Helping People with Disabilities Reach for Independence

June - August 2018 Vol. XXI 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 75235-3275

Calendar of Events
- Fort Worth
- Dallas & NDVRW
- Denton
- Plano

From The Director's Desk
North Texas Giving Day 9/20/18
Adaptive Mobility of/SW Ad
Caring to Help
Just a Reminder - Donor Programs
Fort Worth Project Ramp
Services for the Blind in Denton
Thank You to Hearts for Homes
Lift - Aids Ad
Newsletter Ad Rates
The Initiative
Emailing Newsletter Notice
Newsletter Deadline Dates
Fragrance Free Facilities Request
United Access Ad
Disability Action Center Ad
Independence & Beyond Training
Words to Live By

REACH of Fort Worth
June 18 - 22, 2018 (11:00 AM - 3:00 PM)
Contact Miaka @ 817-870-9082

REACH of Dallas
June 18 - 22, 2018 (9:00 AM - 3:00 PM)
Contact Pam @ 214-630-4796

REACH of Denton
June 19 - 21, 2018 (10:00 AM - 3:00 PM)
Contact Murphy @ 940-383-1062

REACH of Plano
June 25 - 29, 2018 (9:00 AM - 3:00 PM)
Contact Kathryn @ 972-398-1111

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REACH of Dallas
Independence and Beyond Group Training Sessions (formerly known as Adjustment to Disability Group Training Sessions)

We Want You to Join Us!

The REACH of Dallas consumers who participate in the center’s twice monthly Independence and Beyond Group training sessions (formerly known as Adjustment to Disability group training sessions) invite you to join them on the 1st and 3rd Mondays of each month from 1:30-3:00PM at the center for lively, interesting and informative discussions on topics such as self-esteem, coping skills, setting boundaries, goal setting, self-advocacy skills, and dealing with anxiety and depression.

Denitrea Vaughn, PsyD, LPC, is the new facilitator of these training sessions. Dr. Vaughn has 16 years of experience in conducting both individual and group counseling and training sessions with people who have many different types of disabilities.

To participate, contact Kiowanda Jasso at 214-630-4796.

Spread the word if you know someone who could benefit from participating, ask him/her to call Kiowanda and join us.

Words To Live By!!!

Tell Me and I forget, teach Me and I may remember, involve Me and I learn.

Benjamin Franklin
We have helped those in the DFW Metro area for the past seven years!

DON'T WASTE TIME

It's time to take action and contact the Disability Action Center today!
"We solve the social security disability puzzle for you."

9696 Skillman St. Suite 300
Dallas, TX 75243
www.DACDallas.com
Toll: (855) 231-8571
L: (214) 348-6000

CALENDAR OF EVENTS

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

June 2018
4 Independence & Beyond @ the center 1:30 - 3:00 PM. In a group setting, topics include self-esteem, family relationships, anxiety, medical stress, depression, setting boundaries and goal setting. Preregister w/Kiowanda if this will be your 1st time attending.
18 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda if this will be your 1st time attending.
18-22 Youth Camp @ the center 9:00 AM - 3:00 PM

July 2018
2 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.
4 Center Closed (4th of July)
16 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.

August 2018
6 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.
13 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.

National Disability Voter Registration Week July 16-20, 2018

The REV UP Campaign coordinates National Disability Voter Registration Week to make a concerted effort to get people with disabilities registered to vote, educated about this year’s election, and prepared to cast a ballot in November. With numerous events and activities around the country during this time, we also hope to garner attention from media and candidates about the electorate of people with disabilities and the issues that are important to the disability community.

Why does it matter? The disability community has the potential to become a powerful voting bloc – there were 35.4 million eligible voters with disabilities in 2016. Voting can protect the issues people with disabilities care about (the ADA, Medicaid, accessible transportation; affordable, accessible housing, etc.). A politically-engaged disability community can make elected officials think twice before they infringe on our rights, access, and choice to live in the community.

How can I get involved? Activate your social media networks to make your friends and family aware of the upcoming election and the impact it can have on the disability community. Use #REVUP and #DisabilityVote18.

The REV UP Campaign, organized by the American Association of People with Disabilities (AAPD), is a nonpartisan initiative to increase the political power of the disability community.
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

**CALENDAR OF EVENTS**

**June 2018**

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>6</td>
<td>General Support Group (Hot is Here!) @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>13</td>
<td>General Support Group @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>19-21</td>
<td>Youth Camp @ the center (10:00 AM - 3:00 PM)</td>
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<tr>
<td>20</td>
<td>No General Support Group</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>General Support Group (1777) @ the center</td>
<td>1:00 - 2:00 PM</td>
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**July 2018**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>4</td>
<td>Center Closed (4th of July)</td>
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</tr>
<tr>
<td>11</td>
<td>General Support Group (Halfway there!) @ the center</td>
<td>1:00 - 2:00 PM</td>
</tr>
<tr>
<td>18</td>
<td>General Support Group (If you were Famous?) @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>25</td>
<td>ADA Celebration @ the center (Refreshments will be served)</td>
<td>1:00-2:00 PM</td>
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**August 2018**

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<th>Date</th>
<th>Event Description</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>General Support Group (Disabilities) @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>8</td>
<td>General Support Group (Talk to ME.....) @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>15</td>
<td>General Support Group @ the center</td>
<td>1:00 - 2:00 PM</td>
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<tr>
<td>22</td>
<td>General Support Group (Ready for the Fall) @ the center</td>
<td>1:00 - 2:00 PM</td>
</tr>
<tr>
<td>29</td>
<td>No General Support Group</td>
<td></td>
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**Plans are underway to save money by e-mailing this newsletter to interested readers rather than continuing to send it via U.S. mail. If you’d like to get the newsletter via e-mail, please send Janie Peachee, Administrative Assistant, your e-mail address. You can reach Janie at jpeachee@reachcils.org. Thank You!**

**Deadlines for Future REACHing Out Newsletters**

- July 10th: September - November 2018 edition
- January 8, 2019: March - May 2019 edition

**The REACH Resource Centers on Independent Living are Fragrance Free facilities! Please do not wear scented products when visiting the centers or participating in any of our services or activities. Thank you!**

**The REACH Resource Centers on Independent Living are members of the Texas Association of Centers for Independent Living, the National Council on Independent Living, and the Coalition of Texans with Disabilities.**

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**REACHing Out - June - August 2018**
Welcome Readers to the "THE INITIATIVE!"

Workplace Health & Safety

Business policies and procedures should provide clarity to employees and management when dealing with accountability concerns or activities that are important to the company. Health and safety is a concern for employees because it protects the well-being of the company, employees, customers, and visitors.

In addition to the protection of all stakeholders, Health and Safety in the workplace is the law. Federal law entitles you to have a workplace that is free of known health and safety hazards. There are three Department of Labor (DOL) entities that are responsible for the administration and enforcement of the laws legislated to protect the safety and health of American workers - the Occupational Safety & Health Administration, Mine Safety & Health Administration, and The Fair Labor Standards Act.

A safe and healthy work environment encourages employees at all levels to work together and communicate on following the safety standards. An effective safety program encourages employees to report unsafe situations and encourage safe practices in the workplace. Here are some basic tips to assist in having a healthy and safe workplace.

**Keep every corner clean, organized and clutter free** (ensure nothing is in the way that could cause injury); **Keep a correct posture** (to avoid back pain); **Take regular breaks** (keeps you fresh and focused on task); **Never take shortcuts on procedures** (leads to injuries and not worth the small amount of time saved); **Keep emergency exits clear** (might delay or stop exiting from an urgent situation); **Reduce workplace stress** (promotes a healthy lifestyle and creates a stress-free environment in the workplace); **Stay hydrated** (drink more water or juices at frequent intervals help replace fluids lost from working); **Report Unsafe Environment** (supervisor needs to be informed about any workplace safety hazards or risks).

A workplace culture that promotes health and safety creates a productive environment for employees and management. Employees enjoy coming to work and accept the responsibility as a stakeholder of the company. Remember…take The Initiative!

Reference/ Sources & Citations:


FROM THE DIRECTOR'S DESK

A Good Year
Fiscal Year 2017 (October 1, 2016 – September 30, 2017) was another productive year for the REACH Resource Centers on Independent Living. Employees handled more than 10,000 requests for information & referral assistance, spent more than 7,500 hours conducting outreach & community education activities, assisted 866 consumers work on achieving their independent living goals, supported 41 nursing home residents transition into community living, offered more than 1,200 independent living skills training sessions on a variety of topics, coordinated the construction of 75 ramps and the installation of 53 bathroom grab bars and 124 handrails at the homes of low income consumers with mobility impairments, provided peer support on 670 occasions, helped 9 job seeking consumers secure employment, held regularly scheduled Adjustment to Disability/Independence & Beyond training sessions at the Fort Worth and Dallas centers with 22 consumers participating, loaned various durable medical equipment and/or assistive technology devices on more than 100 occasions, presented training and offered technical assistance on 99 occasions to businesses attempting to comply with the provisions of the Americans with Disabilities Act, assisted consumers on more than 1,000 occasions tackle various advocacy issues, hosted summer camp sessions for transitioning youth with disabilities at the Fort Worth, Dallas and Denton centers, conducted disability awareness/sensitivity training on a weekly basis with Dallas Area Rapid Transit fixed route drivers and concierge staff, hosted a visit by a group of Japanese independent living advocates at the Plano center, received a $102,000 grant from the City of Fort Worth for the Fort Worth center’s Project Ramp program, generated almost $32,000 in program income under fee-for-service contracts with other entities, published and distributed approximately 2,600 copies of each quarterly edition of this newsletter, maintained a assistive technology demonstration lab at the Dallas center in collaboration with the Texas Technology Access Program at the University of Texas at Austin, and received $31,954 in funding for Project Ramp from the RL Mace Universal Design Institute.

Welcome & Goodbye
Shawnett Viani joined the REACH team on March 1 as the Records Manager in Plano and Lucy Chiang assumed the position of Community Living/Relocation Specialist in Plano on May 1. Long time employees Cynthia Rogers, Plano’s Office Manager, retired on January 31 and James Moore, Dallas’ Office Clerk, retired on March 31. Long time facilitator of the Dallas center’s Independence & Beyond (formerly Adjustment to Disability) group training sessions, Tom Schenck, retired in December. Denitrea Vaughn, PsyD, LPC, is now facilitating these twice monthly group sessions at the Dallas center.

Ms. Wheelchair Texas Ambassador
Shawnett competed in the 2018 Ms. Wheelchair Texas competition that was held in Houston on March 25. She was named Ms. Congeniality during the ceremony and received $31,954 in funding for Project Ramp from the RL Mace Universal Design Institute.

News Flash
The Fort Worth Transportation Authority has a new name: Trinity Metro. The name change is part of a master plan to expand more services throughout Tarrant County.

Have a pleasant summer. Charlotte Stewart
Independent Living Services for Older Individuals Who are Blind

Vision loss happens frequently as we age and can affect the independent living of older individuals. In order to help individuals who are older regain their confidence and live independently, REACH of Denton and representatives with the Texas Workforce Commission are working together to provide in-home training and services through the Independent Living Services for Older Individuals Who are Blind (ILS-OIB) program.

Services may include:
- Training techniques (meal preparation, identifying medications, dialing a telephone, tips for cleaning, organizing your pantry, etc.)
- Adaptive items (large print calendars, talking clocks, magnifying lenses, etc.)
- Counseling and evaluations (for Diabetes Education management, Orientation and Mobility training, etc.)
- Information and referral (assistance with applications to low vision and community programs such as Books on Tape, Meals on Wheels, etc.)

The following eligibility criteria must be met to receive services through the ILS-OIB program:
- The individual is 55 years of age or older and lives in Denton County.
- The individual has a visual impairment that is a substantial limitation to living independently.
- The delivery of ILS-OIB services will improve the individual’s ability to function, continue functioning or move forward functioning independently.

For more information, please contact Missy Dickenson, Assistant Director at REACH of Denton, (940) 383-1062.

A special thank you to Hearts for Home for inserting REACH information in their info packets distributed to seniors

The mission of Hearts for Homes is to improve the living conditions of low income senior homeowners living in Denton County. Hearts for Homes is a nonprofit Christian outreach program that provides hope and dignity through home rehabilitation that affords low income seniors, ages 60 and older, a safe, comfortable, and well-functioning home.

For more information on the Hearts for Home program, call 940-891-0947.
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 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 to REACH for a percentage of the total of its supporters’ purchases.

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

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 ($210,944) from HHS; REACH of Fort Worth receives 100% of its funding ($250,000) from HHSC; REACH of Dallas receives 94% of its funding ($406,895) from HHS and 6% ($24,559) from HHSC; and REACH of Plano receives 100% of its funding ($250,000) from HHSC.

JUST A REMINDER

PROJECT RAMP - Fort Worth

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

The REACH of Fort Worth Resource Center on Independent Living offers accessible home modifications for low income individuals with mobility impairments who live in the City of Fort Worth. If you meet the following guidelines, you may be eligible for assistance in making these accessibility modifications.

You must be a person with a mobility impairment.
You can be any age.
You must be a homeowner, live with the homeowner or have a letter from the landlord giving permission to make the accessible modifications to the home. (No apartments.)
Must provide proof of total household income and must meet federal guidelines for low-income households. (You must provide a copy of income verification and a Social Security number from each family member living in the household who is 18+ years of age.)
Your property taxes must be current

*FUNDS WILL BE USED ON A FIRST REQUESTED, FIRST SERVED BASIS*

If you need more information about this program, please call Alma Hernandez, Project Ramp Coordinator, at 817-870-9082

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