

Check out our new  
Wednesday Night Social  
scheduling (now  
combined with Club West).

Remember Amazon  
Smile with your holiday  
shopping purchases. See  
our website for details.

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Supporting Individuals with Developmental Disabilities and Mental Illness to Reach Their Full Potential

# The Reach Reader

WINTER 2018-2019



Reach programs with J-HAP are beginning to draw much interest.

## J-HAP Partnership Aims to Broaden Participants' Social Networks

Peanut butter and jelly. Bert and Ernie. Socks and shoes. And now Reach for Resources and Jewish Housing and Programming (J-HAP). Some partnerships just seem like a natural fit.

J-HAP's website states, "J-HAP was formed to serve the life-long needs of adults with developmental disabilities...and allow individuals to live independently, increase self-esteem and thrive within a Jewish community that is open to all."

(Continued on page 2.)

## Help Us Reach Our Max on Give to the Max Day, November 15

Each year, generous supporters like you celebrate Give to the Max Day by making donations on [GiveMN.org](http://GiveMN.org). Please think of Reach on Thursday, November 15, and help us continue to change lives by supporting individuals with disabilities and mental illness to reach their full potential!

This is the 10th anniversary of Give to the Max Day. Similar to previous years, the day will be full of additional prize opportunities for Reach, including \$500 Golden Tickets drawn every 10 minutes, and \$10,000 Power Hours.

(Continued on page 3.)

## Reach to be Represented at MN United Soccer Game

Minnesota United is hosting an Autism Awareness Match on **Sunday, October 21**, when the Loons will take on LA Galaxy. This is the first annual Autism Awareness Match, with special activities and considerations being implemented that day. Reach was part of the planning efforts, along with several other organizations.

Unfortunately, tickets sold out quickly. However, you can still hope for a Loons win, and plan to be part of the fun next year, when the Autism Awareness Match is expected to be back.



Hello There,

As we send out this newsletter, we realize you will be receiving it in October as we celebrate the falling of leaves. Yet, the programming included begins in the winter months, as we look forward to another new year. Personally, I am looking forward to wearing my new winter jacket that I purchased after last season! We hope many of you are looking forward to something new as well, whether that means a new friendship, a new job, or something else that warms your heart. During this time of thanks, we want to thank you for being a part of Reach for Resources, Inc. We are grateful for each of you and your valuable contributions of talents, time, and monetary gifts.

We look forward to seeing you...maybe even in costume at our Ghostly Gala on October 27 for a spooky-good time! Next year, we will not be hosting an in-person annual meeting, but we will be sharing our accomplishments in a variety of ways. So, stay tuned. Join us for our annual Bowl-A-Thon on April 13, 2019. Stay in touch by joining us on social media too.

As always, thank you for supporting us. We couldn't do it without you. We hope you and your loved ones enjoy your holiday season and a happy new year!

All my best,

*Kate Bottiger*

Kate Bottiger  
Executive Director



**Photos: Top** - We caught some smiles while they caught some fish during one of our Picnic & Pontoon Fishing evenings. **Bottom Left** - The Harry Potter birthday celebration was a magical time! **Bottom Right** - Softball league was definitely a hit again this year!

## J-HAP Partnership

*(continued from front page)*

Earlier this year, one of our staff members happened to be working with an individual who lives in J-HAP's Cornerstone Creek apartment facility. While she was there, someone struck up a conversation with her about Reach and the programs we offer. As a result, a J-HAP staff member and our Director of Adaptive Recreation & Inclusion, Emily Miller, began talking about ways that Reach could offer J-HAP clients meaningful program options. J-HAP also hired a Community Engagement Director, Carrie Miller. Carrie and Emily cemented an affiliation and began this spring to host programs about once a month.

While some of the events have been specifically tailored to the 47 Cornerstone Creek "J-HAPPERS" (e.g., how to use the apartment microwaves), a goal is to bring together participants from the two groups. As Emily explains, both Reach and J-HAP are "looking at helping people expand their social networks." Some of the other activities (karaoke, a talent show, a healthy meals class, etc.) are beginning to do just that. Many of the programs that Reach hosts with J-HAP are advertised in the *Reach Reader* newsletter and are open to anyone affiliated with Reach. Similarly, J-HAP is promoting Reach to its tenants.

Carrie says, "The partnership with Reach has allowed J-HAP to continue to foster independence and rely on the specific expertise of Reach professionals to teach important life skills and social opportunities."

Both Carrie and Emily see a bright future for this collaborative effort, and everyone is welcome to register for these engaging programs. Who knows, participants might even develop new friendships, bringing about yet more great partnerships.

## BOARD OF DIRECTORS

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## Give to the Max

*(continued from front page)*

However, we are going to need your help to get in on the good stuff! We only qualify for the additional prizes through the donations we receive. If there were ever a perfect time for you to donate to Reach for Resources, November 15 is it.

Plus, we will be rallying support at Cub Foods (off Hwy 169 & Rockford Road) in Plymouth on Saturday, November 10. Visit us there while we bag groceries between 10 a.m. and 6 p.m.

Together, let's make Give to the Max Day 2018 a maxxed out effort for Reach!



## 2018 GHOSTLY GALA

**Saturday, October 27**

**5:00 - 7:30 p.m.**

*Brooklyn Park Community Activity Center*

**\$10 by October 24 or \$15 October 25-27**

**This annual spooky celebration includes pizza, games, prizes, music, dancing, and a costume contest. Get your tickets now on our website!**

## Reach "On Tap" Was Best Year Yet

We're toasting our summer fundraiser and all who helped make this year's an outstanding one! This year, Reach "On Tap" recorded \$11,523 in income, crushing our goal of \$6,500. We couldn't be more thrilled, and want to extend our sincere thanks to everyone who sponsored the event (see page 11), volunteered, donated silent auction items, attended, purchased items, and supported us in other ways! We raise a glass to each of you.



## SUCCESS STORIES

### *Independent Living*

## Friends Go From Classmates to Roommates

What's a great way to celebrate 10 years of friendship? Jessica and Emily might say that the best answer to that question is to move into an apartment together.

The women first met as sophomores at Champlin Park High School when Emily moved to town. They enjoyed classes and adaptive sports together before graduating, and have maintained their strong bond over the years. This past spring, their relationship turned a new chapter when they secured an apartment in Brooklyn Park. "We packed up all of our stuff and out the door we went," says Jessica. Despite that seemingly easy explanation, a good deal of coordination went into the process, including support for both Jessica and Emily from their Reach staff members, Isa and Thuy, respectively.

The transition has gone well, and Emily says of the new lifestyle, "It gives me freedom and independence." Jessica expands on that thought, stating, "Our parents don't have to tell us what we can and can't do." At this, the girls giggle—a seemingly common shared practice, especially when teasing each other good-naturely. Yet along with their moments of admittedly "giving each other a hard time," they also give each other a hand. Emily recalls how when she wasn't feeling well one day, Jessica comforted her and brought her water. Emily looks out for Jessica too, making sure her roommate gets up when the alarm goes off in Jessica's adjacent bedroom.



*Emily (left) and Jessica pose on the balcony of their apartment*

Just as in any successful living arrangement, the pair has learned to divide the household tasks. Emily typically washes the dishes, but when asked who cleans the bathroom, she quickly responds, "That one," pointing to Jessica. Isa confirms that the women do an outstanding job of keeping their place neat and clean, with little help from their Reach workers. Emily says that Isa is particularly helpful in teaching budgeting and time management skills, and for Jessica, Thuy offers meal planning and shopping assistance. Both Emily and Jessica are fortunate to have family members nearby as well, when needed.

But perhaps what they are most grateful for these days is each other. Whether they are enjoying the occasional night of staying up until midnight chatting, or planning the best way to decorate a room, their new situation is filling an apartment with smiles.



## Mark's Kind Heart Knows No Bounds

By Michelle Tikalsky

Mark, 52, gives back to the community and the community gives back to him. He grew up in Excelsior, a small town with close friendships.

"Mark is a man of few words," said Kristen, who has been a Community Living Specialist at Reach for four and a half years. She visits Mark twice a week.

There isn't a moment in the day when Mark isn't doing good for the people in his neighborhood. Mark has been helping a neighbor he grew up near, who is currently in the process of selling his house. Mark has been supporting that family with the process every step of the way.

Mark also assists a woman who used to live in his apartment building. "I help her at her house," Mark said, explaining how he carries the heavy water softener bags for her and also gets her car washed.

*(Continued on page 5.)*

These stories and others, including one about how we are funded, are posted on our website under News & Events.

## Children's Mental Health Services Benefit Children of All Ages

Children's Mental Health Case Management helps children and their families obtain and coordinate therapeutic and supportive services that address the child's mental health issues and related social, recreational, health, educational, and vocational needs. Reach has been providing this service to families in Hennepin County for over 15 years.

Emotional or mental health problems can develop at any age. This program is specifically for children and their families who have serious and long-lasting mental health needs. Children who have a recently completed diagnostic assessment and are experiencing a "severe emotional disturbance" as determined by a mental health professional can be eligible for this program.

A child with a severe or serious emotional disturbance can be unable to build or maintain satisfactory interpersonal relationships with peers, have inappropriate types of behavior or feelings under normal circumstances, a general unhappiness or depression or can develop physical symptoms or fears. Children who have serious and long-lasting mental health needs can receive mental health case management services to help them and their families navigate the mental health system.

If you feel this service might be beneficial to you, we recommend you contact Hennepin County Initial Access at 612-348-4111 for more information. You can choose Reach as your provider if you like.

*I enjoy being a small part of a family and child's recovery, healing, and growth.*

- Megan Boehm, Children's Mental Health Case Manager

### Mark's Kind Heart

*(continued from previous page)*

Mark enjoys lending a hand to his landlord, Cliff, with anything that needs tending to. "We close the pool and clean it," Mark said. Then, in the spring, he helps Cliff set it back up and checks the chlorine. When people move out, Mark is there to assist with remodeling.

Even though Mark doesn't get paid for helping his landlord, his landlord repays him in other ways. "Recently, Mark's vacuum stopped working, so Mark mentioned it to Cliff," said Kristen. Cliff gave Mark a new vacuum.

Mark has a liking for records. He owns a record player from the 1970s and played it so much that the needle wore out. Every Thursday, Kristen and Mark go to the record store, where Mark has earned their trust as a loyal customer. Kristen explains, "They used to have a guy who repaired the turntables. You could leave your record player there to be repaired, but you had to leave a deposit because when people found out how much it cost they would never come and pick it up. When Mark brought his record player there, they didn't charge him a deposit."

Kristen speaks highly of Mark's caring, polite disposition. "He treats everyone with respect. I'm sure that Mark has had days where he hasn't felt so great or he maybe felt a little crabby. I have never witnessed it."

Mark's heart is filled with so much kindness that there isn't room for negativity. He has touched the hearts of everyone he knows, and anyone who has the opportunity to know Mark is lucky.

## We Now Offer DD-CDCS Case Management!

(Developmental Disabilities Waiver - Consumer Directed Community Supports)

**What this means:** If you are open to a DD Waiver, whether traditional or CDCS option, Reach for Resources can now offer case management services.

If you have questions or would like more information, contact Chelsea Spearman at 952-465-7750 or [cspearman@reachforresources.org](mailto:cspearman@reachforresources.org).

# ADAPTIVE RECREATION PROGRAMS

## AM I A "RESIDENT"?

Our adaptive recreation program is a cooperative effort with these cities:

- Brooklyn Center
- Brooklyn Park
- Golden Valley
- Plymouth
- Chanhasen
- Chaska
- Maple Grove
- St. Louis Park

Residents of cities other than these listed may purchase a membership that will offer the same benefits as residents, including priority in registration and reduced program fees. Indicate on the Registration Form (on page 10) if you would like to purchase a membership.

Otherwise, your registration will be at the "non-resident" fees.

For more information, call 952-393-5880 or go to [www.reachforresources.org](http://www.reachforresources.org).

All fees stated represent pre-registration. Advanced registration is required unless otherwise noted.

## INCLUSION SUPPORT

Reach for Resources provides inclusion support to children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park & Rec Department.

Inclusion support through Reach is offered in the cities of:

- Brooklyn Center
- Brooklyn Park
- Golden Valley
- New Hope
- Chanhasen
- Chaska
- Crystal
- St. Louis Park

After registering, contact Reach to discuss the needs/accommodations for yourself or your child.

\* Please allow a minimum of two weeks' notice for a successful inclusion.

## ALL AGES

### YOGA (Ages 5+)

Increase focus, attention span, muscle tone, and flexibility. This is a combination class for kids and adults with disabilities. Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult.



**Tuesdays, Jan. 8 - Feb. 12**

**7:00 - 8:00 p.m.**

TBD (Golden Valley or St. Louis Park)

Resident: \$45 / Non-Resident: \$53

### BOWLING (Ages 5+)

Join us for fun, noncompetitive bowling. You will bowl two games each week.

**Youth League:** Ages 5-17

**Adult League:** Ages 18+



#### Park Tavern Lanes

**Saturdays, Jan. 12 - March 2**

**9:30 - 11:30 a.m.**

Resident: \$43 / Non-Resident: \$52 (+\$4.25/wk)

#### Bowlero Bowl

**Saturdays, Jan. 12 - March 2**

**12:00 - 2:00 p.m.**

Resident: \$43 / Non-Resident: \$52 (+\$4.00/wk)

## YOUTH PROGRAMS

### YOUNG ATHLETES (Ages 2-7)

Have fun while improving your gross motor skills playing different games. Young Athletes is an early introduction to sports, using focused activities that target mental and physical growth. This is a unified program designed for children with and without disabilities. There is an evidence-supported curriculum for this program provided by Special Olympics MN. More information: 952-393-5880.



**Tuesdays, Jan. 8 - Feb. 26**

**5:45 - 6:30 p.m.**

Brooklyn Center CC - Constitution Hall

Fee: FREE!

## TEENS/YOUNG ADULTS

### TEEN EXPLORERS (AGES 13-21)

Get to know new friends while trying new activities. Our teens love going out to the movies, going bowling, grabbing dinner or ice cream, getting outside, having themed parties, doing crafts, and so much more! After your registration is complete, we will send you the schedule for the quarter so you know where to meet.

**Tuesdays, Jan. 8 - Feb. 26**

**6:30 - 8:30 p.m.**

Various Metro Locations

Resident: \$48 / Non-Resident: \$56

### ART ABILITIES (Ages 12+)

Art Abilities is a series of workshops that offer the opportunity to explore a variety of art media. The workshops will invite the participating artists to explore their creative interests, beginning with warm-up exercises at each session, painting, drawing, journaling, creating masks, and other abstract creations to help the participants learn a different method of communication. *This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.*

**Thursdays, Jan. 10 - Feb. 21**

**6:30 - 8:00 p.m.**

10225 Yellow Circle Drive, Minnetonka

Fee: FREE!



### SOCIAL SEEKERS (Ages 15+)

This is a program for teens and adults on the autism spectrum. We meet once a week for fun and social interaction. We play games, do crafts, get outside, and practice socializing with a variety of staff, volunteers, and participants. A brief intake meeting is required for all new participants. Call 952-393-5866 for more information or to schedule an intake.



**Wednesdays, Jan. 9 - March 13**

**5:00 - 6:30 p.m.**

The Depot: 9451 Excelsior Blvd., Hopkins

Fee: \$205



### WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Join us for a wonderful getaway or just for one night! Call 952-393-5866 for more details.

## Locations Key

**Bowlero Bowl:** 7545 Brooklyn Blvd, Brooklyn Park  
**Brooklyn Center Community Center:** 6301 Shingle Creek Pkwy, Brooklyn Center  
**Brooklyn Park Community Activity Center:** 5600 85th Ave N, Brooklyn Park  
**Brookview Community Center:** 316 Brookview Pkwy S, Golden Valley  
**Cornerstone Creek Apartments:** 9280 Golden Valley Rd, Golden Valley  
**Eisenhower Community Center:** 1001 MN-7, Hopkins  
**Park Tavern Lanes:** 3401 Louisiana Ave S, St. Louis Park  
**St. Louis Park (SLP) Recreation Center:** 3700 Monterey Dr S, St. Louis Park

### BASKETBALL LEAGUE (NON-COMPETITIVE) (Ages 13+)

Have fun on a team and improve your basketball skills. Help design your team jersey and celebrate with a party at the end of the season!



**Thursdays, Jan. 10 - Feb. 28**

**6:30 - 8:00 p.m.**

Brooklyn Center Youth Rec Center

Resident: \$43 / Non-Resident: \$52

### PIZZA & BINGO (Ages 13+)

Let's get together for dinner and bingo night. Prizes and pizza for all!

**Monday, Feb. 25 and/or  
Wednesday, March 20**

**6:00 - 8:00 p.m.**

Brookview CC

Fee: \$16 each session;  
\$8 pizza for companions



### JUST DANCE! (Ages 13+)

Get together with peers and have fun dancing to a variety of music on Just Dance! for the Wii. Learn some new moves and get some exercise while having a great time!

**Mondays, Jan. 7 - Feb. 25** (Off 1/21 & 2/18)

**6:30 - 7:30 p.m.**

SLP Rec Center - Banquet Room

Resident: \$45 / Non-Resident: \$53



### SNACKS & CINEMA (Ages 13+)

Join us for a movie and snacks!

**Thursday, Jan. 31:** *Jumanji* (2017) with frosted animal crackers

**Thursday, Feb. 28:** *Finding Dory* with goldfish and gummy octopus candies

**Thursday, March 28:** *Black Panther* with Oreo cookies

**6:30 (6:15 for 3/28) - 8:30 p.m.**

Brooklyn Park CC - Grand Room 3

Fee: \$8

## DROP-IN PROGRAMS

(Ages 13+)

### THIRD FRIDAY DANCES

Join your friends and groove to the latest hits as well as classic dance songs. Dances are from 7:00-9:00 p.m. More information: 952-393-4277.

**Friday, Jan. 18:**

80s Theme



**Friday, Feb. 15:**

Valentine's Day Party



**Friday, March 15:**

St. Patty's Day Party (wear green!)



SLP Rec Center - Banquet Room

Fee: \$5 in advance; \$7 at the door

### BINGO

Come play everyone's favorite game! Everybody goes home a winner.

**Friday, Feb. 1**

**6:30 - 8:00 p.m.**

SLP Rec Center - Gallery Room

Fee: \$8 in advance; \$10 at the door



## COOKING & CRAFTING

(Ages 13+, except "Brinner": 16+)

### GINGERBREAD HOUSES

Join your peers for an evening of cookie decorating fun! We'll have all the building blocks to create an epic masterpiece of a gingerbread house to display or eat!



**Friday, Dec. 7**

**6:30 - 8:00 p.m.**

SLP Rec Center - Banquet Room

Fee: \$10

### HOLIDAY COOKIE PLATE

We will make a variety of treats to take home and share with family and friends! Leave with new recipes to use in the future on your own.



**Wednesday, Dec. 12**

**6:30 - 8:30 p.m.**

Eisenhower CC

Fee: \$20

### VALENTINE GIFT MAKING

Need a gift for that special someone? Come to this activity where we will have supplies for 10+ projects! Pick the project of your choice and make a perfect, personalized gift for your loved one.

**Thursday, Feb. 7**

**6:30 - 8:00 p.m.**

Brookview CC

Fee: \$16

### PAINTED CACTUS ROCKS

Get your space ready for spring with this awesome painted rock garden. No green thumb, sunshine, or watering required!

**Monday, March 4**

**6:30 - 8:00 p.m.**

SLP Rec Center - Banquet Room

Fee: \$16



### COOKING CLASS: "BRINNER"

Come learn how to make some basic breakfast foods, including bacon, pancakes, and eggs!

**Tuesday, March 19**

**6:00 - 8:00 p.m.**

Eisenhower CC

Fee: \$21



## ADULTS (18+)

### WEDNESDAY NIGHT SOCIAL (NOW COMBINED WITH CLUB WEST)

Become more engaged in the community, build social skills and coping skills, and practice flexibility. This is open to individuals of all abilities, and some participants bring a staff or caregiver, if additional support is needed.

#### Wednesdays, Jan. 9 - Feb. 27

Join the club at every event for these costs: Resident: \$48 / Non-Resident: \$56 Or register for \$10 per event on page 9.

#### Jan. 9: Caribou Coffee & Walk Around Ridgedale Mall

12569 Wayzata Blvd #1150, Minnetonka  
6:30 - 8:30 p.m.  
Additional Cost: \$5 for coffee/drink

#### Jan. 16: Mr. Popper's Penguins at Children's Theater

2400 3rd Ave S., Minneapolis  
6:30 p.m. (Show starts at 7:00)  
Additional Cost: \$17 for ticket



#### Jan. 23: Bingo & Game Night

SLP Rec Center: Banquet Room  
6:30 - 8:30 p.m.

#### Jan. 30: Out to Eat at Big Bowl

12649 Wayzata Blvd, Minnetonka  
6:30 - 8:30 p.m.  
Additional Cost: Money for food/drink

#### Feb. 6: AirMaxx Trampoline Park & Fun Center

7000 Washington Ave S., Eden Prairie  
6:30 - 8:30 p.m.  
Additional Cost: \$20 for jumping/laser tag/mini golf

#### Feb. 13: Valentine's Day Party

SLP Rec Center: Banquet Room  
6:30 - 8:30 p.m.



#### Feb. 20: Lego Movie 2: The Second Part at Plymouth Grand 15

3400 Vicksburg Ln, Plymouth  
Time: TBD (around 6:30 p.m.)  
Additional Cost: \$9.00/ticket plus optional \$ for snacks/drinks

#### Feb. 27: Cooking Night with Teen Explorers

Eisenhower CC  
6:30 - 8:30 p.m.

## SPECIAL EVENTS

### HOLIDAY JAMBOREE

Join your friends to enjoy hot chocolate, do some holiday themed crafts, listen to great music, and play winter Bingo. Win prizes and bring in the winter with a smile.

Friday, Dec. 14

6:30 - 8:00 p.m.

Cornerstone Creek Apartments



Fee: \$10 in advance; \$15 at the door

### NEW YEAR'S DANCE PARTY

Come celebrate the new year with Reach! Enjoy karaoke, snacks, mocktails, and lots of music.

Friday, Dec. 28

7:00 - 9:00 p.m.

Brooklyn Park CC -  
Grand Rooms 2 & 3

Fee: \$15



### KARAOKE WITH MOCKTAILS & SNACKS

Sing along to your favorite tunes. Bring a CD, or we can search for your favorite song online.

Friday, March 1

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room



Fee: \$16

### VALENTINE'S DAY SINGLES MINGLE

Looking for that special someone? Join us for food and conversation with other single people. You can order off the menu. We will facilitate an ice breaker and give out some conversation topics.

Thursday, Feb. 14

6:30 - 8:00 p.m.

Davanni's: 1100 Xenium Ln, Plymouth

Fee: \$6

### SUPERBOWL PIZZA PARTY

Join some friends and enjoy a great meal while watching the Superbowl!

Sunday, Feb. 3

5:15 - 9:30 p.m.

Brookview CC

Fee: \$16



### ICE FISHING

Reach is teaming up with Fishing for Life for an afternoon on the ice! Reach will be a small part of this large event where FFL will be giving us an ice tent with a heater. Space is limited so we are asking that staff/companions register for this event as well if they wish to attend. There will be concessions available for purchase if you choose.

Saturday, Jan. 26

1:00 - 4:00 p.m.

Medicine Lake,  
Plymouth

Fee: \$6



### MN WILD GAME

Come see our Minnesota Wild take on the Dallas Stars. Limited seating is available, so sign up now! Companions who wish to attend need to purchase a ticket as well.

Thursday, March 14

6:15 - 9:30 p.m.

MN Target Center

Fee: \$55 per ticket  
(for companions too)



## DAYTIME PROGRAMS

### ICE SCULPTURES & LUNCH AT COSSETTA'S

Join a group to go check out the ice sculptures at the St. Paul Winter Carnival, then walk with the group to Cossetta's for some amazing Italian food and even better gelato!

Monday, Jan. 28

11:00 a.m. - 1:00 p.m.

Rice Park: 109 W 4th St, St. Paul

Fee: \$6

### SUBS & SOCIAL HOUR

Come hang with some friends, eat some Jimmy John's, and play fun, interactive games!

Thursday, March 7

12:00 - 1:30 p.m.

SLP Rec Center -  
Gallery Room

Fee: \$13



# On the Town

On the Town (OTT) is a community-based social program for adults who want to explore their community with minimal support. To minimize safety concerns, this program requires a brief intake. Please call Jesse at 952-393-4277 for more information or to schedule an intake.

## Winter 2018-2019

*Intake  
Required*

On the Town: Weekday

On the Town: Friday

On the Town: Weekend

<input type="checkbox"/> \$5 <b><u>Snow Tubing</u></b> <b>When:</b> Wednesday, Jan. 30 <b>Where:</b> 12400 James Deane Pkwy, Maple Grove <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$7.50 for tubing	<input type="checkbox"/> \$5 <b><u>Game Night &amp; Hot Chocolate Bar</u></b> <b>When:</b> Friday, Jan. 11 <b>Where:</b> 5600 85th Ave N, Minneapolis <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> N/A	<input type="checkbox"/> \$22 <b><u>Triple Espresso</u></b> <b>When:</b> Saturday, Jan. 12 <b>Where:</b> 20 W 7th Pl, St Paul <b>Time:</b> 4:30 p.m. (Show begins at 5:00) <b>Additional Cost:</b> \$ for snacks
<input type="checkbox"/> \$5 <b><u>Movie Night</u></b> <b>When:</b> Monday, Feb. 4 <b>Where:</b> 316 Brookview Pkwy, Golden Valley <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> N/A	<input type="checkbox"/> \$5 <b><u>Fly Over America &amp; Sea Life</u></b> <b>When:</b> Friday, Jan. 25 <b>Where:</b> 5120 Center Court, Bloomington <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$30	<input type="checkbox"/> \$5 <b><u>Out to Eat at Benihana</u></b> <b>When:</b> Saturday, Jan. 26 <b>Where:</b> 850 Louisiana Blvd, Golden Valley <b>Time:</b> 1:00 - 3:00 p.m. <b>Additional Cost:</b> \$18-35 for meal & tip
<input type="checkbox"/> \$5 <b><u>Valentine's Day Singles Mingle</u></b> <b>When:</b> Thursday, Feb. 14 <b>Where:</b> Davanni's: 1100 Xenium Ln N, Plymouth <b>Time:</b> 6:30 - 8:00 p.m. <b>Additional Cost:</b> N/A	<input type="checkbox"/> \$5 <b><u>Live Music at The Depot Coffee Shop</u></b> <b>When:</b> Friday, Feb. 22 <b>Where:</b> 9451 Excelsior Blvd, Hopkins <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$5-8 for admission	<input type="checkbox"/> \$5 <b><u>Healthy Life Expo</u></b> <b>When:</b> Saturday, Feb. 9 <b>Where:</b> Minneapolis Convention Center <b>Time:</b> 2:00 - 4:00 p.m. <b>Additional Cost:</b> N/A
<input type="checkbox"/> \$10 <b><u>Out to Eat at Lucky's 13 Pub</u></b> <b>When:</b> Thursday, Feb. 28 <b>Where:</b> 3000 Harbor Ln N, Plymouth <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$15-20 for meal & tip	<input type="checkbox"/> \$12 <b><u>Bowling &amp; Pizza at Park Tavern</u></b> <b>When:</b> Friday, March 8 <b>Where:</b> 3401 Louisiana Ave S, St Louis Park <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$15 for bowling	<input type="checkbox"/> \$5 <b><u>U of M Women's Hockey vs. Minnesota State</u></b> <b>When:</b> Saturday, Feb. 16 <b>Where:</b> 1901 4th St SE, Minneapolis <b>Time:</b> 3:45 p.m. (Game begins at 4:07) <b>Additional Cost:</b> TBD
<input type="checkbox"/> \$5 <b><u>Punch Bowl Social Games &amp; Snacks</u></b> <b>When:</b> Tuesday, March 5 <b>Where:</b> 1691 Park Pl Blvd, St Louis Park <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$10-\$20 for games & food	<input type="checkbox"/> \$5 <b><u>Out to Eat at Portillo's</u></b> <b>When:</b> Friday, March 22 <b>Where:</b> 12251 Elm Creek Blvd N, Maple Grove <b>Time:</b> 6:30 - 8:30 p.m. <b>Additional Cost:</b> \$10-15 for meal & tip	<input type="checkbox"/> \$12 <b><u>Canvas Painting &amp; Mocktails</u></b> <b>When:</b> Saturday, March 2 <b>Where:</b> 3700 Monterey Dr, St Louis Park <b>Time:</b> 6:30 - 8:30 p.m. <b>Cost Included:</b> \$7 for supplies

### Wednesday Night Social Events (No intake required)

\$10 per event, or see next page to sign up for all for a cost savings (See pg. 8 for additional costs and other details)

- |   |  |
|---|--|
| <input type="checkbox"/> Jan. 9: Caribou Coffee & Walk Around Ridgedale Mall  | <input type="checkbox"/> Feb. 6: AirMaxx Trampoline Park & Fun Center                |
| <input type="checkbox"/> Jan. 16: Mr. Popper's Penguins at Children's Theater | <input type="checkbox"/> Feb. 13: Valentine's Day Party                              |
| <input type="checkbox"/> Jan. 23: Bingo & Game Night                          | <input type="checkbox"/> Feb. 20: Lego Movie 2: The Second Part at Plymouth Grand 15 |
| <input type="checkbox"/> Jan. 30: Out to Eat at Big Bowl                      | <input type="checkbox"/> Feb. 27: Cooking Night with Teen Explorers                  |

Name: \_\_\_\_\_ Total # of events chosen: \_\_\_\_\_ Total Cost: \$ \_\_\_\_\_

Individuals may sign up for each On the Town activity separately. Each activity costs \$5-10 to register plus any additional fees (tickets, etc.). There will be other costs associated with each activity, which are noted here and on your schedule. You are welcome to sign up for as many activities as you'd like, as long as space is available. To register for an On the Town activity, check the box next to the event(s) you will be attending. Send in this sheet along with your payment and a completed registration form found on the opposite site of this page.

# Registration Form—Winter 2018-2019\*

Priority Registration **OPEN NOW!** • Open Registration starts October 26

*Please complete all fields and questions in this box.*

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Primary Phone: \_\_\_\_\_  
 Alt. Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Alt. Email: \_\_\_\_\_  
 Allergies/Medical Concerns/Diet: \_\_\_\_\_ Other Needs/Concerns: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

PHOTO WAIVER: To photograph this participant for use in the agency's publicity by using printed material, photographs, videos, website images, photo displays, newsletters, TV, radio, Internet, brochures, and social networking media. If photographed, this participant may be identified by name.

(Check Yes or No)  
**Photo: Yes  No**   
**Name: Yes  No**

	Programs (Listed Alphabetically)	Resident/Non-Resident
<input type="checkbox"/>	Art Abilities	FREE!
<input type="checkbox"/>	Basketball League (Non-Competitive)	\$43 / \$52
<input type="checkbox"/>	Bingo	\$8 (\$10 at the door)
<input type="checkbox"/>	Bowling at Bowlero: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$43 / \$52
<input type="checkbox"/>	Bowling at Park Tavern: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$43 / \$52
<input type="checkbox"/>	Cooking Class: "Brinner"	\$21
	Dances: <input type="checkbox"/> 1/18 <input type="checkbox"/> 2/15 <input type="checkbox"/> 3/15	\$5 each (\$7 at the door)
<input type="checkbox"/>	Gingerbread Houses	\$10
<input type="checkbox"/>	Holiday Cookie Plate	\$20
<input type="checkbox"/>	Holiday Jamboree	\$10 (\$15 at the door)
<input type="checkbox"/>	Ghostly Gala (See page 4 for details)	\$10 (\$15 after Oct. 24)
<input type="checkbox"/>	Ice Fishing	\$6
<input type="checkbox"/>	Ice Sculptures & Lunch at Cossetta's	\$6
<input type="checkbox"/>	Just Dance!	\$45 / \$53
<input type="checkbox"/>	Karaoke with Mocktails & Snacks	\$15
<input type="checkbox"/>	MN Wild Game # Attending ____	\$55 (companions too)
<input type="checkbox"/>	New Year's Eve Dance Party	\$15
<input type="checkbox"/>	Painted Cactus Rocks	\$16
	Pizza & Bingo <input type="checkbox"/> 2/25 <input type="checkbox"/> 3/20	\$16 each, \$8-companions

<input type="checkbox"/>	On the Town	See page 9
	Snacks & Cinema: <input type="checkbox"/> Jumanji (2017) <input type="checkbox"/> Finding Dory <input type="checkbox"/> Black Panther	\$8 each (pre-registration required)
<input type="checkbox"/>	Social Seekers (Teens & Adults)	\$205
<input type="checkbox"/>	Subs & Social Hour	\$13
<input type="checkbox"/>	Superbowl Pizza Party	\$16
<input type="checkbox"/>	Teen Explorers	\$48 / \$56
<input type="checkbox"/>	Valentine Gift Making	\$16
<input type="checkbox"/>	Valentine's Day Singles Mingle	\$6
<input type="checkbox"/>	Wednesday Night Social (Now combined with Club West)	\$48 / \$56 (Or sign up for individual nights on page 9)
	Weekend Ventures	Call 952-393-5866 to register or for details.
<input type="checkbox"/>	Yoga	\$45 / \$53
<input type="checkbox"/>	Young Athletes (Ages 2-7)	FREE!

Non-Resident Membership: Annual - \$100   
 Bi-Annual (Reach will bill 2nd half) - \$50

<b>Program Total:</b>	\$ _____
<b>Optional Donation to Reach</b>	\$ _____
<b>TOTAL ENCLOSED:</b>	\$ _____
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card # _____ Exp. Date: _____ Sec. Code: _____ Name on Card: _____ <input type="checkbox"/> Please bill my waiver	

ADMIN USE	Registered by _____ Amt Pd \$ _____ Ck# _____
	Pymt Received by _____

Please mail completed form with payment to: **Reach for Resources, 5900 Green Oak Drive, Suite 303, Minnetonka, MN 55343**  
 or fax to **952-229-4468**. \* Online registration is available at **www.reachforresources.org**.

### Adaptive Recreation & Inclusion Program Policies

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, Inc. along with its agents and employees shall not be liable for any claims, injuries, or damages of whatever nature, incurred by the participant arising out of, or connected with, recreational activities. All participants must be registered for a program in order to attend. Please register at least two weeks prior to the beginning of a program. If there are not enough people registered for a program it will be cancelled a minimum of 3 days prior to the beginning of the program. Participants will be notified by phone and a refund will be processed. If classes or recreation activities are canceled due to inclement weather, Reach will schedule a make-up session or offer a refund when possible. For a recorded message about activity cancellations, call 952-200-3030. Participants can be refunded for registration fees when cancellations are made 14+ days prior to a program. Refunds are not awarded for ticketed events. Caregivers are welcome to attend all Reach programming with the exception of On The Town. Support staff and family can attend most activities free of charge, but are required to pay for ticketed events that they wish to attend. Caregivers are asked to provide any 1:1 support that the individual they are supporting may need. Reach cannot be responsible for participants who arrive early or depart late from the scheduled program times. If a participant is more than 5 minutes late at a community-based event, staff may no longer be waiting for your arrival. If a participant is not picked up immediately after the end of a program, a \$10 fee will be billed for every 15 minutes after the scheduled program ending time. Participants in art and cooking classes should dress in old clothing and/or bring a paint shirt or apron. Reach will not be responsible for clothing that is damaged. Prescription and non-prescription drugs are the sole responsibility of the participant. Please visit the Reach website for further information on these policies, as well as a full description of our drug, alcohol, tobacco, and behavior policies.

\*\*\*\* By registering for activities, you acknowledge that you have read and understood these Terms and Conditions and you agree to be bound by them. \*\*\*\*

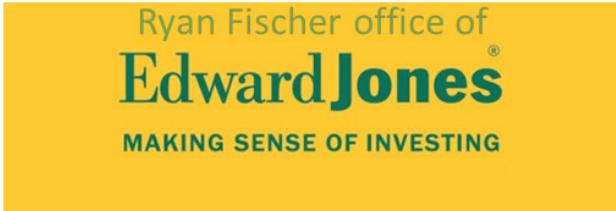
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- Hopkins Elks Lodge
- John & Alice Johnson
- ProSource Wholesale

#### Fishing

- John & Alice Johnson

Reach for Resources appreciates our event sponsors, and any amount is meaningful to us. If you, your company, or someone you know would like to sponsor an event, please contact our Development Officer, Jason Skoog, at 952-564-8680 or [jskoog@reachforresources.org](mailto:jskoog@reachforresources.org).



## Game Farm Gala Update

By the time you read this, we'll be celebrating a monumental year for this fundraiser. Created in 2016, our Game Farm Gala quickly became our highest grossing event. In the first year of the event, we raised over \$13,000. In our second year, we nearly doubled that to just under \$25,000. We raised this amount despite only having 50 participants. This year, we filled 90 spots; gave away over \$20,000 in prizes, including three week-long trips; and brought in **over \$42,000**. We're so grateful to everyone who helped make this such a winning event!

Also, keep an eye on our website and the next e-newsletter (which will also be archived on the Newsletters page of our website) to read about a particularly special young man who was at our event.

*For more information about supporting Reach, use the Support Us tab on our website: [www.reachforresources.org](http://www.reachforresources.org).*



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www.reachforresources.org



You're  
Awesome!

## WE'RE LOOKING FOR PEOPLE TO HIGHLIGHT!

If we've supported you—whether through our Mental Health, Case Management, Independent Living, or Adaptive Recreation & Inclusion department...or in other ways—and you feel you have benefited from the experience, we want to talk with you. We might even want to share your story in our newsletter and/or website. Contact us at 952-393-6492 or [info@reachforresources.org](mailto:info@reachforresources.org).

## REACH FOR RESOURCES STAFF

**Kate Bottiger**, Executive Director  
**Roseann Lent**, Office Manager  
**Caren Hansen**, Marketing & Communication Manager  
**Jason Skoog**, Development Officer

### Adaptive Recreation & Inclusion

**Emily Miller**, Director of Adaptive Recreation & Inclusion  
**Nate Penz**, Assistant Director of Adaptive Recreation & Volunteer Engagement Coordinator  
**Jesse Hartrick**, Adaptive Recreation Program Manager

### Mental Health

**Lisa Rivers, MA, LP**, Director of Mental Health Services  
**Jessica Cermak**, Assistant Director of Mental Health Services  
**Sara Crosby**, Mental Health Practitioner  
**Angie Diercks**, ARMHS Mental Health Practitioner  
**April Harshman**, Children's Mental Health Case Manager  
**Lisa Nemitz**, Parenting Skills Educator  
**Krista Pinewski**, Children's Mental Health Case Manager  
**Kelsey Price**, Parenting Skills Educator  
**Angela Schroetter**, ARMHS Mental Health Practitioner  
**Kendra Simon**, Parenting Skills Educator

### Waiver Case Management

**Chelsea Spearman**, Director of Waiver Case Management  
**Kinsey Brown**, Case Manager  
**Sanna Dahl**, Case Manager  
**Sarah Martin**, Case Manager  
**Tina Vang**, Case Manager  
**Ikran Yasin**, Case Manager

### Community Living Services

**Larissa Beck**, Community Living Program Manager  
**Cassie Keller**, Designated Coordinator  
**Brian Boldt**, Employment Specialist  
**Katelyn Castle**, Community Living Specialist  
**Julia Christianson**, Community Living Specialist  
**Tania Coffield**, Community Living Specialist  
**Carolyn Fenne**, Employment Specialist  
**Kristen Hamilton**, Community Living Specialist  
**Jesse Hartrick**, Employment Specialist  
**Charlie Lochner**, Community Living Specialist  
**Thuyen Luu**, Personal Support Staff  
**Hanh McCormack**, Personal Support Staff  
**Madeline Moran**, Employment Specialist  
**Margaret Nyoike**, Community Living Specialist  
**Amanda O'Connor**, Community Living Specialist  
**Jody Porter**, Personal Support Staff  
**Carly Quick**, Community Living Specialist  
**Kristen Ryan**, Community Living Specialist  
**Judy Sadoff**, Personal Support Staff  
**Jake Sinnwell**, Community Living Specialist  
**Marcus Skallman**, Employment Specialist  
**Mary Skowronek**, Personal Support Staff  
**Isa Sorensen**, Community Living Specialist  
**Sherverla Stigler**, Community Living Specialist  
**Thuy Tran**, Community Living Specialist  
**Alexander Varner**, Community Living Specialist  
**Lennechia Wilson**, Community Living Specialist

### Adaptive Recreation & Inclusion Specialists

**Abby Berens**  
**Lisa Boss**  
**Tori Carter**  
**Julia Christianson**  
**Sophie Conger**  
**Jeremy Garrigan**  
**Jordan Kocon**  
**Angela Kowalkski**  
**Karen Krussow**  
**Hilary Larsen**  
**Peggy Martin**  
**Abby McLain**  
**Jennifer Rogers**  
**Emily Roznowski**  
**Conner Sager**  
**Cierra Slattengren**  
**Isa Sorensen**  
**Vince St. Martin**  
**Maya Witte**  
**Emily Wright**