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 19, North Texas Giving Day 2019. This was REACH’s sixth year participating in the event and 22 donors helped us out by contributing $2,331.

2019 Donors:
Lisa Jung, Toya Harris, Maria Bean, Elizabeth Sarey, Myrna Gorchoff, Joyce Ann Tepley, Julie and Tracey Espinoza, Gordon Meredith, Plano Office Staff, Patricia Nehr, Robin and Kevin Lassiter, Missy and Hank Dickenson, Carla Forman, Margot Dickey, Mavis Ravin, Julia Chalker, T A Hardin, Larry Hughes, Kevin and Lundy Forbes, Charlotte Stewart, Janie Peachee and Anonymous.
CALENDAR OF EVENTS

817-870-9082

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

December
4  Adjustment to Disability - 12:30 – 2:30 p.m.
5  Fuzzy Taco’s 2719 Race Street – Bring $20 1:00 p.m. - 2:15 p.m.
11 Adjustment to Disability - 12:30 – 2:30 p.m.
12 Movie Tavern 7th Street, 2872 Crockett St  - (Please call on the 12th for movie times)
18 Adjustment to Disability - 12:30 – 2:30 p.m.
19 Annual Christmas Party – Please pay $20 by Dec.17th. This will cover your meal, gift & craft. 12:00 p.m. – 3:00 p.m.
REACH is closed from Dec. 24th – January 1st for Winter Break

January 2020
3  CiCi’s Pizza  2724 8th Ave – $5.99 for all you can eat buffet not including drink 1:00 p.m.
8  Adjustment to Disability - 12:30 – 2:30 p.m.
9  Cityview Bowling Alley Lanes, located at 6601 Oakmont Blvd. ($5.00 per game not including shoes and snacks) 1:00 p.m. - 3:15 p.m.
15 Adjustment to Disability - 12:30 – 2:30 p.m.
16  into 5701 Crowley Rd, Fort Worth, TX 76134 – Bring $20, you can play multiple times .1:00 – 3:00 p.m. For more information : http://texasbingo.com/
20  REACH is closed in observance of Martin Luther King, Jr.’s birthday holiday
22 Adjustment to Disability - 12:30 – 2:30 p.m.
23 Movie at the Center 1:00 p.m. – 3:00 p.m.
28 COOKING MATTERS COURSE – 2525 Cullen Street – 10:00 a.m. – noon - Must RSVP to participate.
29 Adjustment to Disability - 12:30 – 2:30 p.m.
30 Craft Day -1:00-3:00 p.m.

February 2019
4  Adjustment to Disability - 12:30 – 2:30 p.m.
5  COOKING MATTERS COURSE – 2525 Cullen Street – 10:00 a.m. – noon - Must RSVP to participate.
6  Fuddruckers, 5601 SW Loop 820, Burgers starting at $6.00 and up.  We will meet from 1:00 p.m. – 2:15 p.m.
11 COOKING MATTERS COURSE – 2525 Cullen Street – 10:00 a.m. – noon - Must RSVP to participate.
12 Adjustment to Disability - 12:30 – 2:30 p.m.
13  Mambo, 6125 SW Loop 820, menu starting at $9.00, 1:00 p.m. - 2.15 p.m.
17  REACH is closed in observance of the Presidents’ Day holiday
18 COOKING MATTERS COURSE – 2525 Cullen Street – 10:00 a.m. – noon - Must RSVP to participate.
19 Adjustment to Disability - 12:30 – 2:30 p.m.
20 Hot chocolate, popcorn and a movie at the center 1:00 p.m. – 3:00 p.m.
25 COOKING MATTERS COURSE – 2525 Cullen Street – 10:00 a.m. – noon - Must RSVP to participate
26 Adjustment to Disability - 12:30 – 2:30 p.m.
27 Activity at the center 1:00 p.m. –3:00 p.m.

PLEASE NOTE THAT EVENTS AND TIMES MAY BE SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS, SPEAKER CANCELLATIONS, OR OTHER ISSUES OUT OF OUR CONTROL.

Howdy! The Texas A&M Legal Clinics are a teaching law firm that offers the community a limited range of legal services free of charge. Law students work under the supervision of qualified attorneys to provide assistance in areas such as Estate Planning, Family and Veterans Advocacy, Low Income Tax, and more. The Probate and Estate Planning Clinic offers the following free legal services to low-income individuals in Tarrant County:

• Last Will and Testament
• Durable Power of Attorney
• Medical Power of Attorney
• Advance Directive to Physicians (Living Will)
• HIPAA Release
• Designation of Guardian
• Probate Assistance
• Small Estate Affidavits

To apply, please complete the online form at law.tamu.edu/pec or call 817-212-4123.

The Road to Success is Paved with Failure

One thing that keeps people from having a positive attitude is failure, and yet, messing up is a part of life. In fact, it accounts for many, many successes – for without failure, success is almost impossible. Learning how to bounce back from failure is not always easy, but it is necessary.

CAN YOU NAME....
1. …a famous person who was defeated 7 times while running for political office?
2. …a cartoonist who was told by the editor of the Kansas City newspaper, “It’s easy to see from these sketches that you have no talent.”
3. …an author whose first children’s book was rejected by 23 different publishers?
4. …a famous singer who was fired after his 1st performance at the Grand Ole Opry?
5. …a famous actress who dropped out of high school and held a variety of odd jobs, including doing the hair and make-up for corpses, before finally succeeding in show business?
6. …a famous author who lived on welfare for years in an apartment infested with mice?
7. …a famous athlete who was cut from the varsity basketball team his sophomore year in high school?
8. …an inventor who was thrown out of school in the early grades because his teachers thought he couldn’t learn?
9. …a famous Harvard University drop-out?
10. …an inventor of a fried chicken recipe that was rejected by more than 1,000 restaurant owners?

Answers will be found in the March-May 2020 edition of this newsletter.
CALENDAR OF EVENTS

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

December 2019
2 Independence & Beyond @ the center 1:30 - 3:00 PM. In a group setting, topic discussions include self-esteem, family relationships, anxiety, medical stress, depression, setting boundaries & goal setting. Preregister with Kiowanda if this will be your 1st time attending.
7 Transitioning Youth Christmas Party
16 Dallas ISD at REACH, Transitioning Youth IL Skills Training
16 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda if this will be your 1st time attending.

Basic Computer IL Skills Training classes must be scheduled with Harvey Spears

REACH is closed from Dec. 24th – January 1st for Winter Break

January 2020
6 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda
13 Dallas ISD at REACH, Transitioning Youth Independent Living Skills Training
20 REACH is closed in observance of Martin Luther King, Jr.’s birthday holiday

Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda
27 Dallas ISD at REACH, Transitioning Youth Independent Living Skills Training

February 2020
3 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda
10 Dallas ISD at REACH, Transitioning Youth Independent Living Skills Training
17 REACH is closed in observance of the Presidents’ Day holiday
18 Independence & Beyond @ the center 1:30 - 3:00 PM.

Preregister with Kiowanda
25 Dallas ISD at REACH, Transitioning Youth IL Skills Training

Elected for Inclusion: A Presidential Forum on Disability Issues
AT&T CONVENTION CENTER
AUSTIN, TX
JANUARY 13, 2020

Elected for Inclusion:
A Presidential Forum on Disability Issues
AT&T CONVENTION CENTER
AUSTIN, TX
JANUARY 13, 2020

CONTACT REV UP TEXAS FOR MORE INFORMATION
PHONE: 512-431-4085
EMAIL: REVUPTX@GMAIL.COM
http://www.revuptexas.org/elected-for-inclusion-a-presidential-forum-on-disability-issues/
CALENDAR OF EVENTS

940-383-1062

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

December 2019
4 Shopping Tips @ the center
11 Over the River... @ the center
18 Holiday Celebration @ the center
REACH is closed from Dec. 24th – January 1st for Winter Break

January 2020
8 Happy New Year @ the center 1:00-2:00 PM
15 More Holiday @ the center 1:00-2:00 PM
20 REACH is closed in observance of Martin Luther King, Jr.’s birthday holiday
22 Baby It’s Cold @ the center 1:00-2:00
29 He Shoots, He Scores @ the center 1:00-2:00

February 2020
5 Around the Corner @ the center 1:00-2:00 PM
12 Valentine’s Celebration @ the center 1:00-2:00
17 REACH is closed in observance of the Presidents’ Day holiday
19 General Support Group @ the center 1:00-2:00 PM
22 Live With It @ the center 1:00-2:00

If you want to bring & eat your lunch while we discuss the topic during our General Support Group sessions, please do so.

“TASTE of REACH” COOKBOOK

I want to introduce myself, my name is Sarah Stepp and I am the new REACH of Denton Office Manager. Here at the Denton center we are hosting a “Taste of REACH” activity with some of our consumers and staff. In conjunction with this event, I want to put together a cookbook with recipes from all four of the REACH locations. So, please send your top 3 recipes to sstepp@reachcils.org by December 31st. Please include your initials and mention which REACH center you attend. I am really excited to see how many recipes I get in response to this request. Once I have the cookbook completed, I will email a copy to anyone that would like one.
Look for the REACH table #226 at the Expo.

With a ton of ways to increase your independence at Abilities Expo, your glass really is half full!

- Cutting-edge products and services
- Get answers from the experts
- Adaptive sports for better health
- Informative workshops
- Service animals open doors
- Inclusive dance empowers
- Daily living aids
- Therapeutic cannabis: Real facts
- Life-changing activities for all ages

ABLEILITIES EXPO

$30 per day

- FREE ADMISSION
- NO PURCHASE NECESSARY

FREE ADMISSION

DALLAS • DECEMBER 13-15, 2019
DALLAS MARKET CENTER
2100 N Stemmons Fwy. • Dallas, TX 75207
Fri. 11 am - 5 pm • Sat. 11 am - 5 pm • Sun. 11 am - 4 pm

REACHing Out - December 2019 – February 2020

CALENDAR OF EVENTS

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

DECEMBER 2019
10 Youth Transition Boundaries workshop 10:30 a.m. - 12:00 p.m.
18 Winter Holiday Party 10:30 a.m. - 12:00 p.m.

REACH is closed from Dec. 24th – January 1st for Winter Break

JANUARY 2020
17, 24 & 31, Goal Setting workshop series, 10:30 a.m.-12:00 p.m.
20 REACH is closed in observance of Martin Luther King, Jr.'s birthday holiday

FEBRUARY 2020
4, 11, 18 & 25 Healthy & Unhealthy Relationships workshop series, 10:30 a.m. - 12:00 p.m.
17 REACH is closed in observance of the Presidents' Day holiday

Share Your Story

REACH of Plano is excited to be working with Tom Olin, photo historian of the disability rights movement to celebrate the 31st anniversary of the Supreme Court’s Olmstead Decision! Many people remember life and institutionalization for individuals with disabilities as being the norm. But thankfully, due to the Olmstead Decision, individuals with disabilities have the right to live in the least restrictive environment. But we cannot forget our history, nor can we go back to it! Tom Olin and the center are looking for people who do remember what it was like before Olmsted and want to tell their stories of liberation and celebration. A festival that will be recorded for history! Please contact Shawnett Viani at 972-398-1111 or sviani@reachcils.org if you have a story you would like to submit for this historic celebration!

Volunteer Spotlight

REACH of Plano wants to shine the spotlight on a very special volunteer. Janice Weaver has been volunteering with the center for 1 1/2 years. Janice helps with any project that the staff needs. She realizes that several employees have physical disabilities so she often volunteers to help by going shopping, setting up for special events, decorating the office and even making tea & sandwiches for functions. Many of the things that we offer would not be as special if not for her assistance. Janice keeps an eye on the center’s employees to make sure that everyone is okay. We are supported and fortunate to have her as a volunteer. Community volunteers like Janice make nonprofits more valuable to the community! We appreciate Janice and all of our other volunteers.

Julie Espinoza, Assistant Director, REACH of Plano

Look for the REACH table #226 at the Expo.
Do you have ideas that you believe will improve your company’s production? Are you afraid to speak up? Do you feel like what you have to say wouldn’t matter? Everyone doesn’t know how to say what’s on their mind or feel comfortable with expressing their thoughts, especially in the workplace. For people to know who you are and what you think, you must take advantage of opportunities to speak. When is the right time to speak up or share your ideas? Dawn Papandrea, a contributor for Monster, shared some strategies to assist in building your confidence to speak up in the workplace (Papandrea).

Identify the right moment
If you’ve been in a large meeting and everyone is speaking, it’s possible to feel out of place, however, this is a great time to introduce yourself and your ideas. Don’t be rude by interrupting others while they are speaking or have your voice not be heard. You can use nonverbal communication or physical signals to request to speak. If that does not work, immediately after the meeting, speak to a vital coworker about your ideas.

Follow procedures for communicating with administrators
Is it okay to communicate your ideas and thoughts to upper management? It all depends on the rules, regulations or process for the company. Some companies have a chain-of-command that is preferred, and you should follow whatever method is preferred by that employer. Keep your immediate supervisor informed of your decisions to communicate with upper management.

Do your homework and expect questions
When you have something important that you want to share in a meeting, before sharing, discuss your ideas and thoughts with people you trust and invite feedback from them. Prior to the meeting, research the information that you want to share, to provide educated and well thought out ideas. Be prepared to answer questions, know who’s attending and what is on the schedule to discuss at the meeting. Now that you are ready, here are things to remember:

- Share and focus on two to three ideas.
- Communicate your thoughts early in the meeting.
- Maximize your time; speak with confidence and volume in your voice — so everyone can hear you.

Own your words, don’t hedge!
Don’t bite your tongue. The more informed you are about a subject, the more confident you will be about discussing the issue. You must speak up when you have something to say. You can’t look to someone else to express how you feel, only you can do that. In any situation, whether work or personal, the research, motivation and passion in your words can validate the importance of what you have to say to those who are listening.

Remember…take The Initiative!!!

Reference/ Sources & Citations:

Kevan Johnson, Employment Consultant at REACH of Dallas

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**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.

**BUSINESS & PROFESSIONAL AD SIZES:**

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If you have any questions, please call Janie Peachee, interim newsletter editor, at REACH of Dallas 214-394-5840 or contact her by email at reachdallas@reachcils.org. These advertising rates may change without prior notice.
REACH is Awarded a $5,000 Grant from Superior HealthPlan

The funds will be used to purchase four laptop computers with essential software in order to conduct basic computer skills training with interested individuals with disabilities and seniors who live in Dallas or Collin County assisted living facilities or retirement communities. Training sessions may also be offered at senior centers, libraries, schools, and community and recreation centers.

The goal of the project is to educate 50 individuals 18+ years of age over a 4-year period about computer basics, how to safely navigate the Internet, master using Microsoft office software, set up an email account, insure online privacy and security, etc.

Harvey Spears, Outreach, Advocacy & IL Skills Training Specialist at the REACH of Dallas center, will coordinate this project. Harvey has been a REACH employee for almost 10 years and one of his favorite job responsibilities has been conducting in-office basic computer skills training with consumers who’ve had little or no computer, Internet and/or email experience.

For more information about this project, please contact Harvey via phone at 214-630-4796 or email at hspears@reachcils.org.

Words To Live By!!

“Although the world is full of suffering, it is also full of overcoming it.”

Helen Keller

Inclement Weather Notice

Should we experience any icy or snowy weather in the Metroplex during the 2019-2020 fall & winter seasons, watch broadcast TV station WFAA Channel 8 on the ABC network or visit www.wfaa.com/closings to learn if the REACH centers will be closing early, opening late, or closed for the day.
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 ($249,631) from HHS; REACH of Fort Worth receives 100% of its funding ($262,280) from HHSC; REACH of Dallas receives 100% of its funding ($481,520) from HHS; and REACH of Plano receives 100% of its funding ($262,279) from HHSC.

JUST A REMINDER

REACH generates additional funds to enhance its mission by participating in the Tom Thumb, Kroger and Amazon Smile donor programs. 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 or make an automatic bank deposit to REACH for a percentage of the total of our 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. Thank you.

From the Director’s Desk

Good News

Sarah Stepp joined the REACH team on October 7th as the Office Manager at REACH of Denton. Prior to coming to our organization, Sarah worked at the Denton Record Chronicle newspaper handling online classifieds and retail ad sales.

New Board Members

Board President Julia Chalker appointed Penny Acrey and Timothy Upshaw to fill unexpired terms on the REACH Board of Directors. Before retiring earlier this year, Penny worked for many years as the Director of The Office for Students with Disabilities at the University of Texas at Arlington and Timothy works as a Certified Community Health Worker at the University of Texas Southwestern Medical Center.

Did You Know

The Texas Legislature passed House Bill 3163 into law. This bill establishes some new rules for accessible parking spaces. The new rules are: 1) The International access symbol must be painted on the parking space, 2) The words NO PARKING must be painted on access aisles next to accessible parking spaces, and 3) The signs marking accessible parking spaces must include the penalty for parking illegally in the space. Fines and towing are examples of possible penalties. Current signs and spaces do not need changes until the new rules go into effect probably in mid-2020.

ScanJig is a scanning stand for mobile phones and tablets. This accessory can improve the functional capacities of individuals who are visually impaired, blind or have fine motor difficulties. It provides accurate text recognition with the first scan. For more information, email info@scanjig.com.

The KD Conservatory in Dallas offers acting classes for individuals with autism. The classes use basic acting exercises to help the students get more comfortable with real-life situations. Exercises might be designed to stimulate an interaction with a demanding boss or ordering a meal at a restaurant. For more information or to sign up for the Social Skills for the Stage class, call 214-638-0484 or email Michael Schraeder, the acting chair of the KD Conservatory, via mshraeder@kdstudio.com.

Kohl’s, Target and Zappos have recently launched clothing lines for children and/or adults with special needs. Items are designed to be easy for the wearer or caregiver to take on and off, while mirroring styles in each retailer’s regular clothing lineup. Features may include flat seams, wider neck and hem lines, longer lengths, two-way zippers, zip-off sleeves, side and back snap-and-zip closures, magnetic and Velcro closures, and sensory friendly features such as soft fabric, dissolvable tags and no buttons. Visit each retailer’s website for more information.

Happy Holidays, Charlotte Stewart