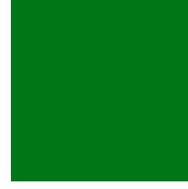
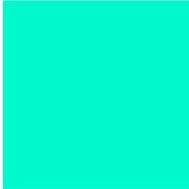
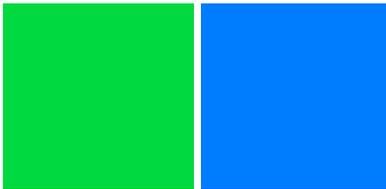




inside reach



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inside reach

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If you would like to subscribe or unsubscribe call 604-946-6622 ext. 0 or email 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 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



Happy New Year! I hope that you enjoyed a good break over the holiday season. Reach has been busy as usual. In fact, a little busier than normal, if that is possible!

In the middle of November we became aware of a federal grant program that, if we were successful, could make a very significant contribution to the capital campaign for our new building. By early December we had begun to actively pursue this opportunity, which seemed to fit our organization and objectives very well.

The application process was quite daunting, with several major hurdles to overcome for Reach even to be considered for this grant. The team had most of the big roadblocks cleared by Christmas, and it was a mad dash to get the written proposal out on time, by the middle of January. Regardless how successful our application turns out to be (we should know in March or April), the Reach team assembled a very compelling submission, with imagination and creativity. Well done and fingers crossed!

And, as planned for some time, the three day CARF re-accreditation survey occurred January 24-27. The Reach team had been prepar-

ing for this survey, but the timing was very close to the federal grant application submission deadline, so of course there were lots of last minute things to take care of and plan for.

I had the pleasure of meeting with the CARF survey team - what a wonderful opportunity to show just how strong the Reach team is, both with the people we have and the services we deliver. Reach did "very well", and came away with three relatively minor recommendations, which I am sure have already been addressed within the organization.

On a slightly personal note, myself and the board were delighted to see Jack Davidson, our Treasurer, back on his feet and once again overseeing the Reach finances with his "eagle" eye. Jack is a long-time board member who makes a very strong contribution to the Reach Board of Directors and we are thrilled to see that his recovery was very rapid.

Rob vanSpronsen,
President
Reach Child and Youth
Development Society

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



Keep current with
Reach and Reach Delta
Connex on
Facebook.



You can also follow Reach on Twitter at
www.twitter.com/ReachSocietyBC

Upcoming at Reach

Reach Preschool registration for 2011/2012...

OPEN HOUSE:

Reach Preschool is having an Open House in North Delta on Wednesday, February 16 from 6:30 to 8:30 p.m. and in South Delta is Thursday, February 17 from 6:30 to 8:30 p.m. Parents are welcome to bring their children. Preschool registration packages will be available. Reach Preschool North Delta is at 10921 82nd avenue North Delta, V4C 2B2 and South Delta at #3 3800 72nd street Ladner.

REGISTRATION:

Reach Developmental Preschool in-house registration for returning families will take place on Saturday, March 5th . Registration for Reach Preschool South Delta will be 8:30a.m. to 11:30 a.m. at #3 3800 72nd street Ladner, and for Reach Preschool North Delta from 1:00 to 4:00 p.m. at 10921 82nd avenue North Delta.

For more information please call 604-946-6622 ext 308 or email susieg@reachdevelopment.org .

Reach Developmental Preschool community registration will take place on Saturday, March 12 . Registration for Reach Preschool South Delta will be 8:30a.m. to 11:30 a.m. at #3 3800 72nd street Ladner, and for Reach Preschool North Delta from 1:00 to 4:00 p.m. at 10921 82nd avenue North Delta. For more information please call 604-946-6622 ext 308 or email susieg@reachdevelopment.org .



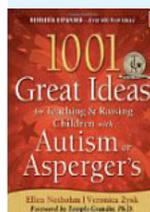
from the Reach Library

guest editorial by Pam Collins, Reach Consultant and Workshops presenter

Need some good books on autism to help celebrate World Autism Awareness Day April 2nd? Here are some of my recommendations...

Initiations and Interactions: Early Intervention Techniques for Children with Autism Spectrum Disorders by Teresa A. Cardon

This is one of my favorites to share with families with young children with a new diagnosis of ASD. Teresa Cardon, a speech language pathologist, helps parents create a home environment that promotes communication! She offers advice on how to use your everyday routines and household objects (books, toys, visual schedules) to promote initiating and interacting with your child. This book is filled with ideas that you can start doing right away while waiting for other therapies or in collaboration with existing therapies.

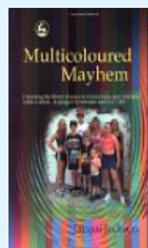


1001 Great ideas for Teaching and Raising Children with Autism Spectrum Disorders by Ellen Notbohm and Veronica Zysk

This book really delivers 1001 great ideas! From brushing teeth to acquiring social skills the authors share a variety of tried and true solutions to almost all of our day-to-day mystifying challenges. All of the ideas are categorized and easy to read – it is a real treasure trove for parents, caregivers and educators.

"Just Give Him the Whale!": 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism by Paula Kluth and Patrick Schwarz

Does your child/student have a passion – a very special interest? From the Wonderful World of Disney to Dinosaurs, from airplane engines to astronomy – this book will help you incorporate the fascination to promote communication, literacy, self-regulation, and career development plus much more. These ideas are good for all children across all grade levels and show how one can fold their passions into everyday routines and the classroom environments.



Multicoloured Mayhem: Parenting the Many Shades of Adolescents and Children with Autism, Asperger Syndrome and AD/HD by Jacqui Jackson

This is a must read! Jacqui Jackson is the 'mum' of seven incredible children. Her three teenage daughters are in various stages of adolescence. One of her sons, Luke, has Asperger Syndrome and has authored his own book "Freaks, Geeks, and Asperger Syndrome". Joe has ADHD, Ben has Autism and Matthew has dyspraxia and dyslexia. Jacqui shares her family ups and downs with honesty and humour. Her stories are filled with common sense strategies as they manage everyday routines and celebrations that may seem chaotic with so many children with such a range of conditions. The BBC has made a feature-length drama based on her book – it is called "Magnificent 7"

Families and Reach staff celebrate the holidays together.

On Friday, December 17 Reach early programs held their annual family Christmas party at the Ladner Community Centre.



Children and families from Reach ABA, Infant Development Program, therapies program and both Reach North and South Preschools joined together in the fun.



Close to 90 families attended with their children. There were crafts for the children to take part in as well as a sing-a-long and, of course, Santa came by for a visit with the children and to take pictures. Snacks and refreshments were served. A great time was had by all. Thank you Save-On-Foods Ladner for helping to provide the food and refreshments.



“Ethics” at Reach professional development day.

On Friday November 26th, 2010 Reach held its annual staff Professional Development 1/2 Day. Reach Associate Executive Director Lisa Woudzia gave a highly interesting and informative talk on ethics as it relates to Reach’s Professional Code of Ethics, and led a group discussion on ethics in service delivery. Lisa has a Ph.D. in Philosophy and, in addition to her work with Reach, has taught Business Ethics at Kwantlen University.

The Reach Professional Development event is a day where Reach staff is provided with key note speakers, training and education on a variety of topics related to their work with children and families, strengthening skills and increasing the quality of their work.



Staff get the opportunity to ask questions, share knowledge, listen, contribute to discussions, brainstorm and problem solve, opening dialogue on issues that are important to them as service providers. It is also a day where we can connect as a group and have a little fun together, strengthening bonds and opening doors to further communication.

This year, to get staff relaxed for the discussion we started the afternoon with a delicious Greek lunch and held an energetic team-building toga runway challenge.

Thank you Lisa Woudzia for presenting your very worthwhile talk. Thank you Reach Pro D Committee for your hard work in organizing the event, and to all of the staff who attended. Thank you also to Safeway Tsawwassen for providing the food and 4Imprint for providing the staff with business materials.

Easter is on its way.



Be sure to be ready by ordering on time with Reach's Purdy Chocolate fund-raiser. Purdy's has a delicious assortment from baskets and bunnies to tins. There's also bags of eggs, jellybeans, hedgehogs, and more. Purdy's Chocolate brochures are available through all Reach programs and the main office, or you can view the brochure and order ON-LINE.

To place an order on-line go to www.purdysgpp.com and click on Sign up as Group Member (top right hand side) and enter the Reach Group number which is 3561 and click Find Group. Fill out your personal information and you will be sent to the ordering page. An e-mail will be sent with you own unique User ID and password so you can log in again. Order deadline is March 25, 2010 . Orders will be ready for pick up the week of April 18, 2010. For more information please contact volunteer Hazel 604-946-4127 or Su. Wiczorek Funding Coordinator at (604)946-6622 ex.339

Reach information in translated form.

Families can now view pages on the Reach website translated into 12 different languages. Just go to the website and click on the icon at the bottom left of the screen. Our main brochure and ABA brochures also are now available in Punjabi and Mandarin, and our main brochure also in French.



Reach completes another CARF Accreditation.



On January 26th Reach completed its 3-day accreditation survey with International accrediting body C.A.R.F. (Commission on the Accreditation of Rehabilitation facilities). A CARF accreditation recognizes that the provider's business and service practices meet international standards of quality. Our report will come in a few months, but preliminary feedback from surveyors Larry Jones and Jeff Torent (pictured left) is extremely positive. This will be Reach's 3rd successful accreditation. Look for the report highlights in our next "inside Reach" newsletter.

April 2nd is World Autism Awareness day.

Autism Spectrum Disorder (ASD), also referred to as autism, is a neurological disorder which causes developmental disability. Autism affects the way the brain functions, resulting in difficulties with communication and social interaction, and unusual patterns of behaviour, activities and interests. (Autism Society Canada).



April 2, 2011 will mark the fourth annual celebration of World Autism Awareness Day. Reach will be honouring this day on our Facebook page with links to great websites where you can find information and resources to download.

We are also going to be asking you to post to our wall answers to the question:

How has autism made a difference in your life?

Please visit our Facebook page April 2nd and join the conversation!

from the Reach Health and Safety committee.

7 ways to beat the winter blues

Keep that spring in your step on even the darkest of days with these great ideas for staying sane.

Adapted and Revised from “Made for mums” network

1. Get out in the light

A common reason for feeling 'blah' during winter is missing out on exposure to light. Daylight kick-starts your brain into producing hormones that make you feel active. The solution? “Get outdoors every day while it's light for a minimum of 20 minutes,” says

Linda Blair, clinical psychologist and author of *Straight Talking*. “Sunlight triggers chemicals, such as serotonin, in your brain that make you feel better.”



2. Eat to feel good

To help balance your mood, make sure you eat regularly and choose the right foods. “To reduce sluggishness, try to keep your blood-sugar levels constant,” says Bridget Aisbitt, nutritionist with the British Nutrition Foundation. Don't be tempted to skip meals, and get your energy from complex starches. “Go for wholegrain breads and grains rather than the white versions. And try porridge, too. All

of these will help keep your mood steady,” advises Bridget.



4. Work up a sweat for endorphins

Exercise is one of life's great mood boosters. Researchers at the University of Queensland, Australia found that exercise increases levels of serotonin in your brain, while another study at Duke University Medical Center in North Carolina found that for

some people, regular exercise (even brisk walking) can combat feeling down as effectively as taking some medications.



5. Boost your B vitamins

You most likely took it in pregnancy for your growing baby, but folic acid (folate) can also help stop you feeling blue. Without plenty of this wonder-B vit and vitamin B12, your body doesn't produce enough S-adenosylmethionine (an important mood regulator that boosts levels of the

happy-hormone, serotonin, in the brain) – so say researchers at the Harvard Medical School.

Great sources of folate include aspara-



gus and green leafy vegetables as well as oranges and beans, while fish and meat (in particular liver, beef, trout and salmon), and fortified cereals.

6. Rooting for you

“Intake of the mineral selenium in the UK has declined in recent years, and there's some research linking low levels of this nutrient with mild depression,” says dietician Jane Freeman. Selenium is found in the soil, so Jane recommends

including plenty of root vegetables and mushrooms in your diet. Get roasting those parsnips!



7. Breathe it out

“When we feel down, anxiety starts to build up,” says Linda Blair. “Working on your breathing helps you into better physical condition to prevent anxiety, which is often linked to depression.

Take three minutes to breathe in slowly through your nose and out through your mouth for a count of four seconds, 30 times.”



Mark your calendars.

Date time & location	Name of event and description	To register...
<p>Friday February 18 & Saturday February 19 9am - 4:15 pm</p> <p>Walnut Grove Lutheran Church 20530 88th Avenue Langley, British Columbia V1M 2Y6 Canada</p>	<p>Practical Solutions: Supporting Children With Special Needs This 2 day event features Dr Sandy Johal discussing Vision Therapy and Dr Anita Bratt who will discuss Diet Therapy in the treatment of Autism . Also, by Brian Lai -How to help children be “Sensory Smart” & Jodi Tucker on RDI® a parent-based intervention program. Day 2 is a hands on workshop with Brian Lai offering training for those children with Sensory issues and we will get in the kitchen with Lori Briennesse-Frank who will show you how to make the transition into the world of Gluten Free and Casein Free eating in an easy and practical way.</p>	<p>Contact Kathryn or Lorianne at events@kidsmattercanada.com or phone 1-877-882-9090</p>
<p>March 11-12, 2011 UBC Scarfe Building, 2125 Main Mall March 11: 6 -9 p.m. March 12: 9 a.m.-4:30 p.m.</p>	<p>3rd annual Conference of the BC Association for Applied Behaviour Analysis (BC-ABA) Featuring: Experimental/research studies, case studies, and theoretical papers On topics such as: Skill assessment, challenging/ problem behaviour, early intervention, policy and ethical issues, professional preparation, service delivery, teaching and/ or intervention in schools, employment, and adult issues and interventions. CEUs available for BCBAs and BCABAs Prices Friday, March 11th Pre-conference workshop: \$25.00 Saturday, March 12th BC ABA conference: \$100.00</p>	<p>Visit www.bc-aba.org and follow the event listing links to register for both the pre-conference workshop and the BC ABA conference.</p>
<p>Saturday, March 12 10:30am—3:00pm Scott Road Connections Delta Community Living Society 105-7953 120 Street North Delta, BC</p>	<p>Thinking in the Future Tense Presented by Delta Community Living Society and Delta family Alliance Network A workshop for parents and family members of youths or adults with developmental disabilities that covers the Registered Disability Savings Plans and developing Personal Networks. Cost: \$10</p>	<p>Contact Joanne Fee 604.952.6475 fax: 604.940.9683 jfee@dcls.ca</p>
<p>Wed, March 16th 9:00a.m. to 2:00 p.m. ABA Board room at Reach #3 3800 72nd street Ladner, BC V4K 3N2</p>	<p>Sexuality :Preparing a Plan for Sex Education and Abuse Prevention for Your Child with Special Needs Presented by Camille Netherton, Reach Child and Youth Development Society. You will learn how to come up with a comprehensive plan of what, who, how and when to teach your child; what they need to know and when they need to know it to keep them informed and safe. Join us and create a plan for healthy sexual development for your child. Cost : \$20</p>	<p>To register, contact Carol Ywan Tel: 604-946-6622, ext 343 or Email: caroly@reachdevelopment.org</p>
<p>April 7th - 9th Vancouver Convention Centre, Vancouver, BC 999 Canada Place</p>	<p>Autism Vancouver Biennial Conference: Autism Through the Lifespan. With Autism Expo & Market. Keynote speaker Kelly LeBrock. Featuring 18 plus of the world’s foremost autism experts speaking on topics covering the full range of everything that you must know about Autism Spectrum Disorders Across the Lifespan. This theme reflects the reality that autism spectrum disorders present an evolving set of personal, familial, societal, and therapeutic issues as affected individuals pass from infancy, childhood through adolescence, adulthood, and finally old age. Cost: From \$225 - \$325 for full conference package . Additional guest \$99</p>	<p>Register on-line at http://autismvancouver.com/ or to download a registration form to fax or mail in. For more information contact Autism Today Toll Free: 1-866-928-8476 (866-9AUTISM) or Conference Director Karen Simmons Tel: (780) 416-4448 Fax: (780) 416-4330 Email: karen@autismtoday.com</p>

Fundraising news.



The Reach Toy Story: just a few of the many toys purchased with a grant from Ronald McDonald House Charities.



The M&M team: Madeleine Wieczorek (right) & Madeleine Dunn (volunteers) show some of the gifts they wrapped for the gift wrapping service at the Tsawwassen Town Centre Mall.



"BELIEVING IN POTENTIAL"

#3-3800 72nd Street
Delta, BC V4K 3N2
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

McDonald's dishes up toys for special programs...

With the support of Steve Krawchuk, operator of the Tsawwassen & Ladner McDonald's, Reach has received a grant of \$ 5,000.00 from Ronald McDonald House Charities. This grant is for the purchase of specialized toys and equipment for our inclusive preschools and autism therapy program. With this grant we have been able to fill our playrooms with colourful, sensory toys to assist children with special needs to develop fine & gross motor skills. Thanks Ronald & Steve for helping children reach their potential.

McHappy Days are here again...

Speaking of McDonald's...mark this date: Wed. May 4 will be McHappy Day. Proceeds from the sale of McMuffins, Happy Meals & Big Macs will be donated to charity and once again, Ladner & Tsawwassen locations will be supporting Reach. Volunteers are needed to assist with a day of fun activities, balloon animals, face painting etc. To sign up for a short shift, call Su. Wieczorek at (604) 946-6622 ex.339.

THANK YOU!

Thank you to all of the individuals and businesses who contributed to the Building for Children Together capital campaign in 2010. We had an wonderful response to our winter campaign mail-out appeal. Your contributions will make a real difference in the lives of children with special needs and in the community, now and into the future!

Our elves were busy helping... Santa sent his thanks to some Reach volunteers who helped wrap over 400 presents for the Gift Wrapping service for the BIA Tsawwassen (Business Improvement Association) at the Tsawwassen Town Centre Mall in December. Donations of \$ 520.00 were made to each of 4 local charities, including Reach. A BIG Thank you to helpers: Marcia McCafferty, Yvonne McGuire, Angela Smith, Sherrie Jamieson, Susie Gall, Susan LaBossiere, Joyce Lyseng, Madeleine Dunn & Madeleine Wieczorek and thanks to Ana Arciniega of the BIA.

South Delta Leader once again helps raise awareness...In December the South Delta Leader Facebook page hosted a contest for Canucks tickets sponsored by BCAA. When 'Followers' posted links to Reach's Building for Children Together capital campaign on their facebook walls and told friends to DONATE they got a chance to win 2 tickets to a Canucks game! Congratulations to Jen Burke for posting and winning the tickets. Thank you South Delta Leader for your continued support!

Gifts that keep on giving.... The Fundscripp fundraising program has raised \$ 350.00 to date. Thank you those who have purchased. And thanks to Madeleine Dunn & Madeleine Wieczorek for volunteering. This program is continual. **Buy your gift cards from Reach and a % will be donated back.** Contact us for more information.

To make a donation or find ways you can help, contact Su at 604-946-6622 ext. 339 or email suw@reachdevelopment.org