Rehabilitation, Education, and Advocacy
for Citizens with Handicaps Inc.

REACH of Dallas
8625 King George Drive, Suite 210
Dallas, Texas 75235-2275

Return Service Requested

PLEASE HELP US SAVE MONEY!
If you no longer want to receive this newsletter or are receiving multiple copies, please call/contact Robin @ (817) 870-9082 or reachftw@reachcils.org.

REACH OF FORT WORTH RESOURCE CENTER ON INDEPENDENT LIVING
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REACHing Out

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

September - November 2020 Vol. XXIII No. 4 Editor: Janie Peachee
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

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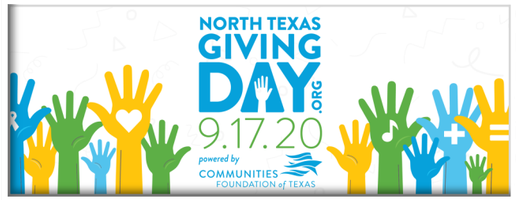

On Thursday, September 17, 2020, the REACH Resource Centers on Independent Living are participating in Communities Foundation of Texas' North Texas Giving Day, a one-day online giving extravaganza for the whole North Texas region. Last year, we were part of the success as the Communities Foundation of Texas brought together local nonprofits like REACH to raise over $48 million. Since it's founding in 2009, North Texas Giving Day has inspired people to Get Up and Give the resulted in increased donations and services provided by 1,000s of North Texas nonprofit organizations.

We invite you to join the movement and help us reach our goal of $10,000 on Sept 17. Here's how you can help:

Get up and Give on September 17 (https://www.northtexasgivingday.org/reach-resource-centers-on-independent-living) Your gift matters! On Sept 17 if you donate to the REACH Resource Centers on Independent Living on www.NorthTexasGivingDay.org between 6am and midnight, your dollar will be stretched by bonus funds, possible matching funds, and prizes raised by Communities Foundation of Texas! Not available on September 17? No worries! Schedule your donation between Sept 1 and September 16 and make your gift count.

Spread the word! Spread the word to your friends and loved ones about the REACH Resource Centers on Independent Living and North Texas Giving Day! Don't forget to tag @REACHcil and #NTxGiving Day, like us on Facebook at REACH-Inc. If you are posting online encourage your friends and family to get up and give as well! The Communities Foundation is even offering a prize for the social media post that is shared the most!

Follow us! Follow our twitter @REACHcil, and Facebook REACH-Inc as well as facebook.com/NorthTexasGivingDay to stay up to date on NTGD!

For more information on North Texas Giving Day, visit www.North TexasGivingDay.org For more information on how you can help our organization on North Texas Giving Day, Sept 17, please reach out to:

Charlotte Stewart, Executive Director or Janie Peachee, Administrative Assistant

CALENDAR OF EVENTS

Ft. Worth REACH
Resource Center on Independent Living

817-870-9082

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

September 2020

2 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via tele conference. Please call for information.

3 Tommy's Burgers at 5228 Camp Bowie Blvd, 76107. Please bring $20 for meal, drink and tip (Lunch will be from 1:00 p.m. – 2:15 p.m.) https://www.tommyshamburgergrill.net/menu

7 **Monday Center Closed in Observance of Labor Day - Have a Safe Holiday.**

9 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

11 Thur. City View Bowling Lanes 6601 Oakmont Blvd. Please call for prices. 1:00 – 3:00 p.m. You will be able to purchase items from the concession stand.

16 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

17 Thur. 1:00 - 3:00 p.m. Movie at the Center. Popcorn and drinks will be provided.

PLEASE NOTE THAT EVENTS AND TIMES MAY BE SUBJECT TO CHANGE DUE TO COVID-19, WEATHER CONDITIONS, SPEAKER CANCELLATIONS, OR OTHER ISSUES OUT OF OUR CONTROL.

23 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

30 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via tele-conference. Please call for information.

Please bring lunch or lunch money to events

October 2020

1 TACO TUESDAY 5000 Overton Ridge Blvd, Fort Worth, bring $10 for meal, drink and tip (Lunch will be from 1:00 p.m. – 2:15 p.m.) https://www.rosascafe.com/

7 Wed. 12:30 – 2:30 p.m. Adjustment to Disability. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

12 Mon. **Center Closed in observance of Columbus Day - Have a Safe Holiday.**

14. Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

21 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

28 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

29 Halloween Costumed Party @ Center 1:00-3:00 p.m. Please pay $10.00 prior to the event!

November

4 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

5 RAVE @RIGMAR MALL (PLEASE CALL FOR SHOWTIMES ON Wednesday, November 4th)

11 Wednesday **Center Closed in observance of Veterans Day - Have a Safe Holiday.**

CLOSED ON LABOR DAY,
COLUMBUS DAY,
VETERANS DAY,
THANKSGIVING &
THE DAY AFTER THANKSGIVING

18 Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

18 THANKSGIVING DINNER @ Center Please pay $20.00 prior for the event! 1:00-3:00 p.m.

25. Wed. Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.

26-27 **Center Closed in observance of Thanksgiving - Have a Safe Holiday.**

Projects to make from household items

How do you make a bird feeder out of household items? Cover a toilet paper cardboard roll or a pine cone with suet or lard, slather with bird seeds and hang with twine for a very simple bird feeder. For bird feeders that require a little more handiwork, you can also make them out of milk cartons, coffee cans, tea cups, water bottles, and more.

Tea Cup Bird Feeder

MOMMY MOMENT
A DIY bird feeder doesn't get more charming than this repurposed tea cup and saucer. The steps boil down to gluing and hanging, so it's super easy. Use a tea cup and saucer you're willing to part with or buy a special one to use for this project.

Citrus Rind Bird Feeder

MAMAPAPABUBBA
Make use of your leftover orange, lemon, or grapefruit rind by turning it into a mini bird feeder. It won't last long, but if you eat a lot of citrus fruit, you can easily replace it.

Mason Jar Bird Feeder

THE GARDEN-ROOF COOP
Is there anything you *can't* do with a mason jar? This feeder uses a copper wire around the jar as a hanger and repurposes a chicken feeder for the base.

Milk Carton Bird Feeder

BOULDER LOCAVORE Milk cartons are an easy starting point for a bird feeder All you have to do is cut holes for the bird food and hanger, and then decorate it. You can use any patterned contact paper, but this wood one works so well when hung in a tree.

Tin Can Bird Feeder

JIM WIELAND/BIRDS & BLOOMS Most of the work for this one involves decorating. You can turn the opening of a tin can bird feeder into a flower, give it a fun pattern, or paint a scene (maybe one that involves birds) on it. Add beads to the string you use to hang it for more color and flair.

Homemade Bird Food

If you have the time, try and make this great homemade premium bird food. It does take more ingredients, but the birds will flock to your yard and spread the word about the great party buffet you are offering! **Ingredients:**

1 pound striped sunflower seeds, 1 pound black oil sunflower seeds with hulls still on, 1 pound raw peanuts, 1 pound dark raisins, dried blueberries, apples or other dried fruits chopped, 1 pound cracked corn, and 1 small carton of meal worms you can purchase in online.

Have Fun being Creative!

THE INITIATIVE! ~~ Job Skills Needed During and After COVID-19

Several months have passed since the announcement of COVID-19 and that unexpected crisis has caused all of society to adjust its "normal" way of living during the pandemic. The crisis has greatly impacted our lives in many ways such as education, entertainment, employment, etc. Businesses have changed their approach to operations, functions and strategies to meet the safety needs of their employees and customers while attempting to continue to provide quality services to the public. With employers making those changes to their businesses, employees and applicants are expected to adjust and/or improve their skills that will support the challenges that businesses face in a global pandemic. Deloitte Access Economics reported that by 2030 most businesses will focus more on soft skills. It is imperative that those skills are improved and established.

LEADERSHIP

When we hear the word leadership, instantly supervisor or manager comes to mind. However, anyone can exhibit leadership. Leadership encompasses communicating a clear and concise idea and plan of action while motivating people. Leadership also entails emotional intelligence, being accountable and open-minded to advice and criticism from colleagues and supervisors.

FLEXIBILITY AND ADAPTABILITY

In some situations, employers have adjusted their employees' worksites from working in an office to working from home. That flexibility and adaptability from employers has caused them to expect the same commitment from their employees. In addition to current expectations, an employee must be open-minded, identify and select the importance of assignments, and accept new responsibilities.

COMMUNICATION & EMOTIONAL INTELLIGENCE

Another skill that employers evaluate is emotional intelligence from their employees. Employers want to know if employees have a self-awareness, empathy for other people's feelings and behaviors which is vital. When workers demonstrate emotional intelligence, it leads to communication that is essential to employers. The skill to effectively communicate increases trust with employers, especially when employees are working remotely or teleworking.

Remember…take The Initiative!!!

Reference/ Sources & Citations:

"9 Skills You'll Need to Succeed In a Post-Coronavirus Business World." Top Universities, 23 June 2020, www.topuniversities.com/student-info/careers-advice/9-skills-youll-need-succeed-post-coronavirus-business-world.

Kevan Johnson, REACH of Dallas Employment Consultant, 214-630-4796.

"23 Plus" Young People's Group

REACH of Dallas is starting a new group aimed at young people who have aged out of the youth transition group. It's a new year and a chance for a fresh start in 2020. I would like to invite all former members of the Dallas youth transition group to join me in having quarterly dinner meetings. The new group is called "23 Plus". We will meet at Dunston's Steakhouse, 8526 Harry Hines Blvd., Dallas, 75235 for every meeting. Dates:

FAC-TO-FACE MEETINGS ARE CANCELLED DURING THE FALL OF 2020.

IF YOU ARE INTERESTED IN ONLINE OR TELECONFERENCE MEETINGS, CALL

Pam Momon, REACH of Dallas Youth Transition Specialist at 214-630-4796.

CALENDAR OF EVENTS

REACH of Dallas
Resource Center on Independent Living

214-630-4796

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

All face-to-face meetings will be by appointment only during 2020.
All scheduled events may be cancelled due to COVID-19.
Don't forget your mask when coming to the REACH of Dallas center.

September 2020

7 **Monday Center Closed in Observance of Labor Day - Have a Safe Holiday.**

14 Monday. Independence & Beyond @ the center 1:30 - 3:00 PM. In a group setting, topic discussions include self-esteem, family relationships, anxiety, medical stress, depression, setting boundaries & goal setting. Preregister with Kiowanda if this will be your 1st time attending. **Meeting will be online, not face-to-face.**

21 Monday Transitioning Youth Independent Living Skills Training 11am - 12:30 PM (Trainings will be virtual or through conference call due to COVID-19 and the center's Youth Transition Specialist will provide more information about community outings based on the latest COVID-19 news updates)

Basic Computer IL Skills Training classes must be scheduled with Harvey Spears at 214-630-4796.

October 2020

5 Independence & Beyond @ the center 1:30 - 3:00 PM. Call Kiowanda for meeting details.

12 Monday Center closed in observance of Columbus Day - Have a Safe Holiday.

Basic Computer IL Skills Training classes must be scheduled with Harvey Spears

26 Transitioning Youth Independent Living Skills Training 11am - 12:30 PM (Trainings will be virtual or through conference call due to COVID-19 and the Youth Transition Specialist will provide more information about community outings based on news updates)

November 2020

2 Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.

11 Wednesday Center closed in observance of Veteran's Day - Have a Safe Holiday.

16 Transitioning Youth Independent Living Skills Training 11am - 12:30 PM (Trainings will be virtual or through conference call due to COVID-19 and the Youth specialist will provide more information about community outings based on news updates)

Basic Computer IL Skills Training classes must be scheduled with Harvey Spears

26-27 Thursday & Friday Center closed in observance of Thanksgiving - Have a Safe Holiday.

CALENDAR OF EVENTS

REACH of Denton
Resource Center on Independent Living

940-383-1062

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

September 2020

No offered groups/activities

7 Monday Center Closed in observance of Labor Day - Have a Safe Holiday.

October 2020

7 Wednesday How's it going?

12 Monday Center Closed in observance of Columbus Day - Have a Safe Holiday.

14 Wednesday First cold snap!

21 Wednesday General support group

28 Wednesday Halloween Party

November 2020

4 Wednesday General support group

11 Wed. Center Closed in observance of Labor Day - Have a Safe Holiday.

18 Wednesday Gobble Gobble!

25 No Group

26-27 Thursday & Friday Center Closed in observance of Thanksgiving - Have a Safe Holiday.

All face-to-face meetings will be by appointment only during the Fall of 2020.
Don't forget your mask when coming to the REACH of Denton.
Meetings may be online or via teleconference due to COVID-19 concerns.

Frequently Asked Questions about COVID-19 Stimulus Payments and ABLE Accounts

Can I deposit the stimulus payment into an ABLE Account?
Yes! You can put all or part of your stimulus payment into an ABLE account such as the Texas ABLE Program. That way, you don't have to worry about spending the money within 12 months if you don't need to. Putting the payment in an ABLE account can give you flexibility. Plus, it will have the same benefits protection that the other money in your ABLE account has.

Why should I consider putting some, or all, of this payment into an ABLE account?
An ABLE account can help you save for things that are not covered by benefits. If you don't need to use the stimulus payment for things right now, you could use it to start saving. You can save for whatever you need to be independent and participate in your community. That includes adaptive equipment, a vehicle, a home, assistive technology, personal support services, and many other expenses. You can also use an ABLE account to save for emergencies.

How does an ABLE account help me keep from exceeding my $2,000 asset limit?
Funds in your ABLE account are not counted toward your $2,000 asset limit. You will not lose your benefits or lose eligibility for federal benefits (like SSI, SSDI, Medicaid, and HUD) by owning an ABLE account. You can save up to $100,000 in your ABLE account and still receive your monthly SSI benefits.

Can other people help me decide how to spend the money or set up an ABLE account?
Yes. However, it is your decision how to spend the stimulus payment. Making financial decisions is hard for many people. People you trust can help you decide what to do with your money. This includes family, caregivers and others. They might also be able to help you set up an ABLE account. A good place to start is to contact your state's ABLE plan administrator. The state of Texas offers the Texas ABLE Program at TexasABLE.org.

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 12, 2020 - December 2020 - February 2021 Edition

January 12, 2021 - March - May 2021 Edition

April 12, 2021 - June - August 2021 Edition

COVID-19 IMPORTANT LINKS

https://www.dshs.texas.gov/coronavirus/

https://www.cdc.gov/coronavirus/2019-ncov/index.html

https://www.keranews.org/post/covid-19-live-updates-dallas-county-judge-launches-new-stay-safe-business-program

https://gov.texas.gov/coronavirus

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.

Continued from page 6—Gaining Independence through Driving

Once the evaluation is done and it is determined that you can drive successfully, the representative who did the evaluation will send the report to your TWC VR counselor who will then start the process of approving the driving training, also from Strowmatt Rehab. Once this is approved, Strowmatt Rehab comes out to you again to work with you on a set amount of hours because you have to be trained thoroughly on the equipment while also learning the rules of the road and experiencing as many driving situations as possible. I learned to parallel park like a pro in under 20 seconds! My training hours were split into two sessions that had to be approved separately, so I had half of my training in April of 2020 and the second half in June of 2020. At the end of the second half of the training, Strowmatt Rehab schedules a road test at the DMV for you and you complete the road test in their vehicle that you have been training in. They prepared me extremely well and I passed with flying colors. I now am a licensed driver!

The Strowmatt Rehab representative will send their completed training report to your TWC VR counselor. Once this happens, the process for approving the accommodations on a vehicle that will be custom modified for you based on the report from Strowmatt Rehab. TWC typically pays for everything except for the base of the car itself (like if you just bought a new car off the lot without modifications). TWC helps make the cost of driving go from $100,000 to around $20,000 or whatever the base amount is.

For my journey, I am working with United Access which is a company that modifies vehicles for accessibility. They have adapted all of our vehicles my whole life. So, I went to the United Access location in Arlington, Texas to pick out my vehicle. Once I had decided, my representative at United Access sent the information on the vehicle to my TWC VR counselor for approval. Once this is approved, TWC will give the go-ahead to United Access to begin modifying my vehicle. This will include multiple visits from me to make sure everything is being installed in the precise locations I need. I am currently waiting on this approval.

Finally, when the vehicle is done and ready for me to drive, Strowmatt Rehab will come out once more to make sure everything is set up correctly and is programmed to the settings we configured during our training. I have been assured that my vehicle will most likely be ready by September and I am so excited to enter this whole new level of independence that I have never experienced before. Always remember to advocate for yourself!

I would like to give the biggest thank you to my TWC VR counselor who truly made this a possibility for me.

Thank you,

Lauren Taylor, REACH of Denton Youth Transition Specialist

If you have any questions about any aspect of adapted driving, please reach out to me by email: ltaylor@reachcils.org or by phone: 940-383-1062.

CALENDAR OF EVENTS

REACH of PLANO

972-398-1111

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

All face-to-face meetings will be by appointment only during the remainder of 2020.

Don't forget your mask when coming to the REACH of Plano center.

September 2020

7 Monday Center closed in observance of Labor Day - Have a Safe Holiday.

Youth meetings will be held via teleconference. Call Kathryn Kososki to set-up and register.

October 2020

12 Monday Center closed in observance of Columbus Day - Have a Safe Holiday.

November 2020

Contact the center to check on services offered.

11 Wed. Center closed in observance of Veterans Day - Have a Safe Holiday.

26-27 Thursday & Friday Center Closed in observance of Thanksgiving - Have a Safe Holiday.

Group workshops are available for virtual and in-office small group sessions. To be added to the list of interested individuals & updated on times, please email Julie Espinoza at jespinoza@reachcils.org. Topics include Disability Movement History, Home Adaptations for Independent Living, Basic Budgeting Skills and What COVID-19 has Taught Us: Medical Rationing/Ableism.

Thank You from REACH of Plano Employees

Everyone has been so helpful with our efforts to continue on with important issues despite the pathways for continuing our advocacy being so strained and tested under the COVID-19 restrictions. We appreciate and acknowledge everyone who has helped to work with us on:

The Americans with Disabilities Act 30th Anniversary! Giving stories and support in video presentations, planning virtual celebrations and making sure our civil rights are never weakened!

Black Disabled Lives Matter! #disablednotdisposable. The medical rationing of COVID-19 treatments has been a threat to every person with a disability, but the unity in protesting the death of Michael Hickson at an Austin hospital has helped to ensure that the current stance on quality of life of individuals with disabilities never dismisses our equality as we go forward in COVID-19 history.

https://www.msn.com/en-us/news/us/black-disabled-man-dies-from-covid-19-after-texas-hospital-refused-to-treat-him/ar-BB16dZ9G

https://www.washingtonpost.com/health/2020/07/05/coronavirus-disability-death/

We could not have outreached on about events without your strength as advocates.

Please contact us if you too would like to be a virtual advocate! 972-398-1111.

Important notice! For your safety and ours, REACH of Plano is providing services with safety measures in place, virus free! Call in advance for appointments. Do not come in if you have a fever or have been exposed recently to COVID-19.

Gaining Independence through Driving

The average cost of your run of the mill minivan is somewhere between $20,000 to $30,000. When you make one of those minivans wheelchair accessible by lowering the floor, taking out the middle seats, and attaching a ramp to the side, the cost of the vehicle doubles. Adding the equipment for adapted driving increases the price even more, typically up to $100,000 or more.

Organizations such as Texas Workforce Commission (TWC) have processes set up to help pay for all of these modifications, but the requirements you must meet are difficult to qualify for. You must graduate from college as far as you are going to go (I am unsure of the rules if you do not go to college), have a full-time job for at least 6 months, and live absolutely nowhere near public transportation. I meet absolutely none of these requirements because I am still in graduate school, I have a part time job, and I live in the center of multiple forms of public transit. This is the story of how self-advocacy and determination brought me the ability to drive.

I am 23 years old and I have wanted to drive since I was 16. Because I have Muscular Dystrophy and use a power chair for mobility, I was told that driving was not going to happen for me until I finished college. Skip forward to May of 2019. I started working at REACH of Denton where I work with high school students who are about to transition into adult life. This includes traveling to other high schools that do not have access to public transportation. This was a key factor in granting my approval for the driving process. I have an accessible van already, but it is not adapted for me to drive, so my attendant drives me to and from work. The school visits were outside of my attendant's normal schedule with me so it was difficult to make school visits work. So, I reached out to my TWC Vocational Rehabilitation (VR) counselor and explained my situation to her. I said "Alright so here's the thing… I have technically completed college and am just continuing my education, my job is having me travel to places that are not within public transport limits, and my attendant isn't really supposed to be helping me travel for my job, but just to and from my job." To my surprise, she actually said that I might actually have a case she can work with! I was shocked. Thus the process began and she submitted the request for a driving evaluation.

First, I had to get my learner's permit in order to be eligible for the evaluation. I searched Google for online driver's education classes, found an accredited program, paid the fee, and completed the classes in about a day or two. Then, I took my certificate of completion and all of the necessary forms to the DMV to apply for my permit. It was mailed to me 2 weeks later. Next, I had to be evaluated by Strowmatt Rehabilitation Services based out of Houston (this happened in December of 2019). They are the only company in the southern states that can perform driving evaluations and training for people driving with EMC equipment, which is the electronic hand control system that controls the various functions of a vehicle. They come to you with an accessible vehicle that will meet your needs. For me, it was a 2013 Toyota Sienna. The evaluation consists of figuring out what is going to work for you to drive successfully, if at all. For me, we had to figure out the precise placement of the hand controls and what strength levels to set them at. I also needed some stabilization on both sides of my torso to keep me sturdy when turning. Once we got that all settled, we began driving around the parking lot and even around my neighborhood by the end of the day.

Continued on Page 12

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QAP

vmi imagine possibilities

We work with DARS, MDCP, CLASS, CBA, MHMR, DADS
And many other funding agencies.

Rates for Advertising in the 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.

BUSINESS & PROFESSIONAL AD SIZES:	ONE TIME ADS	YEAR ADS
___ Business Card (2" x 3.5")	$ 25.00	$ 90.00
___ 1/8 Page (4.25" x 2.75")	50.00	190.00
___ 1/4 Page (4.25" x 5.5")	65.00	250.00
___ 1/2 Page (8.5" x 5.5")	100.00	375.00
___ Full Page (8.5" x 11")	200.00	775.00

If you have any questions, please call Janie Peachee, interim newsletter editor, at REACH of Dallas 214-394-5840 or contact her by email at reachdallas@reachcils.org.
These advertising rates may change without prior notice.

Beating the Blues Some ideas on how to learn a way to beat the blues by coaching ourselves to reduce discouragement using positive thoughts and peer support.

Courage, everyone gets discouraged. Courage helps you keep working toward your goals. When you feel discouraged, you know your plans aren't working. Difficulties such as health problems, money problems, or physical barriers may detour your progress toward your goals. It' natural to react by feeling a little discouraged and down. It takes courage to continue working on your goals despite your problems. Can you recall goals you stopped working toward because you got discouraged? Part of living well is recognizing when you've become discouraged and having a plan to cope with it. Then you can keep moving toward you goals.

Being discouraged is a sign that you need to change something about yourself or your plans. Sometimes you may get discouraged because solving a problem takes longer than you expected and slows you progress. By definition, discouragement is the loss of "courage". A courageous person persists despite fear and doesn't give up. Discouragement says give up. Courage says keep going. How do you go from being discouraged to having courage? The answer is simple **en**couragement.

The Good Coach Inside You

Peers and friends encourage us by changing our thoughts. This gives us hope that we can solve our problems. The "good coach" whose encouraging words fights discouragement. We each have a good coach in our minds that can encourage us when we feel discouraged. You may need to develop your good coach so you feel less discouraged.

Event	Bad Coach	Good Coach
I want to ask someone for a date.	"If I ask her out, she'll say no."	"I'll never know until I try."
It's time to pay my bills.	"I'll never be able to pay the bills next month."	"I have figured it out in the past. I'll find a way."
My sister missed my birthday.	"Nobody cares about me anymore."	"Everybody gets busy and forgets important things."
My pants are a little tight.	"I'm fat."	"I might want to watch what I eat a little closer."

Now you practice by filling in the blanks with what you think the good and bad coach will say.

Event	Bad Coach	Good Coach
I did not pass that test.		
I don't have any friends.		
My parents ask me to do more adult things.		
I need services and no one helps me.		

Most of our thoughts are automatic. They happen without any effort and we're not always aware of them. We may not even realize which coach we are listening to. To hear more from your good coach, you have to pay attention to your thoughts. When things happen to you, what do you tell yourself?

A debate is a good way to manage the bad coach. Start by getting the bad coach to be quiet. Tell him or her to stop being so negative in your mind. When you hear discouraging words in your mind, say "Stop!" in your mind. "That's all". If the bad coach continues, say "Stop!" again in your mind whenever those thoughts return. This limits how much you have to listen to the bad coach. What a relief! Once the bad coach learns to be quiet, you can use your debate skills to teach him or her to be a better coach. As you practice debating you will find that the bad coach becomes less negative.

Excerpts from *Living Well with A Disability, Fourth Edition 2010, The Research and Training Center on Disability in Rural Communities at the University of Montana, Missoula, MT*

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Words to Live By!

"Enjoy the little things for one day you may look back and realize they were big things."

Robert Brault*

*Free-lance writer who has contributed numerous quotes to U.S. magazines & newspapers over the past 40 years.

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!

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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): _____

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Send acknowledgement to (Name, Address, City, State & Zip Code):

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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.

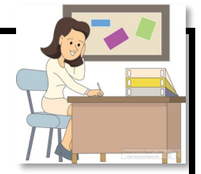
REACH receives a majority of its funding to operate the centers from grants from HHS and HHSC in Fiscal Year 2021. REACH of Denton receives 100% of its funding ($250,112) from HHS; REACH of Fort Worth receives 100% of its funding ($262,280) from HHSC; REACH of Dallas receives 100% of its funding ($482,447) from HHS; and REACH of Plano receives 100% of its funding ($262,279) 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 or make an automatic bank deposit to REACH for a percentage of the total of our 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. Thank you.

From the Director's Desk



Be in the Know!

REACH will again participate in the North Texas Giving Day event. This year's event will be held on Thursday, September 17. So, if you'd like to financially support our work in assisting individuals with disabilities lead self-directed independent lives, please visit www.northtexasgivingday.org on 9/17 and choose the REACH Resource Centers on Independent Living to receive your gift/donation

Board News

LaShaila Mitchum, Greater Dallas Student HireAbility Navigator at the Workforce Solutions Greater Dallas-Equus Works office on West Irving Boulevard, was recently appointed to the REACH Board of Directors by President Sylvia Hodgins. LaShaila joins the other 15 members of the Board in providing leadership, expertise, and guidance to the REACH Corporation that operates the REACH Resource Centers on Independent Living in Fort Worth, Dallas, Denton and Plano.

FYI

The *My Ride Dallas* program, with support from the North Central Texas Council of Governments and MHMR Tarrant County, will be expanding to provide transportation options counseling to all 16 North Texas counties 24/7. The new expanded program will be known as *My Ride North Texas* and will provide transportation information to seniors and individuals with disabilities. The expansion to add the additional counties, night, and weekend services will be completed over the next few months. The new program will include stakeholder meetings. For more information contact Jessica Walker at jwalker@ccadvance.org.

PBS Kids recently introduced "an animated series about an elementary school, *Hero Elementary*, where a diverse group of budding superheroes hone innate skills like flying and teleportation. One of the students also happens to have autism." The series follows the students and their teacher, Mr. Sparks, as they work together to solve problems and make the world a better place. The series is aimed at children 4 to 7 years of age and pushes them to think like scientists to solve problems while also touching on social issues like kindness and empathy. *Hero Elementary* is available on PBS stations as well as the PBS KIDS 24/7 channel and digital platforms.

If you can't afford your medications and need financial help, visit www.needymeds.org and click the Patient Savings tab.

I recently read a quote from a young Texas disability advocate that impressed me a lot. She said:

"I learned that self-advocacy is a muscle I need to exercise. The more I speak up for myself, the stronger my voice is."

Stay Safe and Healthy, *Charlotte Stewart*