

Read further for more
information on virtual
programs!

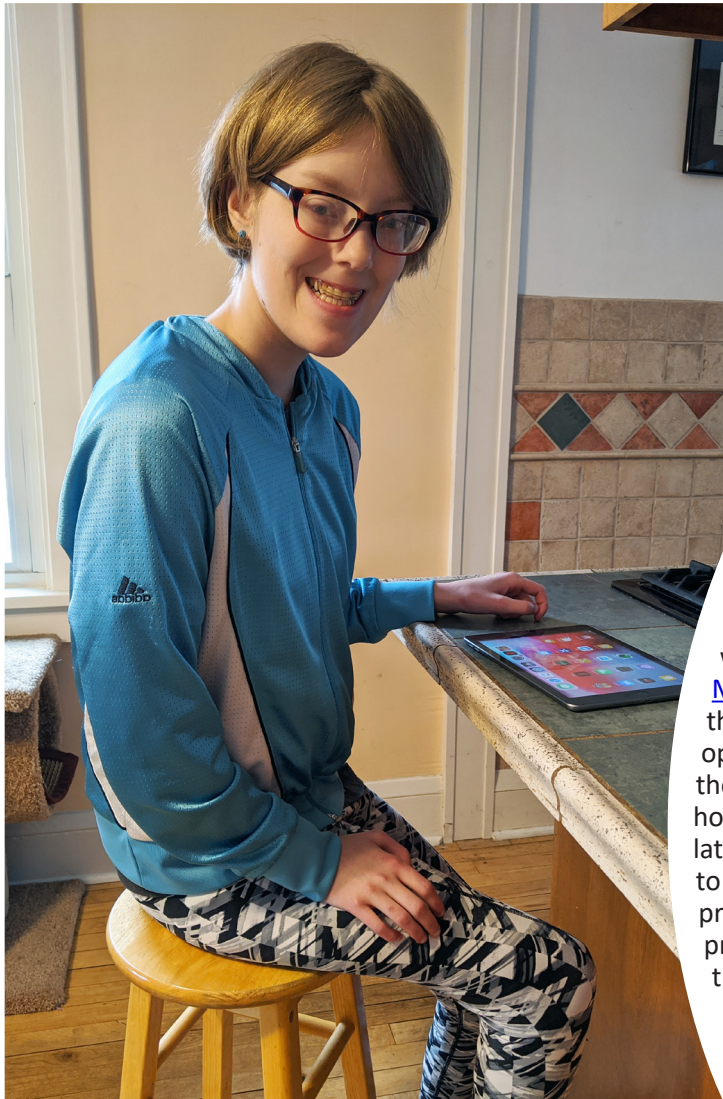
Our Annual Report
will be posted on the
News page of our
website in June.

Consider joining us at our
virtual summer fundraiser.
Details are on the back
cover.

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

SUMMER 2020

The Reach Reader



Reach Programs Stay Virtual This Summer

As we approach the kickoff of summer, I send this message with a heavy heart. Reach has made the decision to suspend all in person programming through the summer, offering exclusively virtual programs during this public health crisis. We are planning fall programs with the same eventuality. We have expanded our current virtual program offerings and included them in this newsletter. We hope you are willing to try out some virtual programs to connect with friends, exercise, cook, and craft.

We really miss interacting in person, but we hope to be able to connect with you over the phone or video during this time. The safety of the Reach community is our first priority. While we are anxious to get together again, we must take the health and well-being of those we serve under serious consideration. This decision was not made lightly and is in line with the phases in [Minnesota's Stay Safe Plan](#) outlined by Governor Walz and the MN Department of Health. While the state is starting to open up, social gatherings like ours are not recommended for the time-being. Further, many of the sites where we hope to host programs will be closed and/or at limited capacity until later phases due to safety concerns. There are many layers to this decision, but it all comes down to one of our common principles, safety first. Reach will be here when in person programs are safe again to resume, and we look forward to that day.

Emily Orr, Director of Adaptive Recreation & Inclusion
eorr@reachforresources.org or 952-393-5880

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.

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.

We proudly present, exclusively virtual summer program offerings! They may look different, but they still provide a great way to connect. We use free virtual program platforms to facilitate activities. After registering, you will receive the details needed to participate. We can assist with technology troubleshooting over the phone if you try to join Online at least 15 minutes before the program is scheduled to start. We will still require a minimum number of people to register in order to run the program to provide the best experience.

Refunds for spring and in-person summer programs will be processed and mailed out on June 18th, 2020. Thank you for your patience.

Thanks for sticking with us during these challenging times! We can't wait to "see" you!

- The Reach Recreation Team

VIRTUAL PROGRAM PLATFORMS

[Cisco WebEx Meetings](#)

[House Party](#)

[Google Meet](#)

VIRTUAL FITNESS: ALL AGES

PILATES

Join Jesse in a new low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.



**Thursdays,
Aug 6 - Aug 27
10:30-11:30 a.m.**

WebEx
Resident: \$12
Non-Resident: \$20

DANCE WORKOUT

Join Emily for a fun, fast paced dance class where you get some exercise while having fun!

**Thursdays, July 9 - July 30
10:30-11:30 a.m.**

WebEx
Resident: \$12
Non-Resident: \$20

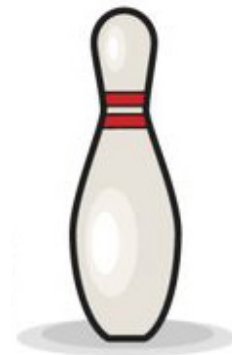


VIRTUAL BOWLING BANQUET

Fall 2019 and Winter 2020 seasons are invited to attend this party. We will celebrate the accomplishments, do virtual awards, and draw a few names for prizes!

**Monday, August 17
6:00 - 7:30 p.m.**
WebEx

Fee: \$5



TEENS & ADULTS: ONE TIME PROGRAMS

SNACKS & CINEMA

We all know you can watch movies on your own, but it's fun to watch them with friends! Join us for these movies and engage with friends over chat. Bring your own snacks :)



Thursday, June 25: Detective Pikachu

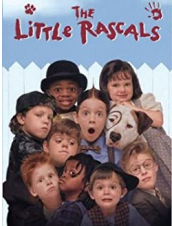
Thursday, July 30: The Little Rascals

Thursday, August 27: Dolittle (2019)

6:00 - 8:30 p.m. (or end of movie)

Virtual - WebEx

Fee: \$3 per movie



CREATIVE CRAFTING

TISSUE PAPER FLOWERS

Sign up for our first ever live virtual craft class! We will mail you the supplies and we will assemble our floral delights together over video chat!

Wednesday, July 29

2:30 - 4:00 p.m.

WebEx

Fee: \$12



SINGLES SOCIAL (18+)

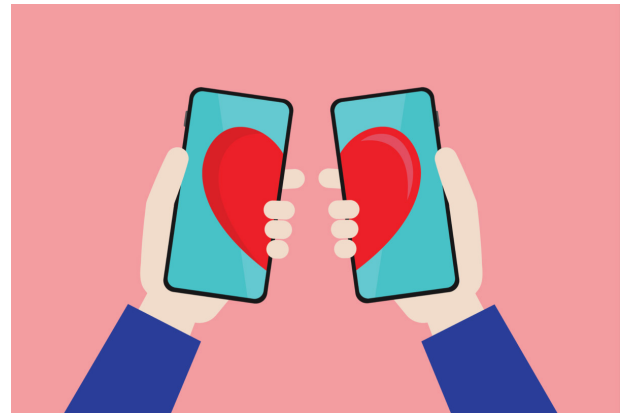
Join us for a virtual singles night full of Would You Rather questions and other virtual games!

Friday, August 7

2:30 - 4:00 p.m.

WebEx

Fee: \$5



BINGO

Come play everyone's favorite game! You can participate over video chat or over the phone. We'll email you details after you register.

Friday, June 26

4:30 - 6:00 p.m.

Fee: \$5



KARAOKE & DANCE PARTY

Join your friends and groove to all the latest hits as well as classic dance songs! Have a chance to do some karaoke, sing along with the group, or just dance! :)

Friday, July 17:

Purple Prince Party

Friday, August 21:

End of Summer Party

6:30 - 8:00 p.m.

Fee: \$5 each



WHAT'S COOKIN'?

Sign up to receive periodic video instructions and recipes to try at home! You'll receive 1-2 videos per month.

Fee: **FREE!** If you can, please consider a \$5 donation



MONTHLY & WEEKLY OPPORTUNITIES

BOOK & FILM CLUB

Read the book (or listen to an audiobook), or watch the movie and join us for a lively discussion!

June 4: Ready Player One

July 2: The Hobbit

August 6: The Lion, The Witch, and The Wardrobe



1st Thursday of Each Month

2:00 - 3:30 p.m.
WebEx

Fee: \$10 for 3 Meetings

GAME BREAK!

Join Emily & Hailey on the House Party App for virtual games!

Mondays, June 1 - August 24 (Off July 6)

1:00 - 2:30 p.m.

Houseparty App
(chrome extension or phone/tablet)

Fee (for 12 meetings):

Resident: \$25

Non-Resident: \$33



VIRTUAL HIKING CLUB

Explore the wonders of the world... from your couch!

Last Tuesday of Each Month (June 30, July 28 & August 25)

10:00 - 11:30 a.m.

WebEx

Fee: \$10 for 3 meetings



SOCIAL SEEKERS

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, solve riddles, and enjoy working through our weekly highs and lows together. Call 952-393-5866 for more information or to schedule an intake.

Wednesdays, June 3 - Aug 19 from 5:00 - 6:00 p.m.

(Off 7/29)

Google Meet

Fee: \$105 for 10 meetings



YOUNG ATHLETES

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.

Option 1

Mondays June 1 - July 20

10 - 10:30 a.m.

Zoom - Register [Online here](#)

Option 2

Thursdays

May 21 - July 9

10 - 10:30 a.m.

Zoom - Register

[Online here](#)

Fee: Free!



WEDNESDAY NIGHT SOCIAL

Virtual via Cisco WebEx: Details on how to join upon registration

WEDNESDAYS, JUNE 24 - AUGUST 19 (OFF 6/29)
6:30 - 8:00 p.m.

Join us at every event for these costs:

- Resident: \$35 / Non-Resident: \$43
- Or register for \$5 per event



Welcome Party w/ Charades and Scattergories
June 24
Have paper and a writing utensil handy!

Fourth of July Crafting

July 1

We'll do some crafts from home using common household items!

Escape the Smithsonian!

July 8

Join us as we navigate through the Smithsonian using the virtual tour. Follow clues to solve the mystery



"Recess" Workout and Healthy Snack

July 15

Imagine your old favorite games as you work on your range of movement, strength, and balance. Cool down and chat with friends while enjoying your own healthy snack.

Movie Watch Party

July 22

Relax with a movie night. We'll vote on what movie to watch at the session on July 15.

July 29: OFF



50's Dance Party

August 5

Wear a 50's outfit while we listen to some music from the 1950's and dance together. We'll send some recipes for you to make for dinner if you want to get in the mood before we get together.

Virtual Concert Watch-a-Long

August 12

We'll get together and watch a virtual concert (or a couple)!



Make your Own Ice Cream

August 19

Gather some supplies on your own (we'll let you know in advance), and make a sweet treat from scratch!



NOTE:

We have updated our
Adaptive Recreation and
Inclusion policies
on our website.

See the page for either of these
services to review the policies.

ON THE TOWN: ALL ABILITIES

Virtual via Cisco WebEx: Details on how to join upon registration

\$5 Each

Virtual Concert by Bad Bad Hats

Hang with us while we jam to a virtual concert!

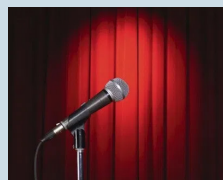
Tuesday, June 16
3:00-4:30pm



Comedy Sportz Live

Everyone needs some laughs right now, let's see what Comedy Sportz is up to and enjoy some improv.

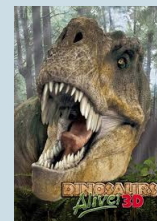
Friday, July 10
1:00 p.m. - 2:30 p.m.



Science Museum of Minnesota Presents Dinosaurs Alive!

Museums are closed, but we can watch the Omnitheater shows from home!

Tuesday, July 14
1:00 p.m. - 2:30 p.m.



Documentary of 50 years on 1st Ave

Join us for an afternoon of musical history!

Friday, July 31st
3:00 p.m. - 4:30 p.m.

Virtual Tour of the Minnesota Vikings Stadium

US Bank Stadium is a huge building with some cool features. Let's check it out!

Tuesday, August 11
1:00 p.m. - 2:30 p.m.



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 canceled 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 2020*

Registration **OPEN NOW!**

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 - 6/26	\$5
<input type="checkbox"/>	Book & Film Club	\$10
<input type="checkbox"/>	Bowling Banquet - 8/17	\$5
<input type="checkbox"/>	Craft: Tissue Paper Flowers 7/29	\$12
<input type="checkbox"/>	Dance Workout	\$12 / \$20
<input type="checkbox"/>	Game Break!	\$25 / \$33
<input type="checkbox"/>	Karaoke & Dance: Purple Prince Party 7/17	\$5
<input type="checkbox"/>	Karaoke & Dance Party: Summer Party 8/21	\$5
On the Town (\$5 Each) <input type="checkbox"/> Virtual Concert - 6/18 <input type="checkbox"/> Comedy Sportz Live! - 7/10 <input type="checkbox"/> Dinosaurs Alive! - 7/14 <input type="checkbox"/> Documentary of 50 Years on 1st Ave - 7/31 <input type="checkbox"/> MN Vikings Stadium Tour - 8/11		
<input type="checkbox"/>	Pilates	\$12 / \$20
<input type="checkbox"/>	Reach "On Tap" Fundraiser - 6/22	FREE!
<input type="checkbox"/>	Singles Social - 8/7	\$5

<input type="checkbox"/>	Snacks & Cinema 1: Detective Pikachu - 6/25	\$3
<input type="checkbox"/>	Snacks & Cinema 2: The Little Rascals - 7/30	\$3
<input type="checkbox"/>	Snacks & Cinema 3: Dolittle (2019) - 8/27	\$3
<input type="checkbox"/>	Social Seekers	\$105
<input type="checkbox"/>	Virtual Hiking Club	\$10
<input type="checkbox"/>	What's Cookin'?	Free! Donations Accepted
<input type="checkbox"/>	Wednesday Night Social Series	\$35 / \$43 (for all below)
Wednesday Night Social Individual Activities (\$5 each) <input type="checkbox"/> Welcome Party - 6/24 <input type="checkbox"/> 4th of July Crafts - 7/1 <input type="checkbox"/> Escape the Smithsonian - 7/8 <input type="checkbox"/> Recess Workout - 7/15 <input type="checkbox"/> Movie Watch Party - 7/22 <input type="checkbox"/> 50's Dance Party - 8/5 <input type="checkbox"/> Virtual Concert - 8/12 <input type="checkbox"/> Make Your Own Ice Cream - 8/19		
<input type="checkbox"/>	Young Athletes	Free!

Therapeutic Recreation Assessment *By Appointment Only*

Request an individual appointment with a licensed Certified Therapeutic Recreation Specialist at Reach to discuss your current activities and goals. We'll research available resources in your area to help come up with a plan for you get the most out of your leisure activities. We can have a follow up meeting in 6 or 12 months if you'd like further evaluation.

- ☐ \$75 – 1-hour appointment
☐ \$100 – 1-hour appointment + follow-up meeting

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: _____	

Coupon Code: _____

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

<https://www.reachforresources.org/services/adaptive-recreation/>

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



Address Service Requested

Non-Profit
U.S. Postage
PAID
Spectrum
Marketing Services

56345

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



CONGRATULATIONS TO OUR ANNUAL AWARD WINNERS!

Volunteer of the Year: **Ellen Bittner**

Community Partner of the Year: **Keith Page/Nelson's Meats, Bakery, Deli and Catering**

Corporate/Civic Sponsor of the Year: **Joe Hoffman & Hoffman Weber Construction**

Matthew Smith Memorial Award (for a Reach employee): **Karen Krussow**

*Read more
about each on
our website.*

REACH "ON TAP" FUNDRAISER

Monday
June 22
7:30-8:30 p.m.

VIRTUAL EVENT
Silent Auction, Bingo &
Resort Contest

Check out our Online silent auction items and resort vacations now.

More information and register for FREE at
<https://www.reachforresources.org/events/reach-on-tap/>

