March, April & May 2015 Vol. XVIII. No. 2 Editor: Becky S. Teal

Book Signing Fund Raiser with the Author of Thriving Through It—How They Do It

Joyce Ann Tepley
April 9th at REACH of Dallas
11:00AM-1:00PM

Tepley’s book compiles interviews of 20 individuals from all walks of life and their journeys overcoming obstacles ranging from spinal injuries to post-polio syndrome. The book not only explores the stories, but also personality traits, important relationships and life philosophies of the individuals featured. REACH’s Executive Director is one of the individuals interviewed in the book.

“People who thrive have particular characteristics, beliefs and support,” Tepley says. “Beyond an external support system, the most prevalent quality each interviewee said they possessed was self-determination.”

Based on Tepley’s research during a fellowship program sponsored by the American Hospital Association, her book provides an in-depth look at struggle in order to inspire and motivate others.

“No one escapes from adversity,” Tepley says. “We are all wounded in some way. It’s how we deal with physical and emotional health issues that make us wither or flourish.”

This special event is a fund raiser benefiting REACH. $5.00 from the sale of each book ($10.00 + $.84 tax) will be donated to REACH. Credit cards, checks and cash are accepted.

If you cannot join us in person on April 9th, Tepley can send you a signed copy of her book with the added price of $2.92 for postage. You can contact Tepley at info@thrivelivingcommunity.com or 214-350-5033. Mention you heard about the book through REACH. Tepley will extend this fund raising event through the end of the month.

March, April & May 2015
Vol. XVIII. No. 2
Editor: Becky S. Teal

Book Signing Fund Raiser with the Author of Thriving Through It—How They Do It

Joyce Ann Tepley
April 9th at REACH of Dallas
11:00AM-1:00PM

Tepley’s book compiles interviews of 20 individuals from all walks of life and their journeys overcoming obstacles ranging from spinal injuries to post-polio syndrome. The book not only explores the stories, but also personality traits, important relationships and life philosophies of the individuals featured. REACH’s Executive Director is one of the individuals interviewed in the book.

“People who thrive have particular characteristics, beliefs and support,” Tepley says. “Beyond an external support system, the most prevalent quality each interviewee said they possessed was self-determination.”

Based on Tepley’s research during a fellowship program sponsored by the American Hospital Association, her book provides an in-depth look at struggle in order to inspire and motivate others.

“No one escapes from adversity,” Tepley says. “We are all wounded in some way. It’s how we deal with physical and emotional health issues that make us wither or flourish.”

This special event is a fund raiser benefiting REACH. $5.00 from the sale of each book ($10.00 + $.84 tax) will be donated to REACH. Credit cards, checks and cash are accepted.

If you cannot join us in person on April 9th, Tepley can send you a signed copy of her book with the added price of $2.92 for postage. You can contact Tepley at info@thrivelivingcommunity.com or 214-350-5033. Mention you heard about the book through REACH. Tepley will extend this fund raising event through the end of the month.

March, April & May 2015
Vol. XVIII. No. 2
Editor: Becky S. Teal

Book Signing Fund Raiser with the Author of Thriving Through It—How They Do It

Joyce Ann Tepley
April 9th at REACH of Dallas
11:00AM-1:00PM

Tepley’s book compiles interviews of 20 individuals from all walks of life and their journeys overcoming obstacles ranging from spinal injuries to post-polio syndrome. The book not only explores the stories, but also personality traits, important relationships and life philosophies of the individuals featured. REACH’s Executive Director is one of the individuals interviewed in the book.

“People who thrive have particular characteristics, beliefs and support,” Tepley says. “Beyond an external support system, the most prevalent quality each interviewee said they possessed was self-determination.”

Based on Tepley’s research during a fellowship program sponsored by the American Hospital Association, her book provides an in-depth look at struggle in order to inspire and motivate others.

“No one escapes from adversity,” Tepley says. “We are all wounded in some way. It’s how we deal with physical and emotional health issues that make us wither or flourish.”

This special event is a fund raiser benefiting REACH. $5.00 from the sale of each book ($10.00 + $.84 tax) will be donated to REACH. Credit cards, checks and cash are accepted.

If you cannot join us in person on April 9th, Tepley can send you a signed copy of her book with the added price of $2.92 for postage. You can contact Tepley at info@thrivelivingcommunity.com or 214-350-5033. Mention you heard about the book through REACH. Tepley will extend this fund raising event through the end of the month.

March, April & May 2015
Vol. XVIII. No. 2
Editor: Becky S. Teal

Book Signing Fund Raiser with the Author of Thriving Through It—How They Do It

Joyce Ann Tepley
April 9th at REACH of Dallas
11:00AM-1:00PM

Tepley’s book compiles interviews of 20 individuals from all walks of life and their journeys overcoming obstacles ranging from spinal injuries to post-polio syndrome. The book not only explores the stories, but also personality traits, important relationships and life philosophies of the individuals featured. REACH’s Executive Director is one of the individuals interviewed in the book.

“People who thrive have particular characteristics, beliefs and support,” Tepley says. “Beyond an external support system, the most prevalent quality each interviewee said they possessed was self-determination.”

Based on Tepley’s research during a fellowship program sponsored by the American Hospital Association, her book provides an in-depth look at struggle in order to inspire and motivate others.

“No one escapes from adversity,” Tepley says. “We are all wounded in some way. It’s how we deal with physical and emotional health issues that make us wither or flourish.”

This special event is a fund raiser benefiting REACH. $5.00 from the sale of each book ($10.00 + $.84 tax) will be donated to REACH. Credit cards, checks and cash are accepted.

If you cannot join us in person on April 9th, Tepley can send you a signed copy of her book with the added price of $2.92 for postage. You can contact Tepley at info@thrivelivingcommunity.com or 214-350-5033. Mention you heard about the book through REACH. Tepley will extend this fund raising event through the end of the month.
CALANDAR OF EVENTS

817-870-9082

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

March 2015
4 Adjustment to Disability Training @ the center 10:00-11:00 AM
5 On the Border Restaurant, 4411 Bryant Irvin Road. www.ontheborder.com Lunch is on your own from 1:00-2:15 PM.
11 Adjustment to Disability Training @ the center 10:00-11:00 AM
12 Staff will be off for Spring Break - You may coordinate to meet as a group. Plant a flower - Today is National Flower Day!
18 Adjustment to Disability Training @ the center 10:00-11:00 AM
19 Movie Day @ the center Refreshments will be provided. 1:00 - 3:00 PM
25 Adjustment to Disability Training @ the center 10:00-11:00 AM
26 National Spinach Day - Let’s order Spinach Pizza @ the center 1:00 - 3:00 PM
28 African American Health Fair - 6901 Wichita Street, Forest Hill, Texas 9:00 AM - 2:00 PM

April 2015
1 Adjustment to Disability Training @ the center 10:00-11:00 AM
2 Office Closed (Good Friday)
3 West 7th Street Movie Tavern, 2872 Crockett Street. (Please call on 4/1 for movie & time information)
6 Cooking Matters @ the center 2:00 PM
8 Adjustment to Disability Training @ the center 10:00-11:00 AM
9 Fort Worth Zoo, 1989 Colonial Parkway - www.fortworthzoo.org (Cost is $13.00 for adults and $6.00 for parking. Feel free to bring a sack lunch or you may purchase lunch at the zoo.)
15 Adjustment to Disability Training @ the center 10:00-11:00 AM
15 Cooking Matters @ the center 2:00-4:00 PM, Please pre-register prior to class starting.
16 Game Day @ center 1:00-3:00 PM
22 Adjustment to Disability Training @ the center 10:00-11:00 AM
22 Cooking Matters @ the center 2:00-4:00 PM, Please register prior to class starting.
23 Craft Day @ center 1:00-3:00 PM
26 FWISD Health Fair, Resource Connection Building # 2300 8:00 AM
26 Craft Day @ center 1:00-3:00 PM
29 Cooking Matters @ the center 2:00-4:00 PM, Please pre-register prior to class starting.
30 Movie Day @ the center Refreshments will be provided. 1:00 - 3:00 PM

May 2015
6 Adjustment to Disability Training @ the center 10:00-11:00 AM
6 Cooking Matters @ the center 2:00-4:00 PM, Please pre-register prior to class starting.
7 Stockyard Museum and lunch, 131 E. Exchange # 113, please bring a friend. Cost is $2.00 and you will need extra money for lunch. 13:30 - 3:00 PM
13 Adjustment to Disability Training @ the center 10:00-11:00 AM
13 Cooking Matters @ the center 2:00-4:00 PM, Please pre-register prior to class starting. (THE IRON CHEF COOK-OFF!!)
14 Rockfish Seafood and Grill, 3050 S. Hulen Street, Bring friends and family. . . . 1:00 - 3:00 PM
20 Adjustment to Disability Training @ the center 10:00-11:00 AM
21 Movie Day @ the center 1:00-3:00 PM
25 Office Closed (Memorial Day)
27 Adjustment to Disability Training @ the center 10:00-11:00 AM
28 Game Day & Hot Dogs @ the center 1:00-3:00 PM

The above scheduled events are subject to change or cancellation.

Please schedule your ride times based on the time of the scheduled events, staff will only be present during the scheduled times.

Mayfest
April 30, 2015 - May 3, 2015
www.mayfest.org for details and prices

Staff will not participate in this activity.

WEB WORLD

 Assistive Technology News

Have you heard about the Liftware a self-stabilizing device that connects to a spoon or fork attachment. Sensors in the base detect shaking movements due to disabilities such as Parkinson’s or cerebral palsy and compensates with motor-driven counter movements that dampen vibrations by 75%. Liftware recharges on a base like an electric toothbrush. http://store.liftlabsdesign.com/
collections/all.

Maltron single or one hand keyboards have been developed to meet the needs of those who need to type with one hand. The shape of the keyboard matches natural hand movement and the key arrangement minimizes finger movement, raising speed. http://maltron.com/component/k2/item/464-
one-hand-keyboards.

Half Keyboard for Win/Mac (PS/2). Convenient for people who use a mouse frequently and essential for people with the use of only one hand, the Half Keyboard for Windows and Mac computers allows you to perform all mousing functions with one hand. You type with one hand just like you would on a normal keyboard except the spacebar works like a shift key. Holding it down gets you the letters of the missing half of the keyboard. Hitting the spacer alone still types a space. https://www.enablemart.com/half-keyboard-for-pc-or-mac-ps-2.

Capti Narrator v1.0 for Mac and Windows that works with the Firefox browser (other browsers coming soon). Capti Narrator is a productivity tool for listening to digital content such as news, blogs, DRM-free e-books, and documents from the Web, Bookshare, Gutenberg Books, Google Drive, Dropbox, OneDrive, Pocket, and Instapaper. Capti is great for people with print and learning disabilities. Capti works on iPhones, iPads, Mac, and Windows. You can download the software and use it for FREE: www.captivoice.com. Capti Narrator does have some optional premium voices and services that you can try for free for a limited time. If you like Capti, Charmtech Labs invites you to the beta testing program that will enable you to use all premium features free of charge.

FYI - The REACH of Fort Worth Youth Summer Camp session will start on 6/22/2015.

WEB WORLD

 Assistive Technology

Have you heard about the Liftware a self-stabilizing device that connects to a spoon or fork attachment. Sensors in the base detect shaking movements due to disabilities such as Parkinson’s or cerebral palsy and compensates with motor-driven counter movements that dampen vibrations by 75%. Liftware recharges on a base like an electric toothbrush. http://store.liftlabsdesign.com/
collections/all.

Maltron single or one hand keyboards have been developed to meet the needs of those who need to type with one hand. The shape of the keyboard matches natural hand movement and the key arrangement minimizes finger movement, raising speed. http://maltron.com/component/k2/item/464-
one-hand-keyboards.

Half Keyboard for Win/Mac (PS/2). Convenient for people who use a mouse frequently and essential for people with the use of only one hand, the Half Keyboard for Windows and Mac computers allows you to perform all mousing functions with one hand. You type with one hand just like you would on a normal keyboard except the spacebar works like a shift key. Holding it down gets you the letters of the missing half of the keyboard. Hitting the spacer alone still types a space. https://www.enablemart.com/half-keyboard-for-pc-or-mac-ps-2.

Capti Narrator v1.0 for Mac and Windows that works with the Firefox browser (other browsers coming soon). Capti Narrator is a productivity tool for listening to digital content such as news, blogs, DRM-free e-books, and documents from the Web, Bookshare, Gutenberg Books, Google Drive, Dropbox, OneDrive, Pocket, and Instapaper. Capti is great for people with print and learning disabilities. Capti works on iPhones, iPads, Mac, and Windows. You can download the software and use it for FREE: www.captivoice.com. Capti Narrator does have some optional premium voices and services that you can try for free for a limited time. If you like Capti, Charmtech Labs invites you to the beta testing program that will enable you to use all premium features free of charge.

FYI - The REACH of Fort Worth Youth Summer Camp session will start on 6/22/2015.

WEB WORLD

 Assistive Technology

Have you heard about the Liftware a self-stabilizing device that connects to a spoon or fork attachment. Sensors in the base detect shaking movements due to disabilities such as Parkinson’s or cerebral palsy and compensates with motor-driven counter movements that dampen vibrations by 75%. Liftware recharges on a base like an electric toothbrush. http://store.liftlabsdesign.com/
collections/all.

Maltron single or one hand keyboards have been developed to meet the needs of those who need to type with one hand. The shape of the keyboard matches natural hand movement and the key arrangement minimizes finger movement, raising speed. http://maltron.com/component/k2/item/464-
one-hand-keyboards.

Half Keyboard for Win/Mac (PS/2). Convenient for people who use a mouse frequently and essential for people with the use of only one hand, the Half Keyboard for Windows and Mac computers allows you to perform all mousing functions with one hand. You type with one hand just like you would on a normal keyboard except the spacebar works like a shift key. Holding it down gets you the letters of the missing half of the keyboard. Hitting the spacer alone still types a space. https://www.enablemart.com/half-keyboard-for-pc-or-mac-ps-2.

Capti Narrator v1.0 for Mac and Windows that works with the Firefox browser (other browsers coming soon). Capti Narrator is a productivity tool for listening to digital content such as news, blogs, DRM-free e-books, and documents from the Web, Bookshare, Gutenberg Books, Google Drive, Dropbox, OneDrive, Pocket, and Instapaper. Capti is great for people with print and learning disabilities. Capti works on iPhones, iPads, Mac, and Windows. You can download the software and use it for FREE: www.captivoice.com. Capti Narrator does have some optional premium voices and services that you can try for free for a limited time. If you like Capti, Charmtech Labs invites you to the beta testing program that will enable you to use all premium features free of charge.

FYI - The REACH of Fort Worth Youth Summer Camp session will start on 6/22/2015.
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 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 Amira Z. Salas, Project Ramp Coordinator, at 817-870-9082.

---

**YOUR MONEY. YOU EARNED IT. NOW CLAIM IT!**

As Much As $6,143 or More — Could Be Waiting For You

You could qualify!

Did you work in 2014? You may be eligible for the Earned Income Credit — even if you don’t owe income tax.

If you worked in 2014:
- Did you have one child living with you? Did you earn less than $33,780? You can get an EIC up to $3,205.
- Did you have two children living with you? Did you earn less than $43,750? You can get an EIC up to $4,660.
- Did you have 3 or more children living with you? Did you earn less than $46,997? You can get an EIC up to $6,143.
- If you had no children living with you, did you earn less than $14,500 in 2014? You can get an EIC up to $496.

You could get a CTC refund too!

Many families that earned more than $3,000 may qualify for the Child Tax Credit (CTC) refund — up to $1,000 for each qualifying child under age 17.

File a Federal Tax Return to get the EIC and CTC: Get Free Help!!

- VITA — Volunteer Income Tax Assistance — helps people fill out returns for free.
- For a site near you, call 1-800-909-9187.

Ask About New Health Insurance Coverage!

- For more info, visit www.healthcare.gov.

---

**CALENDAR OF EVENTS**

**March 2015**

3 Adjustment to Disability Training - In a group setting discuss how to resolve or improve situations including, but not limited to, self esteem, family issues, anxiety, medical stress, depression, boundaries and goal setting. @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.

5 Diabetes Awareness Workshop #1 — Sheneequa Robertson, Mission Delivery, Education & Programs Manager with the American Diabetes Association. We will cover subjects such as: Can I prevent Diabetes? What type Diabetes do I have? What is the difference? Can I prevent serious health complications? What should I eat? What are GOOD carbs? How does exercise affect blood sugar? Which medicine should I take? Blood glucose levels & what they mean. What is the link between Diabetes, Heart Disease, Stress, Depression and Stroke? @ the center 1:00 - 2:30 PM. Preregister with Janie Peaches.

10 Computer Registration—Basics of computers, Microsoft Office Suite and Internet Security to better protect yourself from internet threats. @ the Center 1:00 - 3:00 PM. Preregister with Harvey Spears.

11 Selecting an Attendant - Session #1 - Sandra Hart, owner of Hart Referrals, LLC. It is important that you decide what you need in an attendant. Make a list of what your expectations are in selecting an attendant. What hours you need for this person to work to meet your needs. What duties do you need for the attendant to perform to enhance your life? This session is about selecting and keeping an attendant. @ the center 11:00 AM - 1:00 PM. Preregister with Harvey or Mavis.

17 Adjustment to Disability Training @ the center 1:30 - 3:00 PM. Preregister with Kiowanda Jasso.

18 Advocacy & Peer Support Awareness Get Together. There will be food, games and refreshments at this event. So come out and join us as we talk about advocacy issues and peer support within the Dallas area. Enjoy the comradeship of those within the community as we make this a year to remember for all of us! @ the center 11:00 AM - 2:00 PM. Preregister with Harvey Spears.

---

**April 2015**

2 Diabetes Awareness Workshop #2 @ the center 1:00 - 2:30 PM. Preregister with Janie Peaches.

3 Office Closed (Good Friday)

7 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.

8 Selecting and Keeping a Personal Care Attendant - Session #2. Learn how to deal with daily issues. You must deal with problems immediately. Learn the skills you need to communicate your feelings effectively and let the caregiver know when you are not pleased. @ the center 11:00 AM - 1:00 PM. Preregister with Harvey Spears or Mavis Ravin.

14 Computer Registration @ the Center 1:00 - 3:00 PM. Preregister with Harvey Spears.

21 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.

---

**May 2015**

5 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.

7 Diabetes Awareness Workshop #3 @ the center 1:00 - 2:30 PM. Preregister with Janie Peaches.

12 Computer Registration @ the Center 1:00 - 3:00 PM. Preregister with Harvey Spears.

13 Issues regarding Terminating a Personal Care Attendant - Session #3. Learn how to terminate PCA services. Do you tell the person first or do you call the Home Health Care Company and speak with your service coordinator? Do you call the Managed Care Company to change Home Health Care Companies? @ the center 11:00 AM - 1:00 PM. Preregister with Harvey Spears or Mavis Ravin.

19 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso.

25 Office Closed (Memorial Day)
March 2015
4 General Support Group @ the center 1:00-2:00 PM
11 General Support Group @ the center 1:00-2:00 PM
18 General Support Group @ the center 1:00-2:00 PM
25 General Support Group @ the center 1:00-2:00 PM

April 2015
1 General Support Group @ the center 1:00-2:00 PM
3 Office Closed (Good Friday)
8 General Support Group @ the center 1:00-2:00 PM
15 General Support Group @ the center 1:00-2:00 PM
22 Crafts Day @ the center 1:00-2:00 PM

May 2015
6 General Support Group @ the center 1:00-2:00 PM
13 General Support Group @ the center 1:00-2:00 PM
20 Music on the Square 12:00PM-1:00 PM
25 Office Closed (Memorial Day)
27 General Support Group @ the center 1:00PM-2:00 PM

A-Train trip coming!!!!!

REACH of Denton will be offering Increasing Your Independence workshops throughout 2015. Contact the center for dates and times. You must preregister with Becky Teal, Office Manager, if you want to attend any of the workshops.

CALLER OF EVENTS 940-383-1062

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

Congress passes ABLE ACT: Major Victory for People with Disabilities and Their Families.

For first time in nation's history, federal government recognizes added costs associated to living with a disability.

(Washington, D.C. - Dec. 17, 2014) - Last night, the U.S. Senate overwhelmingly passed the Achieving a Better Life Experience (ABLE) Act of 2014 by a vote of 76 to 16. First introduced in 2006, and subsequent sessions of Congress, the ABLE Act will allow people with disabilities (with an age of onset up to 26 years old) and their families the opportunity to create a tax-exempt savings account that can be used for maintaining health, independence and quality of life.

"Today marks a new day in our country's understanding and support of people with disabilities and their families," Michael Morris, National Disability Institute (NDI) Executive Director, said. "A major victory for the disability community, ABLE, for the very first time in our country's policy on disability, recognizes that there are added costs to living with a disability." He continued. "For far too long, federally imposed asset limits to remain eligible for critical public benefits have served as a roadblock toward greater financial independence for the millions of individuals living with a disability."

NDI has long championed the ABLE Act as a critical strategy to providing a pathway to a better economic future for all people with disabilities. As the nation's first nonprofit dedicated to improving the financial health and future of all people with disabilities, the organization has extensively documented and called attention to the daily reality and extra expenses associated with living with a disability, and the challenges of navigating the complex web of government rules to maintain public benefits eligibility.

In recognition of this unprecedented legislation, NDI has created a list of 10 items about ABLE accounts that individuals with disabilities and their families should know.

Visit: www.realeconomicimpact.org/newsletters/wash_insider_Dec_2014
March 2015
Plano ISD students will be visiting Layala Farm to learn all about the milking process. For more information contact Sierrah Winbush.

April 2015
3 Office Closed (Good Friday)
7 SOAR - The students will present aWalkInMyShoes first annual presentation and the theme is “If Walls Could Talk.” Please join us from 10:30am-11:30am. For more information contact Sierrah Winbush.

May 2015
25 Office Closed (Memorial Day)
SOAR (Students Overcoming, Reaching and Achieving) S.O.A.R Youth have launched a new campaign project called aWalkInMyShoes. This campaign is taking a stand on bullying against youth with disabilities. This campaign will raise awareness in the community through workshops, special events and pledge cards that will bring awareness to this issue. The Students are Taking A Stand on Bullying!

SOAR Youth is on Twitter and Facebook now so please check out what we are doing: Twitter @ ReachSoar and Like our Facebook page REACH of Plano and SOAR Youth Leaders.

Congratulations to REACH of Plano SOAR Youth Leaders on a successful Giving Thanks: Luncheon Event on December 11th. The Youth did an awesome job with their lighting of the giving tree and for all of their hard work and motivation in giving back During the season.

Call Julie Espinoza to schedule individualized independent living skills trainings classes, assistive technology demonstrations and/or Get FIT Texas personal workout/diet sessions.

ADA Legacy Bus Tour - Thanks for stopping by our office in Plano after leaving the BIG TEXAS ADA 25 Celebration in Austin, Texas on March 1st-3rd. Photos were taken and we all celebrated 25 years of the ADA. See link for photos: http://www.adalegacy.com/ada25/ada-legacy-tour.

Nexus Generations - Thank you for offering Collin County residents parenting classes at the center and helping parents with disabilities build nurturing homes. We are the newest site to help families receive these services. To enroll, check the Nexus Generations website: http://www.nexusrecovery.org/nexus-generations.html.

A Warm Thank You for all the services this winter!

Ed Roberts Day of Activism - January 23rd - Thank you to all of our consumers who celebrated by taking action to improve life for others through advocacy - the key to continued future successes!

Thanks to the Texas State Independent Living Council and the Texas Department of Transportation for hosting a Transportation Town Hall meeting at our office for consumers, transportation authority representatives and family members to share insights into future transportation needs that need to be addressed for rural Collin County residents.

The Graduates of our 12-week Health & Fitness series learned to transition health skills into health habits for life. May you pave the way for continued improvements for yourselves and the fitness community in acquiring accessible gym equipment, hiring knowledgeable Disability trained fitness instructors, and stores offering affordable healthy foods!

**Topics Include:**
* Cooking skills and chef secrets
* Practical nutrition
* Food budgeting and shopping smart
* Kitchen safety basics

Participants receive a bag of groceries each week, a workbook, and 65 healthy delicious recipes the whole family will enjoy... all for FREE!

**Dates:** April 8 - May 13
**Time:** Wednesdays 2:00-4:00 pm
**Location:** REACH Inc.
1000 Macon Street, Suite 200
Forth Worth, Texas 76102

To Register for class:
Miaka Palmer 817-870-9082
FROM THE DIRECTOR’S DESK
By Charlotte A. Stewart

ADA Celebration

REACH is planning an event in July to celebrate the 25th anniversary of the passage of the Americans with Disabilities Act. Check the REACH website and the next edition of this newsletter for details about this special event.

FYI

Power to Move (P2M) is a nonprofit organization based in Allen, Texas with the mission of promoting physical fitness among people with disabilities to increase their physical, emotional and spiritual well-being. For more information about P2M’s Wingman Racing Program, Adaptive Sports Equipment Grants, and Power Rides visit www.poweredтомове.org or call 214-906-7646.

Fiscal Year 2014 Figures

REACH’s most recent fiscal year began on 10/1/13 and ended on 9/30/14. During the fiscal year, 898 consumers requested assistance from staff in meeting their independent living goals; 272 consumers’ service records were closed with goals achieved. Age: 43% of the consumers assisted were 25-59 years old, 38% were 60+, 11% were 20-24, and 8% were younger than 19.

Sex: 59% of the consumers assisted were females and 41% were men.

Race & Ethnicity: 49% of the consumers assisted were White, 34% Black or African American, 9% Hispanic/Latino, and 8% were American Indian or Alaska Native, Asian, Native Hawaiian or Other Pacific Islander, or of two or more races.

Disability: 34% of the consumers assisted had physical disabilities, 36% had multiple disabilities, 15% had cognitive disabilities, 7% had mental/emotional disabilities, 5% had vision disabilities, and less than 3% had hearing or other disabilities.

Counties in which consumers lived: Collin 157, Cooke 1, Dallas 326, Denton 94, Grayson 2, Hood 1, Hunt 1, Johnson 4, Parker 1, Rockwall 5, Tarrant 305, and Wise 1.

Employees handled 17,814 requests for Information & Referral assistance during the fiscal year. The services consumers most frequently requested and received were individual advocacy assistance (835 instances provided), independent living skills training (1,554 instances provided), and peer counseling/peer support (595 instances provided).

Fiscal Year 2014 Figures

REACH is planning an event in July to celebrate the 25th anniversary of the passage of the Americans with Disabilities Act. Check the REACH website and the next edition of this newsletter for details about this special event.

FYI

Power to Move (P2M) is a nonprofit organization based in Allen, Texas with the mission of promoting physical fitness among people with disabilities to increase their physical, emotional and spiritual well-being. For more information about P2M’s Wingman Racing Program, Adaptive Sports Equipment Grants, and Power Rides visit www.poweredtomove.org or call 214-906-7646.

Fiscal Year 2014 Figures

REACH’s most recent fiscal year began on 10/1/13 and ended on 9/30/14. During the fiscal year, 898 consumers requested assistance from staff in meeting their independent living goals; 272 consumers’ service records were closed with goals achieved. Age: 43% of the consumers assisted were 25-59 years old, 38% were 60+, 11% were 20-24, and 8% were younger than 19.

Sex: 59% of the consumers assisted were females and 41% were men.

Race & Ethnicity: 49% of the consumers assisted were White, 34% Black or African American, 9% Hispanic/Latino, and 8% were American Indian or Alaska Native, Asian, Native Hawaiian or Other Pacific Islander, or of two or more races.

Disability: 34% of the consumers assisted had physical disabilities, 36% had multiple disabilities, 15% had cognitive disabilities, 7% had mental/emotional disabilities, 5% had vision disabilities, and less than 3% had hearing or other disabilities.

Counties in which consumers lived: Collin 157, Cooke 1, Dallas 326, Denton 94, Grayson 2, Hood 1, Hunt 1, Johnson 4, Parker 1, Rockwall 5, Tarrant 305, and Wise 1.

Employees handled 17,814 requests for Information & Referral assistance during the fiscal year. The services consumers most frequently requested and received were individual advocacy assistance (835 instances provided), independent living skills training (1,554 instances provided), and peer counseling/peer support (595 instances provided).

Enjoy Spring! Charlotte Stewart

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.
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

Words to Live by!!!

Some people create their own storms, then get upset when it rains.
Author Unknown

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
- Urinary Supplies
- Seat Lift Chairs

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

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!

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 2,000+ readers living primarily in Tarrant, Dallas, Denton & Collin Counties and is available online at www.reachcils.org.

<table>
<thead>
<tr>
<th>BUSINESS &amp; PROFESSIONAL AD SIZES</th>
<th>ONE TIME ADS</th>
<th>YEAR ADS</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Business Card (2” x 3.5”)</td>
<td>$ 25.00</td>
<td>$ 90.00</td>
</tr>
<tr>
<td>___ 1/8 Page (4.25” x 2.75”)</td>
<td>50.00</td>
<td>190.00</td>
</tr>
<tr>
<td>___ 1/4 Page (4.25” x 5.5”)</td>
<td>65.00</td>
<td>250.00</td>
</tr>
<tr>
<td>___ 1/2 Page (8.5” x 5.5”)</td>
<td>100.00</td>
<td>375.00</td>
</tr>
<tr>
<td>___ Full Page (8.5” x 11”)</td>
<td>200.00</td>
<td>775.00</td>
</tr>
</tbody>
</table>

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.
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.

Deadlines for Future REACHing Out Newsletters

April 6, 2015 June - August 2015 Edition
July 8, 2015 September - November 2015 Edition
October 5, 2015 December 2015 - February 2016 Edition

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 state 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 ($218,232) from ED; REACH of Fort Worth receives 100% of its funding ($250,000) from DARS; REACH of Dallas receives 95% of its funding ($420,955) from ED and 5% ($24,559) from DARS; and REACH of Plano receives 100% of its funding ($250,000) from DARS.

Get all of the benefits of Medicare and Medicaid - and more!

With Molina Medicare Options Plus HMO SNP you get:

- Preventive and Comprehensive Dental Care
- $50 Monthly Allowance for Over-the-Counter Medications and Supplies
- $0 copay for Eye Exams + $200 Eyewear Allowance
- Transportation to and from Medical and Dental Appointments

Join the Molina family! Call us today. Schedule a personal appointment and find out if you qualify.

(855) 643-2851 (TTY/TDD: 711) You will be directed to a licensed insurance agent, 7 days a week. 8 a.m. – 8 p.m., local time or visit www.molinahealthcare.com/Medicare.

Molina Medicare Options Plus HMO SNP is a Health Plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in Molina Medicare Options Plus depends on contract renewal. This plan is available to anyone who has both Medicare Assistance from the State and Medicare. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formularies, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. This information is available for free in other languages. Please call our customer service number at (800) 665-3086 (TTY/TDD: 711), 7 days a week, 8 a.m. – 8 p.m., local time. Esta información está disponible gratuitamente en otros idiomas. Por favor, comuníquese a nuestro número de teléfono para servicio al cliente al (800) 665-3086 (TTY/TDD: 711). los 7 días de la semana, de 8 a.m. a 8 p.m., hora local. Esta información está disponible en otros formatos, como Braille, en grandes letras, y audio. Esto es un anuncio.

Get FIT Texas is underway in Dallas! Call Janie Peachee for details 214-630-4796.

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!

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 state 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 ($218,232) from ED; REACH of Fort Worth receives 100% of its funding ($250,000) from DARS; REACH of Dallas receives 95% of its funding ($420,955) from ED and 5% ($24,559) from DARS; and REACH of Plano receives 100% of its funding ($250,000) from DARS.