REACHing Out

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

September - November 2018 Vol. XXI 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

The REACH Resource Centers on Independent Living in Fort Worth, Dallas, Denton and Plano are taking part in the 10th annual North Texas Giving Day event!

Give your gift online on September 20th between 6:00am and midnight or any day between September 10-19.

FOLLOW THESE 3 EASY STEPS TO DONATE ONLINE ON SEPTEMBER 10th -19th AND/OR ON SEPTEMBER 20
1. Go to NorthTexasGivingDay.org and search for: REACH Resource Centers on Independent Living
2. Make a donation!
3. Tell your friends by using the hash tag #NTxGivingDay

Get Up and Give to the REACH Resource Centers on Independent Living!

www.northtexasgivingday.org
NCIL and Centene Partner to Increase Provider Accessibility for People with Disabilities

The National Council on Independent Living (NCIL) is partnering with Centene on an initiative to increase the accessibility of provider medical offices and services for people with disabilities. The Provider Accessibility Initiative (PAI) will kick off with the "Barrier Removal Fund" (BRF) in three pilot states, Illinois, Texas, and Ohio, as well as educational and compliance components that will be implemented in all Centene markets nationwide.

The goal of the PAI is to improve member access and health outcomes by increasing the percentage of practitioner locations and services in Centene's network that meet minimum federal and state disability access standards.

"NCIL is proud to have the opportunity to leverage the wealth of knowledge and expertise of Centers for Independent Living to increase accessibility of medical offices and services. We look forward to the day that all Americans can enjoy equal access to this fundamental civil right," said Kelly Buckland, NCIL Executive Director.

"Studies have shown that Medicaid and Medicare beneficiaries with disabilities receive less preventive care due to inaccessible provider exam rooms and/or diagnostic equipment. Through this partnership, Centene and NCIL aim to solve a vital national problem and key social determinant of health for people with disabilities and their companions," said Dr. Ken Yamaguchi, Executive Vice President and Chief Medical Officer for Centene.

The PAI will have several components including:
- Educating health plan staff in Centene's markets nationwide about disability access requirements and available tools to assist with compliance and enforcement;
- Improving the accuracy, completeness, and transparency of disability access data in provider directories; and
- Offering Centene participating providers in pilot states with competitive access to a national Barrier Removal Fund. Providers chosen for awards will receive an on-site disability accessibility review completed by a local Center for Independent Living (CIL) and funding to remediate priority disability access barriers.

About NCIL

The National Council on Independent Living (NCIL) is the longest-running national, cross disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and others that advocate for the human and civil rights of people with disabilities.

About Centene Corporation

Centene Corporation, a Fortune 100 company, is a diversified, multi-national healthcare enterprise that provides a portfolio of services to government sponsored and commercial healthcare programs, focusing on underinsured and uninsured individuals. Many receive benefits provided under Medicaid, including the State Children's Health Insurance Program (CHIP), as well as Aged, Blind or Disabled (ABD), Foster Care and Long-Term Services and Supports (LTSS), in addition to other state-sponsored programs, Medicare (including the Medicare prescription drug benefit commonly known as "Part D"), dual eligible programs and programs with the U.S. Department of Defense and U.S. Department of Veterans Affairs. Centene also provides healthcare services to groups and individuals delivered through commercial health plans.

Centene operates local health plans and offers a range of health insurance solutions. It also contracts with other healthcare and commercial organizations to provide specialty services including behavioral health management, care management software, correctional healthcare services, dental benefits management, commercial programs, home-based primary care services, life and health management, vision benefits management, pharmacy benefits management, specialty pharmacy and telehealth services. Centene uses its investor relations website to publish important information about the Company, including information that may be deemed material to investors. Financial and other information about Centene is routinely posted and is accessible on Centene’s investor relations website, http://www.centene.com/investors.
The Denton Hunger Coalition and Tarrant Area Food Bank partner together to bring the Denton Mobile Pantry to the First Baptist Denton parking lot every second Saturday of the month. The pantry is open to the public and provides fresh produce and shelf-stable items. No paperwork is needed, but make sure to bring plenty of bags!

**Where:** First Baptist Denton, 1100 Malone St, Denton, TX 76201

**When:** Second Saturday of every month from 9-11 am

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**Wise County Mobile Food Pantry**
Every 1st Saturday of the month from 9-11 am
Decatur ISD— 702 E. Carpenter Street, Decatur, TX

**Cumberland Mobile Food Pantry**
Every 1st Saturday of the month from 1-3 pm
Cumberland Presbyterian Children’s Home—1304 Bernard St., Denton, TX

**Ponder Mobile Food Pantry**
Every 2nd Saturday of the month from 7:30-10 am
Ponder UMC parking lot—104 Remington Park Lane, Ponder, TX

**TWU Mobile Food Pantry**
Returns Fall 2018 — Every 4th Tuesday of the month

**Lake Dallas Mobile Pantry**
Every 1st Saturday of the month from 10 am-12 pm
Lake Cities United Methodist Church—300 E. Hundley Dr., Lake Dallas, TX

**Breadbasket Ministry Food Pantry**
Every 2nd Saturday of the month from 2-4 pm
Mt. Calvary Church—1111 Wilson St, Denton, TX

**Cross Church Mobile Food Pantry**
Every 4th Saturday of the month from 1-3 pm
Cross Church—1100 Dallas Dr. #160, Denton, TX

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**Special Thanks** going out to DART Ambassadors and volunteers for helping with REACH of Dallas’ summer youth training academy. This year’s academy included a scavenger hunt in downtown Dallas. The participants learned how to read a DART train map and use the M-line, D-link and DART transit systems to locate different places in downtown. The youth ended their adventures by taking in a movie at Studio Movie Grill to watch *Jurassic Park: Fallen Kingdom*.

It is the goal of REACH for youth to learn how to be as independent as possible and this year public transportation was the focus. Thank you Charlotte Stewart, REACH Board Members and REACH staff for your leadership.

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**Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.**
REACHing Out - September - November 2018

September 2018

No General Support Group in September
3 Center Closed (Labor Day)
20 North Texas Giving Day on the Denton Square. Join us!

October 2018

3 General Support Group (What should you do?) @ the center 1:00-2:00 PM
8 Center Closed (Columbus Day)
10 General Support Group @ the center 1:00-2:00 PM
17 General Support Group (Fall) @ the center 1:00-2:00 PM
24 General Support Group (Decorate or Not?) @ the center 1:00-2:00 PM
31 Halloween Party @ the center 1:00-2:00 PM

November 2018

7 General Support Group @ the center 1:00-2:00 PM
12 Center Closed (Veterans Day)
14 General Support Group (Last Minute List) @ the center 1:00-2:00 PM
21 No General Support Group
22-23 Center Closed (Thanksgiving)
28 General Support Group (Four weeks to go!) @ the center 1:00-2:00 PM
31 Halloween Party @ the center 1:00-2:00 PM

A special Thank You to Captain Eddington and the EMTs with the Denton Fire Department (the ambulance was a big hit), Crystal with the Denton County Transportation Authority, and Catherine with the Denton County AgriLife Extension Service. The youth who participated in the center’s summer IL skills training camp really enjoyed all of you. Thanks for taking time to come out and educate our young consumers!!!!

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.

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

October 11th, 2018 - December 2018 - February 2019 Edition
April 11th, 2019 - June - August 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!

Reference Sources & Citations:

"You can’t build a reputation on what you’re going to do." (Confucius)

See you at the EmployAbility Dallas Career Expo.

Remember... take The Initiative!!!

Welcome Readers to the “THE INITIATIVE”!
Job Fairs - “Should I Attend?”

ABSOLUTELY! In today’s world of technology and the use of the Internet, mobile devices such as iPhones, Smartphones and Smart TVs, it appears that everything we do now is a click or tap away from our fingers. In order to keep up with today’s changing world, businesses have adjusted their recruiting strategies and techniques to acquire new employees for their companies. Some businesses recruiting tactics are online job sites/job boards, corporate career centers, college career/alumni offices, job fairs, etc. As convenient and cost effective as it is to use online job boards and job search engines, job fairs at their basic level provide advantages for the job seeker more than any other recruiting tool used by employers.

Attending a job fair allows the job seeker to put a face with their resume/application. It allows you to formally introduce yourself and create a great first impression with the recruiter. This professional memorable approach increases your chances of getting the job. Another advantage of attending job fairs is the potential for on-the-spot or on-site job interviews. Contingent upon how well the job interview went, you could be offered a job on the spot.

In addition, attending a job fair gives the job seeker an opportunity to inquire about the qualifications and responsibilities required to do the job and/or negotiate on accepting job experience in place of education or vice versa. However, if you were unsuccessful negotiating your position with the recruiter, perhaps when a position becomes available with the company that matches your skills, experience and education, the company could potentially contact you about that position.

While speaking with recruiters at the job fair, the job seeker could research the company’s vacancies by inquiring about positions that are frequently available, including those that may not be advertised. Also, the job seeker may request contact information for direct human resources staff and hiring managers. Perhaps the most important reason for attending job fairs is to network. In the midst of speaking with employers/recruiters, a job seeker should engage about employment with other job seekers. Job seekers could potentially meet like-minded individuals with the same employment interest and then share valuable information about employment opportunities with each other that could catapult their job search and career. Job seekers can obtain valuable information at a job fair that cannot be obtained on a job board or job site. It’s a great place to test the market on industries, salaries and the directions in which companies are heading.

EmployAbility Dallas will have a Career Expo (Job Fair) on September 18, 2018 from 10:00 a.m. – 2:00 p.m. at the Sheraton Dallas Hotel, 400 N. Olive, Dallas, Texas 75201. To register visit http://www.employabilitydallas.org/Job seekers will be able to meet with at least 50 Dallas/Fort Worth Metroplex employers from companies such as AT&T, Southwest Airlines, Bank of America, State Farm, Walgreens, Marriott, FedEx, JC Penny, Baylor Hospital, and Home Depot.

"You can’t build a reputation on what you’re going to do." (Confucius)

See you at the EmployAbility Dallas Career Expo.

Remember... take The Initiative!!!

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September 2018
3 Center Closed (Labor Day)
12 Training on History of Centers for Independent Living @ the center, 10:00 AM - 12:00PM, Preregister with Shawnett
20 North Texas Giving Day!

October 2018
8 Center Closed (Columbus Day)

November 2018
12 Center Closed (Veterans Day)
22 - 23 Center Closed (Thanksgiving)

Thank you Albert Jemigan for the free introductory class on Adaptive Tai Chi! We appreciate the opportunity to learn valuable information and skills from you. Thank you for your time spent teaching the class!

Thanks to all of the participants, volunteers, and exhibitors for a wonderful day of resource sharing, networking, and community support at the center’s July 17th Disability Resource Fair. A special thanks to our sponsors Farmer’s Insurance and United Access. Also, thank you to Paige Seymour and Kate Garrison for getting our community excited about voting during National Disability Voter Registration Week (NDVRW), July 16th-20th. The REV UP to VOTE campaign is a nonpartisan initiative to increase the political power of the disability community, educate on disability issues, and inform voters about this year’s election.

Community Living & Youth Transition Specialist, Kathryn Kososki, sends a special thanks to the presenters who taught classes and introduced independent living skills in their own unique way to the young consumers who participated in this year’s summer camp session: Annie Wallace, Simin Mashreghi, Plano Police Department staff, Plano Fire-Rescue employees, Pam Momon, Witak Nowosiad, Albert Jemigan, the DART Travel Ambassador Team, Canine Companions for Independence employees, and the Apple Store at the Shops of Willow Bend staff. Thanks, too, to all of the summer camp volunteers. Kathryn hopes that during the 2018-2019 school year, the center’s various youth focused trainings and activities will provide students with disabilities insightful and knowledgeable independent living skills that they can use to transition successfully from high school to adult life.

The Attendant Care Management workshop that Community Living & Relocation Specialist Lucy Chiang conducted on July 12th covered subjects that included the different kinds of attendant care, tips on being your own boss or employer, the hiring/interviewing/hiring process, types of abuse, and safety planning for individuals seeking care in their home. The attendant care management workshop focused primarily on self-empowerment and safety precautions, as well as, preventive measures one can take to avoid institutionalization.

A Wellness workshop conducted by Lucy was held on August 14 at the center and topics included fitness ideas, diet and food tips, and advice on increasing emotional and mental health and well-being. It is extremely important to maintain self-care throughout one’s life, especially as a person ages. A general overview of the steps that a person can take to better care for him/her self – physically, mentally, and emotionally - were shared and discussed.

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FROM THE DIRECTOR’S DESK

Summer Youth Camps  During the month of June, each REACH center held an independent living skills training camp session for young consumers who are transitioning from high school to adult life. A combined total of 32 youth participated in the camp sessions that included training on fire and personal safety, money management/budgeting skills, street safety, reading food labels, using the public transit system, nutrition and meal planning, meditation, and time management.

Region 6 Conference on Independent Living  The conference was held on April 23 & 24 in Dallas and was a huge success. Approximately 150 representatives from the Centers for Independent Living and State Independent Living Councils in TX, OK, NM, LA & AR, along with other interested disability rights advocates participated in the conference. Presenters addressed issues that included The CIL Evolution, Integrating Disability into Emergency Management: Preparing for the Future, All Wheels Up (an accessible air travel project), ADA Technical Assistance Trends, the Texas Disability History Collection at the University of Texas at Arlington, and Political Climate Change.

ACEing Autism  ACEing Autism is a nationwide program with the mission of enhancing the lives of children and families with autism through tennis. Each week participants work on different fundamentals of the game of tennis. Participants will have an opportunity to increase their social skills through taking turns, working in teams, and following instructions. The Dallas Branch of the ACEing Autism program uses the tennis courts at the University of Texas at Dallas in Richardson on Saturday mornings from September 22 through November 17. For more information about this program visit: www.aceingautism.org/locations/dallas-tx.

Texas ABLE Program  The ABLE National Resource Center, managed by the National Disability Institute (NDI), recently announced that the State of Texas has launched the Texas ABLE Program. The Texas ABLE Program is managed by the NorthStar Financial Services Group, LLC and maintained by the Texas Prepaid Higher Education Tuition Board, with assistance from the Texas Comptroller of Public Accounts. The Texas ABLE Program is only available for eligible Texas residents with disabilities.

The Texas ABLE Program allows qualified individuals with disabilities to save up to $15,000 a year in an ABLE account without jeopardizing their eligibility for federally-funded means-tested benefits, such as Supplemental Security Income (SSI) and Medicaid. The funds in the account can be used for disability-related expenses that assist the beneficiary in increasing and/or maintaining his or her health, independence or quality of life.

Millions of individuals with disabilities and their families are often relegated to a life of poverty as a result of not being allowed to build even the most modest levels of financial resources. Individuals receiving supports through Social Security, Medicaid and other publicly-funded programs are often disqualified from those supports if they have more than $2,000 worth of resources or assets. Now, with the launch of ABLE programs nationwide, individuals with disabilities and their families will be able to better secure their financial futures and help offset the often significant financial challenges that can accompany living with a disability. (Continued on the top of Page 7)
From the Director’s Desk (Continued from the bottom of Page 6)

The Texas ABLE Program focuses its efforts to ensure minimal costs associated with establishing and maintaining an ABLE account. Additionally, Texas ABLE offers online account management; a gifting feature; and payroll deduction. There is no enrollment fee and the program has a low minimum contribution limit. For more information, visit https://www.texasable.org/.

Plano Assistant Director Julie Espinoza, along with Dallas employees Pam Momon, Youth Transition & Housing Information Specialist, Kevan Johnson, Employment Consultant, and Harvey Spears, Outreach, Advocacy & IL Skills Training Specialist, represented REACH and our consumers by attending the 2018 NCIL Conference on Independent Living in Washington, D.C. on July 23-26. The conference’s theme was MOBILIZE - Resistance Through Action and included a march to and rally at the U.S. Capitol, visits to Members of Congress to promote NCIL’s current Legislative & Advocacy Priorities, networking opportunities with disability advocates from around the country, attendance at workshops on various topics of importance to the IL movement, and visit with exhibitors. To learn more about and/or join the National Council on Independent Living visit www.ncil.org.

Please remember the REACH Resource Centers on Independent Living on North Texas Giving Day, September 20, with a financial gift to support our work by visiting www.northtexassigningday.org. Thank you.

Charlotte Stewart

The EmployAbility Career Expo 2018 will be held on Wednesday, September 18 at the Sheraton Downtown Dallas Hotel from 10:00AM - 2:00PM.

Job seekers will be able to meet with at least 50 Dallas/Fort Worth Metroplex employers from companies such as AT&T, Southwest Airlines, and Bank of America. Attendees will be able to take advantage of classes on interviewing tips and resume reviews that will be held at various times throughout the day. Attitudes & Attire will be hosting a class on wearing the right clothes for the right job. The vendor booths will showcase some of the resources available to the community.

Texas Workforce Solutions will have a Mobile Workforce Unit with computer and Internet access on site to assist in applying for jobs onsite.

**Words To Live By!!!**

“There’s an inner geek in us all, an inner bit of curiosity that people are discovering, and they like it.”

Neil deGrasse Tyson
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 ($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
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.

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 accessibility 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