

Nominate someone for one of our annual awards. See inside for details.

Thank you to everyone who supported us for our Give to the Max Day campaign this year!

We received a worksite wellness award from Hennepin County. Employee health matters!

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

The Reach Reader

SPRING 2020



Those We Support Are Supporting Others

We at Reach often refer to the “individuals we support.” What has not gone unnoticed, though, is the ripple effect of some of these same individuals who are also supporting other individuals by volunteering in the community. Misha helps with meals at the food shelf Open Arms each Wednesday (*shown at left*). Jessie assists with games and birthday parties at The Birches at Trillium Woods senior center, Dan delivers Meals on Wheels, and Jill sorts clothes and shelves food at Interfaith Outreach & Community Partners. And there are others.

(Continued on page 4)

Reach to Launch Reach Champs

Beginning in January 2020, Reach is launching a new recurring giving program, **Reach Champs**. We're looking for caring people who would be willing to commit to our mission of supporting individuals with disabilities and mental illness to reach their full potential. *Why is this important?*

- Everyone deserves to live, work, and play as independently as possible.
- When those we serve have a feeling of involvement in the community, they gain a sense of belonging.
- Physical and mental well-being are vital to a healthy, happy life.

We hold these beliefs dear to us and hope you'll agree.

(See details and benefits of this program on page 3)

MENTAL HEALTH:

Q & A with Reach's ARMHS Practitioners

Our Adult Rehabilitation Mental Health Services Practitioners (ARMHS) provides mental health support to individuals with mental illness. The main focus is to help the individual learn skills to overcome barriers to the activities of daily living caused by mental health symptoms. Reach employs two full-time ARMHS practitioners, Angela Schroetter and Rhonda Johnson, who teach coping skills, share resources, and provide education. Angela has a master's degree in counseling psychological services, and Rhonda has a master's degree in clinical mental health.

We asked our ARMHS practitioners to respond to some questions.

How do you teach skills to ARMHS participants?

Both ARMHS practitioners teach their participants in a variety of ways, always adjusting to the person's particular needs and learning styles. Angela said that she primarily teaches through education, role play, rehearsing, handouts, websites, and connecting to resources in the community. "Humor, lots of humor!" as well as many of the same techniques as Angela, adds Rhonda.

What is the biggest misconception about your job?

For Rhonda, the biggest misconception can be, "People think I am a taxi driver." Angela agrees and notes that clients often ask for transportation to accomplish non-mental-health-related tasks. She also states that it is not uncommon for individuals to assume that ARMHS will do tasks for participants. Rather, our philosophy at Reach is "to do with, not for."

What is your favorite part of being an ARMHS practitioner?

"I really enjoy watching my clients grow and implement what we have been working on during our meetings so that they can achieve their goals," said Angela.

Rhonda finds joy in many aspects of her job. "Getting to know the clients. Watching them progress. Seeing the excitement when they have achieved difficult tasks that they have been working on for weeks. Assisting a client as they rebound from a difficult situation."

Annual Award Nominations

We are now accepting nominations for our various annual awards, which will be announced on our website by March 1, 2020. 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.

Pictured at right is Brenda Fromm, our most recent Volunteer of the Year award recipient.





Board of directors members took this photo earlier this year for posting on our social media accounts. Pictured left to right: David Erickson, Kendra Baker, Ellen Bittner, Patrick Boley, Gary Johnson, and Nico Montoya.

Board Members Farewell

As this new year begins, the tenure for three of our board members has come to an end. We must say “goodbye” and extend our heartfelt gratitude to Kendra Baker, Gary Johnson, and Nico Montoya.

Kendra spent three years on our board, most recently as our Deputy Chair. She is the parent of two children with special needs, one of whom has been involved with Reach. A commercial attorney, Kendra is employed with St. Jude's Medical/Abbot.

Gary holds the board term record, having served for 23 years. An article on our website about Gary's relationship with us spotlights his strong advocacy for Reach over the years. He is retired from his career at Wells Fargo, but will remain active in our adaptive recreation programs, most commonly on our bowling league.

Nico first learned of Reach when his sister was able to benefit from our services. He spent seven years as a staff member in our Adaptive Recreation and Inclusion Department before joining the board in 2014. Nico served as board chair for the past three years and currently works as a strategy manager at US Bank.

We thank each of these valuable individuals for their contributions of time, energy, and wisdom as board members and wish them our very best.

BOARD OF DIRECTORS

David Erickson, Chair
HealthPartners/Stub Enterprises Inc.

Patrick Boley, Deputy Chair
Eckberg Lammers, P.C.

Mark Brown, Treasurer
Sunrise Banks

Ellen Bittner, Secretary
Boston Scientific

Craig Espelien
1201 Investment Partners

Brandon Leyde
Mastec

We're accepting applications for board members.

Would you or someone you know be interested in volunteering in this way?

Contact Kate for details:
kbottiger@reachforresources.org.

Reach Champs *(continued from front page)*

With an automatic donation of at least \$10/month, you will be enrolled as a charter member of this important program. As a member, you will receive:

- A **special Reach Champs monthly newsletter** with insider stories just with you in mind. You'll have exclusive behind-the-scenes information to some of our program highlights.
- Exciting **incentives** throughout the year, including discounts to our special events, appreciation gifts, and more.
- **Our sincere gratitude** for helping us maintain consistent services and support to those needing our assistance.
- **Assurance that you are making a significant difference** in the lives of others.

If you are willing to make this investment in others' potential, simply make a recurring donation through our [website](#). We need you as a champion to help sustain Reach's financial security!

Our Waiver Case Management Department Continues to Grow

By Chelsea Spearman, Director of Waiver Case Management

The Waiver Case Management Department has been growing so much since the department's inception. Just in the last two years...

- our team of case managers has grown from 4 full-time employees to 10 full-time employees.
- the number of individuals we support has grown from 61 to approximately 250.
- the department has taken on the DD Waiver–Consumer Directed Community Supports option, or CDCS.
- the department has also recently implemented an assistant director position to support the staff and individuals we work with.

The Waiver Case Management Department looks forward to future growth and furthering Reach for Resources' mission to support those we work with to live their best lives, and to be supported in the community.



Kinsey Brown

*Assistant Director of
Waiver Case Management*

Supporting Others *(continued from front page)*



*Jessie, helping residents at The Birches at Trillium Woods
put together a puzzle*

Jessie just marked her one-year anniversary of volunteering at her current commitment—a milestone she is proud to acknowledge. When asked about her volunteer experience, she stated, “I am having lots of fun and I love the people that work and live there.”

Misha agrees. In action at Open Arms one day, he said, “I’m always excited to come here because I have so many friends here.” He also admits that his own meal planning and preparation skills have improved because of what he has learned...not to mention the added bonus of sometimes getting to take home leftovers.

This is not Misha’s first rodeo when it comes to volunteering. Feed My Starving Children, Books for Africa, Second Harvest Heartland, and ICA Food Shelf have all benefited from his

giving nature. He is particularly grateful for how accommodating and supportive Reach employees are with volunteer opportunities, stating that his staff member, Jake, gives him rides. Plus, Misha adds, “It helps so much to connect with others in the broader community,” noting that he engages in a truly inclusive experience when volunteering.

As he further explains, “eventually all of us will have a need” [for others’ help]. Yet, it’s fair to be optimistic that there will always be those willing to lend a hand.

“ *It helps so much to connect with others in the broader community.* ”

ADAPTIVE RECREATION PROGRAMS

Am I a "Resident"?

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

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

If you live in another city, please pay the non-resident fee upon registration.

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
- Chanhassen
- Brooklyn Park
- Chaska
- Golden Valley
- Crystal
- New Hope
- St. Louis Park
- Three Rivers Park District

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.

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. More information: 952-393-4277.



**Tuesdays,
March 31 - May 12
(Off 4/21)
5:00 - 5:45 p.m.
Brooklyn Center CC
- Constitution Hall
Fee: FREE!**

ALL AGES

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

**Saturdays,
March 28 - June 6
(Off 4/11, 4/18, & 5/23)
9:30 - 11:30 a.m.**

Resident: \$44 /
Non-Resident: \$52
(+\$4.25/wk)



Bowlero Bowl

**Saturdays,
March 28 - June 6
(Off 4/11, 4/18, & 5/23)
12:00 - 2:00 p.m.**

Resident: \$44 / Non-Resident: \$52
(+\$4.00/wk)

BOWL-A-THON (Ages 5+)

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

**Saturday, April 18
10:00 a.m. - 1:00 p.m.
Park Tavern**

Fee: \$50 in pledges/donations if registered by 3/23. After 3/23: \$60. Lunch only: \$20.

THEMED YOGA (Ages 5+)

Increase attention span, flexibility, focus, and muscle tone. Have fun dressing up while also practicing yoga! Each week will have a new theme, like glow yoga, super-hero, favorite color, and more. 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,
March 31 - May 5
7:00 - 8:00 p.m.
SLP Rec Center -
(3/31-4/21: Gallery Rm)
(4/28-5/5: Banquet Rm)
Resident: \$46 /
Non-Resident: \$54**



DANCE

HIP HOP DANCE CLASS (Ages 5+)

Come learn a new move or two by our very own Recreation Intern, Brittany Jarzowski and her sidekick dance instructor from the University of Minnesota.

Monday, May 4

7:00 - 8:00 p.m.

Brooklyn Park CAC - Grand Room 3

Fee: \$6

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

**Wednesdays,
March 25 -
May 27**

5:00 - 6:30 p.m.

The Depot: 9451
Excelsior Blvd,
Hopkins

Fee: \$205



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 27 - May 1
6:30 - 8:00 p.m.**

10225 Yellow Circle Drive, Minnetonka

Fee: FREE!

CREATIVE CRAFTING (Ages 13+)

DIY "JUMP INTO SPRING" TOTE BAGS

Get yourself ready for spring by creating your very own tote bag for shopping or everyday use!

Thursday, April 2

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$16



DIY MOTHER'S DAY GIFT: MASON JAR BATH SALTS

This Mother's Day, give the gift of bath salts! Come and create a one-of-a-kind present that will relax and rejuvenate.

Monday, May 11

6:30 - 8:00 p.m.

Brookview CC -
Valley Room South

Fee: \$21



DIY FATHER'S DAY GIFT: PERSONALIZED COOKING APRON

This Father's Day, give the gift of a home-made cooking apron for dad! Come with creativity and leave with a masterpiece.

Tuesday, May 26

6:30 - 8:00 p.m.

SLP Rec Center - Banquet Room

Fee: \$21



BINGO (Ages 13+)

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

Friday, May 8

6:30 - 8:00 p.m.

Brookview CC
- Valley Room
South

Fee: \$8 by 5/4;

\$10 at the door



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, May 29

6:30 - 8:00 p.m.

SLP Rec Center -
Banquet Room

Fee: \$16

COOKING CLASS: CREATE YOUR OWN JUICY LUCY (Ages 16+)

Come enjoy one of Minnesota's greatest creations by making your own Juicy Lucy burger!

Thursday, May 21

6:00 - 8:00 p.m.

Eisenhower CC -
Room 210, 1001
MN-7, Hopkins

Fee: \$21



FRIDAY NIGHT DANCES (AGES 13+)

Join your friends and groove to all the latest hits, as well as classic dance songs. More information: 952-393-5866.

Friday, April 17: Rock and Roll Party
Friday, May 15: Superhero Party

6:30 - 8:30 p.m. (Note new times)

SLP Rec Center - Banquet Room

Fee: \$6 by 4/13 & 5/11; \$8 at the door

ZUMBA (Ages 13+)

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

Mondays, March 23 - April 27

6:30 - 7:30 p.m.

SLP Rec Center - Gallery Room
(4/5: Banquet Room)

Resident: \$46 / Non-Resident: \$54



PIZZA & BINGO (Ages 13+)

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

Thursday, April 23

Monday, May 18

6:00 - 8:00 p.m.

Brookview CC

Fee: \$17 each;
\$8 pizza for companions



LADY OF THE LAKE BOAT CRUISE (AGES 13+)

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 20

6:00 - 8:00 p.m.

City of Excelsior Public Dock: 2 Water St,
Excelsior

Fee: \$12 (for companions too)

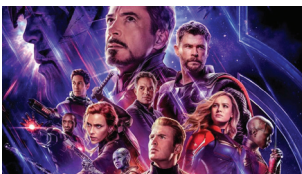


SNACKS & CINEMA (Ages 13+)

Join us for a movie and a treat that goes with the theme of the movie!

Thursday, April 30: *Avengers End Game* with Avengers-shaped shortbread cookies

Thursday, May 28: *Frozen 2* with frosted sugar cookies



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

Fee: \$8 per movie

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. You can also check the Adaptive Recreation page on our website prior to registering so you can see what we're up to!

Tuesdays, March 24 - May 12

6:30 - 8:30 p.m.

Various Metro Locations

Resident: \$49 / Non-Resident: \$57

WEEKEND VENTURES (Ages 16+)

Need a mini-vacation? Reach has a community-based group respite program for ages 16+. Group outings may include staying in a Bloomington hotel, going to the Mall of America, spending a day at Valleyfair, and more. Participants can pay with a waiver or out of pocket. For more information, contact Jesse at 952-393-4277.



Locations Key

Bowlero Bowl: 7545 Brooklyn Blvd, Brooklyn Park

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

Brooklyn Center Community Center: 6301 Shingle Creek Pkwy

Brookview Community Center: 316 Brookview Pkwy S, Golden Valley

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

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

ADULTS ONLY (Ages 18+)

SINGLES NIGHT WITH GAMES & DRINKS

Looking for that special someone? Join us for food, conversation, games, and fun with other single people. We will meet at Dave and Buster's in Edina for half-price night! Reach will facilitate an icebreaker and give out some conversation topics.

Wednesday, April 8

6:30 - 8:00 p.m.

Dave and Buster's: 500 Southdale Ctr, Edina

Fee: \$6



DAYTIME: SPRING BABIES AT THE ZOO

Come join Reach as we venture out to the Minnesota Zoo to check out the newborn spring babies! Entrance fee is \$18; feel free to bring extra money for snacks or souvenirs.

Thursday, April 23

12:00 - 2:00 p.m.

13000 Zoo Boulevard, Apple Valley

Fee: \$18



DAYTIME: MALL OF AMERICA

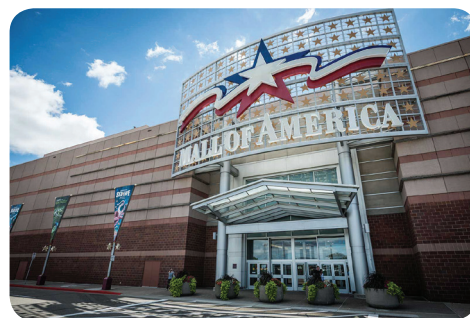
Spend the afternoon at the Mall of America with friends, doing some shopping and getting some lunch!

Thursday, May 14

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

60 E Broadway,
Bloomington

Fee: \$6



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, APRIL 1 - MAY 20

6:30 - 8:30 p.m. unless noted otherwise
Join us at every event for these costs:
Resident: \$54* / Non-Resident: \$62*
Or register for \$10* per event (unless otherwise noted with **) on page 9.

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April 1: Spring Craft Night

SLP Recreation Center - Banquet Room
Wear clothes that can get messy.

April 8: Dinner and a Movie at New Hope Cinema Grill

2749 Winnetka Ave N, New Hope
*Addt'l Cost: \$4 (cash) for movie ticket;
\$10-20 if you wish to purchase a meal.

April 15: Gopher Baseball vs SDSU

Sibert Field: 1606 SE 8th St, Minneapolis
5:30 - 8:30 p.m.

*Addt'l Cost: \$15 for ticket (purchased at ticket office). We'll meet at the corner of 15th Ave. & SE 8th St. before walking to the ticket office.



April 22: Out to Eat at Pizza Ranch

5526 W Broadway Ave, Crystal
*Addt'l Cost: Bring \$13.85 if you wish to eat off the buffet. A la carte options also available. Reservation is under Reach.



April 29: Cooking Night

Eisenhower Community Center
** \$15

May 6: Game Night - Wii & Board Games

SLP Recreation Center - Banquet Room

May 13: Lady of the Lake Cruise

Port of Excelsior: 8 Water St, Excelsior
6:00 - 8:30 p.m.
Light snacks and soda will be provided.
** \$12

May 20: Ice Cream at Izzy's

1100 S 2nd St, Minneapolis
6:30 - 8:00 p.m.
*Addt'l Cost: Bring \$5-8 for ice cream.

We'll enjoy our ice cream in Gold Medal Park.



The Wednesday Night Social schedule is also always posted on the [Adaptive Recreation page](#) of our website.

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.

Thursday, April 2: Plant Your Own Succulent

Brooklyn Center CC - Cohen Room
6:30 - 8:00 p.m.
Fee: \$10 (includes plant, pot & soil)



Saturday, April 4: Out to Eat at the Lucky Cricket

1607 West End Blvd, St. Louis Park
6:00 - 7:30 p.m.
Fee: \$6; Addt'l Cost: \$15-25 for meal & tip

Friday, April 10: Trivia & Games at Lodestone

10982 Cedar Lake Rd, Minnetonka
6:30 - 8:30 p.m.
Fee: \$6; Addt'l Cost: \$6-7 for coffee (optional)

Thursday, April 16: Shop & Dine at Midtown Global Market

920 E Lake St, Minneapolis
6:00 - 8:00 p.m.
Fee: \$6; Addt'l Cost: \$10-20 for shopping and meal (optional)

Saturday, April 25: Roller Garden Skate

5622 West Lake St, St. Louis Park
12:00 - 2:00 p.m.
Fee: \$6; Addt'l Cost: \$7 admission + \$3 skate rental



Monday, May 4: Out to the Movies at Plymouth Grand 15

3400 Vicksburg Ln N, Plymouth
Time: TBD (Around 6:00 p.m.)
Fee: \$6; Addt'l Cost: \$9.50 for ticket plus concessions (optional)

Monday, May 11: Spring Wreath Making

SLP Recreation Center - Banquet Room
6:30 - 8:00 p.m.
Fee: \$10 (includes craft supplies)

ON THE TOWN: ALL ABILITIES

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

Monday, March 23: Out to Eat at Pizza Lucé

210 Blake Rd N, Hopkins
6:00 - 7:30 p.m.
Fee: \$6; Addt'l Cost: \$10-15 for meal & tip

Friday, April 3: Raptor Center Show

1920 Fitch Ave, St. Paul
2:30 - 4:00 p.m.
Fee: \$6;
Addt'l Cost: \$8 entrance fee



Friday, April 24: Live Music at the Depot

9451 Excelsior Blvd, Hopkins
6:00 - 8:00 p.m.
Fee: \$6; Addt'l Cost: \$8 (cash) entrance fee

Saturday, May 2: Lunch at Sea Salt Eatery and Walk at Minnehaha Falls

4825 Minnehaha Ave, Minneapolis
12:00 - 2:00 p.m.
Fee: \$6; Addt'l Cost: \$10-15 for lunch (optional)

Thursday, May 7: Photo Scavenger Hunt at Eloise Butler Wildflower Garden

1 Theodore Wirth Pkwy, Minneapolis
5:30 - 7:30 p.m.
Fee: \$6. Bring an electronic device/camera if you have one.



Saturday, May 16: Under the Stars Planetarium Show & Bell Museum Tour

2088 Larpenteur Ave W, St. Paul
10:00 a.m. - 12:00 p.m.
Fee: \$16 (includes planetarium show & museum admission)



Tuesday, May 19: Saint Paul Saints vs. Lincoln Saltdogs

360 N Broadway St, St. Paul
6:30 p.m. (Game starts at 7:05 p.m.)
Fee: \$21 (includes ticket)



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 cancelled 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—Spring 2020*

Priority Registration **OPEN NOW!** • Open Registration starts January 7

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"/> Bingo (5/8)	\$8 (\$10 at the door)
<input type="checkbox"/> Bowling at Bowlero: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$44 / \$52
<input type="checkbox"/> Bowling at Park Tavern: <input type="checkbox"/> Adult <input type="checkbox"/> Youth	\$44 / \$52
<input type="checkbox"/> Bowl-A-Thon (4/18)	Register on back side
<input type="checkbox"/> Cooking Class: Create A Juicy Lucy (5/21)	\$21
<input type="checkbox"/> DIY "Jump Into Spring" Tote Bag (4/2)	\$16
<input type="checkbox"/> DIY Father's Day Personalized Apron (5/26)	\$21
<input type="checkbox"/> DIY Mother's Day Bath Salts (5/11)	\$21
<input type="checkbox"/> Dance Class (5/4)	\$6
<input type="checkbox"/> Daytime Spring Babies at the Zoo (4/23)	\$18
<input type="checkbox"/> Daytime Mall of America (5/14)	\$6
<input type="checkbox"/> Dance: <input type="checkbox"/> 4/17 <input type="checkbox"/> 5/15	\$6 (\$8 at the door)
<input type="checkbox"/> Karaoke with Mocktails & Snacks (5/29)	\$16
<input type="checkbox"/> Lady of the Lake Boat Cruise (5/20)	\$12
On the Town <input type="checkbox"/> Plant Your Own Succulent: \$10 <input type="checkbox"/> Roller Garden Skate: \$6 <input type="checkbox"/> Out to Eat at the Lucky Cricket: \$6 <input type="checkbox"/> Out to the Movies: \$6 <input type="checkbox"/> Trivia & Games at Lodestone: \$6 <input type="checkbox"/> Spring Wreath Making: \$10 <input type="checkbox"/> Shop & Dine at Midtown Global Market: \$6	
On the Town - All Abilities <input type="checkbox"/> Out to Eat at Pizza Luce: \$6 <input type="checkbox"/> Photo Scavenger Hunt: \$6 <input type="checkbox"/> Raptor Center Show: \$6 <input type="checkbox"/> Planetarium Show & Museum: \$16 <input type="checkbox"/> Live Music at the Depot: \$6 <input type="checkbox"/> Saint Paul Saints Game: \$21 <input type="checkbox"/> Lunch at Sea Salt Eatery & Walk: \$6	
<input type="checkbox"/> Pizza & Bingo: <input type="checkbox"/> 4/23 <input type="checkbox"/> 5/18	\$17 each (\$8 for companions)
<input type="checkbox"/> Singles Night (4/8)	\$6
<input type="checkbox"/> Snacks & Cinema: <input type="checkbox"/> 4/30 <input type="checkbox"/> 5/28	\$8 each

<input type="checkbox"/> Social Seekers	\$205
<input type="checkbox"/> Teen Explorers	\$49 / \$57
<input type="checkbox"/> Wednesday Night Social Program (Costs are increased by \$2 this session only to accommodate lake cruise.)	\$54 / \$62 (all below included)
Wednesday Night Social Individual Activities (\$10 each, unless noted) <input type="checkbox"/> Spring Craft Night <input type="checkbox"/> Cooking Night: \$15 <input type="checkbox"/> Movie at NH Cinema Grill <input type="checkbox"/> Game Night <input type="checkbox"/> Gopher Baseball Game <input type="checkbox"/> Lady of the Lake Cruise: \$12 <input type="checkbox"/> Out to Eat at Pizza Ranch <input type="checkbox"/> Ice Cream at Izzy's	
<input type="checkbox"/> Weekend Ventures - Send me info.	
<input type="checkbox"/> Yoga	\$46 / \$54
<input type="checkbox"/> Young Athletes T-shirt size: _____	FREE!
<input type="checkbox"/> Zumba	\$46 / \$54

Therapeutic Recreation Assessment

By Appointment Only

Are you currently meeting your therapeutic recreation goals? Want to get more out of services available in your community? Meet with a licensed Certified Therapeutic Recreation Specialist at Reach to make the most out of your leisure activities. Our licensed staff will meet with you to discuss what you are currently doing, what your goals are, and how we can help you get there. Then, we will research available resources in your area to help you come up with a plan that can help you meet your goals. We can have a follow up meeting in 6 or 12 months if you'd like further evaluation.

- ☐ \$75 – 1-hour individualized assessment (by appointment), research and an individualized plan by licensed staff
- ☐ \$100 – 1-hour individualized assessment (by appointment), research and individualized plan by licensed staff, and a follow-up meeting

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.

By registering, you acknowledge that you have read and understood the Program Policies on page 8, and you agree to be bound by them.

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: _____	

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



(1) Our adaptive sailing program was a breeze for these two captains.

(2) Renee treated her eyes to the benefits of cucumber slices during our Spa Night.

(3) The jellyfish at Sea Life brought out the giggles with these friends while they were out "On the Town."

(4) Our social seekers were seeking some wins on arcade games one evening.



28th Annual Bowl-A-Thon Registration

Saturday, April 18, 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 23; \$60 after March 23**

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 3/23) / \$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

THANK YOU
to our 2019
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sponsors,
including our
"Top Gun"
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other generous
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5900 Green Oak Drive, Suite 303
Minnetonka, MN 55343
Office: 952-200-3030
Fax: 952-229-4468
www.reachforresources.org



Are You a Fan of Reach?

If you are pleased with services you've received from us, have supported us, or have even referred someone else to us, **we'd like to hear from you**. Tell us why we've earned your trust by submitting our Share Your Story form, found on the News page of our website.

Bowl-A-Thon to be Held April 18

It's time to start thinking about being part of our annual Bowl-A-Thon, scheduled for Saturday, April 18, 2020. 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 on page 10. The cost is \$50 by March 23, or \$60 after March 23. Be sure to join us for prizes, food, an event t-shirt, and plenty of action!

Volunteers are also needed for the event. If you can help out, please contact Jesse at 952-393-4277 or jhartrick@reachforresources.org.

