

REACH of Dallas
8625 King George Drive, Suite 210
Dallas, Texas 75235-2275

Return Service Requested

PLEASE HELP US SAVE MONEY!
If you no longer want to receive this newsletter
or are receiving multiple copies, please call/contact
Robin @ (817) 870-9082 or reachftw@reachcils.org.

REACH OF FORT WORTH RESOURCE CENTER ON INDEPENDENT LIVING
1000 MACON STREET, SUITE 200, FORT WORTH, TEXAS 76102-4527
817-870-9082, 817-877-1622 FAX
E-MAIL: reachftw@reachcils.org

REACH OF DALLAS RESOURCE CENTER ON INDEPENDENT LIVING
8625 KING GEORGE DRIVE, SUITE 210, DALLAS, TEXAS 75235-2275
214-630-4796 , 214-630-6390 FAX
E-MAIL: reachdallas@reachcils.org

REACH OF DENTON RESOURCE CENTER ON INDEPENDENT LIVING
405 SOUTH ELM, SUITE 202, DENTON, TEXAS 76201-6066
940-383-1062 , 940-383-2742 FAX
E-MAIL: reachden@reachcils.org

REACH OF PLANO RESOURCE CENTER ON INDEPENDENT LIVING
720 E. Park Blvd. Suite 104, Plano, Texas 75074-8844
972-398-1111 , 972-398-9649 Fax
E-MAIL: reachplano@reachcils.org
REACH's web site address: www.reachcils.org

Nonprofit Org.
U.S. Postage
Paid
Permit 541
Plano, TX

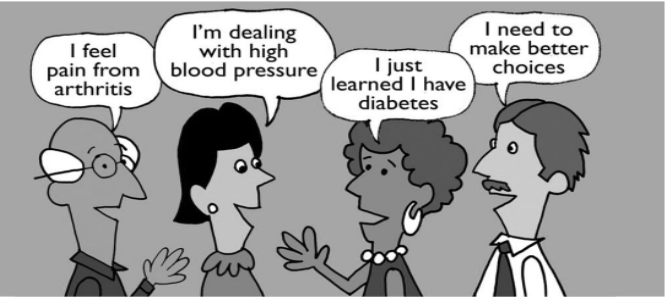
REACHing Out

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

June, July, August 2014 Vol. XVII. No. 2 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

Calendar of Events-Fort Worth	2
Calendar of Events-Dallas	3
Calendar of Events-Denton	4
Calendar of Events-Plano	5
From The Director's Desk	6
5 Questions You Should Ask	7
Notice/Email Newsletter	7
Advanced Mobility Ad	8
Adaptive Mobility of/SW Ad	8
Words to Live By	8
Choice Medical Ad	9
Fragrance Free Facilities	9
Newsletter Ad Rates	9
REACH FYI on the Move	10
Newsletter Deadlines & Survey	10
Lift Aids Ad	11
Just A Reminder	11
Device Reads Prescriptions	12
Caregiver Conference	12
Causes of Heart Attacks	13
Project Ramp	14
Web World	15
Caring to Help	15

Health for Me – Self Management Classes



REACH of Fort Worth is hosting a **FREE** series of classes entitled *Health For Me* based on the Stanford Chronic Disease Self-Management Program. The classes are geared towards assisting people living with chronic diseases.

Topics covered include:

- Live better with high blood pressure, heart disease, diabetes, arthritis and other chronic conditions
- Develop skills to cope with your condition
- Improve energy levels and reduce pain
- Learn to make the best choices for your condition and lifestyle

Participants must be Tarrant County residents 18+ years of age. The program is led by trained instructors and is available in English and Spanish. Each participant will receive healthy snacks, a healthy living book, and a relaxation CD all for **FREE!**

Dates: June 4 – July 9

Times: Wednesdays, 1:00 – 3:00p.m.

Location: REACH, Inc.,1000 Macon Street, Suite 200, Fort Worth, TX 76102
To Register for the classes contact : Miaka Palmer at (817) 870-9082 or mpalmer@reachcils.org

These classes are being offered in collaboration with Senior Citizen Services, Tarrant County Public Health, the Area Agency on Aging of Tarrant County, and United Way of Tarrant County.

CALENDAR OF EVENTS



817-870-9082

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

June 2014

- 4 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 4 Health for Me Class @ the center 1:00-3:00 PM
- 5 Edohana Hibachi Sushi @ 5816 SW Loop 820. Lunch on your own. We have reservations to participate in our 1st Hibachi experience. Please RSVP with Miaka for this luncheon. Meals start at \$7.95 and up! Please bring at least \$20.00. The chef will not start until 1:00 PM. Lunch will be from 1:00 to 3:00 PM.
- 11 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 11 Health for Me Class @ the center 1:00-3:00 PM
- 12 Red Robin @ 4800 S. Hulen St. www.redrobin.com. Lunch is on your own with prices ranging \$10.00 and up. Also, if you wish to do some window shopping please feel free to do so. 1:00-2:15 PM
- 18 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 18 Health for Me Class @ the center 1:00-3:00 PM
- 19 Movie @ the center 1:00-3:00 PM
- 25 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 25 Health for Me Class @ the center 1:00-3:00 PM
- 26 Pizza Party @ the center. Bring \$5.00, drinks will be provided. 1:00-3:00 PM



July 2014

- 2 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 2 Health for Me Class @ the center 1:00-3:00 PM
- 3 Bowling at Brunswick, 3025 Altamesa Blvd. \$3.50 per game; if you need shoes, the cost is \$2.00. Please bring extra money if you want to purchase items from the snack bar. 1:00–3:00 PM
- 3 Office Closed (Independence Day)
- 9 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 9 Health for Me Class the center 1:00-3:00 PM
- 10 Olive Garden, 4700 SW Loop 820, www.olivegarden.com. Lunch is on your own with prices ranging from \$10.00 and up. Please don't forget to tip. 1:00-2:15 PM
- 14-19 REACH Youth Camp for kids 13-22 years of age. We'll meet everyday @ the center from 12:00-3:30PM. You must pre-register with Miaka Palmer @ 817-870-9082 or mpalmer@reachicls.org
- 16 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 17 Rave Movie Theater @ 1888 Green Oak Road, www.ravemotionpictures.com. Please call the day before for times and movie options. The cost for the movie is \$5.00, this doesn't include popcorn and drinks.
- 23 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 24 Chicken Foot @ center 1:00-3:00 PM
- 30 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 31 Surprise @ the center 1:00-3:00 PM



August 2014

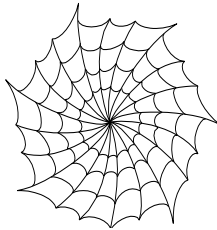
- 6 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 7 Pappas Burger, 2700 W. Freeway, www.pappasburger.com. The restaurant serves appetizers, salads, hotdogs, burgers, shakes and more ranging from \$9.00 and up. Lunch will be on your own. 1:00–2:15 PM
- 13 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 14 Red Lobster, 4805 S. Hulen St., www.redlobster.com. They now have new lunch specials starting at \$7.99. Lunch will be on your own. 1:00–2:15 PM
- 20 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 21 Movie & Hot Dogs @ the center. Please bring a \$1.00 for a hot dog; drinks will be provided.1:00–3:00 PM
- 27 Adjustment to Disability Training @ the center 10:00-11:00 AM
- 28 Card games @ the center, 1:00 – 3:00 PM



Scheduled events are subject to change or cancellation based on low numbers attending, inclement weather, or employee absence.



WEB WORLD



www.VisionAware.org – practical self-help information and links to a wide range of helpful resources for adults with vision loss, their family members, and those who work with them.

www.ready.gov/alerts - Some cell phone carriers forward important emergency information to your location. Check with your provider to see if this service is available.

<http://www.txdps.state.tx.us/dem/asl/index.htm> - ASL informational videos providing information on preparing for disasters and things you should know.

<http://www.redcross.org/prepare/mobile-apps> - Red Cross Mobile Apps send information to your location in text. This app also includes a weather radio as well as information on what you should do before, during and after a weather related event. They have a separate app for tornadoes and hurricanes.

<http://www.fema.gov/smartphone-app> - FEMA smart phone apps.

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.

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** provides 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 with these accessibility modifications.

Must be a person with a mobility impairment

Can be of any age

Must be a homeowner, live with the homeowner or have a letter from the landlord giving permission to have the ramp constructed. **(No apartments.)**

Must provide proof of total household income and must meet federal guidelines for low-income households. **(Must provide a copy from each family member living in the household who is 18 +years of age and provide Social Security numbers.)**

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
Amira Z. Salas, Project Ramp Coordinator, at 817-870-9082.



PROJECT RAMP - Denton County

Do you or someone you know need a ramp built and/or handrails and/or grab bars installed?

The **REACH of Denton Resource Center on Independent Living** provides accessible home modifications for low-income individuals with mobility impairments who live in Denton County. If you meet the following guidelines, you may be eligible for assistance with these accessibility modifications.

Must be a person with a mobility impairment

Can be of any age

Must be a homeowner or live with the homeowner. **(No apartments)**

Must provide proof of total household income and must meet federal guidelines for low-income households. **(Must provide a copy from each family member living in the household who is 18+ years of age or older and provide Social Security numbers.)**

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
Becky Teal, Denton Project Ramp Coordinator, at 940-383-1062.

CALENDAR OF EVENTS



214-630-4796

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

June 2014

- 3 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 5 Basic computer class @ the center 1:00-3:00PM. Learn how to use a computer. Pre-register with Harvey Spears.
- 11 Low Down on the Cool Down workshop @ the center 11:00-1:00PM. We will discuss money saving tips for the upcoming hot summer. How to stay cool, lowering your utility bill and utilizing the cooling down stations in your area. Pre-register with Mavis Ravin by June 4.
- 17 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 18 Financial Empowerment workshop with Melissa Cox, Certified Financial Planner at Fetterman Investment, Inc. @ the center 11:00-1:00PM. Topic: Shopping on a budget. Melissa will discuss how to create a shopping budget as well as share hints and ideas to help you stay on budget. Pre-register with Mavis Ravin by June 4.
- 19 Advanced computer class @ the center 1:00-3:00PM. Learn how to use Microsoft Office. Pre-register with Harvey Spears.

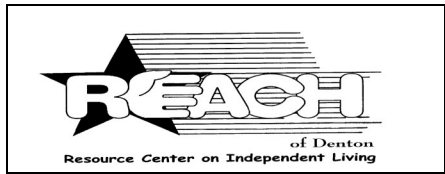
July 2014

- 1 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 3 Peer Support Training @ the center 1:00-3:00PM. Learn how to run your own peer support group. Pre-register with Harvey Spears.
- 4 Office Closed (Independence Day)
- 15 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 16 Financial Empowerment workshop with Melissa Cox, Certified Financial Planner at Fetterman Investments, Inc. @ the center 11:00AM-1:00PM. Topic: Using Coupons. Melissa will discuss how to use coupons, the value of coupons, and the Do's and Don'ts of coupons. Pre-register with Mavis Ravin by July 9.
- 17 Peer Support Training @ the center 1:00-3:00PM. Learn how to run your own peer support group. Pre-register with Harvey Spears.

August 2014

- 5 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 7 Basic computer class @ the center 1:00-3:00PM. Learn how to use a computer. Pre-register with Harvey Spears.
- 14 Advanced computer class @ the center 1:00-3:00PM. Learn how to use Microsoft Office. Pre-register with Harvey Spears.
- 19 Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
- 20 Financial Empowerment workshop with Melissa Cox, Certified Financial Planner at Fetterman Investments, Inc. @ the center 11:00AM-1:00PM. Topic: Saving for a Rainy Day. Melissa will discuss how to save for a rainy day and offers tips to help you create a rainy day fund. Pre-register with Mavis Ravin by August 13.
- 21 Peer Support Training @ the center 1:00-3:00PM. Learn how to run your own peer support group. Pre-register with Harvey Spears.

The Get FIT Texas program is being offered at REACH of Dallas, please contact Janie Peachee for registration details.



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

June 2014

- 3 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 4 General Support Group @ the center, topic: Staying Cool, 1:00-2:00 PM
- 11 General Support Group @ the center, topic: Saving Money, 1:00-2:00 PM
- 17 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 18 General Support Group @ the center, topic: The Longest Day, 1:00-2:00 PM
- 25 General Support Group @ the center, topic: On this Day, 1:00-2:00 PM



July 2014

- 1 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 2 General Support Group @ the center, topic: Happy 4th!, 1:00-2:00 PM
- 4 Office Closed (Independence Day)
- 9 General Support Group @ the center, 1:00-2:00 PM
- 15 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 16 ADA Celebration @ the center 1:00-2:00 PM
- 23 General Support Group @ the center, 1:00-2:00 PM
- 30 No Group



August 2014

- 5 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 6 General Support Group @ the center, topic: Hungry?, 1:00-2:00 PM
- 13 Crafts Day @ the center, 1:00-2:00 PM
- 19 Adjustment to Disability Training @ the center 9:30-10:30 AM
- 20 General Support Group @ the center, topic: Self-Medication, 1:00-2:00 PM
- 28 Movie Day @ the center, 1:00-3:00 PM



7 Little Known Causes of Heart Attacks



Nearly half of all heart attacks happen to people whose cholesterol and blood pressure are in the normal range. Besides the well publicized factors that can lead to heart issues, there are seven other warnings that should be taken seriously.

Heed those dirty-air warnings on the news. Inhaling ozone, the nasty gas that results when tailpipe and smokestack fumes meet sunlight and hot weather, can kill cardio cells, throw off your heartbeat, and boost your odds for a heart attack even if you don't have heart disease. Exercise indoors on high-ozone days. Do your best to avoid exhaust-choked streets. Try not to drive behind diesel buses and trucks.

Do not stop daily aspirin on your own. If you take low-dose aspirin for any reason, check your supply and run out for a new bottle if it's low. Stopping suddenly can triple your odds for trouble-causing clots in 10 days. If you've got surgery scheduled, have a careful talk with your doctor now about the pros and cons of stopping your little white tablets.

Ask your physician if there's anything in your health history that might mean trouble for your kidneys. High blood pressure, diabetes, and unlucky genes may weaken kidneys. These little filters are vital to your body's waste-disposal system, but one in nine adult's kidneys aren't firing on all cylinders. Over time, this triples odds for heart problems.

Treat your siblings' heart health like your own. It's common knowledge that having parents with early heart problems ups vulnerability in offspring. But it is also true that if a sibling has heart disease before 60, this doubles the odds of trouble for any brothers or sisters. If you have a sibling with heart disease, be sure to share this information with your doctor.

Give yourself extra TLC if you've got psoriasis, lupus, or rheumatoid arthritis. These are all inflammatory diseases, and inflammation packs plaque into arteries. Psoriasis increases heart disease risk by nearly 80%, lupus doubles it, and RA raises heart attack chances by 60%. People with such conditions should be serious about keeping blood pressure, LDL cholesterol, and inflammation levels down. Even flossing is important, because gum disease fires up internal inflammation.

Strengthen your marriage and friendships. A colder-than-the-Antarctic marriage can lead to physical as well as legal trouble. This is also true if so-called pals fall into the "with friends like these, who needs enemies" category. Troubled relationships increase heart risk 25%. Address conflicts and get professional help if needed.

Use up your vacation time! Taking regular time off can cut your heart attack odds by almost a third. Yet 43% of Americans didn't use all their vacation time last year. Can't swing a get-away right now? Do the stay-cation thing: Fill up the wading pool, turn off your phone and computer, rent ALL of your favorite movies, take long walks, do/don't cook (whichever's more fun), unwind a little . . . unwind some more. Aim for that blissed-out vacation feeling. Your heart will love it. So will you.

NEW DEVICE READS PRESCRIPTIONS TO PATIENTS WHO ARE BLIND

When a doctor sends a prescription to the pharmacy, the patient trusts that the correct medication and dosage will be in the bottle when he or she picks it up. Most people still check the label to confirm they have the right prescription and know how and when to take it. Individuals, who are blind, are not able to perform this simple task. Sadly, this has led to mistakes and serious consequences.

People with little or no vision need a way to identify their medications. To communicate effectively with a pharmacist about a prescription requires being able to refer to the Rx number, the refill information, and the full drug information. The 2010 ADA Amendments define how auxiliary aids and services should be provided to blind or low vision customers regarding medications.

A new device is now available that allows people who are blind to hear the information on their prescription bottles and packets. Called ScripTalk, this technology is an audible prescription reader. ScripTalk Station uses RFID and text-to-speech technology. A thin antennae and microchip embedded within the label are programmed with all the printed information. Because the data is stored in the label itself, it can be used on any size bottle, box, vial, tube or other prescription container. The device is manufactured by En-Vision America and is available to users at no cost. When a customer, who is blind, fills a prescription through a participating pharmacy such as Walmart and CVS Mail order pharmacies, the prescription containers are programmed to interact with the device.

REACH of Dallas has a Script-Talk device for demonstration purposes for interested consumers. For more information about the device, contact Charla Glass at **En-Vision America, Inc.**, by e-mail at: sglass@envisionamerica.com or by phone at 1-800-890-1180 x152.

Caregiver Conference of Denton County

Older adults, family caregivers and professionals are invited to attend the **“Caregiver Conference of Denton County”** coming this September. Learn tools for healthier lifestyle choices, how to choose the most independent place to live and options for the care of loved ones. Breakout sessions may cover such topics as hospice care, veteran’s benefits, housing options, estate planning, behavioral health, physical fitness and nutrition, prescriptions drug coverage, technology and more. The conference is free and open to the public. Contact Missy Dickenson at REACH of Denton 940-383-1062 for more details.

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 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 (\$256,566) from ED; REACH of Fort Worth receives 100% of its funding (\$250,000) from DARS; REACH of Dallas receives 95% of its funding (\$491,774) from ED and 5% (\$24,559) from DARS; and REACH of Plano receives 100% of its funding (\$250,000) from DARS.

CALENDAR OF EVENTS



972-398-1111

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

June 2014

17 Craft class @ the center 1:00 - 3:00 PM

26 Activity @ the center. Call Cynthia for more information. 1:00 - 3:00 PM



July 2014

4 Office Closed (Independence Day)

15 Craft class @ the center 1:00 - 3:00 PM

24 Activity @ the center. Call Cynthia for more information. 1:00 - 3:00 PM



REACH of Plano Consumer Jackie Quinn Wins *Consumer of the Year* Award at the 2014 Texas Statewide IL Conference in Corpus Christi on April 1st. Jackie was nominated for her volunteerism, activism and advocacy for people with disabilities at the REACH of Plano center, in the community and in her many other volunteer capacities. She has worked to improve the lives of so many with her trademark gentleness and persistent purpose. The competition for the award was fierce and the staff and consumers of REACH of Plano are very proud and appreciative of what Jackie has brought to the lives of people with disabilities. It was stated by a keynote speaker at the conference that if you thank a volunteer – they do more. Staff wondered how Jackie could possibly do more than what she already does!

REACH of Plano employees and consumers want to thank the center’s Spring UNT rehab student interns Josh Easley and Gilbert Esposito. Each contributed 150 hours of their volunteer time to benefit the center and consumers. Josh focused his efforts on ways to mainstream assistive technology into daily living skills to increase a person with a disability’s independence. He also developed and then conducted an “ACTIVISM for Beginners” workshop with a group of interested consumers. Gilbert focused his efforts on promoting strategies to deal with the social exclusion of people with disabilities within families, work environments, schools and social groups. Both Josh and Gilbert will be missed.

Droves of Consumers Start Working Out and Diet! REACH’s Get FIT Texas project kicked off this Spring at the center and the response from people with disabilities has been encouraging! People with disabilities have a higher rate of obesity than the general population and the least amount of access to fitness facilities, trained personal fitness instructors knowledgeable about their disabilities, help with diet and nutrition planning, and support from medical professionals to be proactive about their good health. Lindsey Elwell, the Get FIT Texas personal fitness instructor for REACH of Plano consumers had over 50 people sign up for her training assistance! This program has filled a need by consumers living amputations, vision loss, paraplegia, cancer, cognitive disabilities, mental illness, cerebral palsy and multiple sclerosis. To enroll in a 12-week training session, call Julie Espinoza at 972-398-1111.

REACH of Plano Needs Consumers to Volunteer for Future Project Activism Committees. If you have a few hours to donate each week this summer and have a talent, skill and or experience in planning, researching, creating publications, making crafts, and/or organizing people, please call Julie Espinoza at 972-398-1111 for consideration and placement.

FROM THE DIRECTOR'S DESK

By Charlotte A. Stewart



Staff Changes

Sierrah Willis-Winbush has joined the team at REACH of Plano as the Community Living Specialist. Sierrah's past experience includes working as an after school program teacher and supervisor with elementary school students in Lewisville, a volunteer program coordinator for a nonprofit serving homeless individuals in Denton, a gymnastics coach in Frisco, and a junior summer camp counselor at a church camp in North Carolina. In other roles, Sierrah created a curriculum and taught high school students about bullying and teen violence, created and was a contributing writer for a *Teen Expressions Column* in the *Fuquay-Varina, N.C. Independent Newspaper*, and was awarded a Red Cross Service Award in 2010 for monies she raised for Haiti's hurricane relief effort.

Sierrah's job duties at REACH of Plano include assisting consumers with their individual advocacy efforts, conducting public relations and outreach activities to promote REACH and the Plano center's services and activities, and coordinating the center's youth transition program in collaboration with several Collin County Independent School Districts.

Sam Vasquez resigned his position as REACH of Dallas' Information Technology Specialist in February to pursue other computer technology career opportunities.

Project Ramp

REACH of Denton's new short term Project Ramp service is already busy building ramps and/or installing handrails and/or grab bars at the homes of low income Denton County residents with mobility impairments. As I write this article, we have already built five ramps and have 5 other consumers who have made requests for assistance. Becky Teal, Office Manager at REACH of Denton, is coordinating this project. You can reach Becky by calling 940-383-1062 or e-mailing bteal@reachcils.org.

Save the Date

REACH will be participating in the **North Texas Giving Day** event on **September 18**. Thanks to all of last year's donors, REACH generated enough funds to cover the cost of building a ramp and installing two bathroom grab bars at the home of a consumer with a mobility impairment. We can do more for our consumers with your gifts in 2014. Please consider supporting us on **North Texas Giving Day**. We appreciate you!

Celebrate Summer!! *Charlotte*



LOWERED FLOOR VANS



REAR ENTRY VANS



CUSTOM
MODIFICATIONS



FULL SIZE VANS



WHEELCHAIR LIFTS

COME VISIT US AT 1500 WESTPARK WAY IN EULESS

ONLINE AT WWW.LIFT-AIDS.COM

OR CALL ANYTIME AT (817)835-0035



WE WORK WITH DARS, MDCP, CLASS, CBA, MHMR,
DADS AND MANY OTHER FUNDING AGENCIES.



JUST A REMINDER

REACH generates additional funds to enhance its mission by participating in the Tom Thumb, Kroger, and Albertsons grocery store donor programs. Each grocery store chain allows its customers to register so that donations go to a nonprofit organization that the customer supports. Then every time a purchase is made, the nonprofit receives credit for the total amount of the purchase. On a quarterly or yearly basis, depending upon the grocery store chain, the chain's home office issues a donation check totaling 1% of all of the purchases credited to the customer's chosen nonprofit's account.

If you and/or your family and friends shop at any or all of these grocery stores 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 get involved in these programs.





Dallas: 3029-A2 East Meadows Blvd, Mesquite, TX 75150

Ft Worth: 2110 N. Beach, Ft Worth, TX 76111

Austin: 239 Commercial Dr, Buda, TX 78610

Service & Rentals

• Accessible Van Rentals

• Van Conversions

• Transfer Seats

• Hand Controls

• Stair & Personal Lifts

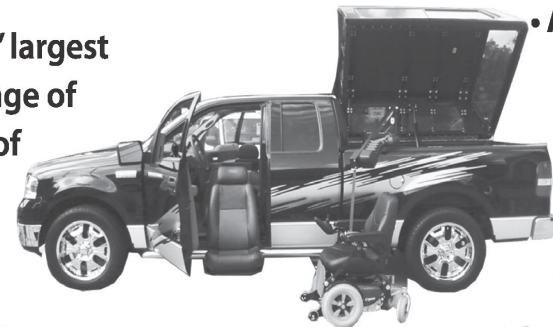
• Wheelchair & Scooter Lifts

• Home and Pool Modifications

Advanced Mobility is North Texas' largest mobility dealer. We offer a full range of mobility products. With 25 years of experience, we strive to deliver the perfect solution.

Call us today at

1-866-211-8267!



www.advancedmobility.net



Choice Medical Equipment Offers an Extensive Line of Home Medical Equipment and Supplies:

- * Stationary and Portable Oxygen Systems
- * Nebulizers
- * Hospital Beds
- * Manual and Motorized Wheelchairs
- * Motorized Scooters
- * Walkers
- * Ramps
- * Canes
- * Crutches
- * Nasal CPAP
- * Commode Chairs
- * Bathroom Assist Devices and Safety Aids
- * Urological Supplies
- * Seat Lift Chairs



Additional Services We Offer ---

- > Sale and Rental Items
- > Equipment Repair Services
- > Delivery
- > We are Contracted with Most Major Insurance Companies

Ph (940) 380-0455

Fax (940) 382-3026

www.choicemedicalequipment.com



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.

Words to Live By

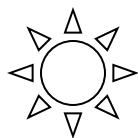
Do not spoil what you have by desiring what you have not.

Epicurus, ancient Greek philosopher 341-270 B.C.

ADAPTIVE MOBILITY of the SOUTHWEST LLC

Jim Chavez, Mobility Consultant- Proprietor

817-235-0670



Durable Medical Equipment

Ceiling Track Lifts

Pool Lifts

Motion Alarms

Automatic Door Openers

Specifications

Home Modifications

Bathrooms - Kitchens

Custom Ramps - Railing

Door Widening

Special Requests

817-704-3184 - Fax

amofthesw@yahoo.com

Insured - Bonded

The REACH Resource Centers

on Independent Living

are members of the

Texas Association of Centers

for Independent Living,

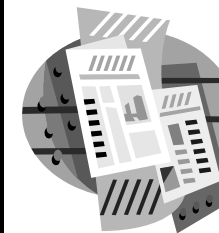
the National Council on

Independent Living,

and the Coalition of

Texas with Disabilities.

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 3,000 readers living primarily in Tarrant, Dallas, Denton & Collin Counties and is available online at www.reachcils.org.

BUSINESS & PROFESSIONAL AD SIZES:

ONE TIME ADS

YEAR ADS

___ Business Card (2" x 3.5")	\$ 25.00	\$ 90.00
___ 1/8 Page (4.25" x 2.75")	50.00	190.00
___ 1/4 Page (4.25" x 5.5")	65.00	250.00
___ 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 email at reachden@reachcils.org.

These advertising rates may change without prior notice.

REACH FYI ON THE MOVE

By Mel Finefrock & Paula Margeson

2014 got off to a good start when consumers in the youth program met on January 31st for a time of reflection and future planning. First, the group prepared dinner together. They had baked ziti, Caesar salad, garlic bread, and banana pudding. After dinner, participants took a quiz to find out how much they knew about important events that occurred in 2013. Next, the goals that consumers set at the beginning of 2013 were taken out of the envelope where they had been concealed and each person gave a progress report on how well he or she had done in achieving the goal. A brief lesson on goal setting followed and then the consumers wrote down their new goals for 2014 using the principles from the lesson. After this exercise was completed, the remainder of the time was dedicated to playing games and hanging out.

Two events occurred in February. The REACH youth program partnered with Valiant-Services to present a 20-hour training for young consumers that addressed the following topics: Breaking down barriers that block employment; Keeping a positive attitude; Identifying personal strengths needed for getting and keeping a job; Visiting a job center or business; Dressing up for a mock job interview; Settling disagreements with co-workers and supervisors; Practicing new ways to deal with criticism; and Developing a job portfolio by using results from surveys on personal interests, strengths, and abilities.

Later in the month, Disability Rights Texas conducted a public forum with program participants to hear about what it is like these days for young people with disabilities who want to get a job and about problems that make it difficult for them to move from school to work and independence. After the forum, the consumers watched a movie called *The Brooke Ellison Story* which is about a girl who becomes disabled in an accident and who was the first person with quadriplegia to graduate from Harvard.

In March, REACH FYI went bowling. After three games of wild throws, occasional strikes, and lots of fun, the consumers moved to a meeting room and spent time taking a personality inventory that used colors to define basic personality types. Jobs best suited for the four personality types were discussed, as well as, how traits from each color profile might impact personal relationships.

More exciting learning activities are planned for the coming months. For more information about the REACH FYI program, contact Youth Outreach Coordinator Paula Margeson at 214-630-4796 or pmargeson@reachcils.org.



5 Questions You Should Ask About Every Prescription



1) What is the name of the drug? The first step to avoiding a medication error is to know the name of the medication that you are taking. This may sound simple but it is not. Knowing the names of your drugs is difficult because most drugs have two *different* names. Drugs have a "brand name" and a "generic name." Your doctor or pharmacist can tell you the name of your new drug and if it is the brand name or generic form.

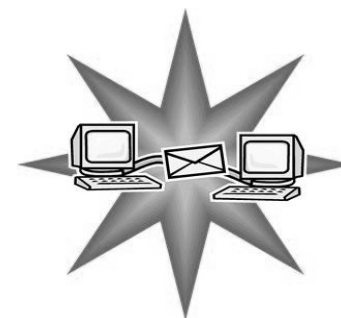
2) What is this drug used for? The second question that you need to ask your Pharmacist is "What is this drug used for?" Many times the doctor will use medical terms that we do not understand. Often we are too embarrassed to ask him to explain what he means. The pharmacist can explain this to you. You just need to ask.

3) How should I take this drug? Prescription directions are confusing. Most people have questions about the directions on the prescription bottle. Even if the prescription label says "Take one tablet every day" most people still have questions. Answering these questions is a big part of what the pharmacist in the community drugstore does. He or she expects that you will have questions and concerns about your medications and is readily available to help you. This will help to prevent medication errors and make sure you are taking your medications correctly.

4) What should I do if I miss a dose? The answer to this question is dependent upon the drug that you are taking. Generally, the recommendation is that if it is near the time to take the next dose, skip the missed dose and resume your normal schedule. However, you must be sure to ask your pharmacist what to do regarding missed doses for each of your medications, as this may differ from drug to drug. Whatever you do, do not double up on your doses. You need to contact your doctor or pharmacist for instructions if you have missed a dose.

5) Does this drug come as a generic? Many drugs are available in the brand name and the generic form. Your pharmacist will recommend the generic form if he or she feels it appropriate for you.

Remember, when you are picking up a prescription at the pharmacy counter and the pharmacist or pharmacy clerk asks you if you have any questions - please don't say "No." Say "Yes- I do have some questions," and start to get the information that you need.



Plans are underway to e-mail 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 visit the REACH website at www.reachcils.org and click on the **Contact Us** tab. Scroll down to the bottom of the page and click on the webmaster's e-mail address to send him your e-mail address.

The deadline for submitting articles and ads for the September-November 2014 edition of REACHing Out is **July 7** and the deadline for the December '14-February '15 edition is **October 6**.

LSV GOLF CART Modified for Wheelchair Users Survey

My name is Austin and I am a student at The University of Texas at Tyler. I have created a survey for a product that will likely be the least expensive vehicle option for wheelchair users to use independently. The inspiration for this vehicle came from a close relative who is a wheelchair user and from learning that the multi-billion dollar automotive industry seemingly neglects the needs of wheelchair users. Unsatisfied with currently available vehicle options, I designed a better alternative. Your participation in the following short survey is vital to the availability of this product. <https://www.surveymonkey.com/s/R8XJJ2G>. Thanks for your help in completing the survey.