

We've updated our Adaptive Recreation & Inclusion Policies. [View them on our website.](#)

Registrations for our annual Bowl-A-Thon are now being accepted. See inside for details.

If you're interested in inspiring and insightful career-related news, visit our [LinkedIn profile.](#)

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

The Reach Reader

SPRING 2019



Chelsea Spearman (left) and Kinsey Brown review options for one of the individuals they are currently supporting.

Waiver Case Management Sees Rapid Yet Careful Growth

Although it may operate as one of Reach's most behind-the-scenes departments, our Waiver Case Management Program is also the one expanding most quickly right now.

It wasn't much more than a year ago when Chelsea Spearman was hired as Reach's first full-time Director of Waiver Case Management in August 2017. Chelsea quickly brought on two staff members, and since then, the group has multiplied to a total of six full-time employees: Chelsea, two lead case managers, and three additional case managers.

(Continued on page 5.)

Annual Award Nominations

We are now accepting nominations for our various annual awards, which will be announced on our website by March 1, 2019. We encourage you to visit the [News page](#) on 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

All nominations are welcome, so please take the opportunity to honor those who have supported Reach.

How Parenting Skills Educators Make a Direct Impact on Lives

"I love my job," exclaims Kelsey Price. As a Reach for Resources Parenting Skills Educator, Kelsey says, "This is the first job I've had where I'm changing lives directly." She knows this because the individuals she works with freely admit it.

Kelsey (*pictured here*) realizes that those she works with are sometimes resistant to the impending services, often a result of a court order, but the transformations she sees are inspiring.

(Continued on page 4.)



Happy New Year,

May 2019 bring you new opportunities, success, good health, and much happiness.

Meaningful Work. Flexibility. Making a Difference. Positive Attitude. Work-Life Balance. Teamwork. Fun. Love my Job! These are some of the responses I have heard from our employees when I asked them about their work at Reach for Resources, Inc. I have had the privilege of meeting one on one with our employees, not only to get to know them better, but to understand what they like about Reach, their role, and what we can do better to make Reach the best place to work. I have been truly impressed by the passion they display as they talk about the individuals they are working with each day. Two examples include helping an individual obtain a new job they love and helping a family obtain resources when they are in need.

Don't get me wrong, there are things we can work on as well: wages, additional training, updated technology, and work space. We have started addressing these items, as well as some others, to make this an even better place to work, support, participate, and serve. If you have any suggestions for improvements, please feel free to contact us.

As always, we hope you enjoyed your involvement with Reach this past year. We look forward to seeing many of you at our Bowl-A-Thon on April 13 and many of our other spring programs.

Thank you for your continued support, and please stay in touch with us on social media.

All my best,

Kate Bottiger

Kate Bottiger
Executive Director

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Photos - 1. The Fall Formal brought out some casual excitement. **2.** Our popular Pizza and Bingo events are "O"-so-fun! **3.** Participants successfully decked the halls of gingerbread houses. **4.** We were honored when one woman chose to celebrate her birthday by bringing her family and friends to volunteer at our Young Athletes program. **5.** The DIY Photo Block activity was a H-I-T!

Remember to give approval for us to use your photos if you would like to be featured in our publicity too!

Reach Nominates Margaret Nyoike for Service Provider Award

Reach took great pleasure recently in nominating staff member Margaret Nyoike, for the American Network of Community Options and Resources (ANCOR) Direct Service Provider of the Year for 2019. Margaret has worked as a Community Living Specialist with us since November 2016.



She is known for the incredible way she blends her boundless compassion with firm guidance. Seeing the beauty in every individual, Margaret presents herself in a way of wanting to be of service.

Regardless of where someone is in life, Margaret meets them where they're at. With no pre-conceived notions, she gains an understanding of each person in their current state and determines how to best meet their specific needs.

A role model for the skill sets one in this position should practice, Margaret has become a go-to person for nearly every newly hired person in the department to shadow. We at Reach are lucky to have her and are keeping our fingers crossed for this award on her behalf.

Save June 17 for Reach "On Tap"

You won't have to wait as long this year to experience the fun of our Reach "On Tap" summer fundraiser. We've moved the event up one month on the calendar this year, scheduling it for Monday, June 17.

We're also moving the location, holding it at a brewery where we can have the complete facility to ourselves! Plan to join us at Edina's Wooden Hill Brewing Company—the first to be opened in that city.

We'll pour out all the details in our next newsletter issue, but mark your calendar now to block off the evening of June 17.

Bowl-A-Thon to be April 13

It's time to start thinking about being part of our annual Bowl-A-Thon, scheduled for Saturday, April 13, 2019. We'll take over Park Tavern Lanes in St. Louis Park from 10:00 a.m.-1:00 p.m. Anyone of any age is invited to participate, whether you've been involved in a Reach program before or not. Register on our website or by using the form below. The cost is \$50 by March 15, or \$60 after March 15. Be sure to join us for prizes, food, an event t-shirt, and plenty of action!

27th Annual Bowl-A-Thon Registration

Saturday, April 13, 10 a.m. - 1 p.m. Park Tavern Lanes: 3401 Louisiana Ave S, St. Louis Park

***You must be registered in order to bowl.* Registration: \$50 by March 15; \$60 after March 15**

We'll send a pledge packet upon receiving your registration. Registration form and pledge packets also available on our [website](#).

Name: _____

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

Register me for:

☐ Bowling & Lunch \$50 (by 3/15) / \$60 minimum pledges or donation
(Pledges due the day of 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

Community Contracts Offer Hopeful Option

Imagine how disheartening it would be if you knew you needed support but were refused when asking for help. That's how some people feel when they do not qualify for disability services. Fortunately, Hennepin County knows that Reach, along with two other metro agencies, can be an option for these adults. As the only service provider in the West Metro offering Community Contract Services through our Independent Living Support Services Department, Reach will pair individuals without waiver funding with an Independent Living Specialist and/or Employment Specialist to provide needed services.

When people can simply provide proof of a disability, and in some cases, approval from their county case manager, we at Reach will assist them at the same level as we would for our other similar services. Community Living Program Manager Larissa Beck says of our ability to offer community contracts, "This is at the heart of who we are and what we want to do. We just don't want to turn anyone away, so we're always finding a way to be flexible."

Mitch (*pictured here*) has received support through Reach's Community Contract Services for about six years so far. He says, "It has been excellent for me because I've learned to live on my own. I've been very happy."

Read the rest of this story on the ["Blog" page](#) of our website.



“This is at the heart of who we are and what we want to do.”

The Impact of Parenting Skills Educators *(continued from front page)*

She explains that upon first meeting someone, they may have an “I-don’t-need-this” attitude, but soon recognize the benefits of working with a parenting skills educator. Within weeks, now-hopeful parents eagerly state to Kelsey, “I tried what you said and it worked!” or “I want you to see how I’ve been implementing the things we talked about.” Kelsey is constantly reminding parents that nobody is perfect in the role. She, too, may not have all the answers, but with her degree in degree in Child Development and Family Studies, her constant desire to research new approaches and methods, and an incredibly supportive Reach team, she is not only equipped, but passionate to share knowledge and tools.

Recently a CPS worker called Kelsey to report that a parent, who had previously been rather opposed to help, had now taken the initiative to reach out on her own, excited to be an active participant in her service plan. Others are equally enthusiastic. Kelsey describes that some parents are so motivated by their new awareness, that they are telling their friends what has worked for them or displaying educational tips at work.

Additional ways Kelsey has empowered families is by helping them understand how to sign up for affordable child care services, how to be “adopted” as a family for holiday gifts, and how to use a food shelf. She explains that in many cases, the parents may not have the communication skills

or feel too overwhelmed with anxiety to handle these responsibilities themselves. Kelsey says that simply by accompanying them, she is able to be “a positive support for them.”

Juggling usually about 15 families at any given time, Kelsey works with each for approximately two hours per week, just as the three other Reach staff members in this same capacity do. The time together may focus on proper discipline guidelines; communication skills, including how to foster a secure attachment; or even how to play games as a family (and the sportsmanship that goes with it).

Generally working with each family for over three months, Kelsey concedes that it’s hard not to get attached and can be difficult to say “good-bye,” though some families do reach out afterward.

Reach was thrilled to say “hello” to Kelsey and add her to our incredible Mental Health Department. You see, Kelsey has only been in her role since July. “I’m so grateful for this company...I knew I wanted to work for a non-profit, but I didn’t know what. I’m so happy it is here.”

Reach feels the same about Kelsey, because despite her short tenure, she has already impacted numerous lives for many years to come.

These stories and others are posted on our [website](#) under News & Events.

Waiver Case Management Growth

(continued from front page)

A main reason for our growth is the sheer need for services. While we have begun case management for some individuals who have had other contact with us in the past or who directly contact us through our website, a majority of the people we support are referred to us through Hennepin County. This is currently the only county we are working with, and their steady stream of overflow cases keeps us busy. However, Chelsea is quick to point out that Reach is committed to maintaining smaller caseloads—about 32-40 per case manager; some agencies can have 60-80 cases per case manager. This allows us to ensure a high quality of service, with personal visits to each supported individual multiple times per year.

As with any Reach program, this program is not strictly defined by numbers. “We’re here because we care and can make a big difference in someone’s life,” states Chelsea. The overall function of their group is to assist individuals in navigating the complex social services system and accessing appropriate resources. But Lead Case Manager Kinsey Brown explains that specific duties may include helping others find housing, obtain mental health or crisis services, locate work programs, or initiate in-home services or respite care...just to name a few. Clearly, case managers “wear a lot of hats,” advocating for others in various ways. For past newsletters, Chelsea has contributed articles that highlight some of these diverse roles, including *Case*

“We’re here because we care and can make a big difference in someone’s life.”

Managers as Educators and Case Managers as Facilitators. She plans to resume this series in the next newsletter, so watch for that.

Handling these responsibilities is a team of individuals who bring unique strengths to the table. Kinsey is known for her attention to details and knack for understanding housing options, whereas the other team lead is particularly astute in working with individuals who communicate primarily nonverbally. We also have case managers who are fluent in multiple languages and contribute essential cultural understanding to the group. Newer members challenge their peers to see situations from a fresh perspective. Yet each staff member offers valuable relationship-building and conflict-resolution experience, and together, they form a strong team. Kinsey says, “We support each other well.”

In recent months, the Waiver Case Management Department has been able to start offering a second type of case management: the Developmental Disabilities Waiver – Consumer Directed Community Supports (DD-CDCS). This is in addition to the regular DD waiver. Chelsea is hoping to gradually gain approval for offering even more types of waiver services and to begin working with more counties going forward, as long as excellent service is not compromised. This reflects the department’s most guiding value of providing person-centered, strengths-based, quality care.

The Benefits of Exercise on Mental Health

It's that time of year when we're making New Year's resolutions, with a popular one being to exercise more. Exercise is known to have numerous benefits, but we want to remind you of one in particular. Exercise can help reduce symptoms and can minimize the severity of future mental health episodes. Some of the problems it can help with include:

- Depression
- Anxiety
- Substance Abuse
- Sleep disturbances
- Stress
- Physical Health
- Self-esteem
- Low energy

Beginning an exercise plan doesn't have to be difficult. Walking for as little as 30 minutes, three times a week, has been found to be beneficial. Don't worry too much about what exercise you choose. Aerobic and anaerobic exercises are both effective at improving mental health. Consider the following:

- Walking, running, or biking
- Weight lifting
- Bowling
- Dancing
- Swimming



It can be easy to forget or to put off exercise. Here are some ideas that might help:

- Plan to exercise with a friend so you can both hold one another responsible.
- Set an alarm to remind you when to exercise. If you're using your phone alarm, set it to automatically repeat every day at the same time.
- Get into a routine by exercising at the same time every day. Try attaching exercise to a particular part of your day, such as walking every evening right after dinner.
- Reward yourself for a job well done. Treat yourself to something you enjoy when you exercise. However, you must be honest. No exercise, no reward.

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
- Chanhassen
- 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.

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
- Chanhassen
- 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 flexibility, attention span, muscle tone, and focus. 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. Children under 13 must be accompanied by at least one adult.

**Tuesdays,
April 2 - May 7**

7:00 - 8:00 p.m.

SLP Rec Center:
Wolfe Park Pavilion

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, March 23 - June 1 (Off 4/13, 4/20, & 5/25)

9:30 - 11:30 a.m.

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



Bowlero Bowl

Saturdays, March 23 - June 1 (Off 4/13, 4/20, & 5/25)

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, April 2 - May 28 (Off 4/16)
5:45 - 6:30 p.m.

Brooklyn Center CC - Constitution Hall:
6301 Shingle Creek Pkwy, Brooklyn Center

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, March 26 - May 14
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.*

Fridays, March 29 - May 3

6:30 - 8:00 p.m.

10225 Yellow Circle Drive,
Minnetonka

Fee: FREE!



ZUMBA (Ages 13+)

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

Mondays, March 25 - April 29

6:30 - 7:30 p.m.

SLP Rec Center -
Banquet Room

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



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 27 - May 29

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 local getaway for a weekend 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
Chanhassen Community Center: 2310 Coulter Blvd, Chanhassen
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

SNACKS & CINEMA (Ages 13+)

Join us for a movie and snacks!

Thursday, April 25: *Fantastic Beasts and Where to Find Them* with gummy worms

Thursday, May 30: *Ready Player One* with pudding pops

6:00 - 8:30 p.m.
 Brooklyn Park CAC - Grand Room 3



Fee: \$8

DROP-IN PROGRAMS

(Ages 13+)

BINGO

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

Friday, May 3

6:30 - 8:00 p.m.
 Brookview CC - Valley Room

Fee: \$8 by 4/29; \$10 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. More information: 952-393-4277.

Friday, April 19

Friday, May 17

SLP Rec Center - Banquet Room

Fee: \$5 up to 4 days prior; \$7 at the door



FITNESS FOR EVERY BODY

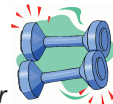
(Ages 16+)

Check out our new group exercise program! Perform various exercises using free weights and body weight. We'll also get some cardio with movement and resistance. All abilities are welcome.

Wednesdays, April 3-24

4:30 - 5:30 p.m.

Chanhassen Community Center



Resident: \$30 / Non-Resident: \$38

PIZZA & BINGO (Ages 13+)

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

Thursday, April 18 and/or

Tuesday, May 21

6:00 - 8:00 p.m.

Brookview CC

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

COLORFUL CALM & MINDFUL SNACKING (Ages 14+)

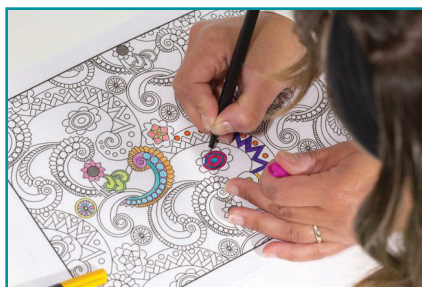
Each participant will receive an adult coloring book with detailed designs intended to focus the artist's attention on coloring while allowing negative thoughts, stress, and anxiety to drift away. Spend the time coloring, and bring your book home so you can color more at your convenience. A healthy snack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

Thursday, April 25

6:30 - 8:00 p.m.

SLP Rec Center - Wolfe Park Pavilion

Fee: \$16



COOKING & CRAFTING

(Ages 13+; except pasta class: 16+)

STUFFED ANIMAL SCULPTURE

Start with a stuffed animal and make it into a totally new creation using buttons, fabric, google eyes, and other various odds and ends. Name it and take it home with you!

Thursday, April 11

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$16



MOTHER'S DAY DIY GIFT: CANVAS CRAFT BAG

Create a unique canvas tote using fabric, puff paint, fabric markers, buttons, and more. Give as a gift or keep for yourself. Bring your own ideas or use one of ours.



Monday, May 6

6:30 - 8:00 p.m.

Brookview CC - Valley Room

Fee: \$21

COOKING CLASS: PASTA BAR

Get a taste of Italy while we create a few classic pasta dishes, including marinara sauce, homemade alfredo sauce, and more!

Thursday, May 23

6:00 - 8:00 p.m.

Eisenhower CC

Fee: \$21



FATHER'S DAY GIFT: CUSTOM CUTTING BOARD

Use a wood burner to create a one-of-a-kind bamboo cutting board for your dad or another loved one. Take your time coming up with a sketch, and we will help you make a permanent design.

Tuesday, May 28

6:30 - 8:00 p.m.

SLP Rec Center - Wolfe Park Pavilion

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, April 3 - May 22

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

April 3: Bingo & Game Night

Louisiana Oaks Park:
3520 Louisiana Ave, St. Louis Park
6:30 - 8:30 p.m.

April 10: Out to Eat at Red Cow

3624 W 50th St, Minneapolis
6:00 - 7:30 p.m.
Additional Cost: \$15-25

April 17: Reach's Got Talent

Cornerstone Creek Apartments:
9280 Golden Valley Rd, Golden Valley
6:30 - 8:00 p.m.

April 24: Missing Link Movie

Plymouth Grand 15:
3400 Vicksburg Ln, Plymouth
TBD
Additional Cost: \$9 for ticket, plus money for food/drink

May 1: Cinco de Mayo Cooking Night

Eisenhower Community Center:
1001 Hwy 7, Hopkins
6:30 - 8:30 p.m.

May 8: Big Thrill Factory

17585 Hwy 7, Minnetonka
6:30 - 8:30 p.m.
Additional Cost: \$20

May 15: Loulou Rolled Ice Cream & Walk Around the Lakes

Cub Foods Parking Lot:
1104 Lagoon Ave, Minneapolis
6:30 - 8:30 p.m.
Additional Cost: \$10

May 22: Lady of the Lake Cruise

Port of Excelsior: 2 Water St, Excelsior
6:30 - 8:30 p.m.
Alternate Separate Cost: \$12

SPECIAL EVENTS

SINGLES NIGHT WITH GAMES & DRINKS

Looking for that special someone? Join us for food and conversation with other single people. You can order food or drinks from the juice bar or café. We will have some get-to-know-you games to play together.

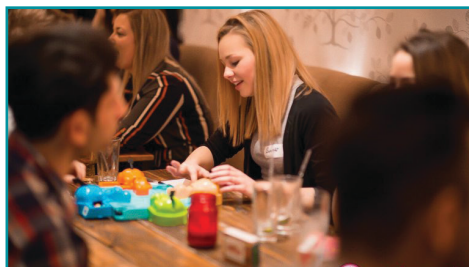
Thursday, May 9

6:30 - 8:30 p.m.

The Wedge Co-op:

2412 Nicollet Ave, Minneapolis

Fee: \$6



REACH'S TALENT SHOW IS OPEN TO EVERYONE!

BOWL-A-THON

Join us for our annual FUNdraiser. Collect pledges and then enjoy two games of bowling, pizza, and prizes, all while helping to support Reach.

Saturday, April 13

10:00 a.m. - 1:00 p.m.

Park Tavern Lanes

Fee: \$50 in pledges/donations if registered by 3/15. After 3/15: \$60. Lunch only: \$20.

LADY OF THE LAKE BOAT CRUISE

Enjoy a relaxing cruise on beautiful Lake Minnetonka on the Lady of the Lake Paddleboat! Light snacks and complimentary sodas will be available for all guests.

Wednesday, May 22

6:00 - 8:30 p.m.

City of Excelsior Public Dock:
2 Water Street, Excelsior

Fee: \$12 (for companions too)



KARAOKE WITH MOCKTAILS & SNACKS

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

Friday, May 31

6:30 - 8:00 p.m.

SLP Rec Center -
Banquet Room

Fee: \$16



MN TIMBERWOLVES GAME

Come see our Minnesota Timberwolves take on the Toronto Raptors. Seating is limited, so sign up now! Companions who wish to attend must purchase a ticket too. Please note on registration if you need accessible seating.

Tuesday, April 9

7:00 - 10:00 p.m.

MN Target Center

Fee: \$32 per ticket
(for companions too)



DAYTIME PROGRAMS

EARTH DAY PARK CLEAN-UP WITH ROOT BEER FLOATS

Celebrate Earth Day by volunteering to pick up at a local park. After some hard work, we will wrap up the activity with root beer floats.

Monday, April 22

10:30 a.m. - 12:00 p.m.

Westwood Hills Nature
Center: 8300 W Franklin
Ave, St. Louis Park

Fee: \$8



MALL OF AMERICA SHOPPING & LUNCH

Join some friends for an afternoon of mall walking, shopping, Sea Life, lunch, rides, and more! We will do whatever the group would like to do. Cost covers registration. Bring extra money for food and activities.

Thursday, May 16

11:00 a.m. - 1:30 p.m.

Mall of America

Fee: \$6



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 meeting prior to registration. Please call Jesse at 952-393-4277 for more information or to schedule an intake.

Spring 2019

*Intake
Required*

On the Town: Weekday

On the Town: Friday

On the Town: Weekend

<input type="checkbox"/> \$6 <u>Out to the Movies: Hopkins Cinema</u> When: Tuesday, April 2 Where: 1118 Mainstreet, Hopkins Time: TBD (Approx. showtime 6:30 p.m.) Additional Cost: \$3 for ticket, extra for snacks (optional)	<input type="checkbox"/> \$26 <u>Pinstripes for Bowling & Apps</u> When: Friday, April 5 Where: 3849 Gallagher Dr, Edina Time: 6:30 - 8:30 p.m. Additional Cost: \$5 for bowling shoes & extra for food/drinks (optional)	<input type="checkbox"/> \$6 <u>Walker Art Museum & Sculpture Gardens</u> When: Saturday, April 6 Where: 725 Vineland Place, Minneapolis Time: 1:00 - 3:00 p.m. Additional Cost: N/A
<input type="checkbox"/> \$6 <u>Out to Eat at Crave</u> When: Thursday, May 2 Where: 1603 West End Blvd, St. Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$25+ for meal & tip	<input type="checkbox"/> \$6 <u>Coffee & Uno Tournament at Caribou</u> When: Friday, April 12 Where: 3500 Vicksburg Ln N, Plymouth Time: 6:30 - 8:30 p.m. Additional Cost: \$5-\$10 for coffee/snacks	<input type="checkbox"/> \$6 <u>Out to Eat at Taste of India</u> When: Saturday, April 27 Where: 5617 Wayzata Blvd, St. Louis Park Time: 6:30 - 8:30 p.m. Additional Cost: \$25 for meal & tip
<input type="checkbox"/> \$11 <u>Live Theater Night: Tinker to Evers to Chance</u> When: Monday, May 13 Where: Artistry, Black Box Theater: 800 W Old Shakopee Rd, Bloomington Time: 6:30 - 9:45 p.m. Cost Included: Discounted ticket	<input type="checkbox"/> \$6 <u>Grove Cove Aquatic Center with Slide</u> When: Friday, April 26 Where: 12951 Weaver Lake Rd, Maple Grove Time: 6:00 - 8:00 p.m. Additional Cost: \$8	<input type="checkbox"/> \$9 <u>Cinco de Mayo Party</u> When: Saturday, May 4 Where: 3700 Monterey Dr, St. Louis Park: Banquet Room Time: 6:00 - 8:00 p.m. Cost Included: Food & drinks
<input type="checkbox"/> \$16 <u>Top Golf Brooklyn Center</u> When: Monday, May 20 Where: 6420 N Camden Ave, Brooklyn Center Time: 6:30 - 8:00 p.m. Additional Cost: Extra for food/drink (optional)	<input type="checkbox"/> \$6 <u>Board Games with Friends</u> When: Friday, May 10 Where: 3700 Monterey Dr, St. Louis Park: Gallery Room Time: 6:30 - 8:30 p.m. Additional Cost: N/A	<input type="checkbox"/> \$9 <u>Yard Games & Mocktails</u> When: Saturday, May 18 Where: 3700 Monterey Dr, St. Louis Park: Wolf Park Pavilion Time: 4:00 - 6:00 p.m. Cost Included: Mocktails & games
<input type="checkbox"/> \$6 <u>Half Price Games at Dave & Buster's</u> When: Wednesday, May 29 Where: 500 Southdale Center, Edina Time: 6:30 - 8:30 p.m. Additional Cost: \$10-\$25 for games	<input type="checkbox"/> \$6 <u>Minnehaha Walk & Ice Cream</u> When: Friday, May 31 Where: Minnehaha Falls, Minneapolis Time: 6:00 - 8:00 p.m. Additional Cost: \$7 for ice cream	<input type="checkbox"/> \$6 <u>Malt T Melt Mini Golf & Ice Cream</u> When: Saturday, June 1 Where: 6335 Portland Ave, Richfield Time: 5:00 - 7:00 p.m. Additional Cost: \$15 for ice cream & mini golf

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"/> April 3: Bingo & Game Night | <input type="checkbox"/> May 1: Cinco de Mayo Cooking Night |
| <input type="checkbox"/> April 10: Out to Eat at Red Cow | <input type="checkbox"/> May 8: Big Thrill Factory |
| <input type="checkbox"/> April 17: Reach's Got Talent | <input type="checkbox"/> May 15: Loulou Rolled Ice Cream & Walk Around the Lakes |
| <input type="checkbox"/> April 24: Missing Link Movie | <input type="checkbox"/> May 22: Lady of the Lake Cruise (\$12) |

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—Spring 2019*

Priority Registration **OPEN NOW!** • Open Registration starts January 11

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"/> Bingo	\$8 (\$10 at the door)
<input type="checkbox"/> Bowl-A-Thon	\$50 (by 3/15) / \$60 / \$20
<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"/> Colorful Calm & Mindful Snacking	\$16
<input type="checkbox"/> Cooking Class: Pasta Bar	\$21
Dances: <input type="checkbox"/> 4/19 <input type="checkbox"/> 5/17	\$5 each (\$7 at the door)
<input type="checkbox"/> Earth Day Clean-up & Root Beer Floats	\$8
<input type="checkbox"/> Father's Day Gift: Custom Cutting Boards	\$21
<input type="checkbox"/> Fitness for Every Body	\$30 / \$38
<input type="checkbox"/> Karaoke with Mocktails & Snacks	\$16
<input type="checkbox"/> Lady of the Lake Boat Cruise	\$12
<input type="checkbox"/> Mall of America Shopping & Lunch	\$6
<input type="checkbox"/> MN Timberwolves Game Accessible Seating <input type="checkbox"/>	\$32 each (companions too)
<input type="checkbox"/> Mother's Day DIY Gift: Canvas Craft Bag	\$21
<input type="checkbox"/> On the Town	See page 9
Pizza & Bingo <input type="checkbox"/> 4/18 <input type="checkbox"/> 5/21	\$16 each, \$8-companions

<input type="checkbox"/> Reach's Talent Show	\$10
<input type="checkbox"/> Singles Night with Games & Drinks	\$6
Snacks & Cinema: <input type="checkbox"/> <i>Fantastic Beasts...</i> <input type="checkbox"/> <i>Ready Player One</i>	\$8 each (pre-registration required)
<input type="checkbox"/> Social Seekers (Teens & Adults)	\$205
<input type="checkbox"/> Stuffed Animal Sculpture	\$16
<input type="checkbox"/> Teen Explorers	\$48 / \$56
<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!
<input type="checkbox"/> Zumba	\$45 / \$53

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

Program Total:	\$ _____
Optional Donation to Reach	\$ _____
TOTAL ENCLOSED:	\$ _____
<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. A written request to withdraw from an activity at least two weeks prior to the activity is eligible to receive a refund (except for Weekend Ventures, which abides by a separate cancellation policy), less a \$5 cancellation fee per class. 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 individualized support that the person 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. ****

Thank you to our Ghostly Gala sponsors:

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And special thanks to Allianz volunteers!

Give to the Max Outcome

Our Give to the Max total this year reached an incredible **\$25,264!** We are in the process of applying these funds toward upgraded laptop computers for our employees, allowing them to more effectively help individuals. We are so grateful for your support!

Thank you
to our 2018
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Farm
Gala**
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including our
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Twin Cities

Faribault



Win a Pair of MN Twins Tickets for the Season Opener

Donate \$5 or more to Reach for Resources between January 1 and March 1 and be entered into a drawing for a pair of Infield Box tickets to the MN Twins season opener on March 28.

The drawing will be held at the Reach office on March 4, 2019, with the winner being notified that day. One entry per donation of \$5 or more. Multiple entries of \$5 or more per person are permitted.

For more information about supporting Reach, use the Support Us tab at www.reachforresources.org.



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56345

5900 Green Oak Drive, Suite 303
Minnetonka, MN 55343
Office: 952-200-3030
Fax: 952-229-4468
www.reachforresources.org



WANT MORE REACH NEWS OR AN ADDITIONAL WAY TO ACCESS THIS NEWSLETTER?

Visit our website, reachforresources.org, to subscribe to our monthly e-newsletter. You can also check out the [Newsletter page](#) on our site to view these quarterly *Reach Readers* and our e-newsletters.

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) Orr, 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
Sarah Arbisi, Community Living Specialist
Brian Boldt, Employment Specialist
Katelyn Castle, Community Living Specialist
Tania Coffield, Community Living Specialist
Carolyn Fenne, Employment Specialist
Hailey Haen, Community Living Specialist
Kristen Hamilton, Community Living Specialist
Jesse Hartrick, Employment Specialist
Taylor Kong, 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

Angie Banks
Abby Berens
Lisa Boss
Tori Carter
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Hilary Larsen
Peggy Martin
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