HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

September 2017 - November 2017  Vol. XX No. 4  Editor: Becky S. Teal

REACHing Out is published four times a year in December, March, June, & September at REACH of Dallas, 8625 King George Drive, Suite 210, Dallas, Texas 75235-2275

Calendar of Events-Fort Worth  8
Calendar of Events-Dallas  3
Calendar of Events-Denton  4
Calendar of Events-Plano  5
From The Director’s Desk  6
Newsletter Ad Rates  7
Words to Live By  7
Adaptive Mobility of/SW Ad  7
Caring to Help  8
Just a Reminder  8
Denton Mobile Pantry Moving  9
Cooking Matters/Fort Worth  10
Lift-Aids Ad  11
Fragrance Free Facilities Message  11
E-mailing the Newsletter  11
The Initiative  12
Access North Texas  13
Deadlines for Upcoming Newsletters  13
Disability Action Center Ad  14
Project Ramp/REACH of Fort Worth  16

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

REACH OF DALLAS RESOURCE CENTER ON INDEPENDENT LIVING
8625 KING GEORGE DRIVE, SUITE 210, DALLAS, TEXAS 75235-2275
214-630-0799 , 214-630-6390 FAX
E-MAIL: reachdallas@reachcils.org

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

REACH OF PLANO RESOURCE CENTER ON INDEPENDENT LIVING
720 E. Park Blvd. Suite 104, Plano, Texas 75074-8844
972-308-1111 , 972-308-9440 FAX
E-MAIL: reachplano@reachcils.org

REACH’s website address: www.reachcils.org

Get Up and Give!
https://northtexasgivingday.org/npo/1169-reach-resource-centers-on-independent-living
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

October 2017
3 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
3 Cooking Matters Course @ the center 1:00 - 3:00 PM
5 La Madeleine (4626 SW Loop 820, Fort Worth 76109) 1:00 - 2:30 PM
9 Center Closed (Columbus Day)
11 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
11 Cooking Matters Course @ the center 1:00 - 3:00 PM
12 Main Event (4801 City Lake Blvd., Fort Worth 76132) 1:00 - 3:00 PM
18 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
18 Cooking Matters Course @ the center 1:00 - 3:00 PM
19 Meeting @ the center 1:00 - 3:00 PM
25 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
25 Cooking Matters Course @ the center 1:00 - 3:00 PM
26 Meeting @ the center 1:00 - 3:00 PM

November 2017
1 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
1 Cooking Matters Course @ the center 1:00 - 3:00 PM
2 The Sausage Shoppe (3515 Sycamore School Road, Fort Worth 76133) 1:00 - 2:30 PM
8 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
9 Cooking Matters Course @ the center 1:00 - 3:00 PM
9 Steak n' Shake (5002 Overton Ridge, Fort Worth 76132) 1:00 - 2:30 PM
10 Center Closed (Veterana Day)
15 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
16 Thanksgiving Lunch @ the center 1:00 - 3:00 PM
22 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
23 & 24 Center Closed (Thanksgiving)
29 Adjustment to Disability Training @ the center 10:00 - 11:00 AM
30 Meet @ the center 1:00 - 3:00 PM

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
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.

September 2017
1  Computer Training registration @ the center 1:00 - 2:00 PM Preregister with Harvey Spears
4  Center Closed (Labor Day)
11 Independence & Beyond (formerly named Adjustment to Disability) @ the center 1:30 - 3:00 PM.
In a group setting, discussion topics include self-esteem, family relationships, anxiety, medical stress, depression, boundaries & goal setting. Preregister with Kiowanda
7  Computer Training registration @ the center 1:00 - 2:00 PM Preregister with Harvey Spears
14 North Texas Giving Day!!! https://northtexasgivingday.org/npo/reach-resource-centers-on-independent-living
18 Independence & Beyond @ the center 1:30 - 3:00 PM Preregister with Kiowanda

October 2017
2  Independence & Beyond @ the center 1:30 - 3:00 PM Preregister with Kiowanda
5  Computer Training registration @ the center 1:00 - 2:00 PM Preregister with Harvey Spears
8  Center Closed (Columbus Day)
16 Independence & Beyond @ the center 1:30 - 3:00 PM Preregister with Kiowanda

November 2017
3  Computer Training registration @ the center 1:00 - 2:00 PM Preregister with Harvey Spears
6  Independence & Beyond @ the center 1:30 - 3:00 PM Preregister with Kiowanda
9  Computer Training registration @ the center 1:00 - 2:00 PM Preregister with Harvey Spears
10 Center Closed (Veterans Day)
20 Independence & Beyond @ the center 1:30 - 3:00 PM Preregister with Kiowanda
23 & 24 Center Closed (Thanksgiving)

214-630-4796
CALL for Support Group in September

September 2017
4 Center Closed (Labor Day)
14 North Texas Giving Day!!! REACH of Denton staff will be on the Square 5:00 - 8:00 PM
https://northtexasgivingday.org/npo/reach-resource-centers-on-independent-living

October 2017
4 General Support Group (It's that Time of Year!) @ the center 1:00-2:00 PM
9 Center Closed (Columbus Day)
11 General Support Group (Autumn Leaves) @ the center 1:00-2:00 PM
18 General Support Group (Taste of REACH) @ the center 1:00-2:00 PM
25 General Support Group (Trick or What?) @ the center 1:00-2:00 PM

November 2017
1 General Support Group (Saving on Groceries) @ the center 1:00-2:00 PM
8 General Support Group (This is too Old) @ the center 1:00-2:00 PM
9 Center Closed (Veterans' Day)
15 General Support Group (Get READY for Turkey Day) @ the center 1:00-2:00 PM
22 No Support Group
23 & 24 Center Closed (Thanksgiving)
29 No Support Group

Deadline for Future REACHing Out Newsletters
October 10th - 2017 December - February 2017-2018
January 9th - March - May 2018
April 10th - June - August 2018
July 10th - September - November 2018
Welcome Readers to the “THE INITIATIVE”!

Workplace Communication

Saying hello or smiling is a good way to start communicating in the workplace. The ability to communicate effectively is a vital skill, regardless of the environment, whether personal or professional. Unfortunately, some of us have not been properly trained on how to communicate effectively in the workplace. First, we should begin by truly listening to what is being said and not interrupt the speaker. Restating or rephrasing important points of what you heard reassures the speaker that you were listening and allows for clarity or correction to what was communicated.

It’s important to consider your tone when communicating in the workplace. Depending on tone, the message the speaker gives can make coworkers uncomfortable or encouraged to communicate openly. Make sure that your tone is clear and concise. The evolution of technology has increased our ability to communicate electronically through email and social media, which can be a problem when it comes to tone. In addition, body language, hand gestures, eye contact or lack thereof, etc. can also signal forms of communication.

People have preferable ways to communicate in the workplace. Consider communication preferences such as emails, phone calls, text messaging, face-to-face contact and social media. Valuing coworkers preferences when communicating enhances your effectiveness as a communicator.

There are times when we must provide feedback to co-worker and staff in the workplace. Providing feedback in the workplace can be constructive or destructive. A successful communicator provides positive instructions and helpful guidelines.

If you have to communicate in written form, check for spelling and grammatical errors. Use the Spell and Grammar Check feature and proofread all correspondence. It’s okay to ask someone to review your written correspondence before sending/submitting it.

Lastly, continue to improve your communicating skills. Monitor the responses of people that you communicate with; that’ll give you insight into the areas you need to improve.

Remember...take The Initiative!!!

**FROM THE DIRECTOR'S DESK**

**Texas Disability History Collection at the University of Texas in Arlington**
The collection exists to emphasize the pioneering role played by a racially and ethnically diverse cast of Texan disability rights activists and the impact the disability rights movement has had on ordinary people’s lives.

[www.library.uta.edu/txdisabilityhistory](http://www.library.uta.edu/txdisabilityhistory).

**B.E.S.T. Program**
The Blindness, Education, Screening and Treatment (B.E.S.T.) program within the Texas Health and Human Services Commission provides financial assistance for urgent medical eye treatment for those who may otherwise lose their vision without assistance.

Eligibility Requirements:
- Be 18 years or older and a Texas resident
- Have no health insurance or any other available resources
- Have a qualifying urgent eye medical need; i.e., diabetic retinopathy, glaucoma, or detached retina
- Not be legally blind
- Not have utilized the B.E.S.T treatment within a year of the last service

For more information visit: [http://www.hhs.texas.gov/BEST](http://www.hhs.texas.gov/BEST).

**CHEC It Out and Change It!**

Maria is a wheelchair user who recently moved to a new city and needs to find a local doctor. How can she learn which offices are usable and receptive for her needs?

Thomas wants to meet friends at a restaurant that has a good reputation for its food, but he has trouble hearing his companions in noisy settings and safely navigating dark interiors. How can he find out whether the restaurant is usable for his needs before he decides to go?

Now both Maria and Thomas can “CHEC” out these places by using the Community Health Environment Checklist (CHEC). This tool is a way for people with disabilities and older adults to find out how usable the businesses and public spaces in their communities are. Then they can share that information with others through an online map.

The CHEC may be used by any interested individual or group, including people with disabilities, older adults, staff members at Centers for Independent Living and other community-based organizations, caregivers, parents, rehabilitation professionals, and advocates.

Free training on how to use the CHEC is provided by the developers of the tool at Washington University and partners at the University of Kansas. Three training options are available: face-to-face, online, or via a manual.

On completing a CHEC assessment (either on paper or online), users return the data to Washington University, where staff will create an online Google map and link for users to share with people in their community.

For more information about the CHEC watch the YouTube video: CHEC It Out: Map Your Community’s Usability or contact project developers Jessica Dashner (dashnerj@wumc.wustl.edu, 314-952-1018), Glen White (glen@ku.ed 785-864-4095), or Joan Augustyn (jaugustyn@kumc.edu, 913-972-1016).

**Enjoy the Fall Weather! Charlotte Stewart**

---

**LIFT-AIDS, INC.**

**CUSTOM MOBILITY SPECIALIST**

“Helena People Help Themselves Since 1958”

1500 Westpark Way Euless, TX 76040  
817.835.0035 800.351.5438

[www.lift-aids.com](http://www.lift-aids.com)  
info@lift-aids.com

We work with DARS, MDCP, CLASS, CBA, MHMR, DADS

And many other funding agencies.

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!

---

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!
Come learn how to shop for and prepare delicious and nutritious foods on a budget.

**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!

---

**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](http://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&quot; x 3.5&quot;)</td>
<td>$ 25.00</td>
<td>$ 90.00</td>
</tr>
<tr>
<td>1/8 Page (4.25&quot; x 2.75&quot;)</td>
<td>50.00</td>
<td>190.00</td>
</tr>
<tr>
<td>1/4 Page (4.25&quot; x 5.5&quot;)</td>
<td>65.00</td>
<td>250.00</td>
</tr>
<tr>
<td>1/2 Page (8.5&quot; x 5.5&quot;)</td>
<td>100.00</td>
<td>375.00</td>
</tr>
<tr>
<td>Full Page (8.5&quot; x 11&quot;)</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.

---

**Words To Live By!!!**

**LET WHAT YOU LOVE BE WHAT YOU DO.**

Unknown Author

---

**Reach, Inc.**

1000 Macon St Ste 200
Fort Worth, TX 76102
To Register For Class:
Miaka Palmer
817-870-9082

---

**Reach, Inc.**

1000 Macon St Ste 200
Fort Worth, TX 76102
To Register For Class:
Miaka Palmer
817-870-9082
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 receives a majority of its funding to operate the centers from grants from HHS and HHSC. REACH of Denton receives 100% of its funding ($208,765) from HHS; REACH of Fort Worth receives 100% of its funding ($250,000) from HHSC; REACH of Dallas receives 94% of its funding ($402,694) from HHS and 6% ($24,559) from HHSC; and REACH of Plano receives 100% of its funding ($250,000) from HHSC.

JUST A REMINDER

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 donor programs.