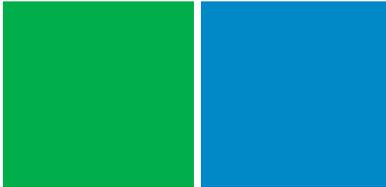




# inside reach



fall/winter  
2010  
newsletter

*Help build a new child development centre.  
Plan your holiday charity giving now.*

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The new Reach centre in the heart of Ladner, targeted for construction in 2015, will make programs and services for children and families more accessible than ever. Reach must raise \$4 million to build it. Learn how you can help on page 4 inside...

# inside reach

is published quarterly and is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to subscribe or unsubscribe call 604-946-6622 ext. 0 or email [info@reachdevelopment.org](mailto:info@reachdevelopment.org) and write "newsletter" in the subject line.

Submissions are welcome. Children's writing or artwork is welcome. Please include your contact information with your submission.

Submissions can be emailed to [cnidoski@reachdevelopment.org](mailto:cnidoski@reachdevelopment.org) with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.



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## Message from the President...



Hope you have had a great summer. It was short, but sweet this year. September hit with quite a bang, although there were a few brief moments of sunshine late in the month and even into October!

On October 2, we held the Reach Society Annual General Meeting, the Reach Foundation Annual General Meeting, and a Strategic Planning session for the Reach organization as a whole. It was held in the Ladner Kin House, the future site of our new building!

Thanks to the entire Reach team of organizers and a special thanks to the Tsawwassen Boundary Bay Lions Club members who served us up a fine autumn meal for lunch.

We reflected on the past year, including the closing of the EIBI program and the subsequent opening of the ABA program, and the potential impact of full day kindergarten on the services Reach provides. We looked forward to the next year, including a focus on services to support the transition to adulthood, Reach's visibility within the community, and continuing our capital campaign to raise funds for the new building.

The afternoon was spent on the Strategic Planning elements of our agenda. We held independent focus groups on each

of the eight major topics selected for discussion: Population Stabilization, Multi-Cultural Understanding, Youth Needs, Life Skills and Recreation Programs, Learning Disabilities and ADHD, Challenging Behaviours and Mental Health Issues, Social Enterprise, and Mergers.

Following the focus group sessions we listened to presentations made by members of each of the focus groups. It was amazing to observe how a group of focused, motivated individuals can tackle difficult problems and come up with effective strategies to address them in such a short period of time. Truly we are more than just the sum of our parts. It was time well invested; the strategies we developed during this session will be used to guide the Reach organization for the next three to five years.

Thanks to everybody who gave up valuable personal time to contribute to this event. Hope you are looking forward to the rapidly approaching winter. It's a La Niña year, promising above-average precipitation in the Pacific Northwest!

*Rob vanSpronsen, President*  
*Reach Child and Youth Development Society*

*(Note: See page 3 for more about Reach's AGM and strategic planning sessions)*



### We want your feedback...

*Your feedback is important to us in helping to determine the design and delivery of programs that best meet the needs of children, families and the community.*

*Please feel free to call Reach or email anytime with comments. Phone 604-946-6622 ext. 342 or email at [lisaw@reachdevelopment.org](mailto:lisaw@reachdevelopment.org)*

# Upcoming at Reach.....



## Reach Sibshops. *by Yvonne McKenna, Reach Counselling Services*

“My sister, Robin, is 17 and has autism. She knows a lot about birds, plants, and Pokémon – her three favourite things. She has a little bit of a harder time in school, but if she puts her mind to it, she is capable of pretty much anything.” Kelsea, 15

“Sometimes she’s annoying and uncompromising. She’s about the most stubborn person I have ever met.” Erin, 14

“The hardest thing to do as a sib is to put up with Stephen 24/7. He is mainly nice and happy, but when he isn’t, everyone in my house is in for trouble.” Kevin

These comments are from siblings of children with special needs, from the book “The Sibling Slam Book”. Now before you get upset at the title, this book is meant to give siblings an outlet to talk about their experiences – both good and bad – about living with their brother or sister with special needs. The author, Don Meyer, is a sibling himself and has developed many programs for siblings, the most widely known is the Sibshops Program which is run in many communities across North American and other countries.

Reach is planning to run a Sibshops program for our families in early 2011. The goal is to provide a connection between siblings so that they are able to share their experiences and have a lot of fun as well. Sibshops are not group therapy. Sessions provide a bit of information, some opportunities for siblings to talk, but mostly they are full of fun, silly and interactive games.

Information about Reach Sibshops will be available soon on our website at [www.reachdevelopment.org](http://www.reachdevelopment.org) or if you have any questions about Sibshops please contact Carol Ywan at [caroly@reachdevelopment.org](mailto:caroly@reachdevelopment.org) You can find out more information about Sibshops and the work Don Meyer is doing on his website <http://www.siblingsupport.org/>. There are also opportunities for siblings to join chat groups and talk with other siblings.

## from the Reach Library....

*Lisa Woudzia, Ph.D., Associate Executive Director, Reach Child and Youth Development Society*

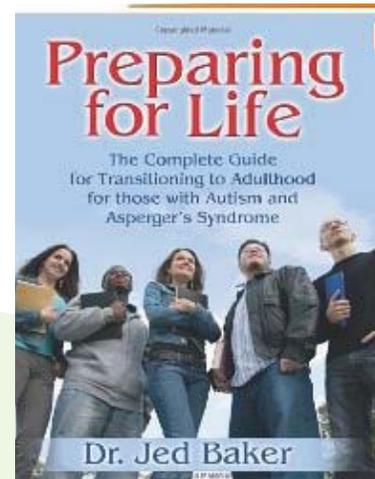
### **Preparing For Life :: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger’s Syndrome** By Dr. Jed Baker

Reach has been hearing from more and more families who are concerned about their child moving into adulthood without having the life skills they need to succeed. This book takes a practical approach to teach a wide variety of skills, which can be taught individually or in group sessions. There are 65 activities in total in the book as well as chapters addressing key transition issues, such as preparing for college.

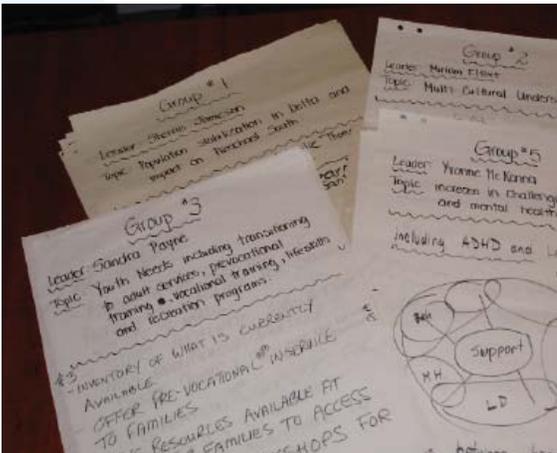
The bulk of the book is dedicated to the activities. At first glance it looks like it is too superficial a treatment of the issues. For example, can one really adequately address “dealing with social fears” in five and a half pages? Well, the intent is to come up with a plan including a variety of strategies directed toward helping with the issue, and generally, the methods and strategies suggested are very good. The reader can pick and choose, of course, based on the person who will be benefitting. Topics and activities include: identifying triggers to your anger; respecting personal space and belongings; interest vs. boredom social cues; talking vs. acting out your feelings; saying hello’s and goodbye’s; starting conversations with people you know, dealing with mistakes and correction etc.

This book has many good ideas and the practical approach is great. I recommend this book for parents or for anyone working with youth or young adults, or for youth and young adults to use themselves.

**This book is available in the ASD (Autism Spectrum Disorder) section of the Reach specialized book lending library.**



# Families, staff and board members come together for strategic planning at Reach's 51st annual general meeting...



Saturday October 2nd was Reach's 51st annual general meeting "Building Today for a Better Tomorrow". Reach invited its membership including staff, board and families participating in Reach programs, to elect the leaders for the Board of Directors for Reach Society and Reach Foundation. Everyone attending came together to discuss and brainstorm topics that will help develop a long term plan for Reach to better prepare children and youth with special needs for the future.

Attendees were broken up into 7 groups to

discuss the following issues: population stabilization in Delta; multicultural understanding; youth needs including transitioning to adult services, prevocational training and vocational training; life skills and recreational programs; learning disabilities and ADHD; increase in challenging behaviours and mental health issues; and social enterprise and other revenue generation opportunities.

It was a lively morning that generated great ideas that will guide Reach in its future planning. More details about the results of the strategic planning session will be reported in our next newsletter. If you didn't make it to the planning session but would like to give input on these topic areas, send your comments to Lisa at [lisaw@reachdevelopment.org](mailto:lisaw@reachdevelopment.org)

Reach would like to proudly announce the leaders elected to the Board of Directors for Reach Child and Youth Development Society: Jack Davidson, Jill Desjarlais, Marcia McCafferty, JoAnn McKenzie, Karen Ostrom, Meryl Smith, Leslie Thomas, Rob Vanspronsen, Phylilis With, and newly elected member Belinda Weitzel.

Elected leaders to the Reach Child and Youth Development Foundation are: Barbara Donnelly, Agnes Douglas, Irene Forcier, Gary Keller, Kari Thomas, Bonnie Meyer, and Joni Wright.

Thank you very much to the Tsawwassen Boundary Bay Lions for preparing and serving a wonderful, healthy lunch, to Thrifty's Foods Tsawwassen for supplying the morning muffins and to Pistol & Burnes for supplying the coffee.

## Watch Variety Show of Hearts telethon in February for an appearance by Reach and families...



There was a lot of excitement here at Reach last month as Global TV showed up to film families for the Variety Show of Hearts telethon coming up this February. The purpose of the filming was to talk to Reach and families about the duet tandem wheelchair bikes that Variety helped fund with a \$25,000 grant. Global filmed the families using the bikes and got a few interviews to learn about how these wonderful bikes have impacted on families' lifestyles. Thank you Bonn family and McLure family for coming out to film - thank goodness it was a beautiful sunny day!

Be sure to watch and support the Variety Show of Hearts telethon in February.

# Charitable gifts make giving meaningful...

Though we've just barely finished carving pumpkins and pulling out our warm coats, it's not too early to start thinking about holiday giving. With the economy the way it is, and the needs so great in communities like ours, many people are turning to charitable donations for gift giving. Making a charity gift means that you make a donation to a charity and name another person as the giver. A charity gift sends the message that you care about your community, and that you know others do to.



As a family or friend of Reach Child and Youth Development Society we are asking that you consider a charitable gift or pledge to Reach's Building for Children Together capital campaign this year. Our goal is to raise \$4 million in the next 4 years to build a community based child development centre in the heart of Ladner B.C. But we need your donation to help us reach our goal.

## Charitable gifts:

When you make a charity donation gift to the Building for Children Together campaign you will receive a gift acknowledgement card. You may also choose a gift with your donation : a Reach pen with a \$50 donation and a Reach lapel pin with a \$100 donation, both beautifully wrapped with your acknowledgement card for holiday giving.



## The 20/20 Vision pledge:

In addition to one-time charity gifts, you can help by joining Our 20/20 Vision and pledge \$20 for 20 months to the capital campaign. Over 20 months that is a total of \$400! Our goal is to have 500 people join our 20/20 vision for a total of \$200,000 that will help build the new centre, and will help more children and families in your community.

## Donate or pledge in a variety of ways:

- \* Visit Reach and fill out a donation form at the front desk, at #3 3800 72nd street in Ladner
- \* Donate by phone with your credit card at 604-946-6622 ext. 0
- \* Donate online at our website Make a Donation page at <http://reachdevelopment.org/donate> .
- \* Download a donation form from our website Make a Donation page and mail with cheque or credit card info to Reach Society, #3 3800 72nd street in east Ladner.

**Thank you for your support!**

## Reach preschoolers the stars of charity cookbook...



Each year the South Delta Leader newspaper creates a cookbook full of recipes compiled from their Local Flavour monthly column. Sales from the cookbook go to a local charity. This year the Leader chose Reach's Building for Children Together campaign as the recipients of the cookbook proceeds: and Reach Developmental Preschool South Delta was featured on the cover and inside.

Susie Gall, preschool coordinator, had fun posing with preschoolers Ciera, Ethan and Roxy, (and Susie's famous yummy pumpkin cookies) for the cover and inside story of the cookbook. The cookbook supports the Building for Children Together campaign with proceeds as well as with awareness about the campaign.

This year the cookbook is offered to the community a little differently: the funds for the cookbook will be sponsored so that the cookbook can be delivered free of charge to all households in South Delta as an insert in the paper.

The cookbook comes out in the paper late October and will also be available at Reach by donation. It makes a great holiday gift! Thank you South Delta Leader for your continued support.

# from the Reach Health and Safety committee...

Have you started your holiday baking yet? Here are some food safety tips (for children and grown-ups) from Health Canada for holiday baking and eating..

## Baked goods:

Raw eggs can contain Salmonella bacteria, so you should not eat uncooked cookie dough, batters or frostings made with raw fresh eggs. Remember, young children are at greater risk for foodborne illness, so they should not be allowed to “lick the spoon” if the dough, batter or frosting contains any raw egg ingredients.



## Eggnog:

Store-bought eggnog is pasteurized and does not require heating to kill harmful bacteria. If you are making eggnog at home, you should use pasteurized egg and milk ingredients, which are available at many grocery stores; or, heat the egg-milk mixture to at least 71°C (160°F) and then refrigerate in small amounts using shallow containers so it will cool quickly.

## Fruit juices and ciders:

If you are making drinks with fresh fruit juices or cider, check the label to see if the product has been pasteurized. If the juice or cider is not pasteurized or if you are uncertain, you can minimize risks by boiling the product to make sure it is safe for everyone.



## Oysters and seafood:

Some people enjoy certain raw seafood items, such as oysters and sushi. However, raw seafood may carry bacteria, parasites or viruses that can cause food poisoning.

## Foods stored in oil:

Home-prepared products in oil, such as herbs, garlic or peppers, are popular as gift items during the holiday season. However, they must be prepared and stored properly.

If home-prepared products in oil are made using fresh ingredients (e.g., fresh herbs, peppers, garlic, etc.), the products should be refrigerated immediately after being made; and, discarded if stored for more than one week. However, if all ingredients added to the oil are dehydrated (e.g., dried herbs and spices), then the product can be stored safely at room temperature. If you receive a home-prepared gift like this and are not able to find out when and how it was made and stored, it is safer to discard the product.

For commercially-prepared foods stored in oil, check the label. If the list of ingredients includes salt and/or acids, these products have been preserved and do not pose a risk of food poisoning, as long as you follow directions for storage (e.g., refrigerate after opening and between each use).

## Holiday buffets:

If you are serving food buffet-style, use warming trays, chafing dishes or crock pots to keep hot foods hot. Keep cold foods cold by putting serving trays on crushed ice. Do not let food remain at room temperature for more than two hours. Also, do not add new food to serving dishes that are already in use. Instead, use a clean platter or serving dish each time you re-stock the buffet.



## Travelling with food:

As always, keep hot foods hot (at or above 60°C / 140°F) and cold foods cold (at or below 4°C / 40°F). Transport hot food in insulated containers with hot packs. Transport cold food in a cooler with ice or freezer packs.

## Baseball Challenger Division for youth with special needs. Registrations starts soon...



North Delta Baseball Challenger Division welcomes players age 5 to 18 with physical or mental challenges, helping them enjoy the full benefits of NDBA participation in an athletic environment structured to their abilities. Players are needed! As well, they need youth volunteers to assist as buddies to the players. Season begins April 2011 until June 2011 Registration starts in November 2010 For more information contact Jana Prasad (Registrar) at 604-805-3721

# Mark your calendars...

Date time & location	Name of event and description	To register...
<p><b>November 20th</b> 10:00 am - 2:45 pm Scott Road Connections DCLS 105-7953 120th Street North Delta</p>	<p><b>Thinking in the Future Tense</b> Presented by Delta Community Living Society and Delta family Alliance Network Practical and relevant seminar to help you plan effectively for the future of someone with a developmental disability.</p>	<p>Contact Si Stainton, Delta Community Living Society, Family Services Liaison, sstainton@dcls.ca . 604.952.6490</p>
<p><b>November 16, 23, 30 and Dec 7th</b> Tuesdays 6 pm-715 pm 9097 120th Street North Delta</p>	<p><b>Deltassist Positive Parenting Workshops Series</b> Topics include Discipline , Effective Communication , Healthy Boundaries, Ages &amp; Stages of Development , Attachment Parenting, and a Barbara Colorosso Video Topic Discussion . Free to Delta residents.</p>	<p>To register call 604-594-3455 Extension #137</p>
<p><b>November 18th</b> 6:30-8:30 pm at Reach, #3 3800 72nd street Ladner</p>	<p><b>Emotional Regulation</b> <b>Presented by Pam Collins, Reach Child and Youth Development Society</b> Understanding and regulating our emotions can be challenging for us all, but even more so for our children with special needs. Learn how to help your child learn about their emotions and how to self-regulate using visual supports. Cost: \$10</p>	<p>Contact 604-946-6622 ext 343 or email caroly@reachdevelopment.org</p>
<p><b>November 18-19</b> 9:00 - 4:00 pm Holiday Inn Vancouver Centre 711 West Broadway 604-879-0511</p>	<p><b>De-Escalating Potentially Violent Situations.</b> Participants will leave the workshop with a clear understanding of how to assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially violent situations. Cost: \$350</p>	<p>Register on-line at <a href="http://www.ctrinstitute.com/bc.html">http://www.ctrinstitute.com/bc.html</a></p>
<p><b>Nov 27th</b> 8:00 - 3:00 Harbour Centre SFU 515 West Hastings, Vancouver</p>	<p><b>Autism Spectrum Disorder: Planning for Adulthood</b> Presented by Dr. Anthony Bailey This talk will focus on how the planning for adult life should begin in childhood, and how clear and achievable objectives for each individual need to be defined and regularly updated. Cost: \$175 - 150</p>	<p>Download registration form at the ACT website at <a href="http://www.actcommunity.net/workshops_and_training/workshops/2010/PAGN10VAN.html">http://www.actcommunity.net/workshops_and_training/workshops/2010/PAGN10VAN.html</a></p>
<p><b>January 20th</b> 6:30-8:30 pm at Reach , #3 3800 72nd street Ladner</p>	<p><b>Advocacy and School Transition</b> <b>Presented by Pam Collins, Reach Child and Youth Development Society</b> What does effective advocacy entail? Come for an overview of what is involved in the process of seeking the services that children with special needs are entitled to and how to prepare for the various transitions within the educational experience. Cost: \$10</p>	<p>Contact 604-946-6622 ext 343 or email caroly@reachdevelopment.org</p>

# Fundraising news...



Ladner Rotary member Don Burkett (pictured above with Reach Executive Director Renie D'Aquila) with the help of other Rotarians spruced up the appearance of Reach's Ladner facility for the winter by painting 4 of Reach's storage sheds as well as the railings for the front of the building. Thank you Rotarians!



Judy Foster and Janet Blair present Renie D'Aquila ED, a cheque for \$450 from the Beta Sigma Phi, Laureate Beta Chi members donated to Reach's preschool summer program.



**"BELIEVING IN POTENTIAL"**

#3-3800 72nd Street  
Delta, BC V4K 3N2  
[www.reachdevelopment.org](http://www.reachdevelopment.org)

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

## BIG SKIRTS and BIG HEARTS!



It was a surprise 60th birthday party for Mrs. Kathy Klassen, wife of former GM dealer Ed Klassen on July 24th at Ladner's Town and Country Inn. Guests were asked to come dressed in 50's, 60's and 70's attire. Irene Forcier, (seen on the left), Director for Reach Child and Youth Development Foundation attended the event where guests donated over \$3,000.00 to Reach's Building for Children Together campaign. Among the party's 157 guests were Shell Busey and his wife Frankie, and MC Wayne Cox of Global TV.

## THANK YOU!

"Celebrate the Child ~ Inspire Ability" was a Fundraiser for both Reach Society and International Child Care, an organization that works with children with special needs in Haiti & the Dominican Republic. It was a fun evening featuring entertainment by local musicians, a ventriloquist, a juggler and an inspiring talk by Paralympian Jennifer Krempian, as well as a Silent Auction. Over \$ 1, 330.00 will go to the Building for Children Together campaign. Thank you once again for inspiring ability and supporting your community.

**Everyone loves a Party !** Do you like to organize parties? There are many companies that specialize in Home Parties: Tupperware, Discovery Toys, The Pampered Chef, Epicure, Silapada, Avon, to name a few, which offer Hostess Benefits and Fundraising donations. Why not invite a few friends over for coffee or wine & cheese, socialize and shop for a good cause? The benefits earned could be free products to be used as prizes at future Reach Fundraising events or a percentage of sales as a cash donation. Either way, Reach wins and you & your friends have a good time too. For more information on this or other 3rd party fundraising ideas, please contact [suw@reachdevelopment.org](mailto:suw@reachdevelopment.org) or phone (604) 946-6622 ex. 339.

**THANKS for your ongoing support ~  
it's crucial to our success !**