

Want even more Reach?  
Learn more about Reach  
Champs on our website!

Adaptive rec remains  
mostly virtual with socially  
distanced in-person events  
coming this winter!

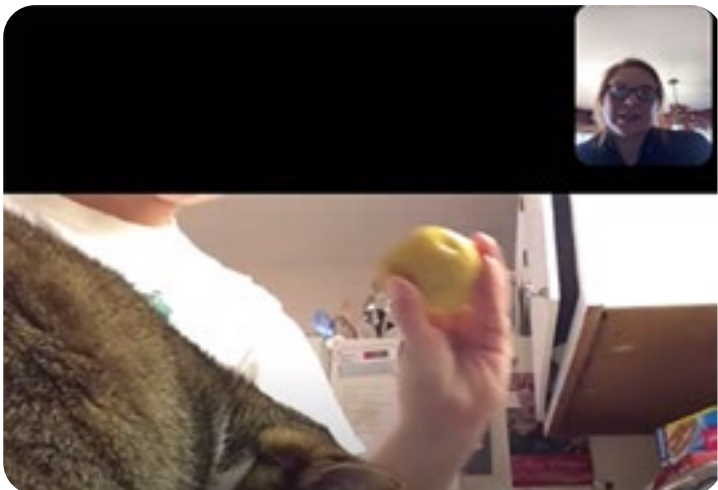
Thanks to everyone who  
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Supporting Individuals with Developmental Disabilities and Mental Illness to Reach Their Full Potential

# The Reach Reader



WINTER 2021



## The New Normal

It goes without saying that 2020 is a rollercoaster ride not to be forgotten. The trials and tribulations that have been presented to society will go on beyond the end of the year...and so will Reach for Resources' tireless commitment to supporting the community we serve. Initially, many people did not anticipate the long-term impacts COVID-19 would have on our lives. We quickly realized the "new normal" and began acclimating.

*(Continued on page 2)*

## Focus on Mental Health

Are you having trouble getting day-to-day things done due to your mental health symptoms?

Is it hard to hold a job, go shopping, or get out of bed in the morning?

[Adult Rehabilitative Mental Health Services \(ARMHS\)](#) might be for you. This program works with adults diagnosed with a serious and persistent mental illness such as Major Depressive Disorder, Bipolar Disorder, Borderline Personality Disorder, Schizophrenia, or Schizoaffective Disorder. We work with you on managing symptoms associated with your mental illness so that you can regain independence, remaining in the community, and out of the hospital.

If you are interested in this program, visit our website ([www.reachforresources.org](http://www.reachforresources.org)) and complete the referral form found under the ARMHS section and send it to Jessica Cermak with any questions.

[jcermak@reachforresources.org](mailto:jcermak@reachforresources.org)  
952-737-2980

# KEEP MOVING FORWARD

## A letter from Kate

By: Kate Bottiger, Executive Director

If you have not seen Disney's *Meet the Robinsons*, I recommend watching it. The movie is based on a children's book and has a great balance of comedy, heart, and charm. Throughout the movie, "Keep Moving Forward" is often quoted and I find it quite relative today. We are trying to navigate through a pandemic and live through great social unrest. While we work through these unprecedented changes and adapting, we "Keep Moving Forward."

Our COVID-19 plan has gone through many updates to keep up with the Governor's Executive Orders as well as keep the individuals we support, and our employees, safe. Our adaptive recreation programs have gone virtual. Our other programs and services have gone virtual as well and employees are working with individuals to support their needs. I know it has not been easy but our employees are amazing. Thank you for all you do for those we support!

*(Continued on page 5)*

## New Normal

*(continued from page 1)*

From getting creative with programming to learning new technologies, we have not wavered from the mission to support individuals with disabilities and mental illness to reach their full potential. Our goals remain the same, yet the way we strive towards them looks different. We have grown accustomed to meeting over video call or by phone, and in some ways, this has afforded individuals new opportunities. Reach [Community Living](#) Specialist, Hailey, shared how she has been able to promote independence by completing the same task she is coaching on herself with the people she supports. By connecting virtually on [Microsoft Teams](#), she is now walking through household organization and cooking, in real-time. Previously, Hailey took an in-person coaching approach. When discussing this change, she tells people, "I'm not here to boss you around; I do the same tasks myself!" This can help with motivation and has been a positive by-product of our current health climate.

Virtual support is not ideal for everyone, and often starts with "Why can't I see you?" when navigating new mediums but is encouraging to hear how people quickly adapt and reach new goals. For Reach's [Waiver Case Management \(WCM\)](#) team, there is a renewed focus on checking in with one another. The number of people supported has increased from 289 in March to 315 at the time of this newsletter. While some providers have chosen to begin meeting in-person, Reach has remained remote with consideration to the health and safety of individuals supported and staff. The WCM team has shifted from quarterly check-ins with team members to monthly. The conversation has shifted as well. Sure, there updates on how things are going on the job, but the seemingly simple question, "How are YOU?" is of utmost importance. Paying attention to self-care and mental health is vital. Chelsea Sherman, Director of Waiver Case Management services, said "It's a very scary time for this community." There are concerns of isolation, increased needs as work and school situations have changed drastically, and a lack of coping mechanisms as people may not get out the way they used to. It is as important as ever to go above and beyond to support families and staff.

"The Times They Are A-Changin'" rings true, and we will change with them. Onward!

Sources:

- <https://www.reachforresources.org/services/independent-living-support-services/>
- <https://www.reachforresources.org/services/case-management/>
- <https://www.bobdylan.com/songs/times-they-are-changin/>

## BOARD OF DIRECTORS

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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](http://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 Winter of 2021. 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

### 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.

Friday, Oct. 30  
6:00 - 8:00 p.m.

WebEx  
Fee: \$5

dancing  
games prizes  
Bingo music  
costume contest

## EXERCISE

### PILATES

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

Thursdays, Feb 18 - Mar 11

10:30 a.m. -  
11:30 a.m.  
WebEx

Fee: \$12



### DANCE WORKOUT

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

Thursdays, Jan. 21 - Feb. 11  
10:30 a.m. - 11:30 a.m.

WebEx

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



## 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, Jan 15 - Mar 5

10:00 - 10:30 a.m.  
WebEx

Fee: Free!



## CREATIVE CRAFTING

### VALENTINE'S DAY

Join us in making Valentine's themed crafts to share with friends, family, or to decorate your home!

Friday, Feb. 5  
1:00 - 2:30 p.m.  
Virtual (WebEx)

Fee: \$16



### ST. PADDY'S DAY

Do you have the luck of the Irish? Come celebrate by making festive crafts for St. Paddy's Day!

Wednesday, March 10  
10:30 a.m. - 12:00 p.m.  
Virtual (WebEx)

Fee: \$16





## 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**

Fee: \$5/each event

**Tuesday, Jan 19**

General



**Wednesday,**

**Feb 17**

90's



**Thursday, Mar 18**

Disney



## 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, Jan. 28: Cool Runnings**

**Thursday, Feb. 25: Incredibles 2**

**Thursday, Mar. 25: Maleficent: Mistress of Evil**

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

WebEx

Fee: \$3 per movie



## CLUBS/GROUPS

### BOOK & FILM CLUB

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

**1st Thursday of the Month (Jan. 7, Feb. 4, Mar. 4)**

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

WebEx

Fee: \$9 for 3

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.



**Tuesdays from Feb. 9 - March 16**

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

WebEx &

Dominion.Games

Fee:

Resident \$15

Non-Resident \$20

### VIRTUAL HIKING CLUB

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

**Last Tuesday of Each Month (Jan 26, Feb 23, Mar 30)**

**10:00 - 11:30 a.m.**

WebEx

Fee: \$15 for 3 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 952-393-5866 for more information or to schedule an intake.

**Wednesdays, Jan 6 - Mar 10**

**5:00 - 6:00 p.m.**

Google Meet

Fee: \$105



## IN-PERSON!

Join us for fun in-person! We will be enforcing social distancing and wearing masks :)

### ST. PAUL WINTER CARNIVAL SNOW SCULPTURES

Get together with friends and visit the epic snow sculptures made by Minnesota artists.

**Tuesday, Feb. 2, 2:00 - 3:30 p.m., Minnesota State Fairgrounds**

Fee: \$5

### SLEDDING AND/OR WINTER HIKE

Join us at French Park while we take a nice winter walk looking for wildlife and rent sleds to go down the big sledding hill a few times.

**Wednesday, Feb. 10, 2:00 - 3:30 p.m., French Regional Park, 12605 Rockford Rd., Plymouth, MN 55441**

Fee: \$7 (includes sled rental)

### DRIVE-IN BINGO

Missing your friends? Join us for an in-person drive in event! We'll pass out cards and markers and use a loud speaker to call bingo.

**Friday, Mar. 26, 2:30 - 4:00 p.m., Reach parking lot: 5900 Green Oak Dr., Minnetonka, MN 55343**



# 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!

**Valentine's Day themed**

Friday, Feb. 12  
6:30 - 8:00 p.m.

**St. Paddy's Day themed**

Friday, Mar. 19  
6:30 - 8:00 p.m.

WebEx

Fee: \$5 each



## BINGO (Ages 13+)

Come play everyone's favorite game! You can participate over video chat or over the phone. We have cool virtual prizes that you can win!

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

WebEx

Fee: \$5 per event

Friday, January 22

Friday, February 26



## GAME BREAK!

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

**Mondays, Jan 4 - Mar 15**  
(Off Jan 18)

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

Fee: \$25 resident/\$33 non-resident



## ADULTS (18+) ONLY

### VALENTINE'S DAY SINGLES MINGLE

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

Friday, Feb 19  
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



## Keep Moving

(cont. from page 2)

The organization keeps moving forward and has adapted our meetings, events, and strategic goals. Our meetings have gone virtual, meeting through Teams, Zoom, Webex, Duo, or via phone. Most of our events have been virtual as well. Our strategic goals have been updated as our growth goals will be hard to accomplish this year. However, we keep moving forward...

We will continue to be true to our mission, to help those we support reach their full potential. I believe that is what Walt Disney had in mind when he repeats the message of not dwelling on failures and "keep moving forward."

You can stay in touch by joining us on social media, too! Thanks for your support of Reach!

All my best,

Kate

P.S. Watch *Meet the Robinsons*.

### Sources

- <https://movies.disney.com/meet-the-robinsons>
- <https://www.reachforresources.org/services/adaptive-recreation/>

## WEDNESDAY NIGHT SOCIAL

Virtual via Cisco WebEx: Details on how to join upon registration  
**WEDNESDAYS, JANUARY 13 - MARCH 3, 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

### Jan. 13: Kick off the New Year Vision Board

Start off 2021 right with creating your own personalized vision board. Get creative and set goals for yourself for the 2021 year!



### Jan. 20: Build Snowman with Handmade Snow!

Come and get creative with friends and build your own snow and have some fun making snowman and snow angles.

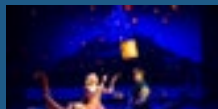


### Jan. 27: Learn Sign Language

Sit down and learn another language with friends.

### Feb. 3: Tangled the Musical

We all know the classic Tangled movie, so lets enjoy the musical!



### Feb. 10: Valentine's Heart String Art

Get creative and make some Valentine's Day art!

### Feb. 17: Movie Night with PJ's!

Grab your PJ's and sit down and relax with friends as we enjoy a movie with our PJ's.



### Feb. 24: Comedy Night

Roll into 2021 with some laughs with friends from some great comedians from the comfort of your home.



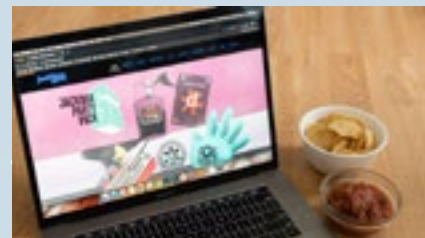
### Mar. 3: Mason Jar Vegetable Garden

Jump into gardening by creating a mason jar vegetable garden!

## ON THE TOWN: ALL ABILITIES

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

**\$5 Each**



### Tuesday, Jan. 12: Six Feet Apart Snowshoeing (in-person)

Join us at French Park while we take a nice winter snowshoe walk enjoying nature and friends company.  
*Additional \$5 fee for snowshoe rental.*

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

French Regional Park  
12605 Rockford Rd, Plymouth, MN 55441



### Friday, Jan. 29: 90s Night

Take a stroll back to the 90's while watching some classic YouTube videos.



**3:00 - 4:30 p.m.**

### Monday, Feb. 8: Superbowl Watch Party

Hang out with friends and watch the 2021 Super Bowl with friends!



**3:00 - 6:00 p.m.**

### Thursday, Feb. 11: Valentine's Day Bingo w/Candy Hearts

Come and play everyone's favorite game with a valentines day twist!  
**3:30 - 5:30 p.m.**

### Thursday, Feb. 18: Escape Disney World

Disney World is so big, Reach and friends need your help to escape. Join us as we try to escape Disney World!

**3:00 - 5:00 p.m.**

### Monday, Mar. 1: Living Room Concert

Sit back and relax as we listen to some of our favorite singer and song writers play us a concert from the comfort of their living room.

**3:30 - 5:00 p.m.**



### Friday, Mar. 12: Comedy Night

Enjoy laughs with friends from some great comedians from the comfort of your home.

**3:30 - 5:00 p.m.**

### Thursday, Mar. 18: Luck of the Irish w/Potato Chips

Join Reach and friends as we get into the festive mood and watch a classic Disney movie!

**3:00 - 5:00 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—Winter 2021\*

Priority Registration **OPEN NOW!** • Open Registration starts October 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): 1/22	\$5
<input type="checkbox"/>	Bingo (2): 2/26	\$5
<input type="checkbox"/>	Book & Film Club - Monthly	\$9 (3 meetings)
<input type="checkbox"/>	Craft: Valentine's Day: 2/5	\$16
<input type="checkbox"/>	Craft: St. Paddy's Day: 3/10	\$16
<input type="checkbox"/>	Dance Workout	\$12 / \$20 (4 weeks)
<input type="checkbox"/>	Dominion Club	\$15 / \$20 (6 weeks)
<input type="checkbox"/>	Game Break!	\$25 / \$33 (12 weeks)
<input type="checkbox"/>	Ghostly Gala: 10/30	\$5
<input type="checkbox"/>	Valentine's Day Karaoke & Dance Party: 2/12	\$5
<input type="checkbox"/>	St. Paddy's Dance Party with Karaoke: 3/19	\$5

On the Town All Abilities (\$5 Each)		
<input type="checkbox"/>	Six Feet Apart Snow Shoeing (1/12)	
<input type="checkbox"/>	90's Night (1/29)	
<input type="checkbox"/>	Superbowl Watch Party (2/8)	
<input type="checkbox"/>	Valentine's Day Bingo (2/11)	
<input type="checkbox"/>	Escape Disney World (2/18)	
<input type="checkbox"/>	Living Room Concert (3/1)	
<input type="checkbox"/>	Comedy Night (3/12)	
<input type="checkbox"/>	Luck of the Irish (3/18)	
<input type="checkbox"/>	Pilates	\$12 / \$20 (4 weeks)

<input type="checkbox"/>	Valentine's Singles Mingle: 2/19	\$5
<input type="checkbox"/>	Snacks & Cinema: <input type="checkbox"/> 1/28 <input type="checkbox"/> 2/25 <input type="checkbox"/> 3/15	\$3 each
<input type="checkbox"/>	Social Seekers	\$105 (10 weeks)
<input type="checkbox"/>	Trivia - General: 1/19	\$5
<input type="checkbox"/>	Trivia - 90s: 2/17	\$5
<input type="checkbox"/>	Trivia - Disney: 3/18	\$5
<input type="checkbox"/>	What's Cookin'?	Free! Optional Donation
<input type="checkbox"/>	Wednesday Night Social Series	\$35 / \$43 (for all below)
<input type="checkbox"/>	Virtual Hiking Club	\$15 (3 meetings)
Wednesday Night Social Individual Activities (\$5 each)		
<input type="checkbox"/>	New Year Vision Board (1/13)	<input type="checkbox"/> Valentine's Art (2/10)
<input type="checkbox"/>	Build Snowman (1/20)	<input type="checkbox"/> Movie Night w/PJs (2/17)
<input type="checkbox"/>	Learn Sign Language (1/27)	<input type="checkbox"/> Comedy Night (2/24)
<input type="checkbox"/>	Tangled the Musical (2/3)	<input type="checkbox"/> Mason Jar Veggie Garden (3/3)
<input type="checkbox"/>	Yoga	\$12 / \$20 (4 weeks)
<input type="checkbox"/>	Young Athletes	Free! (Optional Donation)

In-Person!	
<input type="checkbox"/>	Snoeshowing (1/12)
<input type="checkbox"/>	Winter Carnival (2/2)
<input type="checkbox"/>	Sledding/Hike (2/10)
<input type="checkbox"/>	Drive-in Bingo (3/26)

**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](http://www.reachforresources.org).

**By registering, you acknowledge that you have read and understood the Program Policies on page 6, and you agree to be bound by them.**

<b>Program Total:</b>	\$
<b>Optional Donation to Reach</b>	\$
<b>TOTAL ENCLOSED:</b>	\$

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

<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card # _____
Exp. Date: _____ Sec. Code: _____ Name on Card: _____



Address Service Requested

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Minnetonka, MN 55343  
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Fax: 952-229-4468  
www.reachforresources.org



Thank you to our sponsors for Bowl-A-Thon!

With your support, we raised **\$5,453**  
for Reach's programming.



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