REACH of Dallas 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 – 3:00 p.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
REACHing Out - June - August - 2014

June 2014

4 Adjustment to Disability Training @ the center 10:00-11:00 AM
5 Health for Me Class @ the center 1:00-3:00 PM
6 Edshara 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.
7 Adjustment to Disability Training @ the center 10:00-11:00 AM
8 Health for Me Class @ the center 1:00-3:00 PM
9 Red Robin @ 4800 S. Hulen St. www.redrobin.com. Lunch is on your own with prices ranging from $10.00 and up. Also, if you wish to do some window shopping please feel free to do so. 1:00-2:15 PM

July 2014

2 Adjustment to Disability Training @ the center 10:00-11:00 AM
3 Health for Me Class @ the center 1:00-3:00 PM
4 Bowling at Brunswick, 3925 Amonaoo Blvd. $3.00 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
5 Office Closed (Independence Day)
6 Adjustment to Disability Training @ the center 10:00-11:00 AM
7 Health for Me Class @ the center 1:00-3:00 PM
8 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@reachicl.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 does not include popcorn and drinks.
23 Adjustment to Disability Training @ the center 10:00-11:00 AM
24 Chicken Foot @ the 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, 2710 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

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

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

817-870-9082

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.


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 of 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.
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.

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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 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.

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**CALENDAR OF EVENTS**

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

**June 2014**
1. Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
2. Basic computer class @ the center 1:00-3:00PM. Learn how to use a computer. Pre-register with Harvey Spears.
3. 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.
4. Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
5. Financial Empowerment workshop with Melissa Cox, Certified Financial Planner at Fetterman Investments, 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.
6. 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.
2. Peer Support Training @ the center 1:00-3:00PM. Learn how to run your own peer support group. Pre-register with Harvey Spears.
3. Office closed (Independence Day)
4. Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
5. Financial Empowerment workshop with Melissa Cox, Certified Financial Planner at Fetterman Investments, Inc. @ the center 11:00AM-1:00PM. Topic: Using Coupons. Melissa with 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.
6. 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**
1. Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
2. Basic computer class @ the center 1:00-3:00PM. Learn how to use a computer. Pre-register with Harvey Spears.
3. Advanced computer class @ the center 1:00-3:00PM. Learn how to use Microsoft Office. Pre-register with Harvey Spears.
4. Office closed (Labor Day)
5. Adjustment to Disability Training @ the center 1:30-3:00PM. Pre-register with Kiowanda Jasso.
6. 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.
7. 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.
CALANDAR OF EVENTS

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

July 2014
18 General Support Group @ the center, topic: The Longest Day, 1:00-2:00 PM
17 Adjustment to Disability Training @ the center 9:30-10:30 AM
11 General Support Group @ the center, topic: Saving Money, 1:00-2:00 PM
4  General Support Group @ the center, topic: Staying Cool, 1:00-2:00 PM
3  Office Closed (Independence Day)
2 1

Page 4  REACHing Out - June - August - 2014

REACHing Out - June - August - 2014  Page 13
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 antenna 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.
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

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

| Stationary and Portable Oxygen Systems | Cane |
| Nebulizers | Crutches |
| Hospital Bed | Nasal CPAP |
| Manual and Motorized Wheelchairs | Commode Chairs |
| Motorized Scooters | Bathroom Assist Devices and Safety Aids |
| Walkers | Orthotic Supplies |
| Ramps | Seat Lift Chairs |

Additional Services We Offer:

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

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:**

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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.

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.

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**Durable Medical Equipment**
- Stationary and Portable Oxygen Systems
- Nebulizers
- Hospital Bed
- Manual and Motorized Wheelchairs
- Motorized Scooters
- Walkers
- Ramps

**Home Modifications**
- Bathrooms - Kitchens
- Custom Ramps - Railing
- Door Widening
- Special Requests

**Insured - Bonded**
- 817-704-3184 - Fax
- amofothesw@yahoo.com

**Words to Live By**

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

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

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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 Texas with Disabilities.
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 goals. 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.

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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.

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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.