weather Notices
Should we experience any icy or snowy weather in the Metroplex during the 2018 - 2019 fall and winter seasons, watch broadcast ABC Channel 8 TV - WFAA or visit www.wfaa.com/closings to learn if the REACH centers will be closing early, opening late, or closed for the day.

Words To Live By!!!

“Everything will be OK in the end.
If it’s not OK, it’s not the end.”
John Lennon

The REACH Resource Centers on Independent Living are Fragrance Free facilities! Please do not use or wear scented products when visiting our offices or participating in any of our services or activities in order to accommodate others who may have multiple chemical sensitivities.
Thank you!

Did You Know?
In 2017, the American Foundation for the Blind (AFB) announced a new strategic direction, focused on systems change, with a vision of creating a world of no limits for Americans who are blind or visually impaired. As a result of this decision, AFB’s Dallas Center on Vision Loss (CVL) was closed. Tours of Esther’s Place at the CVL have been suspended and the 4 Low Vision Store at the CVL is closed.

AFB is currently exploring potential partnerships with agencies offering direct services to ensure that the important work that they provided over the years continues to be offered to the North Texas community.

AFB’s current mailing address is P.O. Box 815638, Dallas, TX 75381.

Happy New Year, Charlotte Stewart

Strengthening the Mind & Body

The GYM that promotes exercise and education, utilizing specialized equipment.

1361 W. Euless Blvd. #101, Euless, TX 76040
Gym Hours: 11:00AM-7:00PM on weekdays & 10:00AM-2:00PM on Saturdays. 817-571-1323
www.neurofitnessfoundation.org

From the Director’s Desk (Continued from Page 6)

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

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817-704-3184 - Fax
amofthesw@yahoo.com
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 Health and Human Services Commission (HHSC). The contents of this newsletter do not, however, necessarily represent the policies of HHS or HHSC 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 HHSC. REACH of Denton receives 100% of its funding ($240,310) from HHS; REACH of Fort Worth receives 100% of its funding ($250,000) from HHSC; REACH of Dallas receives 100% of its funding ($463,540) from HHSC; and REACH of Plano receives 100% of its funding ($250,000) from HHSC.

REACH generates additional funds to enhance its mission by participating in the Tom Thumb Good Neighbor Program (account # 4267), Kroger (new account # IG978) must be linked to your Plus Card, and Amazon Smile donor program. Each company allows its customers to register so that donations go to a nonprofit organization that the customer supports. Then every time a purchase is made by the customer, the nonprofit receives credit for the total amount of the purchase. The Tom Thumb, Kroger and Amazon companies then periodically issue a donation check to REACH for a percentage of the total of its supporters’ purchases.

If you and/or your family and friends shop at or online at any or all of these companies and would like to make sure that REACH is able to continue providing services to North Texans with disabilities, please call any of the REACH offices for more information on how to enroll in these no cost to you donor programs.

JUST A REMINDER

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