

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](mailto:reachftw@reachcils.org).

**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](mailto:reachftw@reachcils.org)

**REACH OF DALLAS RESOURCE CENTER ON INDEPENDENT LIVING**

8625 KING GEORGE DRIVE, SUITE 210, DALLAS, TEXAS 75235-2275  
214-630-4796 , 214-630-6390 FAX  
E-MAIL: [reachdallas@reachcils.org](mailto: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](mailto:reachden@reachcils.org)

**REACH OF PLANO RESOURCE CENTER ON INDEPENDENT LIVING**

720 E. Park Blvd. Suite 104, Plano, Texas 75074-8844  
972-398-1111 , 972-398-9649 Fax  
E-MAIL: [reachplano@reachcils.org](mailto:reachplano@reachcils.org)  
REACH's website address: [www.reachcils.org](http://www.reachcils.org)

# REACHing Out

**HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE**

April—June Vol. XXIII No. 4 Editor: Sarah Stepp

REACHing Out is published four times a year in January, April, July & October 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
REACH of Denton Services	4
Calendar of Events-Plano	5
Moderna & Pfizer Vaccine Info	6
REACH Summer Youth Camps	6
Neurofit Gym Ad	7
Words to Live By	7
Fragrance Free Facilities Request	7
Caring to Help	8
Reminder to Donors	8
From the Director's Desk	9
Coloring Activity	10
Lift-Aids, Inc. Ad	11
Newsletter Ad Rates	11
COVID-19 Vaccine Information	12
Emailing Newsletter Notice	13
Newsletter Deadline Dates	13
COVID-19 Web Links	13
Prepare for Spring Weather Advice	14
Spring Activity Ideas	15
REACH Centers' Contact Information	16



Every April Autism Speaks celebrates World Autism Month beginning with the United Nations-sanctioned World Autism



Awareness Day on April 2. Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism in order to foster worldwide support.

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

**APRIL 2021**

**APR 7<sup>th</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**APR 8<sup>th</sup> – Support Group (1:00 p.m. – 3:00 p.m.) Nestle Toll House Café, 124 E. 4<sup>th</sup> Street near Sundance Square in Downtown Fort Worth. Please bring \$10.00 for your Sweet Treat.**

**APR 14<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**APR 21<sup>st</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**APR 22<sup>nd</sup> – Support Group (1:00 p.m. – 3:00 p.m.) Movies & Nachos at the Center**

**APR 28<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

PLEASE NOTE THAT EVENTS AND TIMES MAY BE  
SUBJECT TO CHANGE DUE TO COVID-19,  
WEATHER CONDITIONS, SPEAKER CANCELLA-

**MAY 2021**

**MAY 5<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**MAY 6<sup>th</sup> – Support Group (1:00 p.m. – 3:00 p.m.) Lunch on the Patio at Chuy’s Cantina, 2401 West 7<sup>th</sup> Street. Please bring \$20.00 for Meal, Drink & Gratuity.**

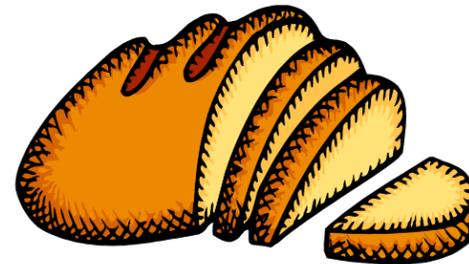
**MAY 12<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

Please bring lunch or lunch money to events

**MAY 19<sup>th</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**MAY 20<sup>th</sup> – Support Group (1:00 p.m. – 3:00 p.m.) Craft Day at the Center**

**MAY 26<sup>th</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**JUNE 2021**

**JUNE 2<sup>nd</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**JUNE 3<sup>rd</sup> – Support Group (12:30 p.m. – 2:30 p.m.)**

**Picnic at the Trinity, 2401 University Drive, Pavilion #3 or**

**#2 depending on availability. Sack Lunches will be provided. Note time change for this outing.**

**JUNE 9<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**JUNE 16<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

**JUNE 17<sup>th</sup> – Support Group (1:00 p.m. – 3:00 p.m.) Patriotic Crafts at the Center**

**JUNE 23<sup>rd</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)**

Please note: Based on the number of participants, weather, staff absence, etc., the above scheduled events are subject to change or cancellation.

For more information on the Adjustment to Disability weekly training sessions that are being held via teleconference, please contact Jenna Reinke at the Fort Worth center @ 817-870-9082 or via email at jreinke@reachcils.org.

For more information on Support Group Activities and the schedule above, contact Lytte Greer at the Fort Worth office @ 817-870-9082 or via email at lgreer@reachcils.org.

**Spring Activities Ideas**

See how many spring activities you can cross off your to do list this season:

Plant a spring garden (or even just a plant or two)

See the cherry blossoms or bluebonnets

Have a picnic at the park

Seek out the first spring flowers and take pictures

Go for a run

Take a hike

Play softball

Ride a bike

Enjoy the spring weather at an outdoor café

Visit a farm to see the baby animals

Walk on an empty beach

Play a round of golf

Go horseback riding

Look for four-leaf clovers

Jump in puddles

Get dirt under your fingernails

Blow bubbles

Climb a tree

Find a playground and swing on the swings

Feed the ducks at a pond

Wade in a creek

Draw pictures on the sidewalk with chalk

Skip stones across a pond

Plan a spring break vacation

## Prepare for Spring Weather Advice

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, “In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in the spring and summer months.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation or shelter plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room
- A list of important personal information, that includes telephone numbers of neighbors, family, and friends, insurance and property information, telephone numbers of utility companies, and medical information



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

**Helen Keller**

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

### April 2021

**April 5<sup>th</sup> – Virtual Adjustment to Disability and Independence & Beyond Group teleconference session (1:30 p.m. – 3:00 p.m.)**

### May 2021

**May 3<sup>rd</sup> – Virtual Adjustment to Disability and Independence & Beyond Group teleconference session (1:30 p.m. – 3:00 p.m.)**

### June 2021

**June 7<sup>th</sup> - Virtual Adjustment to Disability and Independence & Beyond Group teleconference session (1:30 p.m. – 3:00 p.m.)**

The Adjustment to Disability and Independence & Beyond group training sessions meet the 1st Monday of each month from 1:30 - 3:00 p.m. The sessions are Free and facilitated by a Licensed Professional Counselor. These training sessions give the participants an opportunity to discuss and receive guidance on issues related to living with a disability. By attending the once-a-month sessions, the participants gain insights through group interaction and develop supportive relationships with other people with disabilities. The participants are also given tips and techniques to assist them in living productively and independently in the community.

### TOPICS DISCUSSED IN GROUP MAY INCLUDE

- Assertiveness • Relaxation Techniques • Daily Living Issues • Relationships
- Grief/Pain Management • Community Resources • Self-Esteem

For more information, please call Miaka Brown @ 214-630-4796 or email her at [mbrown@reachcils.org](mailto:mbrown@reachcils.org)

**If you're interested in no cost one-on-one basic computer skills training at the Dallas center, contact Harvey Spears at 214-630-4796 or email him at [hspears@reachcils.org](mailto:hspears@reachcils.org) for more information.**

**If you'd like to schedule a visit and demonstrations of the various assistive technology devices, equipment and software programs in the Dallas center's Assistive Technology Lab, contact Harvey Spears at 214-630-4796 or email him at [hspears@reachcils.org](mailto:hspears@reachcils.org).**



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

April 2021 - Support Group Session Topics 11:00 a.m. - noon

- 1st Easter Traditions
- 8th April Showers
- 15th Spring Planting
- 22nd Group Choice
- 29th No Group

All face-to-face meetings will be by appointment only during the early months of 2021. Don't forget to wear your mask when coming to the REACH of Denton center.

Meetings may be online or via teleconference due to COVID-19 concerns. Call the center to get final details. Please preregister for all offered activities.

May 2021 - Support Group Session Topics 11:00 a.m. - noon

- 6th May Day
- 13th May Flowers
- 20th Group Choice
- 27th Summer Plans

June 2021 - Support Group Session Topics 11:00a.m.- noon

- 3rd Safe in the Sun
- 10th Staying Hydrated
- 17th Summer Blues
- 25th Group Choice



While dealing with the pandemic over the past 12+ months, **REACH** staff has had to adapt and change the way we provide some of our services. We are considered essential employees because our centers help people with disabilities maintain their independence. Below is a list of the services that the **REACH of Denton** center offers:

- Information and Referral to community resources
- Peer Counseling/Peer Support
- Independent Living Skills Training sessions on various topics
- Advocacy Assistance
- ADA Training and Technical Assistance
- Assistive Equipment Loan
- Support Group Sessions
- Youth Transition Assistance to Adult Life after High School



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 Sarah Stepp, Office Manager, your e-mail address. You can reach Sarah at [sstepp@reachcils.org](mailto:sstepp@reachcils.org).

Thank You!

**Deadlines for Future REACHing Out Newsletters**

June 12, 2021: July - September 2021 Edition

September 12, 2021: October - December 2021 Edition

**IMPORTANT COVID-19 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.**

**Texas opens COVID-19 vaccine to everyone 16 and older on March 29, 2021.**

**The Texas Department of State Health Services is asking providers to prioritize appointments for people 80 and older, and to prioritize walk-ins from anyone in that age group who show up without an appointment.**

**Everyone age 16 and older, regardless of occupation or health status, will be eligible to get the COVID-19 vaccine in Texas starting on 3/29, state health officials announced.**

**It is recommended that you call your local health department to find out where the nearest vaccination hub is located.**

**Denton County (940) 349-2900**

**Tarrant County (817) 321-4724 (Fort Worth)**

**Dallas County (214) 819-2000**

**Collin County (972) 548-5500 (Plano)**



**CALENDAR OF EVENTS**



**972-398-1111**

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

REACH of Plano staff will email you directly about upcoming activities or you can check out our website and/or Facebook account. We also welcome your input on what activities you would like to see us schedule either as group or individual sessions. Email Julie Espinoza at [jespinoza@reachcils.org](mailto:jespinoza@reachcils.org) with your request to be added to her email list of upcoming activities and special events. At this time, a majority of the activities and special events the center offers are held via teleconference or the Google Meet virtual platform.



REACH of Plano has manual wheelchairs for loan and other donated medical equipment and supplies such as bedside commodes, shower benches, walkers, canes & adult diapers to give away! Call Maria Fernandez at 972-398-1111 if you need any of these items. They will be given away on a first requested, first served basis!

**lyft, Inc. Donation**

Thank you to lyft, Inc. for donating \$1,000 in credits to consumers in need of transportation to and from COVID-19 vaccination centers and clinics. This donation will help REACH consumers across the metroplex get the vaccines they need as we continue to fight against the coronavirus. All rides are accessible to the community by using a smartphone to download the lyft app. (FYI - lyft, Inc. does not capitalize the first letter in the company's name, a lower case letter "l" is used instead of a capital letter "L".)

**Thank You to Our Student Intern Linnie**

Linnie, who has been volunteering at the REACH of Plano center for several months, has provided our consumers with many insightful workshops. Topics included public health concerns and using coping skills to lessened stress. We look forward to continuing our work with Linnie in the coming weeks.

## Important to Know

The Moderna and Pfizer COVID-19 vaccines both require two doses. It's best if you get your second dose from the same brand as your first dose. For example, if you got a Moderna first dose vaccine, your second dose vaccine must also be a Moderna dose vaccine.

The timing between your first and second doses depend upon which vaccine you received:

- **Moderna:** 4 to 6 weeks after your first dose
- **Pfizer:** 3 to 6 weeks after your first dose

## Summer Youth Camps Hosted by Each REACH Resource Center on Independent Living

The Summer Youth Camp sessions for youth with disabilities are quickly approaching, so make sure to contact your local REACH center to find out about the dates, times, agenda topics, activities, etc.

**REACH of Denton - 940-383-1062**

**REACH of Fort Worth - 817-870-9082**

**REACH of Dallas - 214-630-4796**

**REACH of Plano - 972-398-1111**



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](mailto:info@lift-aids.com)



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](http://www.reachcils.org).

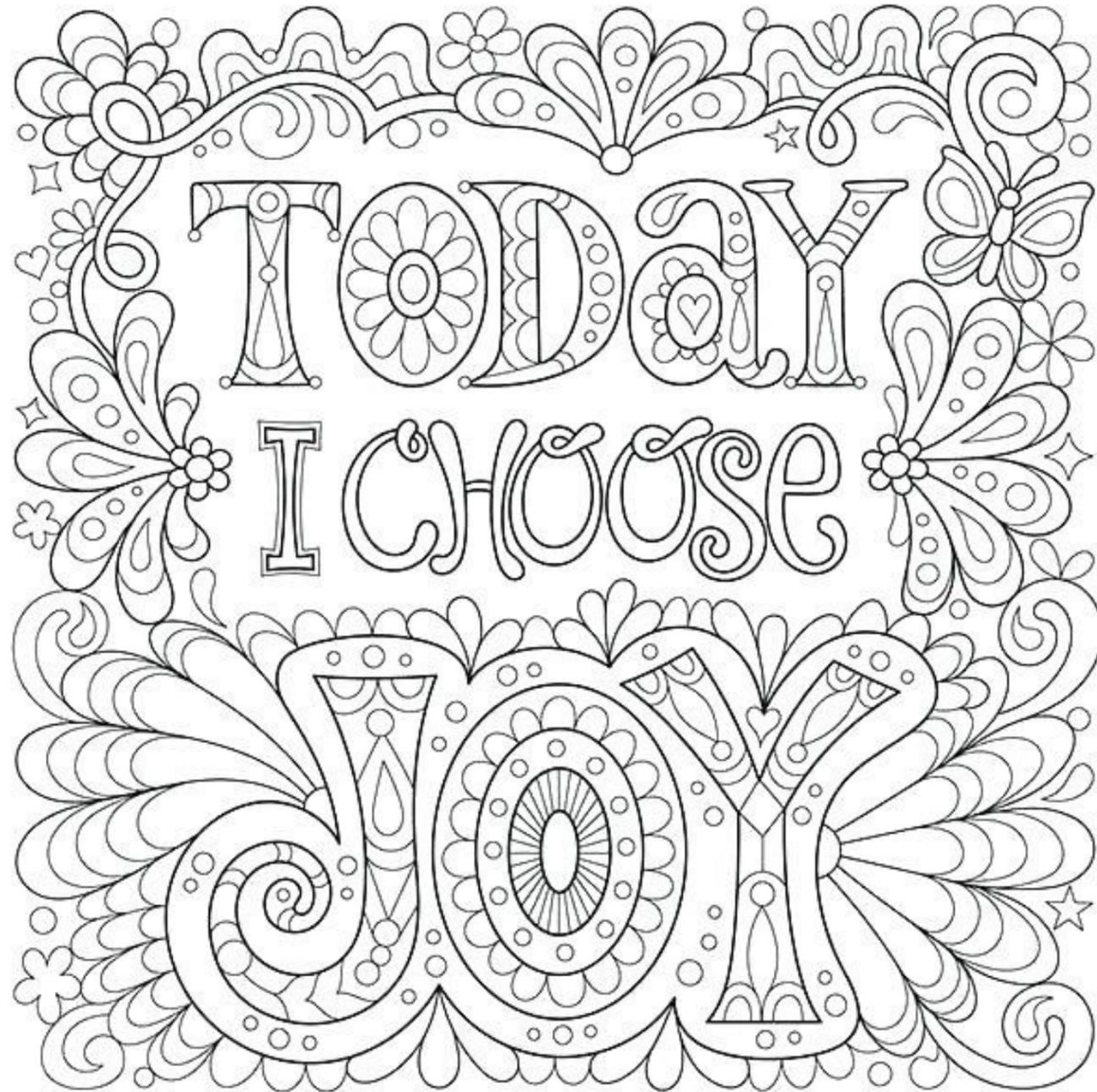
BUSINESS & PROFESSIONAL AD SIZES:	ONE TIME ADS	YEAR ADS
___ Business Card (2" x 3.5")	\$ 25.00	\$ 90.00
___ 1/8 Page (4.25" x 2.75")	50.00	190.00
___ 1/4 Page (4.25" x 5.5")	65.00	250.00
___ 1/2 Page (8.5" x 5.5")	100.00	375.00
___ Full Page (8.5" x 11")	200.00	775.00

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](mailto:reachdallas@reachcils.org). These advertising rates may change without prior notice.

“ We cannot cure the world of sorrows,  
but we can choose to live in joy.”

Always look for Joy in whatever you do! Be Joyous in every task you do, big or small, you did it, **YOU** made it!

**Take a break and enjoy a coloring activity.**



**Strengthening the Mind & Body**



**The GYM that promotes exercise and education, utilizing specialized equipment.**

**1361 W. Euless Blvd. #101, Euless, TX 76040  
www.neurofitnessfoundation.org**

**Words to Live By!**

“Start by doing what’s necessary;  
then do what’s possible; and  
suddenly you are doing the impossible.”

**Saint Francis of Assisi**



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!



## 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 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



### Changes, Changes - New & Returning Employees

On February 22nd, Preston Kolb, joined the REACH of Plano team as the Community Living & Youth Transition Specialist and Jenna Reinke, joined the REACH of Fort Worth team on March 22nd as the Independent Living Specialist. Miaka Powers-Brown, the Fort Worth center's former Independent Living Specialist, transferred to the REACH of Dallas center on March 1st and is working as the Records Manager. Brenda Yanez, the Dallas center's part-time Receptionist, was promoted on March 1st to the full-time position of Administrative Assistant. Shawnett Viani, the Plano center's former Records Manager was rehired on March 8th and began working as the part-time Youth Transition Specialist at the Denton center. Maria Fernandez returned to the Plano center on April 1st as the Records Manager and Jerra Capuria will begin working as the Denton center's Office Manager on April 19th.

### Changes, Changes - Employee Departures

Lauren Taylor, Denton's Youth Transition Specialist, and Kiowanda Jasso, Dallas' Records Manager/ Information & Referral Specialist, resigned their positions on January 15th to pursue other endeavors. Denton employees Murphy Hardinger, IL Skills Training Specialist, and Missy Dickenson, Assistant Director, retired in January and March, respectively, after 25 years of employment with the REACH organization.

### New Board Member

Gerry Altamirano, a certified rehabilitation counselor and former assistant dean and director of the Disability Resource Center at the University of Florida, recently relocated back to the Dallas area and joined the REACH Board of Directors.

Board members say: **"I take pride in serving on the REACH Board of Directors because..."**

**Julia Chalker:** I have seen firsthand how REACH impacts the lives of those with disabilities through their efforts. I have personally met REACH consumers who are so appreciative of how REACH helped them retain or regain independence, adjust to becoming disabled later in life, and learn skills that will enable them to advocate for themselves. REACH changes lives."

**Carla Forman:** of the difference REACH makes in the lives of their consumers."

**Penny Acrey:** of its long history of integrity and good stewardship shown in serving people with all types of disabilities."

**Anne Wallace:** we seek to encourage those with POSSibilities to become their personal best."

**Joe Rivas:** I could have a voice in the decision-making process for REACH."

**Shawnett Viani:** one of my passions is helping create future leaders obtain faster independence and acceptance; REACH, Inc. does just that."

### Did You Know

The Federal Trade Commission recently launched a website ([ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov)) that will make it easier for individuals to report frauds to federal authorities and get speedy advice on what to do.

Always remember that you are absolutely Unique. Just like everyone else.

Margaret Mead, American cultural anthropologist

Enjoy the Warm Weather, *Charlotte Stewart*