

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

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REACH's website address: [www.reachcils.org](http://www.reachcils.org)

# REACHing Out

**HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE**

January –March 2021 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

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

**JANUARY 2021**

JAN 1st – Center Closed for New Year’s Day

JAN 6<sup>th</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

JAN 7<sup>TH</sup> - GENGHIS GRILL located at 4469 Bryant Irvin Rd. [www.genghisgrill.com](http://www.genghisgrill.com). Please bring \$20.00 for meal, drink and tip. (1:00-2:15pm)

JAN 13<sup>TH</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

JAN 18th - Center Closed for MLK, Jr. Day

JAN 20<sup>TH</sup> – Adjustment to Disability  
(10:00 a.m. - 12:00 p.m.)

JAN 27<sup>TH</sup> - Adjustment to Disability  
(10:00 a.m. - 12:00 p.m.)

JAN 28<sup>TH</sup> - Movie @ the center (1:00 p.m. – 3:00 p.m.)

**FEBRUARY 2021**

FEB 3<sup>rd</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

FEB 4<sup>th</sup> – Olive Garden, located at 4700 SW Loop 820.  
[www.olivegarden.com](http://www.olivegarden.com) Lunch prices are \$10.00 and up.

(Lunch will be from 1:00 -2:15 p.m.).

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

FEB 15th – Center Closed for Presidents’ Day

FEB 17<sup>TH</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

FEB 24<sup>th</sup> – Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

FEB 25<sup>TH</sup> - Hot chocolate & popcorn and a movie at the center (1:00 p.m. – 3:00 p.m.).

**MARCH 2021**

March 3<sup>rd</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

March 4<sup>th</sup> – On the Border Restaurant located at 4411 Bryant Irvin Road. [www.ontheborder.com](http://www.ontheborder.com)

Lunch is on your own. Lunch starts from \$9.00 and up. (Lunch will be from 1:00 p.m. to 2:15 p.m.)

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

March 17<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

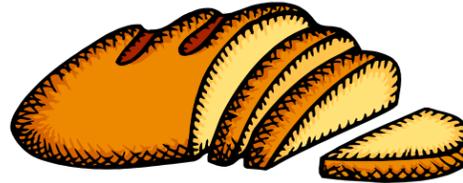
March 24<sup>th</sup> - Adjustment to Disability (10:00 a.m. - 12:00 p.m.)

March 25<sup>th</sup> – Movie Day & popcorn @ the center (1:00 p.m. – 3:00 p.m.)

March 31<sup>st</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 CANCELLATIONS,  
OR OTHER ISSUES OUT OF OUR CONTROL.

Please bring lunch or lunch money to events

**Inclement Weather Notice**

Should we experience any icy or snowy weather in the Metroplex during the 2021-2022 fall & winter seasons, watch broadcast TV station WFAA Channel 8 on the ABC network or visit [www.wfaa.com/closings](http://www.wfaa.com/closings) to learn if the REACH centers will be closing early, opening late, or closed for the day.

**New Year’s Goals**

Well 2020 certainly did turn out to be a difficult and painful year. Many like yourself are ready to have a fresh start. It is a time when people set the restart button and try to refocus on what is important to them. Setting goals is usually a part of this reset and so I want to provide some information that may be helpful in developing the new you. The information provided comes from the website [mindtools.com](http://mindtools.com).

**Step 1: Starting to Set Personal Goals**

You set your goals on a number of levels:

First you create your "big picture" of what you want to do with your life (or over, say, the next 10 years), and identify the large-scale goals that you want to achieve.

Then, you break these down into the smaller and smaller targets that you must hit to reach your lifetime goals.

Finally, once you have your plan, you start working on it to achieve these goals.

This is why we start the process of setting goals by looking at your lifetime goals. Then, we work down to the things that you can do in, say, the next five years, then next year, next month, next week, and today, to start moving towards them.

**Step 2: Setting Smaller Goals**

Once you have set your lifetime goals, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan.

Then create a one-year plan, six-month plan, and a one-month plan of progressively smaller goals that you should reach to achieve your lifetime goals. Each of these should be based on the previous plan.

Then create a daily [To-Do List](#) of things that you should do today to work towards your lifetime goals.

**SMART Goals**

A useful way of making goals more powerful is to use the [SMART](#) mnemonic. While there are plenty of variants (some of which we've included in parenthesis), SMART usually stands for:

**S** – Specific (or Significant).

**M** – Measurable (or Meaningful).

**A** – Attainable (or Action-Oriented).

**R** – Relevant (or Rewarding).

**T** – Time-bound (or Trackable).



**Gratitude and a positive outlook enhance the quality of our lives.  
Gratitude and a positive outlook is a choice.**

We can all agree that this year has been a challenge. The Pandemic has altered our lives as we knew them, and many different types of losses have occupied our minds and our hearts.

This past Thanksgiving and Christmas was different as well. It is hard not to be able to see those we love at this special time and it is easy to get stuck in the negativity. We have had to dig a little deeper to identify and appreciate the gift this time has brought.

We have become aware of just how many caring people in our community have come together to help those in need. We have learned to communicate and connect with family and friends in new ways, using the safety of technology. We may have begun to forge closer bonds with neighbors and acquaintances.

**The benefits of practicing gratitude.**

Physical benefits reported by people who practice gratitude include feeling more alive and energetic, reduced stress level, improved sleep, having fewer colds and other “bugs”, and enjoying better health in general.

Mental and emotional benefits include greater optimism, a more positive outlook, and improved relationships. Some also report improved ability to feel and express empathy, compassion and kindness.

**The cost of negativity.**

Negativity affects us the same way other types of stress do. It starts a chemical chain reaction that alters the nerve and blood supply to every part of the human body. The results are well known and include high blood pressure, increased risk of stroke and heart attack, digestive problems including stomach ulcers, muscle tension, pain, tension headaches, sleeplessness, lowered immune response, anxiety, and depression.

**Negative thinking will only add to your stress!**

Joyfulness is contagious. Practicing gratitude will not only improve your own health and happiness; but will spread, like rings on water, to those around you.

Habits, both positive and negative, take time to develop and maintain.

The old “use it or lose it” applies to gratitude as well.

Allowing ourselves to get stuck in the negative is a waste of our precious time and energy.

There are so many small pleasures in our daily lives. Making an effort to notice them and to let our appreciation for them linger for a moment will gladden your heart and make every day a little brighter.

***Think Positive, Be Positive***

**CALENDAR OF EVENTS**



**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 2021.**

**All scheduled events may be cancelled due to COVID-19.**

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

**JANUARY**

Jan 1st Center Closed for New Year's Day

Jan 4th Virtual Independence & Beyond group discussion session 1:30 - 3:00 pm

Jan 11<sup>th</sup> Virtual Youth IL Skills Training 11 am - 12 pm

Jan 18th Center Closed for MLK, Jr. Day

Jan 25<sup>th</sup> Virtual Youth Skills Training 11 am - 12 pm

**FEBRUARY**

Feb 1st Virtual Independence & Beyond 1:30 - 3:00 pm

Feb 8th Virtual Youth IL Skills Training 11 am - 12 pm

Feb 15th Center Closed for Presidents' Day

Feb 22nd Virtual Youth IL Skills Training 11 am - 12 pm

**MARCH**

Mar 1st Virtual Independence & Beyond 1:30 - 3:00 pm

Mar 15th Virtual Youth IL Skills Training 11 am - 12 pm

Mar 29<sup>th</sup> Virtual Youth IL Skills Training 11 am - 12 pm



"I have not been handicapped by my condition.

I am physically challenged and differently able."

**Janet Barnes**, recognized as the longest living quadriplegic incomplete (Guinness World Records)



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

**JANUARY**

- 1st Center Closed for New Year's Day
- 6th New Beginning
- 13th General Support Group
- 18th Center Closed for MLK, Jr. Day
- 20th Staying Healthy
- 27th No Group

**FEBRUARY**

- 3rd General Support Group
- 10th Be Your Own Valentine
- 15th Center Closed for Presidents' Day
- 17th General Support Group
- 24th No Group

**MARCH**

- 3rd General Support Group
- 10th Spring Storms
- 17th St. Patrick's Day
- 24th General Support Group
- 31st No Group

**All face-to-face meetings will be by appointment only during the beginning of 2021.**

**Don't forget your mask when coming to REACH of Denton.**

**Meetings may be held online or via teleconference due to COVID-19 concerns.**

**Call the center to get final details. Please preregister for all offered activities.**

While dealing with this pandemic the past several months, **REACH** offices have had to adapt and change the way we provide some of our services. We are considered essential, because our offices help people with disabilities maintain their independence. Here is some information on the services **REACH of Denton** offers:

**Information and Referral Resources**

**Peer Counseling/Peer Support**

**Independent Living Skills Training on a Variety of Topics**

**Advocacy Assistance/ADA Training and Technical Assistance**

**Equipment Loan of Manual Wheelchairs**

**Support Group Discussions**

**Youth Assistance Transitioning from High School to Adult Life**



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 at REACH of Denton, your e-mail address. You can reach Sarah at [sstepp@reachcils.org](mailto:sstepp@reachcils.org).

Thank You!

**Deadlines for Future REACHing Out Newsletters**

March 12, 2021 for the April - June 2021 Edition

June 12, 2021 for the July – September 2021 Edition

September 12, 2021 for the October – December 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, Part 2

However, Strowmatt Rehabilitation was held up, and ended up not being able to come out until October 12<sup>th</sup>. So, even though the vehicle was done and mine, I could not take it home because Strowmatt Rehab had to finish up my training in my finalized van. Strowmatt came out to my home on the 12<sup>th</sup> and drove me out to United Access in our rental to swap it out for my new van. Once we finalized all the gizmos and gadgets, Strowmatt drove us home in my van and then we switched places when we got back to my home where I knew the roads. We trained for 3 very long days. We drove my most common routes and also practiced going on the highway a lot. My final exam, so to speak, was to drive on my own to somewhere in town to meet my trainer there and pick him up. Once that was done, my trainer went home and I was officially an independent driver.

It is now October 28<sup>th</sup>, so I have been driving for 2 weeks and the increase in my independence has skyrocketed. I drive myself to and from work without worrying about having to wait on someone to pick me up. I drive myself to the store whenever I need or want to. I can drive home to my parents' house each weekend without them having to come out to me, 20 minutes away, swap cars, and then drive us back home. I feel less like a burden and way more helpful. But most of all, I simply feel just like everyone else- a functioning member of society.

To recap everything, I began this journey in July of 2019 and am finally done and driving in October of 2020, so over a year of paperwork, approvals, trainings, and fittings. Believe it or not, this is a very quick turnaround, as the average timeframe is around 2 years. I know it sounds like a long time and a frustrating process to deal with, but believe me when I say it is definitely worth it!

Thanks for listening and following my journey!  
Lauren Taylor, Youth Transition Specialist at REACH of Denton

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



## CALENDAR OF EVENTS



972-398-1111

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

### JANUARY

Jan 1st - Center Closed for New Year's Day

Jan 11th - Rev UP teleconference to discuss action plans for regional representatives and members of REV UP Texas

Jan 19th - COVID-19 safety workshop. Learn the latest techniques to protect yourself from the coronavirus

Jan 18th - Center Closed for MLK, Jr. Day

Jan 20th - Inauguration watch parties! It's a day filled with celebration and you can join many numerous festivities for voters with disabilities and happy Americans!

Jan 25th - Virtual Transportation Summit by the Texas State Independent Living Council. Join this important Workshop to learn how you can help improve accessible transportation in Texas

### FEBRUARY

Feb 8th - Fun Run REV UP information call. Learn how you can help raise funds to power the disability vote and REACH.

Feb 15th - Center Closed for Presidents' Day

Feb 17th - Workshop on the latest techniques to prevent yourself from getting sick with COVID-19.

Feb 22nd - Find out how you can talk to your state representatives in the capital. COVID-19 has changed how we can go to Austin to talk to our Representatives. But advocacy Must Go On by every person with a disability. Take a tour of the Capitol and learn how to best communicate with our elected leaders.

Feb 23rd—Informational meeting on the Miss Wheelchair Texas competition. Learn what this pageant is all about, its roots in strong advocacy in Texas and how to be a competitor!

### MARCH

To learn about March activities, please email Julie Espinoza to be updated. As always, for suggestions on topics and speakers for upcoming skills trainings and advocacy issues, email Julie as well:

[jespinoza@reachcils.org](mailto:jespinoza@reachcils.org)

To participate in any of the above teleconferences and/or Google Meet virtual workshops, please contact Julie Espinoza at REACH of Plano via [jespinoza@reachcils.org](mailto:jespinoza@reachcils.org).

Did you know that REACH of Plano has loaner manual wheelchairs. We also have donated durable medical equipment that includes bedside commodes, walkers and canes! Call Julie Espinoza 972-398-1111 if you need any of these items. First come, first served!



## Gaining Independence through Driving, Part 2

The last you guys heard, I was awaiting approval from my TWC (Texas Workforce Commission) counselor on the vehicle of my choice. I am now writing this update to fill you in on the rest of the process, that is now complete! I will provide dates to give you an idea of the timeframe in which all of this took place.

I had picked out a 2017 Toyota Sienna that was thankfully being sold to me for \$25,000 (it is normally \$50,000!). I also traded in our previous modified vehicle, a 2010 Honda Odyssey, for an additional \$10,000 taken off the price of my new van. My TWC counselor got the vehicle approved pretty quickly and United Access began working on my car on August 10<sup>th</sup>. The EMC equipment that routes the cars functions into the hand controls were then ordered and installed by August 31<sup>st</sup>. Once the system was rerouted and installed, I then had to be called in to fit me and my wheelchair with the equipment to make sure everything was where I needed it to be. I went in for my first fitting on September 15<sup>th</sup>.

The main purpose of this first fitting was to figure out where the hand controls needed to be, but to also place the Q-lock on the floor so my wheelchair can click into place and be safely secured in the vehicle. If you do not know what a Q-lock is, it is a pin-and-box system involving a pin/bolt that is installed to the bottom of my wheelchair and that bolt clicks into a box on the floor. This system replaces manual tie-downs you have probably seen on a public bus. I had 2 of these installed in my vehicle, one in the driver's side, and one on the passenger's side. This is because my car is set up where an able-bodied person can drive if needed by disengaging the hand controls and moving the passenger seat into the driver's side. When I am a passenger, I can just lock into the Q-lock on that side.

I went in for my second and final fitting on September 18<sup>th</sup>. This was a very short visit because the tech who built my vehicle had everything perfect on the first try! Before I could sign for the van, I had to get the title for the Honda and the lien release from the lien holder (this included going to the DMV). I returned to United Access for a third time to sign paperwork and trade in my current van on September 28<sup>th</sup>. At this point, my van was officially in my name and I no longer owned the Honda. We had to show TWC and some "safety-checkers" from Texas A&M (I can't remember their title, sorry!) how I get in and out of the vehicle, start it up, and operate the controls independently. We ended up having to make a few minor adjustments, but overall, everything went well and the van was done!



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)



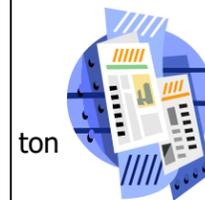
CHRYSLER

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We work with DARS, MDPCP, 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, Den- & 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 Sarah Stepp, Newsletter Editor,  
at REACH of Denton 940-383-1062

or contact her by email at [reachden@reachcils.org](mailto:reachden@reachcils.org).

These advertising rates may change without prior notice.

## REACH of Dallas' Youth Transition Services

Living with a significant disability can be very difficult, particularly for teens, who may have limited coping and problem-solving skills. Often parents are worried at the thought of their sons or daughters leaving home to live on their own. Before starting a youth program, REACH surveyed youth with disabilities, parents, special education teachers, and rehabilitation counselors to determine what teens needed most to prepare them for being independent. The greatest concerns were:



- Learning how to get and keep a job
- Knowing how to speak up for oneself
- Planning and cooking easy meals
- Developing good relationships with others
- Participating in recreation and community service activities
- Understanding and using local resources

In the summer of 2007, the REACH FYI program was founded to address these and other issues.

### PURPOSE:

The REACH FYI (For Your Independence) program exists to help youth with disabilities prepare for adult-life by linking them with essential knowledge, skills, and resources.

### PARTICIPANTS:

Any young person with a disability who is between the ages of fourteen and twenty-two and lives in Dallas or the surrounding cities is eligible to participate in this program.

### PROGRAM ACTIVITIES:

Youth who are members of the Youth Transition program have a part in deciding what they would like to gain from the program. Examples of activities they have chosen include:

- Sharing feelings and experiences with peers through a monthly support group**
- Exploring their creative side through hands-on instruction**
- Becoming more mobile by learning to use the DART rail and other public transportation**
- Serving their community by learning about volunteering**
- Being part of a weeklong summer independent living academy**
- Developing daily living skills**
- Going to community events virtually and learning about other resources**
- Having community outings when COVID-19 safely allows**

**Contact:** Pamela Momon, Youth Transition Specialist, at 214-630-4796 or [pmomon@reachcils.org](mailto:pmomon@reachcils.org)

### ***Strengthening the Mind & Body***



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

**1361 W. Eules Blvd. #101, Eules, TX 76040  
[www.neurofitnessfoundation.org](http://www.neurofitnessfoundation.org)**

### Words to Live By!

“Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind.”

**Dr. Seuss**



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!

**ADAPTIVE MOBILITY of the SOUTHWEST, LLC**  
Jim Chavez, Mobility Consultant - Proprietor  
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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): \_\_\_\_\_

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 and Kroger grocery stores and Amazon Smile program 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



### Good News

Brenda Rodriguez joined the REACH team on October 5th as the part time Receptionist in Dallas and Maria Fernandez on 11/18 as the full time Records Manager in Plano.

### Goodbye Tributes

I'm writing this article with a heavy heart and tears in my eyes. Eleven years ago, I hired Janie Peachee as my Administrative Assistant at our Dallas center. She quickly became indispensable not only to me, but to the rest of the REACH Team at each of our offices. Her job responsibilities included assisting with the preparation of reports, maintaining the organization's website and Facebook account, monitoring the Dallas center's main email messages, handling requests for information & referral assistance, etc. All of these tasks ended abruptly on December 3<sup>rd</sup> when we learned that Janie had lost her battle against the coronavirus. Janie, we miss you and will remember your caring spirit for the rest of our lives.

Long time disability rights advocate, published author of *Thriving Through It – How They Do It. What It Takes to Transform Trauma into Triumph* (yours truly was one of the Thrivers Joyce interviewed for her book), and former REACH Board member Joyce Tepley passed away recently. She will be missed by all of us who knew her and benefited from her caring nature, intelligence and dedication to the independent living philosophy of consumer control.

### New Board Members

Laura (Elle) Kwan, Shawnett Viani and Juliana Murray were appointed to the REACH Board of Directors by Board President Sylvia Hodgins. Elle is the founder of Post Stroke, Shawnett is a disability right advocate, educator and motivational speaker, and Julianna is a Transition Specialist working for Prosper ISD.

### FYI

The National Suicide Hotline Designation Act was recently signed into law by the President. The law offers a simple way for individuals experiencing suicidal thoughts or a mental health emergency to connect with someone at a crisis center by dialing 3-digit number 988 rather than the current 10-digit (800-273-8255) number to reach the National Suicide Prevention Lifeline. The 988 number should be active by July 2022.

Find the resources you need quickly and easily by visiting The City of Dallas Community Resource Hub at <https://Communityresources.dallascityhall.com>. You can search for programs, connect to services and apply for benefits. Search results are available on the site in 110 different languages!

Need help with your pet during this unsettling time? The SPCA of Texas, Operation Kindness and Dallas Pets Alive! share the following pet support service resources: Behavior problems – visit [www.SPCA.org/pettips](http://www.SPCA.org/pettips). Financial Assistance covering pet fees associated with some rental housing – [www.SPCA.org/prc](http://www.SPCA.org/prc). Assistance with pet food – [www.SPCA.org/prc](http://www.SPCA.org/prc) or [www.OperationKindness.org](http://www.OperationKindness.org) which offers a public pet food pantry. Medical & Rehoming Assistance – the SPCA offers pet medical support through their Pet Resource Center ([www.spca.org/prc](http://www.spca.org/prc)) and a rehome service to help find your pet a new home without entering a shelter ([www.spca.org/rehome](http://www.spca.org/rehome)). Other Assistance – Dallas Pets Alive! offers a variety of other resources and pet support to help keep individuals and their pets together ([www.DallasPetsAlive.org/pet-resources](http://www.DallasPetsAlive.org/pet-resources)). If surrendering your pet is your only option – Dallas Animal Services takes in surrendered pets by appointment only [www.DallasAnimalServices.org](http://www.DallasAnimalServices.org).

*Stay Safe and Healthy, Charlotte Stewart*