HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

September - November 2015  Vol. XVIII. 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  2
Calendar of Events-Dallas  3
Calendar of Events-Denton  4
Calendar of Events-Plano  5
Kroger Community Rewards Program  5
From The Director’s Desk  6
Molina Healthcare Ad  7
Happy Veterans Day  7
E-mailing the Newsletter  7
Advanced Mobility Ad  8
Adaptive Mobility of/SW Ad  8
Words to Live By  8
Choice Medical Ad  9
Newsletter Ad Rates  9
Caring to Help  10
REACH Funding Information  10
Newsletter Deadline Dates  10
Fragrance Free Facilities  10
Lift-Aids Ad  11
Just A Reminder  11
The Impact of Advocacy  12
Thank You/Denton Summer Camp  12
Cooking Matter Class  13
Project Ramp/REACH of Fort Worth  14
Web World  15
A Special Thank You  15

We can enhance our programs with your donation on 9/17. Independent living skills training
Information and Referral assistance
Individual and systems advocacy
Move people out of nursing homes
Assist people with disabilities find competitive jobs
Help youth with disabilities transition from high school to adult life
Build ramps and install handrails and grab bars

https://www.northtexasgivingday.org/#npo/reach-inc
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

September 2015

2  Adjustment to Disability Training @ the center 10:00-11:00 AM
2  Self Help Class @ the center 1:00-3:30 PM. 6-week course on Self Help Management re living with a Chronic Disease. Dates: 8/19-9/23. Must preregister to attend these classes
3  Edithuna Hibachi Sushi, 5186 SW Loop 820. www.foodiehana.com Lunch is on your own. Bring $20.00 for meal, drink and tip. The chef will not cook until 1:00 PM. 1:00-3:00 PM
7  Center Closed (Labor Day)
9  Adjustment to Disability Training @ the center 10:00-11:00 AM
9  Self Help Class @ the center 1:00-3:30 PM
9  Home By Choice (HBC) Peer Support Group @ the center 1:00-2:30 PM. Call Karen for information
10  Freebirds at 4965 Overton Ridge Blvd. www.freebirds.com Lunch is on your own. Bring $20.00 for meal, drink and tip. Lunch will be from 1:00-3:00 PM.
12  Adjustment to Disability Training @ the center 10:00-11:00 AM
14  Self Help Class @ the center 1:00-3:30 PM
16  Adjustment to Disability Training @ the center 10:00-11:00 AM
16  HBC Peer Support Group @ the center 1:00-2:30 PM. Call Karen for information
17  Chicken Foot game @ center 1:00-3:00 PM. Call Karen for information
18  Adjustment to Disability Training @ the center 10:00-11:00 AM
21  Cooking Matters @ the center 2:00-4:00 PM. Must preregister to attend this class
22  Game Day @ center 1:00-3:00 PM
28  Halloween Party & Scary Movie @ the center 1:00-3:00 PM.

October 2015

1  Drink House Cafe, 6200 E. Lancaster Ave. Bring $20.00 for meal, drink and tip. Lunch will be from 1:00-3:00 PM.
6  Adjustment to Disability Training @ the center 10:00-11:00 AM
7  Cooking Matters @ the center 2:00-4:00 PM. Must preregister to attend this class
8  Movie Tavern, 6801 Ridgmar Meadow Road. www.movietavern.com. Cost $5.00 for movie, does not include food or drinks. Please call the day before for times and movie selections
11  Center Closed (Columbus Day)
14  Adjustment to Disability Training @ the center 10:00-11:00 AM
15  HBC Peer Support Group @ the center 1:00-2:30 PM. Call Karen for information
16  Cooking Matters @ the center 2:00-4:00 PM
23  Bowlings at Brunswick, 3205 Altamesa Blvd. $3.50 per game; shoes $2.00. Bring extra cash for snack bar. 1:00-3:00 PM
24  Adjustment to Disability Training @ the center 10:00-11:00 AM
25  Cooking Matters @ the center 2:00-4:00 PM
26  Game Day @ center 1:00-3:00 PM
27  Adjustment to Disability Training @ the center 10:00-11:00 AM
28  Cooking Matters @ the center 2:00-4:00 PM
29  Halloween Party & Scary Movie @ the center 1:00-3:00 PM. Please pay $10.00 prior to event

November 2015

4  Adjustment to Disability Training @ the center 10:00-11:00 AM
4  HBC Peer Support Group @ the center 1:00 - 2:30 PM. Call Karen for information
4  Cooking Matters @ the center 2:00 - 4:00 PM
9  Pappas Burger, 2700 W. Freeway. www.pappasburger.com. Bring $20.00 for meal, drink and tip. Lunch on your own from 1:00-3:00 PM
11  Center Closed (Veterans Day)
12  Gonggis Grill, 4469 Bryant Irvi Road. www.gonggisgrill.com. Bring $20.00 for meal, drink and tip. Lunch on your own from 1:00-3:00 PM
18  Adjustment to Disability Training @ the center 10:00-11:00 AM
19  Thanksgiving Lunch @ the center 1:00-3:00 PM. Please pay $10.00 prior to event
25  Adjustment to Disability Training @ the center 10:00-11:00 AM
26 & 27 Center Closed (Thanksgiving)

Special Thanks from REACH of Fort Worth

I would like to personally thank each company, organization and individual for their expertise, donations and volunteer efforts in helping with our 6th annual week-long June camp session for youth with disabilities. Because of your generosity we were able to put a smile on each camper’s face. You helped brighten each participant’s future via classes on job readiness, higher education, counseling, daily living skills and conversational skills. You gave them an opportunity socialize by becoming a winner at one of your company’s venues.

Special thanks go to the Tarrant Area Food Bank, Tarrant County Move and Grove, the University of Texas at Arlington, Awesome on the Spectrum, Amerigroup, Goodwill Industries, the Tarrant County Pride Project, REACH of Dallas’ Employment Program, Six Flags Over Texas, Putt – Putt Golf & Games, the Fort Worth Brahmas, Hawaiian Falls, Town Place by Marriott, Ripley’s Believe It Or Not, Wilson’s BAR-B-Q, Omni, Eberstein & Witherite, Eric Childress, MiShon Landry, MorNee Brown, Bryce Brown and McKail Kinney.

WEB WORLD

www.loc.gov/ThatAllMayRead – National Library Service for the Blind and Physically Handicapped

www.dars.state.tx.us/drs/directory_cil.shtml – List of Texas Centers for Independent Living

www.geri-options.com/community-resources – Community resources in Denton County

www.NavigateLifeTexas.org – Information for families of children with disabilities and special health care needs

http://www.guidestar.org/organizations/75-2182966/rehabilitation-education-advocacy-citizens-handicaps.aspx – Link to REACH’s information on the Guidestar Exchange
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 817-870-9082 and ask for the Project Ramp Coordinator.

CALENDAR OF EVENTS

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

September 2015
1 Adjustment to Disability Training @ the center 1:30-3:00 PM. In a group setting, discuss how to resolve or improve situations that include self-esteem, family issues, anxiety, medical stress, depression, boundaries and goal setting. Preregister with Kiowanda Jasso
3 Housing Rights Spotlight 2015 @ the center 10:00 AM -12:30 PM. Preregister with Pamela Momen
7 Center Closed (Labor Day)
15 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso

October 2015
6 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso
12 Center Closed (Columbus Day)
13 Workshop @ the center 11:00 AM - 12:30 PM presented by Melissa Cox, Certified Financial Planner for Fetthernan Investments, Inc. This program is designed to help you understand your financial needs and define goals. There will be three sessions to help you identify your needs and make a plan. At this first session you can ask for specific help that you need. The most important thing to remember if you want to be financially healthy is that you must be honest about your spending habits. Developing a healthy financial situation is no easy task and not considering every penny you spend will hinder your success and mental well-being. Please join us! Preregister with Mavis Ravin
20 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso

November 2015
3 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso
10 Financial Empowerment - You and Your Money! @ the center 11:00 AM - 12:30 PM. How to Plan for the future on a fixed income? This is a continuation from last month’s class. Preregister with Mavis Ravin
11 Center Closed (Veterans Day)
17 Adjustment to Disability Training @ the center 1:30-3:00 PM. Preregister with Kiowanda Jasso
26 & 27 Center Closed (Thanksgiving)

If you want one-on-one computer training, call Harvey Spears.
September 2015
3   No General Support Group
7   Center Closed (Labor Day)
9   No General Support Group
16  No General Support Group
23  No General Support Group
30  No General Support Group

October 2015
7    General Support Group @ the center 1:00-2:00 PM
12   Center Closed (Columbus Day)
14   General Support Group @ the center 1:00-2:00 PM
21   BINGO @ the center 1:00-3:00 PM
28   Halloween Party @ the center 1:00-3:00 PM
28   No General Support Group

November 2015
4    General Support Group @ the center 1:00-2:00 PM
11   Office Closed (Veterans Day)
18   Gobble @ the center 1:00-2:00 PM
25   No General Support Group
26 & 27 Center Closed (Thanksgiving)

REACH of Denton will be offering Increasing Your Independence workshops throughout 2015-2016. Contact the center for dates and times. You must pre-register with Becky Teal, Office Manager, if you want to attend any of these workshops.

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

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!

Cooking Matters® for Adults Course
Come learn how to shop for and prepare delicious and nutritious foods on a budget.

Dates: September 30 - November 4
Time: Wednesdays 2-4 pm
Location: REACH Inc.
1000 Macon Street, Suite 200
Forth Worth, Texas 76102
To Register for class:
Miaka Palmer (817) 870-9082
In 1973, the federal Rehabilitation Act passed. This measure resulted from the concerted participation of icons like Ed Roberts from California, who alerted his peers and his government to the coming of age of such concepts as inclusion and equal access under the law, regional and population with both physical, mental and emotional challenges. Five years later, an amendment was made adding Section 504 to the Act that included regulations and funding that would eventually shape and orient services in favor of the community of people with disabilities and also have an effect on the perception that the general public had about these citizens who wanted to participate and contribute. It would not be fair to historians if one failed to mention that Section 504 and Title VII which declare the philosophy of Independent Living came into being after ‘a little help from friends’, reminding us that “advocacy without activism is quite stale”, as former ADAPT President, Bob Kafka, used to say.

This quick historical glance only nurtures our hope for a more integrated and participatory life. As those of us who have had the privilege of being teachers, I believe in expanding our examples of peer modeling and peer support through success stories. This brief glance might helpfully enable us to focus on the pathway of Independent Living which is a movement as well as a philosophy setting up road markers for future generations to follow.

In 1999, during a summer convention and workshops of the National Council on Independent Living, acting Assistant Secretary of Education, Judith Heumann, shared with a group of participants the following, “Independent Living is not only about doing things by yourself, but also about being in control of how things are done.” This statement very well contextualizes the purpose and impact of the advocacy efforts which took place during the recent Texas Legislative session that involved representations of various jurisdictions of the National Federation of the Blind in Texas.

During the last days of March 2015, volunteers from some chapters of the National Federation of the Blind in Texas met at the Midland Holiday Inn to review themes and ideas that would be used during visits with Austin legislators. Groups were formed to visit the commissions that were looking into the merger of the TX Department of Assistive and Rehabilitative Services with the Texas Workforce Commission. Obviously, the intent of this merger was to focus more efficiently on the possibilities of employment for the blind and people with other types of disabilities. In addition, recommendations were made to favor existing Blind Services organizations that advocated for the elderly and blind children.

Not least of these items was the petition for the newly merged commission to buy services and resources from agencies which paid at least the federal minimum wage to employees with disabilities. The joyous result of our collective endeavor arrived early in June when Texas Governor Greg Abbott signed into law the bills and amendments NFB supported. It is honest to ask what prompted the NFB to follow through with an apparent “good neighbor” attitude towards our legislators to show up and support these proposals? The answer lies in the recommendations of past NFB President Dr. Mark Maurer, director of the Legal Services Division of the NFB in the Jernigan Institute of Maryland. Dr. Maurer expanded through the Tennbrooke Law Symposium held in March about the need for people who are blind to help shape policies and judicial outreach for those laws that improve the profile and outreach of future legislation on disability services. Eventually, these services would result in the improvement of education and employment for people with disabilities.

Looking at the present day scenario, we hope to see “all of the good and nothing of the bad.” While some may argue that it is better to “leave well enough alone”, as Shakespeare quipped, I prefer to look back in history and avoid the exasperating exercise of foolhardy diplomacy played by Neville Chamberlain who served Europe on a platter to Adolf Hitler. By not doing anything, we become part of the problem. United we stand.
Texas' 84th Legislative Session
The recent legislative session mandated changes that will impact services for Texans with disabilities. In short, the Texas Department of Assistive and Rehabilitative Services (DARS) was abolished as it currently exists. Some DARS programs will be transferred to the Texas Health and Human Services Commission (HHSC) and some to the Texas Workforce Commission (TWC). DARS' administrative functions will transfer to HHSC. The final transfers will become effective on September 1, 2016.

A Transition Legislative Oversight Committee was created to oversee the transfer of DARS' programs. This Committee is required to facilitate the transfer of services with no negative effect on service delivery to consumers.

The DARS programs that will transfer to TWC are: Vocational Rehabilitation – Blind and General, Independent Living – Older Blind, Business Enterprises of Texas and Criss Cole Rehabilitation Center.

The DARS programs that will consolidate with HHSC are: Autism Program, Blind Children's Vocational Discovery and Development, Blindness Education, Screening and Treatment, Independent Living Programs, Comprehensive Rehabilitation Services, Deaf and Hard of Hearing Services, Disability Determination Services and Early Childhood Intervention Services.

The DARS Sunset Bill Provisions (HB 2463) define DARS' role in the provision of Independent Living Services as integrating the Independent Living (IL) Blind and General programs, clarifying that all IL services will be provided through Centers for Independent Living except where no center is willing or able to provide services by August 31, 2016, authorizing DARS to contract directly with other entities to provide IL services if no CIL is available, and shifting DARS' role to performance evaluation and monitoring.

One final change of note: By September 1, 2018, the Health and Human Services Executive Commissioner is to study, report, and recommend to the Transition Legislative Oversight Committee about whether or not to continue the Texas Department of Family and Protective Services and the Texas Department of State Health Services as separate state agencies.
ADAPTIVE MOBILITY of the SOUTHWEST LLC
Jim Chavez, Mobility Consultant - Proprietor
817-235-0670

Durable Medical Equipment
Ceiling Track Lifts
Pool Lifts
Motion Alarms
Automatic Door Openers
Specifications

Insured - Bonded
817-704-3184 - Fax
amoftthesw@yahoo.com

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 Texas with Disabilities.

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.

<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!!!

People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

Author Unknown
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 Department of Assistive & Rehabilitative Services (DARS). The contents of this newsletter do not, however, necessarily represent the policies of HHS 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 HHS and DARS. REACH of Denton receives 100% of its funding ($218,232) from HHS; REACH of Fort Worth receives 100% of its funding ($250,000) from DARS; REACH of Dallas receives 95% of its funding ($420,955) from HHS and 5% ($24,559) from DARS; and REACH of Plano receives 100% of its funding ($250,000) from DARS.

Deadlines for Future REACHing Out Newsletters

January 7, 2016 - March, April, May – 2016
April 7, 2016 - June, July, August – 2016
July 7, 2016 - September, October, November – 2016

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!