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

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

June - July - August 2016 Vol. XIX No. 3 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

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Youth Summer Camps

REACH of Fort Worth - Youth Summer Camp
June 20 - 24, 2016 from 11:00 AM - 3:00 PM
Contact Miaka Palmer @ 817-870-9082

REACH of Dallas - Youth Summer Camp
July - Call for more information
Contact Pam Momon @ 214-630-4796

REACH of Denton - Youth Summer Camp
June 13 - 16, 2016 from 10:00 AM - 4:00 PM
Contact Murphy Hardinger @ 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 2016**
1. Adjustment to Disability Training @ the center 10:00-11:00 AM
2. Jason's Deli, 6244 Camp Bowie Blvd, 76116. Bring $20.00 so you can eat & leave a tip. 1:00-2:30 PM
3. Cooking Matters Course @ Tarrant Area Food Bank, 2525 Cullen Street, 76107. 5:30-7:30 PM
4. Adjustment to Disability Training @ the center 10:00-11:00 AM
5. Mexican Inn, 1625 8th Avenue, 76104. Meals range from $8.00 and up, not including drink. 1:00-2:30 PM
6. Rave Cinemas Ridgmar, 2300 Green Oaks, 76116. Please call the day before for cost & movie times.
7. Youth Summer Camp @ the center 11:00 AM-3:00 PM
8. Adjustment to Disability Training @ the center 10:00-11:00 AM
9. Mexican Inn, 1625 8th Avenue, 76104. Meals range from $8.00 and up, not including drink. 1:00-2:30 PM
10. Olive Garden, 4700 SW Loop 820. Bring $20.00. 1:00-2:30 PM
11. Pizza Party @ the center. Bring $5.00 and a friend. 1:00-3:00 PM
12. Adjustment to Disability Training @ the center 10:00-11:00 AM
13. Movie Day @ the center 1:00-3:00 PM
14. Chicken Food/ Snacks @ the center 1:00-3:00 PM

**July 2016**
4. Center closed (4th of July holiday)
5. Adjustment to Disability Training @ the center 10:00-11:00 AM
6. Furr's Cafeteria, 3233 Alta Mere, 76116. Bring $12.88 plus tax for all you can eat & drink. 1:00-3:00 PM
7. Olive Garden, 4700 SW Loop 820. Bring $20.00. 1:00-2:30 PM
8. Adjustment to Disability Training @ the center 10:00-11:00 AM
9. Pizza Party @ the center. Bring $5.00 and a friend. 1:00-3:00 PM
10. Adjustment to Disability Training @ the center 10:00-11:00 AM
11. Five Guys Burger and Fries, 4833 South Hulen, 76132. Bring $20.00 & a friend. 1:00-3:00 PM
12. Adjustment to Disability Training @ the center 10:00-11:00 AM
13. Movie Day @ the center. Refreshments will be served. 1:00-3:00 PM

**August 2016**
3. Adjustment to Disability Training @ the center 10:00-11:00 AM
4. Brunswick Bowling, 3025 Alta Mesa, 76133. Bring $5.00 to bowl & extra money for the concession stand. 1:00-3:00 PM
5. Five Guys Burger and Fries, 4833 South Hulen, 76132. Bring $20.00 & a friend. 1:00-3:00 PM
6. Adjustment to Disability Training @ the center 10:00-11:00 AM
7. Craft or Game Day @ the center 1:00-3:00 PM
8. Movie Day @ the center. Refreshments will be served. 1:00-3:00 PM
9. Adjustment to Disability Training @ the center 10:00-11:00 AM
10. Movie or Game Day @ the center 1:00-3:00 PM
11. Adjustment to Disability Training @ the center 10:00-11:00 AM

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

### WEB WORLD

- [www.n4a.org](http://www.n4a.org) - Area Agency on Aging locator
- [www.caregiver.org/family-care-navigator](http://www.caregiver.org/family-care-navigator) - Family care navigator program
- [www.caring.com](http://www.caring.com) - Expert financial, medical and other advice for caregivers
- [www.archrespite.org/respitelocator](http://www.archrespite.org/respitelocator) - ARCH National Respite Network & Resource Center
- [www.mealsowheelsamerica.org/signup/find-programs](http://www.mealsowheelsamerica.org/signup/find-programs) - Meals on Wheels programs locator
- [www.nextstepincare.org/caregiver_home](http://www.nextstepincare.org/caregiver_home) - Step-by-step guides for family caregivers & health care providers re transitions; i.e. hospital to rehab, home to nursing home, and nursing home to home
- [www.caregiver.va.gov/index.asp](http://www.caregiver.va.gov/index.asp) - VA’s Caregiver Peer Support Mentoring Program
- [www.EveryoneOn.org](http://www.EveryoneOn.org) - National nonprofit working to eliminate the digital divide by making high-speed, low-cost Internet service and computers, and free digital literacy courses accessible to all unconnected Americans

**For REACH Consumers ONLY!**

Tickets to visit the Dallas Arboretum & Botanical Garden are now available free of charge by calling Kiowanda Jasso at REACH of Dallas, 214-630-4796. A maximum of FOUR tickets per consumer may be requested. The tickets are valid until 12/31/16.
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 to your home.

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.

**REACH Youth Summer Camp**

The REACH Youth Summer Camp will be held either the 2nd, 3rd or 4th week of July. Location still to be determined. Call Pam Momon for more information.

- **June 2016**
  - Office Closed (4th of July holiday)
  - Computer Training Classes Registration @ the center 1:00-3:00 PM. Preregister with Harvey Spears.
  - Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.
  - Youth Group Swimming @ Bachman Recreation Center 1:00-3:00 PM. Preregister with Kiowanda Jasso.
  - Photography Class @ the center 1:00-3:00 PM. Preregister with Harvey Spears.
  - Youth Group Dinner @ Olive Garden, 5:30 PM – 8 PM, 10280 Technology Blvd., Dallas, 75220.

- **July 2016**
  - Blinds Services Summer Camp 9:00 AM – 3:00 PM. Preregister with Harvey Spears.
  - Photography Class @ the center 1:00 PM. Preregister with Harvey Spears.
  - Office Closed (4th of July holiday)

- **August 2016**
  - Blinds Services Summer Camp 9:00 AM – 3:00 PM. Preregister with Harvey Spears.
  - Photography Class @ the center 1:00 PM. Preregister with Harvey Spears.

For more information about any of the youth group activities listed above, contact Pam Momon.

TBA - Melissa Cox, Certified Financial Planner for Fetterman Investments, Inc. When Melissa gets her work schedule for June, July and August, we will send out information about another Financial Empowerment training session @ the center.

REACH of Dallas has a new Assistive Technology Demonstration Center in collaboration with the Texas Technology Access Program at University of Texas at Austin. We are now offering demonstrations of assistive technology devices and software programs for people with visual, hearing, learning and physical disabilities. Please call Harvey Spears to setup a demonstration.
REACH of Denton will be offering Increasing Your Independence workshops throughout 2016. Contact the center for dates and times. You must preregister with Becky Teal, Office Manager, if you want to attend any of these workshops.

June 2016
1. General Support Group @ the center 1:00-2:00 PM
2. “School is Out” General Support Group @ the center 1:00-2:00 PM
3. 16 Youth Summer Camp @ the center 10:00 AM - 4:00 PM
4. No General Support Group
5. Handling Summer General Support Group @ the center 1:00-2:00 PM
6. No General Support Group

July 2016
1. General Support Group @ the center 1:00-2:00 PM
2. “Peer Counseling Training” General Support Group @ the center 1:00-2:00 PM
3. “School is Out” General Support Group @ the center 1:00-2:00 PM
4. Office Closed (4th of July holiday)
5. No General Support Group

August 2016
1. General Support Group @ the center 1:00-2:00 PM
2. “ Recipes” General Support Group @ the center 1:00-2:00 PM
3. No General Support Group
4. “Don’t Blink” General Support Group @ the center 1:00-2:00 PM
5. General Support Group @ the center 1:00-2:00 PM

The Initiative
"WORK FROM HOME" Scams That Cost You Money
By Kevan Johnson, Employment Consultant at REACH of Dallas

Welcome readers to “THE INITIATIVE”! I'm back with another exciting article.

How many of you would like to work-from-home? Working from home can benefit the employer and the employee. Forbes.com contributor Kevin Kruse highlighted a survey summary in Microsoft whitepaper, Work without Walls. The summary acknowledged benefits of working-from-home from the viewpoint of the employee. These are the top 5 benefits employees identified: Work/home balance (60%), Save Gas (55%), Avoid Traffic (47%), More Productive (45%) and Less Distractions (44%).

In the pursuit of working from home, we must be aware that there are unscrupulous individuals that will exploit our efforts to acquire employment. I want to share information on how to recognize and avoid potential “work-from-home” scams. Any work that promises unusual high income and minimal hours usually is "too good to be true". Common scams involve envelope stuffing, medical billing, package forwarding and the purchase of special equipment or software to start a business. Be on the lookout for promises to pay you a lot of money for jobs that seem to require little effort or skill. At times, scammers will send you a job offer without asking you to complete an application, meet with you or conduct a job interview. Don’t give out your employment or personal information, especially your Social Security number. It could lead to identity theft. Another scam is the request for up-front payments or “Advance fee scams”. If someone requests that you make a payment to “get in” on the ground floor of a new business opportunity and you don’t have much information about the company, “DON’T DO IT”. Scammers will try to tell you that it’s a “limited time” offer and attempt to pressure you to make a quick decision. Disregard anyone who tries to push you into an agreement. Scammers target EVERYONE. They do not discriminate when it comes to money.

In 2015, the FBI, San Diego Division, posted a press release article titled FBI Warns of Fictitious “Work-From-Home” Scam Targeting University Students by Darrell Foxworth. The report describes how students receive emails to their school account recruiting them for positions with fictitious companies. For information on how the scam works, consequences of participating in the scam and tips on how to protect yourself from the scam visit www.fbi.gov/sandiego/press-releases/2015/fbi-warns-of-fictitious-work-from-home-scam-targeting-university-students. It’s an excellent article to share with unsuspecting college students.

So, the next question is what can I do to avoid fake work-from-home job scams? Begin with using extra caution when looking at ads for jobs with generic titles, for example: admin assistant, customer service representative or sales. Since these typically don’t require licensing or special training, they are widely appealing to applicants. Check out or visit the business’ website to confirm the opening of the position and if you are still skeptical, call the business. Don’t rely strictly on the websites or phone numbers provided by the advertisement. Watch for phrases in ads that contain “Teleworking OK”, “Immediate Start” and “No Experience Needed” or ads that urge you to apply immediately. Googling the position is helpful, especially if the results come up in many other cities with the exact same job post, this is likely a scam.

Lastly, and perhaps the most important tip is to be cautious with sharing your personal information or handing over money. Scammers will often use the excuse of running a credit check, setting up direct deposit or paying for training in order to get your information. Remember…take The Initiative!!!

Scam Targeting University Students
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HOT Weather Tips

TIPS FOR STAYING COOL

- Wear cool clothing: See that the person is dressed in lightweight, light-colored, loose-fitting clothing, preferably of natural fabrics like cotton. Use hats and umbrellas outside. If the air conditioning appears to bother the person, offer layers, such as a long sleeved shirt or sweater over the shoulders or a light cloth over the ankles.

- Use air conditioning: Keep the air conditioning set below 80 degrees F. If you don’t have air conditioning, invest in a room air conditioner or use room fans to circulate inside air. If possible, drive the person a short distance to an air conditioned place where they can sit, such as a library, mall, restaurant or theater. But avoid overcrowded places and rush hours.

- Cover windows: During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross ventilation to circulate cooler air. (An open, uncovered window during the day will simply make the inside temperature the same as outside.)

- Avoid direct sun: Stay indoors during the hottest hours, 11:00 AM to 4:00 PM. Drive as close to the door of destinations as possible, but don’t leave the person in the car where temperatures can soar quickly. If the person wants to be outside, make sure it’s during cooler hours and that he or she is in the shade, on a covered porch, or under an umbrella. Also check the news for information about temperatures, humidity levels and air pollution alerts.

- Eliminate or limit physical activity: If the person’s physician approves light exercise such as walking and movement exercises, limit them to short periods during cool hours. Eliminate entirely on very hot days.

- Drink plenty of fluids: Give the person plenty of water and fruit or vegetable juice even if they say they’re not thirsty. No alcohol, coffee or tea. Seek medical help if you suspect dehydration.

- Light meals: Avoid hot, heavy meals and don’t use the oven.

- Monitor medications: Find out if the person’s medications increase his or her risk for heat stress. Be sure to ask a physician about all the medications being taken, including off-the-shelf items.

- Take cool showers: Help the person take a cooling shower or bath. Lay a cool, moistened towel over the forehead or back of the neck and replace often.

- Check in often: If the person lives alone, check in daily or ask a neighbor to look in several times a day. If the person lacks transportation, make sure someone takes him or her to and from appointments, grocery stores, etc.

- Inform others: If the person is in a nursing home or other facility, make sure the facility has a plan for dealing with rising temperatures and is following the tips mentioned above. Visit as often as possible.

Be alert: Remember that a cognitively-impaired person may not be able to tell you when he or she is feeling hot or ill. Also, older people tend to feel colder than younger people so they may not sense the danger of hotter weather.

SIGNS OF HEAT-RELATED PROBLEMS

- Headache, nausea and fatigue are signs of at least some heat stress.

- Heat fatigue: cool, moist skin, a weakened pulse, feeling faint.

- Heat syncope: sudden dizziness, pale, sweaty looking skin that is moist and cool to the touch, weakened pulse and rapid heart rate but normal body temperature (that is, 98.6 degrees, taken with a thermometer).

- Heat cramps: muscle spasms in the abdomen, arms or legs after exercise. (Note that these may be caused by lack of salt but do not give salt or salt tablets without consulting a physician.)

- Heat exhaustion: this is warning that the body is getting too hot. Watch for thirst, giddiness, weakness, lack of coordination, nausea, and profuse sweating. Cold, clammy skin. Body temperature may be normal (98.6 degrees). Pulse is normal or raised slightly. Puppies may contract. Urination decreases and the person may vomit.

- Heat stroke: this is life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F (some sources say 104 degrees F), and the person may become confused, combative, behave bizarrely, feel faint, stagger. Pulse is rapid. Skin is dry, flushed and may feel hot. Lack of sweating. Breathing may be fast and shallow. Puppies may widen or dilate. Delirium, seizures or convulsions, and coma are possible. If you suspect heat stroke, call 9-11 or summon medical personnel immediately. Following a heat stress episode, a person will likely feel tired and weak for several days. Continued monitoring is important.
FROM THE DIRECTOR'S DESK

Day of Mourning

The National Council on Disability (NCD) issued a statement in support of Annual "Day of Mourning" for People with Disabilities. On March 1, 2016, the disability community gathered to remember disabled victims of filicide - people with disabilities who were killed by family members or caregivers. In the past five years, over 180 people with disabilities have been reported as murdered by their parents, family members or caregivers.

People who kill family members with disabilities often get comparatively lighter sentences than those who kill non-disabled family members. NCD rejects arguments that have attempted to rationalize these crimes by either excusing murder or sympathizing with the killers rather than the victims by citing such things as it is difficult to raise a child with a disability or there is a need to improve the quality and availability of services in the community.

The Autistic Self Advocacy Network, ADAPT, Not Dead Yet, the National Council on Independent Living, the Disability Rights Education & Defense Fund, REACH of Plano and other disability organizations held vigils this year to mourn those people the disability community has lost, raise awareness about this issue, and demand justice and equal protection under the law for people with disabilities.

NLS

The National Library Service for the Blind and Physically Handicapped at the Library of Congress publishes books and magazines in Braille and in recorded form for readers who cannot hold, handle or see well enough to read conventional print because of a permanent or temporary disability. The program operates through a national network of state and local libraries. The materials are loaned free to eligible readers and are sent and returned via postage free mail. You can request an application by calling 1-888-NLS-READ or download one from www.loc.gov/nls.

STAR Kids

Starting November 1, 2016, the new STAR Kids program will deliver basic medical services and long term services and supports through a health plan the member chooses. STAR Kids is for children and young adults age 20 and younger who receive Supplemental Security Income (SSI), Medicaid or who are enrolled in a home and community-based waiver program like the Medically Dependent Children Program (MDCP), Community Living Assistance and Support Services (CLASS), Deaf-Blind with Multiple Disabilities (DBMD), Home and Community-Based Services (HCS), Texas Home Living (TxHml), and Youth Empowerment Services (YES). For more information visit http://www.hhsc.state.tx.us/medicaid/managed-care/mmc/star-kids.shtml.

Enjoy Your Summer, I plan to! Charlotte Stewart

REACH generates additional funds to enhance its mission by participating in the AmazonSmile program and the Tom Thumb, Kroger, and Albertsons grocery store donor programs. Amazon and each grocery store chain allows its customers to register so that donations go to a nonprofit organization that the customer supports, in our case, Rehabilitation, Education and Advocacy for Citizens with Handicaps or REACH. Then every time a purchase is made, REACH receives a financial donation based on a predetermined percentage set by Amazon and the grocery stores of the total amount that our supporters spend.

If you and/or your family and friends shop at www.smile.amazon.com or any or all of the above listed grocery stores and would like to make sure that REACH is able to continue providing services to North Texans with disabilities, please call or email any of the REACH offices for more information on how to get involved in these programs.

Thank you for your support!
## Rates for Advertising in REACH Newsletter

Below are the prices for placing an advertisement in the REACHing Out newsletter.

The newsletter is published quarterly in December, March, June, and September. The newsletter is sent/distributed to 2,500+ readers living primarily in Tarrant, Dallas, Denton & Collin Counties and is available online at www.reachcils.org.

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<tr>
<th>ADVERTISING SIZES:</th>
<th>ONE TIME ADS</th>
<th>YEAR ADS</th>
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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.

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**Words To Live By!!!**

\[
\text{If you can dream it, you can do it!} \quad \text{Walt Disney}
\]
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 this form to 1000 Macon Street, Suite 200, Fort Worth, TX 76102-4527. THANK YOU FOR YOUR FINANCIAL SUPPORT.

The contents of this newsletter were developed, in part, under grants from the U.S. Department of Health and Human Services (HHS) and the Texas Department of Assistive & Rehabilitative Services (DARS). The contents of this newsletter do not, however, necessarily represent the policies of HHS or DARS and you should not assume endorsement by either the federal or state government.

REACH receives a majority of its funding to operate the centers from grants from HHS and DARS. REACH of Denton receives 100% of its funding ($207,763) from HHS, REACH of Fort Worth receives 100% of its funding ($250,000) from DARS; REACH of Dallas receives 94% of its funding ($400,762) from HHS and 6% ($24,559) from DARS; and REACH of Plano receives 100% of its funding ($250,000) from DARS.

Deadlines for Future REACHing Out Newsletters

July 7, 2016 - September, October, November 2016
October 7, 2016 - December 2016, January, February 2017
January 9, 2017 - March, April, May - 2017
April 7, 2017 - June, July, August 2017

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

Thank you!

“SUPERCRIPT” Artist’s Bio

Charlie Tree Hughes is a disability artist and activist living in Plano. She has exhibited her illustrations locally, at national conferences and, soon to be, globally at the Stormy P. Museum in Copenhagen, Denmark. Charlie believes that the ability to express oneself artistically is key for the independence for people with disabilities and should be made accessible for all people.