

We surpassed our Give to the Max Day goal of \$10,000 with a total of \$15,694. Thank you!

We'll be unveiling a new look for our website in the next few months. Watch for it!

How are we doing at getting information to you? We'll be emailing you a survey to find out.

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

The Reach Reader

SPRING 2018



Annual Meeting Scheduled for February 27

We invite everyone to join us for our annual meeting, being held **Tuesday, February 27**, beginning at 6:30 p.m., in the St. Louis Park Recreation Center Banquet Room. Come hear how we did this past year and learn about our future plans. At the event, you will enjoy a catered Italian dinner. (Gluten-free and Vegan options will be available.) There is no cost to attend, but please register on our website or send in the enclosed Registration Form (pg. 10).

Annual Award Nominations Open

We are now accepting nominations for our various annual awards, which will be presented at our Annual Meeting. We encourage you use our website to submit an award nomination(s) by February 1 for any of the following categories:

- Advocate of the Year
- Corporate/Civic Sponsor of the Year
- Volunteer of the Year
- Community Partner of the Year

The above picture shows representatives from our Corporate Award winner last year, Patriot Converting.

Spare Some Time for Bowl-A-Thon

Our annual Bowl-A-Thon will be held **Saturday, April 21**. We'll take over Park Tavern Lanes in St. Louis Park from 9:30 a.m.-1:00 p.m. Sign up by April 1 on our website or by using the enclosed form. There will be prizes, event t-shirts, food, and plenty of action. You won't want to miss it!



LETTER FROM KATE

Happy New Year! May the year ahead bring you success and much happiness.

At Reach for Resources, Inc., we are continually striving to make things better for those who utilize our services and supports. Our team will be creating new goals for this year to make our teams stronger and our supports even better. While improving our services and programs, we will make our mission our priority and would love to engage others within our work. Please feel free to reach out to us if you have suggestions or want to get involved.

We hope you enjoyed your involvement with Reach this past year. We look forward to seeing many of you at our Annual Meeting on February 27, our Bowl-A-Thon on April 21, and many of our other spring programs. Thank you for your continued support of Reach.

If you haven't already, please sign up for our e-newsletter to save paper and receive it a week early. You can stay in touch by joining us on social media too!

We look forward to seeing all of you in 2018.
All my best,

Kate Bottiger

Kate Bottiger
Executive Director

Photos at Right: 1 - Bowling was rewarding for one lucky participant. 2 - Baking cookies can lead to great friendships! 3 - Gingerbread houses are a sweet way to pass the time. 4 - Marketing Committee team member Katie McGuire presented at our Social Media 101 class. 5 - Volunteers make bowling even more fun!



Waiver Case Management is Building a Strong Foundation

You may not know much about our relatively new Waiver Case Management department. According to the Minnesota Department of Human Services website, "waiver case management" is defined as "services that assist persons on a waiver to access needed waiver and State plan services, as well as needed medical, social, educational and other services, regardless of the funding source."

Reach for Resources' Waiver Case Management department is supervised by Chelsea Spearman, and currently includes two other full-time staff members, Kinsey Brown and Sanna Dahl. The group's goal over the next couple of years is to build the program to serve 120 individuals across the state of Minnesota. They are now over halfway to that milestone.

Compared with the state minimum of two in-person visits with each client annually, Reach staff members conduct four in-person visits in addition to multiple other contacts, allowing increased relationship-building with clients.

We are excited about the direction this new department is heading and will keep you informed as it continues to grow.

Business cards. That's what Jim Anderson collects. Jim is someone Reach supports, and he is the proud owner of hundreds—if not thousands—of business cards. With Reach's involvement, Jim has additional comfort in going out and about in the community, where he not only works and takes part in various activities, but also graciously solicits business cards.

I caught up with Jim during one of the days Reach employee Jesse Hartrick picks him up from work. Jim has held a steady job at Creative Water Solutions for eight years, clocking in over 20 hours per week on average. After work, Jim and Jesse headed back to Jim's house, where they tackled laundry and physical therapy. These are part of the outcomes Jim has set toward becoming more independent. He also strives to be active outdoors (taking walks, helping with outside chores, etc.), improve his cooking skills (and has already conquered shrimp tacos), and participate in Special Olympics someday.

These outcomes have been developed with the help of Jesse, Jeremy Garrigan, and other Reach staff members while Jim has used Reach's services. Along with community living services, recreation activities keep Jim busy. You can often find him hefting his own ball down the alley at bowling league, and he also enjoys softball and basketball. A favorite pastime for Jim is attending On the Town West events, and he shares, "I like to go with my friends."

He maintains a strong camaraderie with Jesse as well, noting how nice she is. Their valuable partnership was evident as they faced that day's happenings together. "That's the best one I've seen yet," Jesse affirmed while Jim held a physical therapy position. Jim admits that doing physical therapy makes him feel strong, and that he's proud when he accomplishes other tasks, such as cooking and laundry.

And yes, adding to his prized business card collection also brings him joy. This writer, for one, was asked to relinquish two before leaving (one that Jim promised to share with the sister he lives with). As I told him, "I could think of nobody better than you, Jim, to receive it."



Jesse and Jim take a brief break between physical therapy sets.

26th Annual Bowl-A-Thon Registration

Saturday, April 21, 9:30 a.m. - 1:00 p.m., Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park

***You must be registered in order to bowl.* We will send you a pledge packet when we receive your registration form.**

Registration Deadline: April 1, 2018

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Register me for:

☐

Bowling and Lunch \$50 minimum pledges or donation
(Pledges should be turned in prior to the event.)

T-Shirt Size: S M L XL XXL (circle one)
(adult sizes only)

_____ I am bowling alone

_____ I am bowling with a team*

Other team members: _____

*(Note: All team members must fill out their own registration form. You can have a total of 6 people on a team.)

☐

Lunch Only - My \$20 donation is enclosed (checks payable to Reach for Resources)

☐

I am unable to participate, but enclosed is my donation of \$ _____

Photo Waiver: Photos may be taken at the Bowl-A-Thon and used in Reach publications.

If you DO NOT want your photo used, initial here: _____

Bowl-A-Thon



Reach for Resources

SUCCESS STORY

Inclusivity Brings Comfort

The following includes excerpts from a blog, written by Beth Dierker. **Read the full blog, posted on the News page on our website.**

By the second week of last June, I looked like a deer in the headlights, frozen and staring down a long summer. Thankfully, the summer-long parks drop-in program began that week. But I didn't feel confident that my 7-year-old, who's on the autism spectrum and was struggling with anxiety and reactivity, could engage with peers well without support.

As with prior summers, I had done my best to check in with "where we're at" in terms of challenges and interests. This year, "where we're at" included: a new school, a new home, and lots of difficulty managing emotions (this was true for the whole family!). Somewhere in that whirlwind, I had forgotten to fill out the forms to get Reach involved. When I finally I snapped out of my deer-in-the-headlights state and scrambled to fill out the Reach online forms, they quickly assembled a support team for us.

As the summer went on, I could tell my son seemed comforted by the consistent presence of a Reach staff member at the parks program and at the nature camps. I was thankful that the staff struck a balance between engaging with him one-on-one and stepping back to encourage and facilitate his participation in the group. I was also pleased to find that Reach was supporting several other kids at each program. It was reassuring to know we were part of a little community of families needing space, structure, and inclusivity.

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Thank you to the volunteers who wrote testimonials for us to post on International Volunteer Day. You can read their inspiring messages on our website > Give > Volunteer.



Andy Weinstein to Subtract Treasurer Duty from His Board Involvement

"It felt like a good fit," says Andy Weinstein on his decision to join Reach's Board of Directors in 2005. He stumbled upon Reach when a co-worker directed him to the website MAP for nonprofits, which pairs skilled individuals with board opportunities. Andy explains that he was drawn to Reach because it is not only located in the western suburbs, where he grew up, but it also supports a cause dear to his heart. Andy's mother was a special education teacher for the Hopkins School District and worked with individuals with disabilities.



Soon after beginning his board tenure, Andy attended the annual Ghostly Gala. "That solidified my decision," he says, sharing how Reach's events fill a critical role in the community by providing quality programs for individuals. He also stresses the variety of services Reach offers and notes that Reach should particularly feel proud of helping others "gain a level of independence and live a fuller life."

Andy's own life is full as well, with a young family and a career in finance for the Minnesota Twins organization. Yet, he has remained loyal to Reach for the past dozen years. Most recently, his role on the board has been as treasurer—one that has tapped into his financial expertise. He has enjoyed the challenge of helping Reach build programs that are able to be increasingly less reliant on public funding.

However, Andy has determined that it is time to allow a new member to bring in some fresh ideas to that position. Fortunately for Reach, he will remain on the board. His passion for giving back remains as strong as ever, and his respect for Reach and its staff is unwavering. "I'm so impressed with what the talented staff members do and how dedicated they are to serving our clients."

Andy, Reach can say the same of you. Your 12 years of service have been instrumental, and we thank you wholeheartedly for the time, talent, and generosity you've shared so far. You've been a fantastic fit!

Mental Health New Year's Resolutions

Have you been trying to focus on a New Year's resolution or two now that 2018 has brought a fresh start? Is there anything in that plan to improve your mental health? A couple years ago, the Huffington Post published an article on ways to improve mental health, and the tips are equally fitting today. Here is a summary of some of the suggestions:

- **"Practice gratitude.** Life's so much better when you're acknowledging the bright side. Research suggests that expressing what you're thankful for — from your dog to your favorite song on the radio — will improve your mental well-being."
- **"Try meditation.** Meditation is no longer some New Age fad that's too intimidating to try. The practice has a host of health benefits, from better concentration to — yep — improved mental well-being."
- **"Write in a journal.** Putting pen to paper can be a liberating and cathartic experience. Try keeping a journal or even just writing your anxieties and tossing them in the trash."
- **"Exercise at least a few times per week.** Endorphins are magical. When you exercise, your brain releases the feel-good chemicals, giving you an instant mood boost."
- **"Lean on your support system.** Social connection is imperative to mental health. Spend as much time as possible with your loved ones, whether it's going to dinner or just watching a movie together."
- **"Adopt a well-balanced diet.** Eating well is key to overall health, including your mental well-being. Try incorporating fruits and vegetables in your diet more often along with brain-boosting foods like walnuts and spinach."
- **"Listen to sad music.** Letting yourself indulge in melancholy melodies may actually help perk you up in the long run. One recent study found that a good cry can help boost your mood."
- **"Sleep more.** A lack of sleep doesn't just wreak havoc on your physical health, but it seriously messes with your mental health."
- **"Express kindness toward someone else.** Want to feel good yourself? Make someone else feel good. Studies show that kindness can be cyclical."
- **"Talk to your doctor/go to therapy.** Just like you'd see a doctor for a physical illness, the same standard should apply to mental illness. There are multiple methods, from talk therapy to behavioral therapy, and a mental health professional can help you figure out the avenue that works best for you."



Reach's experienced mental health team has been duly trained to address both disability issues and mental health disorders. For more information or to schedule an intake interview, contact Lisa Rivers, MA, LP, at 952-737-2723 or lrivers@reachforresources.org. For Adult Rehabilitative Mental Health Services, contact Jessica Cermak at 952-737-2980 or jcermak@reachforresources.org. Please note that we currently only accept MA and MA Ucare for counseling services.

REACH BOARD OF DIRECTORS

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Our thanks to all of you for your service!

ADAPTIVE RECREATION PROGRAMS

The adaptive recreation program is a cooperative effort of Reach for Resources and the cities of:

- Brooklyn Center • Chanhassen
- Brooklyn Park • Chaska
- Golden Valley • Maple Grove
- Plymouth • 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.

Members are guaranteed a spot in a program ONLY if they register and pay by the Guaranteed Registration Deadline (Jan. 29).

For more information, call 952-393-5880 or go to www.reachforresources.org.

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 and Recreation Department. Inclusion support through Reach is offered in the cities of:

- Brooklyn Center • Chanhassen
- Brooklyn Park • Chaska
- Golden Valley • Crystal
- New Hope • 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.*

MULTIPLE AGES

ADULT/FAMILY YOGA (Ages 5+)

Increase attention span, focus, 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, April 3 - May 8

7:00 - 8:00 p.m.

SLP Rec Center - Banquet Room

Adults: Resident: \$44 / Non-Resident: \$52

Families: \$54 per parent/child pair (\$20 for each additional family member) (Resident) \$62 per parent/child pair (\$28 for each additional family member) (Non-Resident)

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, March 24 - June 2

(Off 3/31, 4/21, 5/26)

9:30 - 11:30 a.m.

\$42 resident, \$50 non-resident (plus \$4.25 each week)

Bowlero Bowl (Formerly Brunswick Zone)

Saturdays, March 24 - June 2

(Off 3/31, 4/21, 5/26)

12:00 - 2:00 p.m.

\$42 resident, \$50 non-resident (plus \$3.50 each week)

GRUB & GLEE CLUB (SEASON 1)

Glee is a TV show with comedy, drama, music and dancing! Get together with some friends to watch two episodes each week. Sing along and dance if you want, or just relax and watch. We will have a snack each week.

Thursdays, March 29 - May 31

6:30 - 8:00 p.m.

SLP Rec Center - Wolfe Park Bldg

Resident: \$42 / Non-Resident: \$50

Locations, Locations, Locations

Instead of listing the street address with each program item, the location is abbreviated. Use the locations key on page 8 for detailed address information.

CHILDREN

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. Call 952-393-5880 for more information.

Tuesdays, April 3 - May 29 (Off 4/17)

6:00 - 7:00 p.m.

Brooklyn Center CC - Constitution Hall

Free! Registration is through the city of Brooklyn Center

TEENS-ADULTS

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, March 28 - May 30

5:00 - 6:30 p.m.

The Depot: 9451 Excelsior Blvd., Hopkins

Fee: \$200

ZUMBA DANCE PARTY

Have fun while learning the popular dance moves. Join the sensation!



Mondays, March 26 -

April 30

6:30 - 7:30 p.m.

SLP Rec Center - Banquet Room

Resident: \$44 / Non-Resident: \$52

TEEN EXPLORERS (Ages 13-21)

Get to know new friends while trying new activities. Movies, dinners out, games, crafts, and so much more! Call Jesse at 952-393-4277 for more information.

Tuesdays, March 27 - May 15

6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$47 / Non-Resident: \$55

ART ABILITIES (Ages 12+)

Art Abilities is a series of workshops that offers 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.



Mondays, April 2 - May 7

6:30 - 8:00 p.m.

Eisenhower CC - Rm 206

Free!

WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Join us for this great weekend respite program! This program is waiver eligible. The cost is \$700 for each weekend. Call Nate at 952-393-5866 for more details.

MALL OF AMERICA

We will spend the weekend at a hotel in Bloomington and all day Saturday exploring the Mall of America!

Friday, March 2, 6:00 p.m. -

Sunday, March 4, 11:00 a.m.

VALLEYFAIR

Stay at a great hotel in Bloomington and spend all day Saturday at Valleyfair! Ride the roller coasters, see a show, hang out in the water park, and so much more.

Friday, June 8, 6:00 p.m. -

Sunday, June 10, 11:00 a.m.

COLORING CALM AND

MINDFUL SNACKING (Ages 14+)

Each participant who signs up will receive an adult coloring book with detailed designs intended to focus the artist's attention coloring while allowing negative thoughts, stress, and anxiety to drift away throughout the activity. Spend the time coloring, and bring your book home so you can color the remainder of the pages at your convenience. A healthy snack will be provided when we partake in a mindful eating exercise.

Thursday, May 3 or

Monday, May 21

6:30 - 8:00 p.m.

SLP Rec Center (Gallery Room:

May 3; Wolfe Park Pavilion: May 21)

Fee: \$15



ADULTS (18+)

26TH ANNUAL BOWL-A-THON

Join us for our annual FUNdraiser. Collect pledges and then join us for two games of bowling, pizza, and prizes. Don't miss this great opportunity to help support Reach for Resources!

Saturday, April 21

9:30 a.m. - 1:00 p.m.

Park Tavern Lanes

\$50 minimum in pledges to bowl, \$20 donation for spectators (includes lunch)

MIXED MEDIA CREATIVE

EXPLORATION & ART SHOWCASE

Come try out a variety of small art projects that are designed to decrease stress and allow for personal expression. View projects created by our Art Abilities artists this year and meet our art therapist. Light refreshments will be served, and door prizes will be awarded to some lucky attendees. This activity is made possible by Minnesota voters through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

Monday, May 14

6:30 - 8:30 p.m.

SLP Rec Center: Banquet Room

Free! Pre-registration required by 4/30

TIMBERWOLVES GAME

Join a group of your friends to watch the MN Timberwolves take on the Denver Nuggets. Have a howling great time!

Wednesday, April 11

6:30 p.m. (Game at 7:00 p.m.)

Target Center: 600 N 1st Ave, Mpls

Fee: \$30 pre-registration required (Attending companions must pay for a seat as well.)

TIE DYE PARTY!

Create your own tie dye shirt! We'll provide the t-shirts and dye, and some good background music. Create a colorful shirt, perfect for spring! Choose colors and a design. Wear clothes that can get dirty.

Thursday, April 12

6:30 - 8:00 p.m.

SLP Rec Center: Gallery Room

Fee: \$15 pre-registration required

MOTHER'S DAY MASON JAR

BATH SALTS

Need a gift for mom? Come make some homemade bath salts. First you'll mix your ingredients, and then you will have the chance to decorate your mason jar to your liking using ribbons, glitter, stickers, and paint. Join us to make this pleasant, relaxing gift.

Monday, May 7

6:30 - 7:30 p.m.

SLP Rec Center:

Banquet Room

Fee: \$15 pre-registration required



FATHER'S DAY COFFEE MUG

Use glass paints to decorate a coffee mug for your dad or another loved one in your life. Choose an artsy design or simply write "Best Dad Ever" or other words you choose. We'll take care of Father's Day Cards as well while our mugs are drying.

Tuesday, May 29

6:30 - 8:00 p.m.

SLP Rec Center:

Banquet Room

Fee: \$15 pre-registration required



ADULT SOCIAL CLUBS (CLUB WEST OR WEDNESDAY NIGHT SOCIAL)

The goal of this program is to become more engaged in our communities and to build social skills and coping skills, and practice flexibility. Activities include cooking classes, craft nights, professional sports outings, going out to eat, and much more! Open to individuals of all abilities, with some bringing a staff or caregiver if additional support is needed.

Wednesdays, March 28 - May 16
6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$47 / Non-Resident: \$55

SNACKS & CINEMA

Thursday, March 29: *Guardians of the Galaxy 2*; cosmic brownies

Thursday, April 26: *Lego Ninjago*; fortune cookies and dessert sushi

Thursday, May 31: *Jurassic Park*; green ice cream & dinosaur eggs

6:30 - 8:30 p.m.

Brooklyn Park CC: Grand Room 3

Fee: \$7 pre-registration required

PIZZA & BINGO

Let's get together for dinner and bingo night. Prizes and pizza for all! Two options to participate.

Monday, April 23 and/or
Tuesday, May 22

6:00 - 8:00 p.m.

Brookview CC (Lower): Valley Rm South

Fee: \$15 pre-registration required, \$7 pizza for companion

KARAOKE & DANCING WITH MOCKTAILS & SNACKS

Sing along to your favorite tunes with your peers. Bring a CD, or we can search for your favorite song online! Reach is working with D1's Pop Up Pub for this event.



Friday, June 1
6:30 - 8:30 p.m.

Brooklyn Park CC: Grand Room 3

Fee: \$15 pre-registration, \$5 cost for staff/companions to attend

DAYTIME EVENTS

COFFEE & CARD GAMES

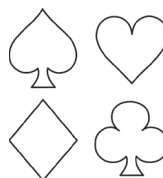
Come join us for a fun afternoon of playing card games including Skip Bo and Uno! No food is included in the cost but feel free to order a coffee or snack.

Monday, April 30

1:30 - 3:00 p.m.

Dunn Brothers: 4 Shady Oak Rd, Hopkins

Fee: \$5



LUNCH & GAMES AT PUNCH BOWL SOCIAL

Come hang out at one of Saint Louis Park's hottest restaurants, which also has entertainment! There are a few free games like lawn bowling and giant Jenga. You can pay extra to play arcade games, darts, and giant foosball, and even bowl.

Thursday, May 17

11:30 a.m. - 1:30 p.m.

Punch Bowl Social: 1691 Park Place Blvd, St. Louis Park

Fee: \$5 to register, bring extra money for food and games.

OUTDOOR SCAVENGER HUNT

Spring is here! Let's get outside and go for a walk while collecting items on a scavenger hunt list. The team with the most items wins a prize.

Wednesday, May 30

1:30 - 3:00 p.m.

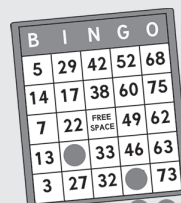
Parker's Lake Park: 15205 County Rd 6 & Niagara Ln, Plymouth

Fee: \$5

DROP-IN EVENTS

BINGO

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



Friday, May 4

6:30 - 8:00 p.m.

SLP Rec Center: Gallery Room

Fee: \$7 pre-registration; \$10 at the door

REACH TALENT SHOW

Do you have a special talent that you want to share with the world? Maybe you enjoy singing, dancing, acting, juggling, or something else? Come show us what you've got! Each person will receive an award for participation, and everyone will vote for the winner who will receive a prize.

Wednesday, May 16

6:30 - 8:30 p.m.

Cornerstone Creek Apartments Lounge: 9280 Golden Valley Rd, Golden Valley



Fee: \$5 pre-registration; \$7 at the door

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. Please call 952-393-4277 for more information.

Friday, April 20: Pretty Pastels & Macaroons

Friday, May 18: Hawaiian Beach Party
SLP Rec Center: Banquet Room

Fee: \$5 pre-registration; \$7 at the door

Locations Key

Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park

Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park

St. Louis Park (SLP) Recreation Center: 3700 Monterey Dr S, St. Louis Park

Eisenhower Community Center: 1001MN-7, Hopkins

Brooklyn Center Community Center: 6301 Shingle Creek Pkwy, Brooklyn Center

Brookview Community Center: 316 Brookview Parkway S, Golden Valley

Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park



On the Town

Spring 2018

On the Town (OTT) is a specialized program that requires a brief intake meeting with a Reach staff for new participants. To set up an OTT intake, please call Jesse at 952-393-4277. Individuals need to be age 18+ to register.

On the Town: Weekday	On the Town: Friday	On the Town: Weekend
<input type="checkbox"/> \$5 <u>Bowling and Tacos at Bowlero</u> When: Tuesday, April 3 Where: 7545 Brooklyn Blvd, Brooklyn Park Time: 8:00 - 9:30 p.m. Additional Cost: \$2.22 per game and \$2.22 tacos	<input type="checkbox"/> \$5 <u>Rock of Ages Blacklight Mini Golf</u> When: Friday, April 6 Where: 376 North Garden, Bloomington Time: 7:00 - 8:30 p.m. Additional Cost: \$10 for mini golf	<input type="checkbox"/> \$25 <u>MONSTER JAM Monster Truck Rally</u> When: Saturday, April 7 Where: US Bank Stadium: 401 Chicago Ave, Minneapolis Time: 6:30 - 9:30 p.m. (Show at 7:00 p.m.) Cost Included: Monster Jam ticket
<input type="checkbox"/> \$8 <u>Artistry Theater Presents: Follies</u> When: Monday, April 23 Where: 1800 W. Shakopee Rd, Bloomington Time: 7:00 - 10:00 p.m. (show: 7:30 p.m.) Cost Included: Play ticket	<input type="checkbox"/> \$28 <u>Vikings Stadium Tour</u> When: Friday, April 13 Where: US Bank Stadium: 401 Chicago Ave, Minneapolis Time: 3:45 - 5:30 p.m. (Tour at 4:00 p.m.) Cost Included: Ticket for tour	<input type="checkbox"/> \$5 <u>Como Zoo and Conservatory</u> When: Saturday, April 14 Where: 1225 Estabrook Dr, St. Paul Time: 4:00 - 6:00 p.m. Additional Cost: N/A
<input type="checkbox"/> \$5 <u>Out to Eat at TGIF</u> When: Thursday, May 3 Where: 5875 Wayzata Blvd, St. Louis Park Time: 6:30 - 8:00 p.m. Additional Cost: \$15-20 for meal and tip	<input type="checkbox"/> \$5 <u>Out to the Movies</u> When: Friday, April 27 Where: AMC Southdale: 400 Southdale Center, Edina Time: TBD (around 6:30 p.m.) Additional Cost: \$10-15 for ticket and food (optional)	<input type="checkbox"/> \$5 <u>Roller Garden</u> When: Sunday, May 6 Where: 5622 West Lake St, St. Louis Park Time: 2:30 - 4:30 p.m. Additional Cost: \$10 for entrance fee and rental
<input type="checkbox"/> \$5 <u>MN Arboretum</u> When: Monday, May 21 Where: 3675 Arboretum Dr, Chaska Time: 3:00 - 5:00 p.m. Additional Cost: N/A	<input type="checkbox"/> \$5 <u>Out to Eat at Cheesecake Factory</u> When: Friday, May 11 Where: 12735 Wayzata Blvd, Minnetonka Time: 6:30 - 8:00 p.m. Additional Cost: \$15-25 for meal and tip	<input type="checkbox"/> \$5 <u>Minnehaha Falls Walk and Picnic</u> When: Saturday, May 19 Where: 4801 S. Minnehaha Dr, Minneapolis Time: 4:00 - 6:00 p.m. Additional Cost: Free, but bring your own bag lunch
<input type="checkbox"/> \$5 <u>Out to the Movies</u> When: Wednesday, May 30 Where: Mann Theater: 3400 Vicksburg Ln, N., Plymouth Time: TBD Additional Cost: \$10 for movie and optional food	<input type="checkbox"/> \$5 <u>Mill City Museum</u> When: Friday, June 1 Where: 704 S. 2nd St, Minneapolis Time: 3:00 - 5:00 p.m. Additional Cost: \$12 for museum entry	<input type="checkbox"/> \$5 <u>Out to Eat at Burger Jones</u> When: Saturday, June 2 Where: 3200 W. Lake St, Minneapolis Time: 6:30 - 8:30 p.m. Additional Cost: \$10-20 for meal

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

Individuals may sign up for each On the Town activity separately. Each activity costs \$5 to register plus any additional fees (tickets, etc.). There will be other costs associated with each activity, which are noted below 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. Call Jesse at 952-393-4277 for more information or if you have questions.

Registration Form—Spring 2018*

Guaranteed Registration starts January 29 • Priority Registration starts February 5 • Open Registration starts February 12

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
	Annual Bowl-A-Thon	See Pg. 3 for Registration
<input type="checkbox"/>	Art Abilities	FREE
<input type="checkbox"/>	Bingo	\$7 (\$10 at the door)
<input type="checkbox"/>	Bowling at Bowlero: Adults	\$42 / \$50
<input type="checkbox"/>	Bowling at Bowlero: Youth	
<input type="checkbox"/>	Bowling at Park Tavern: Adults	\$42 / \$50
<input type="checkbox"/>	Bowling at Park Tavern: Youth	
<input type="checkbox"/>	Club West	\$47 / \$55
<input type="checkbox"/>	Coffee & Card Games	\$5
<input type="checkbox"/>	Colorful Calm & Mindful Snacking: May 3	\$15 each
<input type="checkbox"/>	Colorful Calm & Mindful Snacking: May 29	
<input type="checkbox"/>	Dance: April 20	\$5 each (\$7 at the door)
<input type="checkbox"/>	Dance: May 18	
<input type="checkbox"/>	Father's Day Coffee Mug	\$15
<input type="checkbox"/>	Grub & Glee Club	\$42 / \$50
<input type="checkbox"/>	Karaoke with Mocktails & Snacks	\$15 (\$5: staff/companions)
<input type="checkbox"/>	Lunch/Games at Punch Bowl Social	\$5
<input type="checkbox"/>	Mixed Media Creative Exploration	FREE
<input type="checkbox"/>	Mother's Day Mason Jar Bath Salts	\$15
<input type="checkbox"/>	On the Town	See Pg. 9
<input type="checkbox"/>	Outdoor Scavenger Hunt	\$5
<input type="checkbox"/>	Pizza & Bingo: April 23	\$15 each (\$7: staff/companions)
<input type="checkbox"/>	Pizza & Bingo: May 22	

<input type="checkbox"/>	Reach Annual Meeting	FREE
<input type="checkbox"/>	Reach Talent Show	\$5 (\$7 at the door)
<input type="checkbox"/>	Snacks & Cinema: Guardians of the Galaxy 2 Lego Ninjago Jurassic Park	\$7 each (pre-registration required)
<input type="checkbox"/>	Social Seekers (Teens & Adults)	\$200
<input type="checkbox"/>	Teen Explorers	\$47 / \$55
<input type="checkbox"/>	Tie Dye Party: Shirt Sz: _____	\$15 (pre-registration required)
<input type="checkbox"/>	Timberwolves Game: # Tkts: _____	\$30 <input type="checkbox"/> Accessible Ticket Needed
<input type="checkbox"/>	Wednesday Night Social	\$47 / \$55
<input type="checkbox"/>	Weekend Ventures: Mall of America Valleyfair	\$700 \$700
<input type="checkbox"/>	Yoga: Adults	\$44 / \$52
<input type="checkbox"/>	Yoga: Family # Attending _____	\$54 / \$62: pair (+\$20/\$28 each addtl)
<input type="checkbox"/>	Young Athletes	FREE - Send Me Info
<input type="checkbox"/>	Zumba Dance Party	\$44 / \$52

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

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

ADMIN USE _____ Registered by _____ Amt Pd \$ _____ Ck# _____
 _____ Pymt Rec'd 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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For more information about supporting Reach, visit the
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www.reachforresources.org



Are you willing to receive this newsletter by email only?
By doing so, you'll see it sooner and get our monthly updates in your inbox.
Please email info@reachforresources.org to let us know
you are willing to receive news by email only. Thank you!

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
Alexa Benevides, Parenting Skills Educator
Megan Boehm, CMH Case Manager
Angie Diercks, ARMHS Mental Health Practitioner
Lisa Nemitz, Parenting Skills Educator
Marika Reese, ARMHS Mental Health Practitioner
Tamiko Robinson, CMH Case Manager
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

Community Living Services

Larissa Beck, Community Living Program Manager
Cassie Keller, Designated Coordinator
Uba Ahmed, Community Living Specialist
Elizabeth Bearden, Community Living Specialist
Stephen Earnest, Community Living Specialist
Carolyn Fenne, Community Living Specialist
Jeremy Garrigan, Community Living Specialist
Kristen Hamilton, Community Living Specialist
Nicole Hans, Community Living Specialist
Jesse Hartrick, Community Living Specialist
Thuyen Luu, Personal Support Staff
Hanh McCormack, Personal Support Staff
Margaret Nyoike, Community Living Specialist
Anthony Polzin, Personal Support Staff
Jody Porter, Personal Support Staff
Carly Quick, Community Living Specialist
Kristen Ryan, Community Living Specialist
Judy Sadoff, Personal Support Staff
Marcus Skallman, Community Living Specialist
Mary Skowronek, Personal Support Staff
Sherverla Stigler, Community Living Specialist
Thuy Tran, Community Living Specialist
Alexander Varner, Community Living Specialist

Recreation Specialists

Kathryn Baumhover
Abby Berens
Lisa Boss
Tori Carter
Sophie Conger
Jordan Kocon
Karen Krussow
Hilary Larsen
Jessica Larson
Peggy Martin
Maggie Opheim
Angela Riddle
Jennifer Rogers
Isa Sorenson
Vince St. Martin
Rachel Wians
Maya Witte

