

Our Annual Report will be available on the News page of our website by June.

Help others learn about Reach by telling those you know about us!

We're moving (sort of)! Read about it in Kate's letter on the next page.

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

The Reach Reader

SUMMER 2019



Independent Living Brings Joy to Kristen

There is no doubt that Kristen Doppelhammer likes to act a little silly sometimes. "Kristen has a great sense of humor," says Maddie Moran, who has recently been working with Kristen. Kristen (pictured at left with "Ditter") describes herself more specifically: "I'm goofy." With a smile that lights up a room, this young woman brings joy to others, and admits that Reach has brought joy to her life, in turn. "I can tell I've never been happier," she says of how Reach has helped her, also mentioning that the organization has "good people and lots of different stuff to do."

(Continued on page 4)

Bowl-A-Thon Participation is for Everyone!

Did you know that our annual Bowl-A-Thon is not just for our adaptive recreation participants? Anyone of any age and any ability is encouraged to participate in this exciting fundraiser! Invite your family members, form a team of friends, or challenge another department at work to see who can raise the most funds and have the most fun. See inside for registration details or find materials on our website, www.reachforresources.org. The big day is Saturday, April 13, but start organizing now to collect pledges and build team spirit!



Hello everyone, and happy Spring! May we all look forward to warmer days.

Over this past year, we have grown significantly at Reach for Resources, Inc. The programs we provide and the number of individuals we support have grown and so has the number of employees. To accommodate, we are moving to a larger space within the same building, 5900 Green Oak Drive in Minnetonka in April 2019. It will remain on the third floor in Suite 303 and will be across from the elevator.

The space will have additional offices, more conference rooms, small conference rooms for employees to make phone calls or work quietly, a breakroom, a reception area, and storage. In addition, this move will allow our employees to work together as a team in one suite rather than split between two smaller suites.

As always, we keep striving to make things even better for all of you. Our leadership team has shaped new goals for the upcoming year to make our organization stronger. We will be focusing on building our positive culture, processes, and growth. We will continue to make our mission our priority and would love to engage others within our work. If you would like to get involved, please contact us.

If you haven't already, please sign up for our upcoming events, our annual Bowl-A-Thon, April 13, at Park Tavern in St. Louis Park and our summer event, Reach "On Tap," June 17, at Wooden Hill in Edina. You can stay in touch with us on social media too!

We look forward to seeing you this year and appreciate all you do. We are growing due to your trust and confidence in our services and supports. Thank you!

All my best,

Kate Bottiger
Executive Director

Adam was all smiles at the Singles Mingle program.



Top right: Alex, Kate, Rebeca, Larissa, and Jesse (not pictured) advocated on behalf of Reach at the state Capitol for Disability Day.

Bottom right: An enthusiastic group of Gopher fans went out on the town for a women's hockey game.

Annual Award Winners Announced

We are pleased to announce the recipients of our annual awards. You can read more about each of these individuals/groups on our website at reachforresources.org.

- Volunteer of the Year:
Brenda Fromm of Allianz Life Insurance Company of North America
- Community Partner of the Year:
Dennis Carpenter & BOB FM
- Matthew Smith Memorial Award (for a Reach employee):
Larissa Beck

We extend a big congratulations to each of these recipients for their support and dedication!





Paul's Journey with a Traumatic Brain Injury

By Paul Gaulke, Marketing & Communication Committee Member

What do you do when your doctor tells you he might be able to get you three more years to live...if you are lucky?

In March 2012, that's what happened to me. I was diagnosed with a cancerous brain tumor, Glioblastoma Multiforme (GBM) Grade 4, one of the worst possible diagnoses. It's the same cancer that took the lives Ted Kennedy, John McCain, and thousands of people every year. My treatment included brain surgery for the removal of a golf ball-sized tumor, 32 days of radiation, and more than 18 months of chemotherapy.

But it was not just months of grueling treatment. The tumor left me permanently disabled with neurocognitive disorders that affect my "executive function" area, including the ability to make decisions and judgments; communicate; maintain attention; and process, retain, and recall information.

The good news is that I am still alive seven years after my brain surgery. But I still struggle with people who don't understand my fight. People can't see my deficits since my issues are in my brain, and not my arms or my legs. But they are still real. People have even questioned whether you can call my brain cancer and treatment a Traumatic Brain Injury. What can be more of a brain injury than surgery to remove part of my brain and radiation to kill the cancer in your head?

My fight to help people who share similar challenges is why I want to support groups like Reach for Resources whose mission is to support individuals with disabilities and mental illness to reach their full potential. It's important to provide individualized services that maximize independence, promote community involvement, and improve physical and mental well-being.

Pictured above: Paul with wife Emily

27th Annual Bowl-A-Thon Registration

Saturday, April 13, 10 a.m. - 1 p.m. Park Tavern: 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: _____



BOARD OF DIRECTORS

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Kristen's Independent Living *(continued from front page)*

Her connection to Reach goes back over a dozen years, when she began receiving support for independent living. And learn to live independently she has! With a driver's license and a steady job, Kristen gets out and about in the community, particularly being active with Special Olympics. But when she's ready to unwind, she curls up at her own condo with her cat, Ditter. Maddie helped Kristen get settled there this past summer. Although it's not Kristen's first experience living on her own, she's thrilled with her new location, where she is close to walking trails and enjoys various other amenities within the complex.

The condo provides a perfect setting for Reach staff members like Maddie to work with Kristen on skills for independent living, including budgeting, healthy eating, cleaning, organizing, and more. Kristen makes a mean grilled cheese sandwich and can tackle chicken fingers and chili, but her bathroom cleaning talents are still a work in progress. What Kristen likes most about her time with Maddie is talking, whether it is about new outcomes and goals, or simply advice on relationships. Referring to a current dating situation, she admits, "I don't know where it's going yet. I need to make sure he's a good one."

The "good one" currently in question is someone she met during Reach's On The Town program. Kristen looks forward to the group dinners out and going to movies. "I've made a lot of friends," she says.

Beyond the local scene, Kristen spends time traveling with her family, and has stamps for Peru, Norway, and Mexico in her passport. She has even ventured on her own, like when she flies to visit her sister in Colorado.

Kristen is a shining example of someone who has made great strides in gaining more independence. Lighting the way are her dazzling smile and infectious personality.

Reach Nominates Marcus Skallman for ARRM Cares Award

Each year, Reach has the opportunity to nominate a staff member for an ARRM Cares Award. This award was established to recognize professionals from ARRM members who provide direct care and demonstrate a commitment to quality services. Reach's 2019 nominee is Marcus Skallman, who has been an Employment Specialist with us for four years.

When working with others, Marcus may have an idea on what may or may not work well, based on his own experiences, but the opinion and aspiration of the individual he is supporting is always his first priority. Marcus lifts others up with humility, encouragement, and dedication, allowing their accountability and pride to shine through.

Since working with Victor, who has a vision of becoming a restaurant chef someday, Marcus has not only helped him secure a job in a hotel kitchen, but has also made certain that two levels of supervisors are aware of Victor's ambition. Using active listening skills to advocate on Victor's behalf, Marcus has initiated conversations with these leaders. As a result, Victor has advanced in the company to now assist with meal prep and is on his way to fulfilling his dream.

Victor is just one example of someone who is flourishing with Marcus's support, and Reach is proud to honor Marcus in this way.



ADAPTIVE RECREATION PROGRAMS

TEENS/YOUNG ADULTS

AM I A "RESIDENT"?

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

- Brooklyn Center
- Chanhasen
- 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.

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

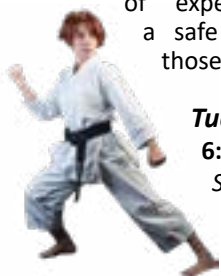
After registering, contact Reach to discuss the needs/accommodations for yourself or your child.

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

ALL AGES

LEARN KARATE (AGES 5+)

JK Martial Arts teaches karate that is customized to your learning needs to assure success! Learn kicks, blocks, and strikes, and increase self confidence, self control, balance, strength and flexibility. JK Martial Arts has 12 years of experience providing a safe environment for those with disabilities.



Tuesday, August 20

6:30 - 7:30 p.m.

SLP Rec Center -
Banquet Room

Fee: \$10

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

Mondays, June 3 - July 29
(Off 7/1)

6:30 - 8:30 p.m.

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

Bowlero Bowl

Tuesdays, June 4 - July 30 (Off 7/2)

6:30 - 8:30 p.m.

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

2018-2019 BOWLING BANQUET

All bowlers from our 2018-19 seasons are invited to attend this party. Dinner will be served, and we will give certificates and prizes to all of our bowlers from the past year. We'll enjoy photos from the year and do a little dancing to wrap up the night! Please register two weeks in advance.

Tuesday, August 27

6:00 - 7:30 p.m.

Minnetonka Community
Center: 14600 Minnetonka Blvd,
Minnetonka

Fee: \$15; \$7 guests



YOGA: INDOOR/OUTDOOR

(Ages 5+)

Increase flexibility, muscle tone, focus, and attention span. 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 an adult.

Tuesdays, June 4 - July 16 (Off 7/2)

7:00 - 8:00 p.m.

SLP Rec Center: Wolfe
Park Pavilion

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



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, June 7 - July 19 (Off 7/5)

6:30 - 8:00 p.m.

10225 Yellow Circle Drive, Minnetonka

Fee: FREE!



MIXED MEDIA CREATIVE EXPLORATION & ART ABILITIES 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. Door prizes will be awarded to some lucky attendees! 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.

September - Exact date TBD

6:30 - 8:00 p.m.

10225 Yellow Circle Drive, Minnetonka

FREE! Sign up to indicate your interest.

ZUMBA: INDOOR/OUTDOOR

(Ages 13+)

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

Mondays, June 10 - July 15 (Off 7/1)

6:30 - 7:30 p.m.

SLP Rec Center - Wolfe Park Pavilion

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

KICKBALL (Ages 14+)

This fun, non-competitive league is played on an accessible field and can be adapted for individuals of all abilities. You'll be able to get some exercise with friends while having a ball!

Thursdays, August 8 - 29
6:30 - 7:30 p.m.

Flying Cloud Field-Miracle Field: 15219 Pioneer Trail, Eden Prairie

Resident: \$43 / Non-Resident: \$51



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, June 4 - July 30 (Off 7/2)
6:30 - 8:30 p.m.

Various Metro Locations

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

PICNIC & PONTOON FISHING (Ages 14+)

Come out with some experienced fishermen from Fishing for Life! Jump on a pontoon, enjoy a picnic lunch, and catch as many fish as you can in three hours. If you don't love fishing, just enjoy the breeze in your hair while you ride along! Sign up for any or all dates! Please let us know the number of companions attending too.

Thursday, June 20
Thursday, June 27
Thursday, July 18

5:00 - 8:00 p.m.

West Medicine Lake Park, Plymouth

Fee: \$16 each session



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. More information or to schedule an intake: 952-393-4277.

Wednesdays, June 5 - August 14 (Off 7/3)
5:00 - 6:30 p.m.

Hopkins

Fee: \$205



SOFTBALL (Ages 14+)

A non-competitive softball league for teens & adults that focuses on teamwork, improving skills, and having fun. Join your friends each week to get outside and play some ball!

Thursdays, June 6 - August 1
(Off 7/4) **Rainout Make-up**
Days: 8/8 & 8/15

6:30 - 8:00 p.m.

Harley Hopkins
Fields: 108 Jackson Ave S, Hopkins

Resident: \$43 /
Non-Resident: \$51



ADULTS (18+)

MN TWINS GAME

It is time for our annual Reach out to see the MN Twins take on the Atlanta A's. Join our big group and enjoy an evening at the ballpark with friends! Some accessible seating is available.

Tuesday, August 6
6:30 - 9:30 p.m.

Target Field, Minneapolis

Fee: \$10



COOKING & CRAFTING (Ages 14+)

FUN SUMMER COASTERS

Use Perler beads to create a unique design for a beverage coaster. Make a set of four, all the same or all different . . . you decide! They are waterproof, so they are perfect for use indoors or outdoors.

Thursday, June 20
6:30 - 8:00 p.m.
SLP Rec Center - Gallery Room

Fee: \$16



COOKING NIGHT: BBQ

Learn how to make barbecue chicken, along with sides like baked beans, macaroni and cheese, and cornbread.

Wednesday, August 21
6:00 - 8:00 p.m.
Eisenhower Community Center: 1001 MN-7, Hopkins

Fee: \$25



MAKE YOUR OWN ICE CREAM

Summer is the best time for an ice cream social! Each participant will get a bag and ingredients. Activate the ingredients and you'll create your very own ice cream! Top it with sprinkles or chocolate sauce and enjoy!

Monday, August 26
6:30 - 8:00 p.m.
SLP Rec Center - Wolfe Park Pavilion

Fee: \$16



Locations Key

Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park
Brooklyn Park Community Activity Center: 5600 85th Ave N, Brooklyn Park
Brookview Community Center: 316 Brookview Pkwy S, Golden Valley
Eisenhower Community Center: 1001 MN-7, Hopkins
Minnetonka Community Center: 14600 Minnetonka Blvd, Minnetonka
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, June 27: *Ant Man and the Wasp* with themed snack mix



Thursday, July 25:

Harry Potter and the Sorcerer's Stone with magic wands and butterbeer

Thursday, August 29:

A Bug's Life with dirt dessert

6:00 - 8:30 p.m.

Brooklyn Park CAC - Grand Room 3

Fee: \$8 per movie

SUMMER COOKOUT POTLUCK & YARD GAMES

Celebrate summer with a cookout and yard games! Reach will supply the hot dogs. Bring a side dish, drink, or dessert to share!

Wednesday, June 5

6:30 - 8:30 p.m.

Oak Hill Park: 3201 Rhode Island Ave S, St. Louis Park

Fee: \$10



DAYTIME MINI GOLF & MALTS

Come spend an afternoon in the sun playing some mini golf, and wrap up the afternoon with a malt of your choice. Bring \$5 for mini golf and extra for a malt if you would like to order one.

Wednesday, August 28

1:00 - 3:00 p.m.

Veteran's Memorial Park, Richfield

Fee: \$6



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, August 22

6:30 - 8:00 p.m.

SLP Rec Center - Wolfe Park Pavilion

Fee: \$16



PIZZA & BINGO (Ages 13+)

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

Tuesday, July 23

Monday, August 19

6:00 - 8:00 p.m.

Brookview CC

Fee: \$16 each;

\$8 pizza for companions



KARAOKE WITH MOCKTAILS & SNACKS (AGES 16+)

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



Friday, July 12

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$16

SINGLES NIGHT AT THE SCIENCE MUSEUM

Looking for that special someone? Join the Reach group at the Science Museum to mix and mingle with other singles. Please bring an additional \$3 to pay for your Science Museum admission.

Thursday, August 15

6:30 - 8:30 p.m.

Science Museum, St. Paul

Fee: \$6



CHAIN OF LAKES ADAPTED CANOE TRIP

Jump on a 10-person voyager canoe with skilled guides from Wilderness Inquiry to enjoy an afternoon of adventure! All abilities are welcome, and accommodations can be requested. We will paddle the Minneapolis Chain of Lakes, stop for a picnic, and head back to our starting point.

Saturday, August 10

10:00 a.m. - 2:00 p.m.

Meet at Bde Maka Ska (formerly Calhoun) Thomas Beach, Minneapolis

Resident: \$22 / Non-Resident: \$30

DROP-IN PROGRAMS

(Ages 13+)

BINGO

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

Friday, August 2

6:30 - 8:00 p.m.

SLP Rec Center - Gallery Room

Fee: \$8 by 8/29; \$10 at the door

FRIDAY NIGHT 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. All are at SLP Rec Center in the space listed with date.

Friday, June 21 Wolfe Park Pavilion: Indoor/Outdoor

Friday, July 19 Banquet Room

Friday, August 16 Banquet Room

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



WEDNESDAY NIGHT SOCIAL

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, June 5 - July 31 (Off 7/3)

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

June 5: Summer Cookout & Yard Games

Oak Hill Park: 3201 Rhode Island Ave, St. Louis Park
6:30 - 8:30 p.m.

Bring any side, dessert or beverage to share. Reach will provide hot dogs and water.

June 12: Honey and Mackie's for Ice Cream & Games

16725 Cty Rd 24 #106, Plymouth
6:30 - 8:30 p.m.

Additional Cost: \$5-7 for ice cream

June 19: Punch Bowl Social for Games & Appetizers

1691 Park Pl, St. Louis Park
6:30 - 8:30 p.m.

Additional Cost: \$15-20 for games & food (optional)

June 26: Out to Eat at TGIF

5875 Wayzata Blvd, St. Louis Park
6:30 - 8:00 p.m. (earlier end time)
Additional Cost: \$15-20 for meal & tip



July 10: Fourth of July Party: Watching Sandlot and Eating Cracker Jacks

St. Louis Park Rec Center - Gallery Room
6:30 - 8:30 p.m.

July 17: Wheel Fun Rentals (Pedal Boats & Surrey Bikes)

Como Park, St. Paul
6:30 - 8:30 p.m.

July 24: Swimming at West Medicine Lake Park & Yard Games

1920 W Medicine Lk Dr, Plymouth
6:00 - 8:00 p.m. (earlier end time)

July 31: Cooking Night

Eisenhower Community Center
6:30 - 8:00 p.m.
\$20 for non-group members



ON THE TOWN

Intake
Required

This is a community-based social program for adults who want to explore their community with minimal support. To minimize safety concerns, a brief intake is required. More information or intake scheduling: 952-393-4277.

Saturday, July 13: Beach Day at Shady Oak

5200 Shady Oak Rd, Minnetonka
3:00 - 5:00 p.m.

Fee: \$6; Additional Cost: \$6 Admission

Tuesday, July 16: Saint Paul Saints Game



CHS Field: 360 N Broadway St, St. Paul
6:30 - 9:30 p.m.
Fee: \$22

Wednesday, July 17: Wheel Fun Rentals (Pedal Boats & Surrey Bikes)

Como Park, St. Paul
6:30 - 8:00 p.m.

Fee: \$10

Friday, July 26: Improv Comedy at HUGE Theater

3037 Lyndale Ave S, Minneapolis
7:30 - 9:15 p.m.; show at 8:00

Fee: \$17 (includes ticket)

Saturday, August 3: Splash Ball

Harley Hopkins Field: 108 Jackson Ave S, Hopkins
6:00 - 8:00 p.m.

Fee: \$6

Wear clothes you don't mind getting wet!

Saturday, August 17: Out to the Movies: Lion King (Live Action)

400 Southdale Center, Edina
Time: TBD (around 6:00 p.m.)

Fee: \$6; Additional Cost: \$10-20 for movie and snacks (optional)

Wednesday, August 28: Out to Eat at Punch Bowl Social

1691 Park Pl, St. Louis Park
6:30 - 8:30 p.m.

Fee: \$6; Additional Cost: \$15-20 for meal & tip

ON THE TOWN: ALL ABILITIES

This is a community-based social program for all adults who want to explore their community.

Wednesday, June 5: Potluck with Wednesday Night Social

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

Bring any side or dessert to share. Reach will provide hot dogs and water.
Fee: \$10

Saturday, June 22: Sculpture Gardens

725 Vinland Pl, Minneapolis
3:00 - 5:00 p.m.



Fee: \$6;
Additional Cost:
money for parking (if needed)

Friday, June 28: Swimming at St. Louis Park Aquatic Center

St. Louis Park Rec Center
5:30 - 7:30 p.m.

Fee: 6; Additional Cost: \$5.50 (Free for PCAs)

Saturday, July 27: Concert in the Park

Veteran's Memorial Amphitheater: St. Louis Park Rec Center

6:00 - 8:00 p.m.

Fee: \$6

Friday, August 9: Minnesota Lynx vs. Connecticut Sun

600 N 1st Ave, Minneapolis
6:30-9:00 p.m.
(Game: 7:00 p.m.)
Fee: \$30



Friday, August 23: Out to Eat at BLVD Kitchen & Bar

11544 Wayzata Blvd, Minnetonka
6:30 - 8:00 p.m.

Fee: \$6; Additional Cost: \$20 for meal & tip

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.

Registration Form—Summer 2019*

Priority Registration **OPEN NOW!** • Open Registration starts April 5

Name: _____ Address: _____ City: _____ Zip: _____
 Phone: _____ Alt. Phone: _____ Email: _____ Alt. Email: _____
 Birth Date: _____ 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.

Photo: Yes No Name: Yes No Allergies/Diet/Accessibility: _____

Programs (Listed Alphabetically)	Resident/Non-Resident
<input type="checkbox"/> Art Abilities	FREE!
<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"/> Bowling Banquet	\$15 (\$7 guests: # _____)
<input type="checkbox"/> Colorful Calm & Mindful Snacking	\$16
<input type="checkbox"/> Chain of Lakes Adapted Canoe Trip	\$22 / \$30 <input type="checkbox"/> Adaptations needed
<input type="checkbox"/> Cooking Night: BBQ	\$25
Dances: <input type="checkbox"/> 6/21 <input type="checkbox"/> 7/19 <input type="checkbox"/> 8/16	\$5 each (\$7 at the door)
<input type="checkbox"/> Daytime Mini Golf & Malts	\$6
<input type="checkbox"/> Fun Summer Coasters	\$16
<input type="checkbox"/> Karaoke with Mocktails & Snacks	\$16
<input type="checkbox"/> Kickball	\$43 / \$51
<input type="checkbox"/> Learn Karate	\$10
<input type="checkbox"/> Make Your Own Ice Cream	\$16
<input type="checkbox"/> Mixed Media Exploration & AA Showcase	FREE!
<input type="checkbox"/> MN Twins Game Accessible Seating <input type="checkbox"/>	\$10 (companions too) Total # _____
On the Town	
<input type="checkbox"/> Saints Game: \$22	<input type="checkbox"/> Splash Ball: \$6
<input type="checkbox"/> Beach Day at Shady Oak: \$6	<input type="checkbox"/> Out to the Movies: \$6
<input type="checkbox"/> Wheel Fun Rentals: \$10	<input type="checkbox"/> Out to Eat at Punch Bowl Social: \$6
<input type="checkbox"/> Improv Comedy: \$20	
On the Town - All Abilities	
<input type="checkbox"/> Potluck with WNS: \$10	<input type="checkbox"/> Minnesota Lynx Game: \$30
<input type="checkbox"/> Sculpture Gardens: \$6	<input type="checkbox"/> Accessible Seating
<input type="checkbox"/> Swimming at SLP Aquatic Center: \$6	<input type="checkbox"/> Out to Eat at BLVD Kitchen: \$6
<input type="checkbox"/> Concert in the Park: \$6	

<input type="checkbox"/> Picnic & Pontoon Fishing <input type="checkbox"/> 6/20 <input type="checkbox"/> 6/27 <input type="checkbox"/> 7/18	\$16 (\$0 guests: # _____)
<input type="checkbox"/> Pizza & Bingo <input type="checkbox"/> 7/23 <input type="checkbox"/> 8/19	\$16 each, \$8-companions
<input type="checkbox"/> Singles Night at Science Museum	\$6
<input type="checkbox"/> Snacks & Cinema: <input type="checkbox"/> 6/27 <input type="checkbox"/> 7/25 <input type="checkbox"/> 8/29	\$8 each (pre-registration required)
<input type="checkbox"/> Social Seekers (Teens & Adults)	\$205
<input type="checkbox"/> Softball	\$43 / \$51
<input type="checkbox"/> Summer Cookout Potluck	\$10
<input type="checkbox"/> Teen Explorers	\$48 / \$56
<input type="checkbox"/> Wednesday Night Social Program	\$48 / \$56
Wednesday Night Social Individual Activities (\$10 each)	
<input type="checkbox"/> Summer Cookout/Yard Games	<input type="checkbox"/> Fourth of July Party
<input type="checkbox"/> Honey & Mackie's	<input type="checkbox"/> Wheel of Fun Returns
<input type="checkbox"/> Punch Bowl Social	<input type="checkbox"/> Swimming at Medicine Lake
<input type="checkbox"/> Out to Eat at TGIF	<input type="checkbox"/> Cooking Night (\$20)
<input type="checkbox"/> Yoga	\$45 / \$53
<input type="checkbox"/> Zumba	\$45 / \$53

Non-Resident Membership: Annual - \$100
 Bi-Annual (Reach will bill 2nd half) - \$50
Membership gives you priority registration and resident status, but it not required.

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 also available.

**** By registering for activities, you acknowledge that you have read and understood our Program Policies and you agree to be bound by them. ****

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

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: _____	

What Does Being "Person Centered" Mean?

By Chelsea Spearman, Director of Waiver Case Management

Practicing the art of being Person Centered, to me, means listening. Listening to what the individual I am working with wants, what their preferences are, their dreams, their ambitions and their goals. And listening to how they want to achieve those goals.

Being Person Centered means utilizing "Person-First Language" or "Identity-First Language," and supporting someone's identity for who they want it to be, and how they've chosen to identify themselves in all aspects. It means always supporting someone in being the person they want to be.

Being Person Centered means embracing the art of self-determination and dignity of risk, and empowering individuals to live the life they want to live.

Being Person Centered means having conversations that the individual wants to have—even if the conversation is difficult—by always creating time and a safe space to have team discussions and creatively problem-solve how to help them achieve their goals.



How Hobbies Affect Mental Health

By Coco Mandle, Reach Marketing & Communication Committee Member

Do you have a hobby? If you answered "yes," that's great! If you answered "no," it might be a good idea to consider finding one sometime soon. We all know living in cold Minnesota can make it hard to do anything, let alone leave our homes. Hobbies have many benefits that add to our overall happiness and may even make us want to get out and about. Not convinced yet? Here are some reasons to have a hobby:



- They have no deadlines and are pressure-free.
- They can be a healing break from our daily routines. Sometimes we just need to do something that doesn't involve work.
- They can make us feel productive.
- They're a great way to connect and meet others.
- They're an opportunity to learn more about ourselves. Who knew you would be such a natural? Not you unless you try!

Excited to start a new hobby, but not sure which one to pick yet? Ask a friend what hobby they enjoy and try it out with them sometime. If their hobbies don't interest you as much, look online. Pinterest is a nice resource to use when looking for DIY projects. YouTube is also a great site to utilize because there are endless videos that walk you through how to make certain crafts. Here are some hobbies you might consider trying:

Baking

Watercolor painting

Sketching

Collaging

Journaling

Photography

Dancing

Hampes Share Reason Behind Giving to Reach

“Reach clearly seems to be delivering in a way that we can see results.”

Congratulations to Chris Rinkenberger, who won a pair of Minnesota Twins season opener tickets by donating during our early-bird giving contest. Those who contribute to Reach can be assured that they give to a worthy cause. Rich and Sharon Hampe, who manage the Hampe Family Foundation, have given Reach their seal of approval as supporters. Rich says, "Reach clearly seems to be delivering in a way that we can see results." Explaining that he and Sharon stay in tune with how organizations manage their funds, Rich reports that the way Reach uses its income makes sense. Additionally, Reach is a "good fit" for the interests and values that the Hampes hold dear.

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



Summer Silent Auction to Include Online Bidding

This year's summer fundraiser, Reach "On Tap," will include an exciting new component: online bidding. While we still encourage you to attend the event to join us in celebrating Reach and socializing, you can get a jump start on the action. Reach "On Tap" will be held earlier in the summer this year on Monday, June 17. However, online bidding will begin May 1, so you can begin staking your claim on your favorite auction items. We will have all of the details for the online bidding process in our upcoming e-newsletter. If you're not on our email list yet, this would be a great time to [get that set up](http://www.reachforresources.org) by visiting our website, <https://www.reachforresources.org>, and clicking on the link on the top of the home page.



Reach "On Tap" also has a new location: Wooden Hill Brewing in Edina. We will have the entire facility to ourselves and will use it to our advantage with lively games, enjoyable live music, an inspiring presentation, and more. Purchase your tickets early and save money. The cost is \$35 per person through June 1, \$40 through June 16, and \$50 at the door. Visit our website now to lock in your price, and see our Facebook event page to add yourself to the list of those attending.

Remember, anyone is welcome to be part of this special evening, so invite a friend or two along for the fun. We think you're going to love everything we have "on tap" for this year's party!



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



FOCUS GROUP PARTICIPANTS WANTED

Reach is looking for people who would be interested in providing some opinions about Adaptive Recreation programs and the ways you hear about them. Past participants, parents/caregivers, or those who have never participated before are welcome to take part. We will host one group session in the evening on Monday, May 6. We will also offer an online survey option. If you are interested in helping us in either way, please contact Emily, 952-393-5880 or eorr@reachforresources.org, or Caren, 952-393-6492 or chansen@reachforresources.org.



Reach "On Tap"

Summer Fundraiser

MONDAY, JUNE 17
6:00 - 9:00 p.m.

Wooden Hill Brewing Company, Edina

\$35 by June 1 • \$40 by June 16 • \$50 at the door

Join us for a silent auction...now with online bidding (see inside for details), an inspiring presentation, live music, delicious food and drinks, and socializing.

Register at reachforresources.org.