

Our Annual Report is now available on the Donate Now page of our website.

You can still join the fun at our rescheduled Bowl-A-Thon, taking place virtually on September 12.

Thanks to everyone who uses Amazon Smile to donate to us. It's adding up!

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

FALL 2020

The Reach Reader



Nicholas Has Made Successful Progress Toward Independence

Cari Tupy learned about Reach, randomly searching the Internet for local programs in 2016, when her son, Nicholas, was 16 years old. What she found has changed their lives.

Nicholas (at left with staff member Morgan) began in our Teen Explorers program, which Cari says took Nicholas "out of his comfort zone." She explains that they live in Prior Lake, and being involved in the teens program brought him into the Cities each week to try things he normally wouldn't have done with his family.

(Continued on page 2)

Waiver Case Management Receives High Marks

At Reach, we regularly survey those who use our services so we can better understand how to tailor what we offer to best meet others' needs. Input from others is important to us as we plan and re-evaluate our programs.

We recently sent out a survey to those who use our waiver case management services. The following statistics were compiled from 42 responders. The percentage indicates those who agreed, strongly agreed, or marked neutral in response to the question.

Q1: My Case Manager works with me to set goals that support me in reaching my dreams and aspirations. **95.2%**

Q 2: My Case Manager integrates things that are important to me into my support plan. **95.3%**

Q 3: I have the opportunity to make choices that are important to me. **92.9%**

Q 4: My Case Manager treats me with respect in regards to my values and preferences. **93%**

Q 5: My Case Manager helps advocate for my wants and needs. **95.3%**

Q 6: Overall, I am satisfied with the quality of the case management services I receive. **92.9%**

*We value your
trust in us and
always welcome
your feedback!*

MENTAL HEALTH INFORMATION

Anxiety: A Common Emotion

By: Angela Schroetter, MA, Reach Mental Health Practitioner

Have you ever had the experience of butterflies in your stomach, a tightness in your chest, or the inability to stop thinking about something? Maybe it was before giving a speech, going to a job interview, or having to tell someone uncomfortable news. Anxiety is a common emotion, and although we all experience it, approximately 31% of adults in the United States will have been diagnosed with an anxiety disorder at some point in their life (NIMH; AADA). It is twice as common for women to be diagnosed with an anxiety disorder than men. Reasons may include women being more likely to seek treatment than men; biological differences, including hormones; and women tending to ruminate, while men seek a solution-focused approach to problems more than woman (NIMH; The Conversation).

In our mental health department, the clients we serve with a diagnosis of anxiety have a specific form that impacts their daily functioning. There are multiple types of disorders that fall under the anxiety umbrella, such as post-traumatic stress disorder, generalized anxiety disorder, obsessive compulsive disorder, specific phobias, social anxiety, agoraphobia, separation anxiety disorder, and panic disorder.

According to Mayoclinic.org, common signs and symptoms associated with anxiety disorders may include:

- Feeling nervous, restless or tense
- Having trouble sleeping
- Having an increased heart rate
- Having the urge to avoid things that trigger anxiety
- Sweating
- Trembling
- Feeling weak or tired
- Having a sense of impending danger, panic or doom
- Breathing rapidly (hyperventilation)
- Having difficulty controlling worry
- Experiencing gastrointestinal issues
- Trouble concentrating or thinking about anything other than the present worry

(Continued on page 5)

Nicholas *(continued from front page)*

As Cari states, “When he goes to a Reach for Resources event, he feels like it’s really open to everyone. He feels included, he feels involved, he feels part of a community. He doesn’t feel segregated, he doesn’t feel different. He just feels like he’s being accepted for who he is, and that’s it. It is probably the best feeling for him, and it helps him thrive the most.”

Cari admits that it’s tempting for parents to want to “bubble wrap” their children. However, she acknowledges, “We can’t expect them to just one day be independent unless you take a whole bunch of baby steps before then. [Teen Explorers] really did help start building those skills when Nicholas was a teenager, so that they’re going to be able to transfer over into adulthood. If you wait until they’re 21, it’s not going to happen.” As Cari explains that although what the family does is important, “as an individual, for them to have the opportunity to try new things really helps them to determine what they like, what they don’t like and to be successful in the community without having to depend on others, while still having a safety network.”

That growth is evident in Nicholas. An example can be traced to how the teen program brought participants to movie theaters. Now, he not only goes to the movies without support, he’s also learned to advocate for himself. One day at the theater, someone stole his refillable popcorn buckets, which he had purchased for the year. Nicholas reported it to the manager, who seemed hesitant to believe him at first. So Nicholas asked, “Well, don’t you have surveillance cameras?” Sure enough, they pulled up the footage and saw the person who stole it. By his own actions, Nicholas received a replacement bucket.

The effects for Nicholas were almost immediate. Cari mentions, “When we started working with Jesse [at Reach], from the first point on, they were building those steps. You could see it with the progress reports, he was able to build those skills in a very short period of time.” And Cari is quick to emphasize that Reach stands by their philosophy of doing “with, not for” the individuals they support. “One thing that has been amazing about Reach for Resources is that it has given Nicholas the opportunity to make mistakes—not huge ones—but to try, and that’s how we learn. It pushes their boundaries.” She adds, “I can honestly tell you that that’s what sets Reach’s program aside from other ones,” says Cari.

Since Teen Explorers, Nicholas has progressed to being active in other Reach programs, including dances, On the Town activities, singles nights, and more. He has become increasingly confident in other ways by giving back to the community as well. He is a bell ringer for the Salvation Army and volunteers for his youth group. Cari says, “It is wonderful to see him confident and so engaged in the community!”

It seems though, that Teen Explorers will always be close to Nicholas’s heart. Cari shares that she envisions him helping younger individuals go through the program someday. “I can see him cycling through that way.” It was the respect and dignity shared in the program that she believes touched Nicholas so deeply. Referring to Reach, she says, “Loving someone for who they are on the inside. That’s what you do. You can just see it in every single one of your participants.”

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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.

VIRTUAL PROGRAMS CONTINUE

As we write this newsletter, the concerns surrounding COVID-19 are still very real. While the state of Minnesota is opening up slowly, restrictions are still in place. It is difficult to know what the future will bring. At this time we plan to host almost exclusively virtual programs for the Fall of 2020. 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. Stay safe and we hope to see you soon!

SPECIAL EVENTS

VIRTUAL BOWL-A-THON

Join us for the 28th Annual Bowl-A-Thon! This year we will be asking you to bowl from home using video games or props from around your house. The most creative bowler will win a prize, along with the highest scores. More details upon registration.

Saturday, Sept. 12
10:30 a.m. - 11:30 a.m.
WebEx

Fee: \$50 in pledges from your family and friends! Ask 5 people for \$10 and you're there! All donations are tax deductible.



5 STEPS ON HOW TO PARTICIPATE

- 1.) Raise at least \$50 pledges by asking friends and family to support Reach
- 2.) Mail your pledges in by September 1st
- 3.) Bowl a game or two from home using a video game or items around your home

(Prizes for best score and the most creative bowling setups!)

- 4.) Submit your bowling score(s) along with photos and videos of you bowling by September 1st

- 5.) Log on to WebEx on Saturday, September 12th to watch a video compilation and hear prize winners announced!



Friday, Oct. 30
6:00 - 8:00 p.m.
WebEx
Fee: \$5

Bingo games prizes
dancing costume contest music

GHOSTLY GALA

Join us for this fun, annual celebration in a whole new way! The entrance cost includes a costume contest, BINGO, games, prizes, music, and a dance. We will have multiple virtual "rooms" to experience different activities! More details upon registration.

CHILDREN AGES 2-7

YOUNG ATHLETES

Have fun while improving your gross motor skills playing different games! Experience 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. We will email you a list of supplies to gather from around your house prior to each session.



Fridays, Sept. 25 - Nov. 13
10:00 - 10:30 a.m.
WebEx
Fee: Free!

EXERCISE

DANCE WORKOUT

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

Thursdays, Sept. 10 - Oct. 1
10:30-11:30 a.m.

WebEx

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



PILATES

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

Tuesdays, Oct 13 - Nov 10 (off 10/27)
WebEx

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

YOGA

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



Wednesdays, Dec. 2 - Dec 23
10:30-11:30 a.m.

WebEx

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

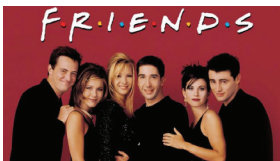
ONE-TIME EVENTS

TRIVIA NIGHT

Bring your own snacks and beverages and join us for a video (or audio only) hang out. Compete with trivia from your favorite topics with a host from Reach. Teams are welcome! Join on a WebEx video chat, or just call in using your phone and participate with audio only.

2:30 - 4:00 p.m.
WebEx

Thursday, Sept. 10
Friends Trivia



Wednesday, Nov. 11
Harry Potter Trivia



Tuesday, Dec. 8
General Trivia

Fee: \$5 each



NEW YEAR'S EVE DANCE PARTY WITH KARAOKE

Ring in 2021 with us, and enjoy karaoke, dancing, chatting with friends, and lots of music!

Wednesday, Dec. 30
6:30 - 8:00 p.m.
WebEx

Fee: \$5



CREATIVE CRAFTING

FABRIC PUMPKINS

Looking for a way to decorate your home for fall? Come to this class and create 3 pumpkins using colorful socks! We will mail you the materials prior to the class.

Thursday, Oct. 8
10:00 - 11:30 a.m.
WebEx
Fee: \$16



SNACKS & CINEMA (Ages 13+)

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, Sept. 24: Onward
Thursday, Oct. 29: Trolls
Thursday, Nov. 19: Call of the Wild
Thursday, Dec. 17: Spies in Disguise

6:00 - 8:30 p.m.
WebEx

Fee: \$3 per movie



FALL FORMAL (Ages 13+)

We're all staying at home, but we still want an occasion to get all dressed up! Wear your evening best and party with your friends! We'll dance to some awesome music and even do a virtual photo booth and mail you a picture.

Friday, Sept. 18
6:30 - 8:00 p.m.
WebEx
Fee: \$5



TIN CAN CENTERPIECES

Keep a tin can from a recipe and we will mail you the other supplies! We will create a festive holiday centerpiece for your home to enjoy all winter long.

Tuesday, Dec. 1
2:30 - 4:00 p.m.
WebEx
Fee: \$16



CLUBS/GROUPS

BOOK & FILM CLUB

Read the book (or listen to an audio-book), or watch the movie and join us for a lively discussion! Topics will be voted on by participating members.

1st Thursday of the Month
2:00 - 3:30 p.m.

WebEx
Fee: \$12 for 4 meetings



DOMINION CLUB

Dominion is a super fun strategy game that you can play online. We will start a club and spend the first couple of sessions learning to play before we get into competitive battles each week. Dominion is somewhat complex and requires the ability to read and comprehend content.



Thursdays from Sept. 22 - Oct. 27
2:30 - 4:00 p.m.
WebEx

Fee: \$20 for 6 meetings

VIRTUAL HIKING CLUB

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

Last Tuesday of Each Month
(Sept 29, Oct 27, Nov 24 & Dec 29)
10:00 - 11:30 a.m.
WebEx

Fee: \$15 for 4 meetings

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, solve riddles, and enjoy working through our weekly highs and lows together. Call 952-393-4277 for more information or to schedule an intake.

Wednesdays, Sept. 16 - Nov. 18
5:00 - 6:00 p.m.
Google Meet
Fee: \$105



VIRTUAL PROGRAM PLATFORMS

[Cisco WebEx Meetings](#)

[House Party](#)

[Google Meet](#)

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, Nov. 20
6:30 - 8:00 p.m.
WebEx

Fee: \$5

BINGO (Ages 13+)

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

1.) Thursday, Oct. 22, 2:30-4 p.m.

2.) Tuesday, Nov. 17, 2:30-4 p.m.

3.) Monday, Dec. 14, 2:30-4 p.m.

WebEx

Fee: \$5 per event



FANTASY FOOTBALL DRAFT (AGES 14+)

Want to try out Fantasy Football? It is such a fun way to get through the colder months! Join us for this online virtual draft. You have the option of video conferencing with us as we go through the draft together, or just following the draft on your computer/tablet/phone and making choices when it's your turn. Keep up with your team throughout the season, and the top two teams will receive awesome prizes! We will be using ESPN for our draft.



Thursday, Sept. 3
1:00 - 4:00 p.m.
WebEx & ESPN
(Website or App)

Fee: \$5

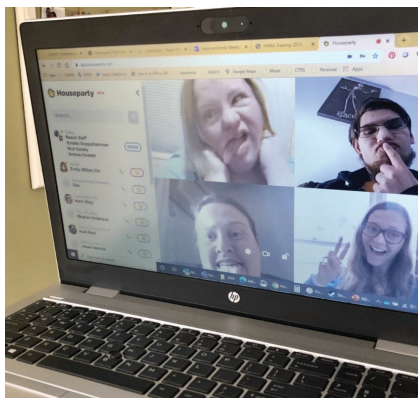
GAME BREAK!

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

Mondays, Sept. 14-Dec. 7
(Off Nov 2)

1:00 - 2:30 p.m.
Houseparty App (chrome extension or phone/tablet)

Fee (for 12 meetings: Resident: \$25
Non-Resident: \$33)



ADULTS (18+) ONLY

SINGLES SOCIAL

Looking to meet your special someone? Join the Reach group to play some games together to get to know one another.

Friday, Dec. 18
2:30 - 4:00 p.m.

WebEx

Fee: \$5



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



Anxiety (cont. from page 2)

Our clients' lives are impacted by their anxiety symptoms in a wide range of ways. It's common for individuals with the same diagnosis to not experience the same symptoms. One person may find it anxiety producing to call someone on the phone due to fear they will embarrass themselves, while another individual may be triggered by perceived pressure to perform exceptionally well in school and end up dropping out because they feel overwhelmed.

The individuals we serve often have other medical professionals supporting them with their mental illness. This could include connecting them with other services and prescribing and managing medications. At Reach, our mental health department provides support to clients so they can achieve their basic life goals when their mental health symptoms have been a barrier. This is achieved through a variety of modalities, including educating about a diagnosis, providing resources, teaching coping skills, preventing relapse, establishing a routine, advocating on their behalf, teaching meal planning, and budgeting, just to name a few. Anxiety disorders can have a significant impact on a person's life. With support, however, individuals can manage their anxiety disorder and lead fulfilling lives.

Sources:

- <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>
- <https://adaa.org/about-adaa/press-room/facts-statistics>
- <https://theconversation.com/women-are-far-more-anxious-than-men-heres-the-science-60458>
- <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>

WEDNESDAY NIGHT SOCIAL

Virtual via Cisco WebEx: Details on how to join upon registration
WEDNESDAYS, SEPTEMBER 16 - NOVEMBER 4, 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

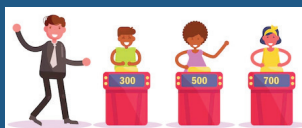


Sept. 16: Online Pizza Party & Outburst

Make a pizza or order in and eat with friends while we play a fun game called Outburst!

Sept. 23: At Home Fall Leaves Art

Create a work of art with fall color with this tissue paper painting activity! We can mail you some tissue paper to work on the project at home.

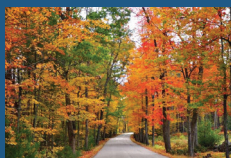


Sept. 30: Games Show Night

Join us for fun game shows like Jeopardy, Wheel of Fortune, and Deal or No Deal!

Oct. 7: Fall Colors Virtual Hiking

Enjoy some virtual hikes with the group. We challenge you to go on a hike of your own prior to this meeting and share some photos with us!



Oct. 14: Corn Maze

Work together as a team to solve this virtual corn maze from Edmonton in Alberta, Canada!

Oct. 21: Pumpkin Painting or Carving

Get your own pumpkin before this session! We'll socialize and listen to festive music while we get our pumpkins ready for Halloween!



Oct. 28: Costume Party

DIY or dig out an old costume! Join us for games, dancing, and more!

Nov. 4: YouTube Request Night

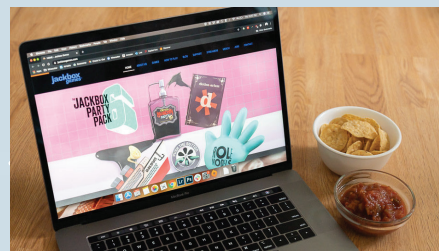
Hang out with friends and watch your favorite YouTube videos!



ON THE TOWN: ALL ABILITIES

Virtual via Cisco WebEx:
Details on how to join
upon registration
Various Dates & Times

\$5 Each



Friday, September 11: Board Games

Connect with friends and enjoy virtual games online!

6:30 - 8:00 p.m.

Note: This event will be held on the Houseparty App

Friday, Sept. 25: Virtual Fall Walk

Join Reach and friends as we kick off fall with a virtual walk enjoying the beautiful fall leaves!

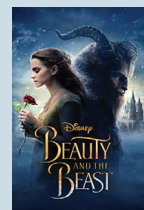
6:30 - 8:00 p.m.



Friday, October 2: Decorate your own Halloween Handprint or Footprint tote bag creation!

Create your own Halloween Tote bag to get ready to fill with delicious treats for trick-or-treating or passing out candy.

6:30 - 8:00 p.m.



Thursday, October 15: Beauty and the Beast

We may not be able to get out to the movies, but join Reach as we bring the movies to your very own home! Enjoy Beauty and the Beast (2017) from the comfort of your home.

6:30 - 8:30 p.m.



Monday, Oct. 26: Monday Night Football

Enjoy from the comfort of your home Monday Night Football as the Bears take on the Rams!

7:00 - 9:30 p.m.



Friday, Nov. 13: Holiday Jeopardy

Get into the holiday spirit with friends as we play a few rounds of holiday jeopardy!

6:30 - 8:00 p.m.

Thursday, Dec. 3: Hot Chocolate and Snowflake Making

Grab your hot chocolate, a pair of scissors and paper as we create wonderful snowflakes to decorate our homes.

6:00 - 7:30 p.m.



Friday, Dec. 11: A Christmas Story Live!

Grab some popcorn and a comfy seat, and get into the spirit of the holidays with friends!

6:30 - 8:30 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 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—Fall 2020*

Priority Registration **OPEN NOW!** • Open Registration starts July 20

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 (1): 10/22	\$5
<input type="checkbox"/>	Bingo (2): 11/17	\$5
<input type="checkbox"/>	Bingo (3): 12/14	\$5
<input type="checkbox"/>	Book & Film Club - Monthly	\$12 (4 meetings)
<input type="checkbox"/>	Bowl-A-Thon: 9/12	\$50 in pledges (due 9/1)
<input type="checkbox"/>	Craft: Fabric Pumpkins: 10/6	\$16
<input type="checkbox"/>	Craft: Tin Can Centerpiece: 12/1	\$16
<input type="checkbox"/>	Dance Workout	\$12 / \$20 (4 weeks)
<input type="checkbox"/>	Dominion Club	\$15 / \$23 (6 weeks)
<input type="checkbox"/>	Fall Formal: 9/18	\$5
<input type="checkbox"/>	Fantasy Football Draft: 9/3	\$5
<input type="checkbox"/>	Game Break!	\$25 / \$33 (12 weeks)
<input type="checkbox"/>	Ghostly Gala: 10/30	\$5
<input type="checkbox"/>	Karaoke & Dance Party: 11/20	\$5
<input type="checkbox"/>	NYE Dance Party with Karaoke: 12/30	\$5
On the Town All Abilities (\$5 Each)		
<input type="checkbox"/>	Board Games (9/11)	<input type="checkbox"/> Monday Night Football (10/26)
<input type="checkbox"/>	Fall Walk (9/25)	<input type="checkbox"/> Holiday Jeopardy (11/13)
<input type="checkbox"/>	Decorate a Halloween Tote	<input type="checkbox"/> Hot Chocolate & Snowflakes (12/3)
<input type="checkbox"/>	Beauty & The Beast (10/15)	<input type="checkbox"/> Christmas Story (12/11)
<input type="checkbox"/>	Pilates	\$12 / \$20 (4 weeks)

<input type="checkbox"/>	Singles Social: 12/18	\$5
<input type="checkbox"/>	Snacks & Cinema: <input type="checkbox"/> 9/24 <input type="checkbox"/> 10/29 <input type="checkbox"/> 11/19 <input type="checkbox"/> 12/17	\$3 each
<input type="checkbox"/>	Social Seekers	\$105 (10 weeks)
<input type="checkbox"/>	Trivia - Friends: 9/10	\$5
<input type="checkbox"/>	Trivia - General: 12/8	\$5
<input type="checkbox"/>	Trivia - Harry Potter: 11/11	\$5
<input type="checkbox"/>	Virtual Hiking Club - Monthly	\$15 (4 meetings)
<input type="checkbox"/>	What's Cookin'?	Free! Optional Donation
<input type="checkbox"/>	Wednesday Night Social Series	\$35 / \$43 (for all below)
Wednesday Night Social Individual Activities (\$5 each)		
<input type="checkbox"/>	Outburst (9/16)	<input type="checkbox"/> Corn Maze (10/14)
<input type="checkbox"/>	Fall Leaves Art (9/23)	<input type="checkbox"/> Pumpkin Painting/Carving (10/21)
<input type="checkbox"/>	Games Show Night (9/30)	<input type="checkbox"/> Costume Party (10/28)
<input type="checkbox"/>	Fall Colors Virtual Hike (10/7)	<input type="checkbox"/> YouTube Request Night (11/4)
<input type="checkbox"/>	Yoga	\$12 / \$20 (4 weeks)
<input type="checkbox"/>	Young Athletes	Free! Optional Donation

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

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 _____
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LISTEN TO THE INSPIRING MESSAGES SHARED DURING OUR RADIOTHON

The six, brief audio files are on the Radiothon news article on our website.

Cackle & Spur

CHARITY PHEASANT HUNT

Wednesday, September 30, 2020

Contact Jason
for details

Held at Sand Pine Pheasants & Gold Meadows Hunting Preserve



Thank you to our sponsors for Reach On Tap! With
your support, we raised **\$19,004**
for Reach's programming.

Q Lake Lodge raised the most money of the resorts and wins an
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Congrats to Aly N. for winning a stay at Poole's Paradise via Bingo!

