

Summer  
2010

# The Reach Reader

Helping Individuals with Disabilities Reach Their Full Potential

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## EMPLOYMENT SUPPORT PROMOTES INDEPENDENCE

Finding a job in the current economy is tough for anyone out there looking. But compounded with a disability, the task is even more arduous and at times insurmountable. In fact, one of the main obstacles to successful independent living for people with disabilities is finding employment. REACH can help adults with borderline to mild disabilities find jobs in the community through the Reach Out program, as well as a Hennepin County program called Supported Employment Services. With both of these options, our Community Living Specialists walk clients through the multiple steps required to research job openings, fill out applications, interview, and learn job skills.

Cherice Rolfsrud is one REACH client who has benefited from employment assistance. A single mother, Cherice struggled to both find and keep a job that would help her support her daughter. She came to REACH for help in September of 2008. Despite her challenges with an autism spectrum disability, Cherice found that she did not qualify for any type of county assistance and was therefore enrolled in the Reach Out independent living program. Her case worker began helping her look for stable employment by first assessing her strengths, current job skills and areas of interest. Cherice then created a resume and began applying for jobs that might fit her aptitudes. She



Cherice Rolfsrud found a stable job last year with the help of REACH.

Continued on p. 10

## REGISTRATION DEADLINES FOR ADAPTIVE RECREATION PROGRAMS

**Guaranteed Registration 5/3/10—5/12/10:** Residents of consortium cities (see p. 4) and Members are guaranteed a spot in programs if payment is received by 5/12/10.

**Priority Registration 5/13/10—6/6/10:** Residents of consortium cities and Members are given priority for open program slots on a first-come, first-served basis.

**Open Registration 6/7/10 –on:** Registration is open to Non-Residents as well as Residents and Members who will be placed in any remaining open program slots on a first-come, first-served basis.

## More Inside

- Empowerment Conference ...page 2
- Summer Programs...pages 3 - 8
- Parent's Want to Know... page 9



## EMPOWERMENT BANQUET: Communications Skills for Self-Advocates

Self-Advocates and their families are invited to this exciting banquet & conference to help you improve your communication skills.

### Activities will include:

A wonderful Italian dinner  
Self-Advocates & Community Speakers covering topics such as:

- ♦ Better communication with family, friends, employers & others
- ♦ Using effective communication to overcome discrimination
- ♦ Resolving conflicts
- ♦ How to be an active listener
- ♦ Becoming a communications leader and helping others

Sign Up on  
page 8.

### IT'S FREE\*

\*Your registration fee is generously covered by a grant from the MN Governor's Council on Developmental Disabilities

Tuesday, May 18, 2010

Vescio's Restaurant, 401 Hwy 7, St. Louis Park  
6:00—8:00 pm



## Action Jackson Saturday & Charity Day: Aug. 21st to benefit REACH for Resources



10:00am - noon

15 minutes of paint throwing in our big studio.

Each child will leave with 2 pieces of art

Cost: \$8/child (all of which will go to REACH)

Call 952.926.7871 to reserve your spot

Dress for a mess. Ages 2+

**PLUS: 20% of all retail sales\* for the day go to REACH!**

\*retail sales only, excludes gift cards, kiddyplay, open studio 2, classes, parties and special events bookings

## Fraser Hopkins Court to Open Fall 2010

Fraser is opening a new Independent Living Project (ILP) in Hopkins this fall. Fraser Hopkins Court is a new apartment complex with space for 13 persons with developmental disabilities who can live independently with minimal support. The building is in a great location on a bus line, and is within walking distance of many amenities. Fraser is the only organization in the Twin Cities to offer this type of subsidized apartment rental program and has received national recognition for this unique model. The apartment buildings are made possible through the U.S. Department of Housing and Urban Development (HUD).

Housing applications will be accepted for Fraser Hopkins Court during a specific period of time in the spring of 2010 upon approval from HUD. Information will be posted on [www.fraser.org](http://www.fraser.org) when Fraser is able to begin accepting applications.

**NEW!**

## On the Town Program Transportation Service

Beginning this summer, REACH will once again be providing a door-to-door transportation service for On the Town 1 and On the Town 2 participants. This service has been made possible by generous donations from the Ben Johnson Family.

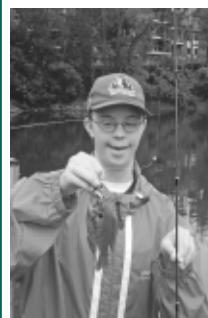
Until 2007, REACH had offered transportation via our Ticket to Ride program for adult social program participants. Government funding for that program was eliminated in 2007 and participants have been responsible for arranging their own rides to programs via Metro Mobility and other transportation options since. Using this new private funding, REACH will be contracting with a local transportation provider to offer rides to participants of On the Town ONLY. If you are a current participant, you will be receiving information about this service and how to schedule rides.

Thank you again to the Ben Johnson Family for making this service possible!

## TEEN SUMMER RESPITE PROGRAM HELPS FAMILIES

For many years REACH has offered the Take Five Respite program for teens in the month of August. Summer can be a challenging time for families with a teenager who has a disability. Who will supervise them while parents are at work, and how can they stay active and connected to friends their own age are often common concerns.

Take Five Respite helps families meet this challenge by providing an all-day program, run by our trained, caring staff who can accommodate a wide variety of disabilities. Teens in the program are well-supervised, and they have a great time making new friends and enjoying fun activities like crafts, games, and field trips. Because of this, the REACH respite program is very popular with both participants and their families.



According to one parent, "Respite gives me a break from the special care my son needs and knowing that he is enjoying himself gives me great satisfaction."

The program runs Monday-Friday from 9:00 am to 3:30 pm during the month of August. See Page 7 for registration information.

# Schedules

## EDUCATION, THERAPY, LEISURE ACTIVITIES

REACH is an agency that serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include counseling, therapy groups, community living training and support, therapeutic recreation and leisure, information & referral.

# Counseling & Education

## COUNSELING

Reach for Resources specializes in working with people with developmental disabilities such as mental retardation, down syndrome, autism, and mild to borderline cognitive difficulties, and their families. We believe in a friendly, supportive, person-centered approach, and in setting personalized goals for each client.

Reach accepts: Medical Assistance, Blue Cross Blue Shield of MN, MHP, Medica/UBH, Ucare, America's PPO & Health Partners.

To schedule an intake interview or for information on counseling options call  
Lisa Rivers, MA, LP at  
(952) 988-4177 or email  
[livers@reachforresources.org](mailto:livers@reachforresources.org)



## Empowerment Group

Men and Women in this group learn to support each other, solve their own problems, advocate for themselves, and form a strong social network. Participants must arrange their own transportation and be able to wait independently for their ride.

WHERE: Eisenhower Center  
1001 Highway 7, Hopkins

WHEN: No summer sessions. We will resume in the Fall

Empowerment Conference on May 18!  
**\*\*See page 2 for details\*\***

An intake is required for new participants. Call Mary Meyer at 952-988-4177 to register or schedule an intake.

## ARMHS

For Adults with Mental Health Disorders and Mild Cognitive Impairments

REACH for Resources offers Adult Rehabilitative Mental Health Services (ARMHS) that can help you successfully live on your own in the setting of your choice. An ARMHS case worker can teach you skills to:

- Cope with stress, fear and anxiety
- Find safe, affordable housing
- Find a job and learn job skills
- Manage your money
- Develop a healthy lifestyle
- Learn to use community resources

To be eligible for REACH ARMHS you must:

- Have a Mental Health Diagnosis
- Have a Mild Cognitive Disability (ie. Borderline IQ, Autism Spectrum Disorder, Fetal Alcohol Syndrome, Learning Disability, or Traumatic Brain Injury)
- Be 18 years or older
- Qualify for Medical Assistance

## Support Group

### Women's Group

This group provides an opportunity for Women (age 18 and above) with borderline to mild cognitive disabilities to talk with other women about their concerns and experiences regarding relationships, sexuality, grief and loss, or other topics of interest.

If you would like to be a part of the group, an intake is required. Call Lisa at 952-988-4177 for more information.

## REACH OUT

Independent Living  
Support for  
Adults with Disabilities

Reach Out is a private pay in-home support service for adults with disabilities who want to live independently, but have been denied eligibility for other public assistance programs. Clients are assigned a case manager who provides on-going support with:

- ♦ Housing
- ♦ Employment
- ♦ Managing Finances
- ♦ Health & Safety
- ♦ Socialization
- ♦ Transportation
- ♦ Government Benefits Application
- ♦ Regular phone Check Ins
- ♦ Crisis Support

Reach Out is tailored to your individual needs and offered at an affordable per session fee.

Scholarships may be available based on family income.

Call Mary Perkins at 952-98-4177 for a Free Preliminary Assessment

**Did You Know? REACH is also a SILS and Waiver provider. If you are looking for a worker who can meet your needs, give us a call!**

# Adaptive Recreation Program

The Adaptive Recreation program is a cooperative effort between REACH for Resources and the Northwest Consortium and West Consortium of cities. Participants of the cities below are considered "Residents" and given priority in registering according to the registration deadlines at the bottom of this page.

The Northwest Consortium: Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, and Plymouth.

The West Consortium: Chanhassen, Chaska, Hopkins, Minnetonka, and St. Louis Park.

- ♦ Persons not living in one of the above communities are considered "Non-Residents" and will not be allowed to register until after the Priority Registration deadline, unless you purchase an annual Membership. You also need to add \$8 to the registration fee.
- ♦ Adult participants may only register for ONE social program. If you are unsure which program is the best fit for you, call Becca at 952-988-4176
- ♦ Please do not sign up unless you will be able to attend! Participants who consistently do not attend programs they have registered for may lose their resident status for the next quarter.
- ♦ If you are concerned about your program filling up quickly, please feel free to stop by the Reach for Resources office to complete a registration form in person. The registration form is also available on our website: [www.reachforresources.org](http://www.reachforresources.org) on the Therapeutic Recreation page.
- ♦ You will receive a letter confirming your registration along with schedules for all programs you have been registered for at least one week prior to the start of the program.
- ♦ **REFUNDS ARE NOT GIVEN IF YOU CANCEL 1 WEEK OR LESS BEFORE THE PROGRAM BEGINS!**

## Inclusion Services

Reach for Resources provides inclusion facilitators for individuals with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your park and recreation department. After registering, contact Reach for Resources to discuss the needs/accommodation for yourself or your child. We require a minimum of two weeks notice for a successful inclusion.

Available in: Brooklyn Park, Brooklyn Center, Chanhassen, Chaska, Crystal, Golden Valley, Hopkins, Minnetonka, New Hope, Robbinsdale and St. Louis Park.

Call Becca at (952) 988-4176 for more information

## MEMBERSHIPS

A Non-Resident Membership option is available for \$200 annually for those non-resident participants who wish to receive priority registration, guaranteed slots in programs\* and reduced program fees.

Scholarships: Reach has limited scholarship funds available to help cover the cost of this membership fee. If you would like more information regarding scholarships or to apply, contact Becca at 952-988-4176.

## NON-RESIDENT MEMBERSHIP FORM

For residents of cities OTHER THAN: Brooklyn Park, Brooklyn Center, Chanhassen, Chaska, Golden Valley, Hopkins, Maple Grove, Minnetonka, Plymouth or St. Louis Park. You may purchase an annual REACH membership that will give you the same benefits as residents of those cities including priority in registration and reduced program fees. PLEASE NOTE: Members must still pay the resident program fees in addition to their membership fee.

To purchase an annual membership, please complete this form and mail with your payment to REACH.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Payment Options:

\_\_\_\_\_ Annual (1 payment of \$200)

\_\_\_\_\_ Bi-Annual, 2 payments of \$100. (REACH will bill you for the 2nd payment)

\$\_\_\_\_\_ Amount enclosed today

Please contact Mary Meyer at 952-988-4177 if you would like to discuss other payment options.

**\*\*Members/residents are guaranteed a spot in a program ONLY if they register and pay by the Guaranteed Registration Deadline\*\***

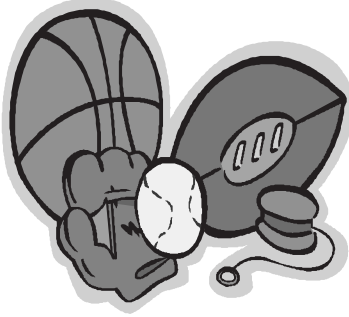
## REGISTRATION DEADLINES

**\*Guaranteed Registration 5/3/10—5/12/10:** Residents of consortium cities and Members are guaranteed a spot in programs if registration and payment is received by 5/12/10.

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**Open Registration 6/7 -on:** Registration is open to Non-Residents as well as Residents and Members who will be placed in any remaining open program slots on a first-come, first-served basis.

# Youth/Teen Programs (Ages 5 - 21)



## Sports Sampler (ages 5-12)

Learn to play a variety of sports, including soccer, basketball, baseball and more in this fun program!

### Session 1:

**WHERE:** Brooklyn Park Community Ctr  
**WHEN:** Mondays, June 21—July 26

### Session 2:

**WHERE:** Chanhassen Rec. Center  
**WHEN:** Wednesdays, June 23—July 28

### BOTH SESSIONS

**TIME:** 6:30—7:30 pm  
**FEE:** \$35.00 Resident  
\$43.00 Non-resident

Program Minimum 5, Maximum 10

## Challenger Baseball League (ages 5-12)

Take me out to the ball game! Play baseball in this great league that uses a buddy system to help youth with disabilities learn the sport.

Sponsored by Hopkins Area Little League.

Visit their website for registration information:

[www.eteamz.com/hallbb/](http://www.eteamz.com/hallbb/)

or call Becca 952-988-4176

## August Action (ages 5-12)

Join us for a week of fun-filled afternoons! Each day we will meet at a different location in the West & North Suburbs to explore the community and enjoy summer.

**WHEN:** M-F, Aug 16—20 West session  
M-F, Aug 23—27 North session

**WHERE:** Various locations

**TIME:** 1:00—3:00 pm

**FEE\*:** \$75.00 Resident\*  
\$83.00 Non-resident\*

\*Plus some additional fees for activities

Program Minimum 5, Maximum 10



## Teen Softball (ages 13-21)

A fun, non-competitive league just for teens. Improve your skills, make new friends and HAVE FUN!!

**WHERE:** Burnes Park Field, Hopkins  
**WHEN:** Fridays, June 4—Aug 13

**TIME:** 6:30 - 8:00 pm

**FEE:** \$30.00 Resident  
\$38.00 Non-resident

## Teen Explorers (ages 13-21)

Make new friends while trying new activities. This is a weekly social group that gives teens the opportunity to go to concerts, restaurants, movies, plays, sporting events, shopping and more!

**WHERE:** Various west metro locations  
**WHEN:** Tuesdays, June 15—Aug 10

**TIME:** 6:30 - 8:30 pm

**FEE:** \$40.00 Resident  
\$48.00 Non-resident

Plus additional activity fee

Program Minimum 5, Maximum 15

## Bowling (ages 5-21)

Join us for fun, non-competitive open bowling. You will bowl 2 games each week.

### North

**WHERE:** Doyle's  
5000 W Broadway  
Crystal

**WHEN:** Tuesdays, June 15—Aug 10  
**TIME:** 6:30—8:30 pm

**FEE:** \$35.00 Resident  
\$43.00 Non-resident  
Plus \$3.00 Per Week

### West

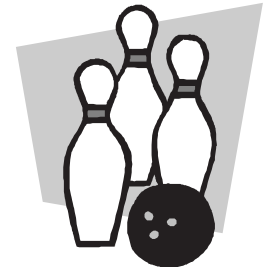
**WHERE:** Park Tavern  
3401 Louisiana Ave S  
St Louis Park

**WHEN:** Mondays, June 14—Aug. 9

**TIME:** 6:30—8:30 pm

**FEE:** \$35.00 Resident  
\$43.00 Non-resident  
Plus \$3.00 Per Week

Program Minimum 5, Maximum 10



## Girls Club (ages 13-21)

This club is designed for young women who are independent in their personal care and want to meet new friends and have fun!

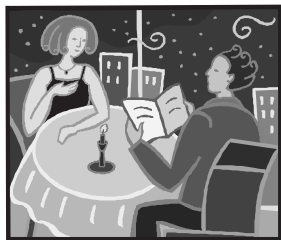
**WHEN:** One Saturday per month  
July 17, Aug 21, Sept 18

**WHERE:** Various locations

**FEE:** \$30.00 Resident,  
\$38.00 Non-resident,  
Plus additional activity fees

Program Minimum 5, Maximum 10

# Adult Programs



## On the Town I

A social group for young adults, ages 18 - 30 who are independent and would like to explore their community. Intake required for new participants. Call 952-988-4176 to schedule intake.

**WHERE:** Various locations in the Northwest & West Suburbs

**WHEN:** Every other Friday evening, Beginning June 11

**TIME:** Varies with activity

**FEE:** \$20.00 Resident  
\$28.00 Non-resident  
Plus additional activity fees

Program Minimum 5, Maximum 15

## On the Town II

A social group for adults, ages 31 and over, who can access the community independently with minimal supervision. Intake required for new participants. Call 952-988-4176 to schedule intake.

**WHERE:** Various locations in the Northwest & West Suburbs

**WHEN:** Every other Saturday evening, Beginning June 12

**TIME:** Varies with activity

**FEE:** \$20.00 Resident  
\$28.00 Non-resident  
Plus additional activity fees

Program Minimum 5, Maximum 15

## Competitive Softball

Monday evenings beginning in June

Call Molly Skoro at  
952-582-8264  
to register

**Club West** (west metro) and **Wednesday Night Social** (northwest metro) are social programs for adults age 18 and older. Meet new friends and visit with old friends while enjoying games, dances, movies, bingo, etc.

Staff to participant ratio is 1:10

Program Minimum 5, Maximum 20 (for each program)

### Club West

**WHERE:** Various west metro locations

**WHEN:** Wednesdays  
June 16—Aug 11

**TIME:** 6:30 - 8:30 pm

**FEE:** \$40.00 Resident  
\$48.00 Non-resident

Plus additional activity fee

### Wednesday Night Social

**WHERE:** Various north metro locations

**WHEN:** Wednesdays  
June 16—Aug 11

**TIME:** 6:30 - 8:30 pm

**FEE:** \$40.00 Resident  
\$48.00 Non-resident

Plus additional activity fee



## Non-Competitive Softball

Get outside and play ball with your friends! REACH offers a fun, non-competitive league that you will love.

**WHERE:** Harley Hopkins Fields, Hopkins

**WHEN:** Thursdays  
June 3—Aug 12

**TIME:** 6:30 - 8:00 pm

**FEE:** \$30.00 Resident  
\$35.00 Non-resident

We will have 6 teams, so there is usually plenty of room for everyone who wants to participate!

## Adult Bowling

Join us for fun, non-competitive bowling. You will bowl two games each week.



### North

**WHERE:** Doyle's  
5000 W Broadway  
Crystal

**WHEN:** Tuesdays  
June 15—Aug 10

**TIME:** 6:30—8:30 pm

**FEE:** \$35.00 Resident  
\$43.00 Non-resident

Plus \$3.00 Per Week

### West

**WHERE:** Park Tavern  
3401 Louisiana Ave S  
St Louis Park

**WHEN:** Mondays  
June 14—Aug 9

**TIME:** 6:30—8:30 pm

**FEE:** \$35.00 Resident  
\$43.00 Non-resident

Plus \$3.00 Per Week

Program Minimum 5, Maximum 20

# Special Programs

NOTE: Residency restrictions do not apply to these programs. ALL registrations are taken on a first-come, first-served basis. There is no pre-registration for dances and anyone may attend.

## Social Seekers

Social Seekers is a fun, age appropriate program for teens and young adults with Asperger's Syndrome or High-Functioning Autism.

WHERE: The Depot Coffee House, Hopkins

WHEN: Mondays, July 12—Sept. 20

TIMES: 4:00 - 5:30 (ages 12-14) Min 5 \* Max 8  
5:45 - 7:15 (ages 15-18) Min 5 \* Max 10

WHERE: Living Waters Market & Café Moka

WHEN: Wednesdays, July 14—Sept. 22

TIME: 5:15—6:45 (ages 19+) Min 5 \* Max 12

WHERE: Elim Lutheran, Robbinsdale

WHEN: Thursdays, July 15—Sept. 23

TIME: 4:30 - 6:00 (ages 15-18) Min 5 \* Max 10

FEE: \$210.00 for 10 Sessions. \$10 discount if you pay by check or cash. Price includes 3 to 4 community activities in addition to the 10 regular sessions.

Returning participants should contact REACH to register. An intake is required for new participants.  
Please call (952) 988-4176.



## Canoe the Chain of Lakes!

(for teens 16+ & adults)

Learn basic canoe skills and then spend the afternoon paddling on the Chain of Lakes in Minneapolis. This program is appropriate for all ability levels. Instruction, guides and adaptive equipment will be provided by Wilderness Inquiry.

WHEN: Sunday, June 6

TIME: 1:00—5:00 pm

FEE: \$40.00

Call Becca at (952) 988-4176 for more information.

## Weekend Ventures

for teens 15+ & adults

### VALLEYFAIR

We will stay in a hotel in Chaska and spend a day at Valleyfair. Ride roller coasters, see a show, swim at the water park and so much more!

WHEN: June 11—13

FEE: \$350 for entire weekend

For more information or for an application, please call Becca at (952) 988-4176

### EMPOWERMENT BANQUET "Communications Skills for Self-Advocates"

IT'S FREE!!

May 18, 2010, 6:00—8:00 pm  
Vescio's Restaurant

See Page 2 for Details

Register on Page 8

## Take Five Respite

(ages 13 -21)

Do you need something fun to do during your summer break? Come to Take Five Respite! This all day program will include field trips, crafts, games, sports, movies & more!

WHEN: Mon—Fri, Aug 2—27

WHERE: Elim Lutheran in  
Robbinsdale

TIME: 9:00 am—3:30 pm

FEE: \$350 per week

Transportation may be available for an additional fee.

Payment Options: Private pay, Waiver, & CDCS.

Some scholarships are available.

Call 952-988-4177 for an application.

## Dances



WHEN: May 21  
June 18

July 16  
August 20

WHERE: St. Louis Park H.S.  
6425 W. 33rd St.

TIME: 7 - 9 pm

FEE: \$5.00 at the door

Co-sponsored by Project Soar

### BEAT THE HEAT DANCE

WHEN: August 11

WHERE: Brooklyn Park Comm. Ctr.  
5600 85th Ave. N.

TIME: 7 - 9 pm

FEE: \$5.00 at the door  
\*Free for Club West &  
Wednesday Night Social  
participants

# Registration Form—Summer 2010

Advance payment is required for all programs. **NO REGISTRATION AT PROGRAMS OR BY PHONE.** To ensure a spot in the program(s) of your choice, mail in payment and registration form as soon as possible. Residents of the West & Northwest consortium of cities and Members receive priority registration up to the deadline. Registration is then open to non-residents (unless program is full). **Guaranteed Registration for residents/members 5/3—5/12. Priority registration 5/13—6/6. Open Registration 6/7.**

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

**Please Check ALL That Apply**

- DISABILITY DIAGNOSIS:**  Developmental Disability (MR or unspecified) **Level:** Borderline Mild Moderate Severe (circle one)
- Autism  Aspergers/PDD  Cerebral Palsy  Down Syndrome  FAS  Prader-Willi  Williams Synd.  TBI  ADD/ADHD
- Emotional/Behavior Disorder  Epilepsy/Seizure Disorder  Mobility Impaired  Blind/Vision Impaired  Deaf/Hearing Impaired
- Uses Wheelchair  Other Disability or Mental Health Issues \_\_\_\_\_

**OTHER SPECIAL NEEDS Allergies/Medical Cond./Special Diet.:** \_\_\_\_\_

**Photo Waiver:** My photo may be taken at Reach programs and used for promotional materials, unless I check below:  
 No, I DO NOT wish to have my photo used.

Social Worker: \_\_\_\_\_ Social Worker's Phone : \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_ Parent/Guardian's Phone : \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip : \_\_\_\_\_

Parent(s) E-Mail: \_\_\_\_\_ Parent(s) Cell or Work Phone: \_\_\_\_\_

- Annual House- hold Income:  \$0 - \$24,999  \$25,000 - \$49,999  \$50,000 - \$74,999  \$75,000 - 99,999  
 \$100,000 - \$124,999  \$125,000 - \$149,999  \$150,000 - \$174,999  \$175,000 - \$199,999  \$200,000+

I, the undersigned, certify that the above information is accurate. I understand that participation in this activity is completely voluntary and the activity is being offered for the benefit of the participant. Reach for Resources shall not be liable for any claims, injuries, or damages of whatever nature, incurred by the participant arising out of, or connected with, the activity. On behalf of myself and the participant, I expressly forever release and discharge Reach for Resources, its agents or employees, from any such claims, injuries or damages. I have received a copy of Notice of Privacy as required by HIPAA. I have read, understood and agree to these privacy practices.

**Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

<input checked="" type="checkbox"/>	Youth Programs	Resident/Non-Res
<input type="checkbox"/>	Youth/Teen Bowling Doyle's	\$35.00 / \$43.00
<input type="checkbox"/>	Youth/Teen Bowling Park Tav	\$35.00 / \$43.00
<input type="checkbox"/>	Sports Sampler Session: _____	\$35.00 / \$43.00
<input type="checkbox"/>	August Action Session: _____	\$40.00 / \$48.00
<input type="checkbox"/>	Girls Club	\$30.00 / \$38.00
<input type="checkbox"/>	Teen Softball	\$30.00 / \$38.00
<input type="checkbox"/>	Teen Explorers	\$40.00 / \$48.00
<input type="checkbox"/>	Take Five Respite	Send Me Info
<input type="checkbox"/>	Canoe Trip (teens & adults)	\$40.00

Summer  
2010

<input checked="" type="checkbox"/>	Adult Programs	Resident/Non-Res
<input type="checkbox"/>	Adult Bowling Doyle's	\$35.00 / \$43.00
<input type="checkbox"/>	Adult Bowling Park Tavern	\$35.00 / \$43.00
<input type="checkbox"/>	No-Compete Softball	\$30.00 / \$35.00
<input type="checkbox"/>	On the Town I	\$20.00 / \$28.00
<input type="checkbox"/>	On the Town II	\$20.00 / \$28.00
<input type="checkbox"/>	Club West	\$40.00 / \$48.00
<input type="checkbox"/>	Wednesday Night Social	\$40.00 / \$48.00
<input type="checkbox"/>	Empowerment Banquet	FREE
<input type="checkbox"/>	Weekend Ventures (teens & adults)	Send Me Info

**\*\*REMINDER:** Clients living in Crystal, New Hope and Robbinsdale are no longer considered residents. See page 4 for details.\*\*

Please mail completed form with payment to  
 REACH at 1001 Highway 7, #235 Hopkins, MN 55305

Program Total:	\$ _____
Donation to support REACH programs (optional):	\$ _____
Total Enclosed:	\$ _____

<p><b>Approved by</b> _____</p> <p>Date _____ Initials _____</p> <p><b>Registered by</b> _____</p> <p>Date _____ Initials _____</p> <p><b>Pymt Rec'd by</b> _____</p> <p>Date _____ Initials _____</p>	<p>Amt Pd \$ _____ Ck# _____</p> <p>Cash _____ Waiver Exp _____</p> <p>Schedule Sent by _____</p> <p>Date _____ Initials _____</p> <p><input type="checkbox"/> DB Entry Complete</p>
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I have a Waiver **AND** I have made arrangements with the County for Reach to bill them directly for my recreation programs. (If not, you must pay for programs when registering)

# Parents Want to Know

**My child recently graduated from his Transition program. What services does REACH offer to support young adults with disabilities?**

Post-transition can be a very stressful time for families with a young adult who has a disability. After receiving a wide variety of special education and disability supports through the public school system, many families feel as if they are cut off cold once their child finishes a Transition program at age 21. Navigating the myriad of government and community supports that may be available to them is overwhelming and often confusing.

An important part of our mission at REACH is to help families during this time in several key areas:

**Disability Services Application:** REACH can help families understand the various government benefits that may be available to their son or daughter. Even if your child will be living with you for some time, it is best to begin applying early for benefits that they may eventually need. Our knowledgeable staff can help you understand and apply for various government programs including Supplemental Security Income, Medicaid, Waiver, SILS, ARMHS and/or Supported Employment.

**Independent Living:** While most young adults with disabilities continue to live with their families for several years after they complete school, it is never too early to start planning for independent living and self-sufficiency. REACH can teach or reinforce skills for eventual independent living and assist young adults with finding employment. Our staff can help you understand the various living options that are available in our community for adults with disabilities and determine which option is best for your child. Finally, REACH can provide one-to-one

independent living support to young adults who are ready to leave the family home and are capable of living in their own apartment.

**Socialization:** School transition programs offer a social network for young adults that may not necessarily continue after they graduate. The wide variety of recreation programs and support groups we offer can help young adults stay socially connected, make new friends, explore the community and build skills for independent living. Additionally, our Weekend Ventures program provides a great opportunity for young adults to sleep away from home and learn how to become more self-sufficient when away from their family.

For further information about REACH's services for transition, contact Mary Perkins at 952-988-4177.

## New Art Program!

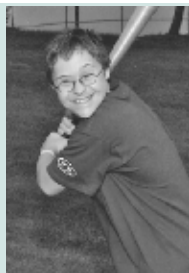
Reach is considering developing a grant initiated, recreational art program for teens and adults with disabilities. As a beginning, we'd like to offer a 4 part workshop this fall. The four part series would offer painting, sculpture, ceramics and photography.

Before pursuing the grant opportunity, we need to know what the level of interest for a program like this would be. Do you like Art? Would you sign up if Reach developed such a program?

If you would be interested in this program, PLEASE CALL CYNDI at 952-988-4177.

## WANTED: Softball Coaches!

Get involved this summer with a great community program and help people with disabilities enjoy America's favorite pastime!



Volunteer coaches are needed for our Non-Competitive Softball League. We offer both adult and teen adaptive leagues that play on Thursday and Friday evenings in Hopkins. The league runs from June 3rd to Aug. 13th.

### Requirements:

- Must be 18+ years (or accompanied by a parent/guardian)
- Have a basic knowledge of the game
- Be enthusiastic and reliable

Call 952-988-4177 or email [cbade@reachforresources.org](mailto:cbade@reachforresources.org) with questions or to volunteer.



## 2010 ANNUAL FUNDRAISING DRIVE CONTINUES

It's never too late to support the wonderful programs and services offered by REACH!

There are several ways to make a tax-deductible contribution this year:

- Click the "Donate" button on our website to make a one-time contribution.
- Become a Reach Advocate! Go to: <http://givemn.razoo.com/story/Reach-For-Resources> to set up recurring monthly or quarterly gifts.
- Mail a check to our office at:  
1001 Hwy 7, #235, Hopkins, MN 55305
- Add a donation to your program registration form

Thank you in advance for supporting the efforts of REACH to continue making a difference in our community!



Address Service Requested

1001 Highway 7 #235  
Hopkins, MN 55305  
(952) 988-4177  
www.reachforresources.org

## Reach For Resources Staff

Mary Perkins, LICSW  
Executive Director

Lisa Rivers, MA, LP  
Director of Counseling Services

Matthew Smith  
Director of Education & Training

Becca Stenzel, CTRS  
Director of Recreation & Inclusion Services

Cyndi Bade, MBA  
Director of Marketing & Fundraising

Mary Meyer  
Office Manager

Larrisa Beck, Community Living Specialist

Tony Boldon, Community Living Specialist

Dan Brown, Community Living Specialist

Jessica Cermak, Administrative  
Management Associate

Analisa Hernandez, Community Living  
Specialist

Marsha Miller, Family Housing Advocate

Amber Norcutt, LGSW, Mental Health  
Practitioner

Judy Salsido, Mental Health Practitioner

Stephen Savior, Recreation Specialist

Susan Schubert, Mental Health Practitioner

Shawna Weaver, MA, Mental Health  
Practitioner

Employment, continued from p.1

investigated numerous openings and applied to eight local companies. "I wouldn't have stuck with it if I didn't have help from REACH," says Cherice. REACH staff also helped her find daycare and enlisted the services of two local agencies that provide interview clothing to women in need. When Cherice finally obtained an interview with Country Inn & Suites for a housekeeping position, her REACH staff guided her through the interview process. "My staff helped me answer interview questions and reminded me to smile," remembers Cherice.

It took over nine months of intensive work, but finally in June 2009, Cherice secured a job at Country Inn & Suites. Her staff then helped her with the orientation process and provided some follow up support to ensure that she was performing well in her housekeeping job. Almost a year later, Cherice is still working at the same position and doing well at her job. The staff at REACH still check in with both Cherice and her employer periodically to make sure things are going smoothly.

The employment support services offered by REACH fill a crucial need to help adults with mild disabilities find mainstream employment in the community. Finding a job that provides a stable source of income, as well as structure and increased self-esteem, can make all the difference for our clients who are trying to live on their own.

## GET YOUR REACH READER EARLY!

**Sign up to receive email delivery of the Reach Reader.** It's a great way for you to help REACH save money and resources. PLUS you will have access to great stories, information and our recreation program schedules approximately one week before the paper copy is available in the mail!

It's easy! Go to our website [www.reachforresources.org](http://www.reachforresources.org) and use the "Sign Up for Our Newsletter" tool at the bottom of the home page.