



inside reach

WINTER
newsletter
2023



in this issue...



5
Gift of Speech
Update

8
Art Auction
Update

9
Announcing
Reach for the
Stars Gala 2023

Pink Shirt Day 2023

REACH programs and staff recognized Anti-Bullying Day and celebrated being kind.....page 6

inside reach

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Message from the President



I have had the privilege to serve on the board of REACH Child and Youth Development Society for over 15 years. Our board works with the Executive Director, Renie D'Aquila, to develop a plan and set goals for the organization.

At the beginning of this new year we reviewed our existing Strategic Plan and brainstormed ideas to help REACH move forward. Our eleven member board bring to the meeting a wide background of knowledge and experience to help formulate a comprehensive and forward-thinking plan.

During the next year we hope to work with the Government and other groups to improve all our services to our children, youth and young adults through increased staffing, supplies and programs. We want to continue our summer program for youth with complex needs started last year. Our counselling program has been very successful, and we want to increase these services and try to reduce the waitlists. We recently hired a Family Support Worker and we see the added value to families trying to meet some of the goals of their children. It would be an asset to increase the time our support worker is able to connect with families.

We discussed the value of a caring and qualified staff and the best way to hire more people with the same care, understanding and values of our present staff.

Our programs have expanded over the 15 years I have been on the Board. We had been serving many young children and we have recently moved into more programs for youth and want to continue our services to include young adults. All our programs are in constant need of new and different toys and equipment which puts a strain on program finances. We will be working with our Foundation Board, as they develop plans to increase the funding of all our services.

At the end of our meeting, we were very satisfied with our plan and goals but putting them into action will be achieved through the continued support of our staff, volunteers, and donors.

On behalf of the REACH Society Board of Directors,

Phyllis With, President

2022/2023 Board of Directors

Reach Child and Youth Development Society:

Phyllis With, President; Angela Keulen, Vice President; Ryan Thomas, Treasurer; Marcia McCafferty, Secretary; Shirley-Ann Reid, Director; Carmel Tang, Director; Stuart Bowyer, Director; Lois Wilkinson, Director; Pindi Mann, Director; Claire Hatcher, Director; Christine Sutherland, Director

Reach Child and Youth Charitable Foundation:

Denis Horgan, Chair; Katherine Bamford, Vice Chair; Ryan Thomas, Treasurer; Valerie Bartlett, Director; Laura Dixon, Secretary; Sharon Schoeffel, Vice Chair; Jit Sangha, Director; Lisa Margetson, Director; Sukaina Rashid, Director



Like, follow, look and watch. There are lots of ways to connect to Reach. Visit us at www.reachchild.org to link to all of our social media.

Multicultural Training Tour 2022



Visiting diverse places of worship in Surrey

Nov. 05, 2022

Multicultural Tour Guide David McLauren led REACH staff on a day long tour of a Muslim Mosque - Surrey Jamaa Masjid, a Hindu Temple- Lakshmi Narayan Mandir on 140th St. , Surrey and a Sikh Temple - Guru Nanak Sikh Gurdwara on 120 th, Surrey. A combination of basic good manners, cultural sensitivity, and respect for others was emphasized as best practice by the guide during the tour.

Participants were encouraged to ask any questions to increase their understanding during the tour. Everyone shared a meal together in the Gurdwara at the end of the day. The temple offers freshly cooked and wholesome meals to many hungry people in Surrey regardless of their religious orientation that are gratefully received.

Lunar New Year 2023

Year of the Rabbit

Preschool children enjoyed a number of activities to help celebrate Chinese New Year. They made lanterns and masks as well as working on their small motor skills using chopsticks to pick up small and slippery items!



Holiday Celebrations 2022

Preschool South



Preschool North



Susie and Adele Retire



Susie Gall and Adele Curtis have been beloved faces at REACH Preschool over the years. Both retired effective December 2022 and will be missed! Susie retired as Preschool Manager and Denise Sheridan has stepped into the Preschool Manager role. Adele was a Preschool Teacher for many years and retired from Co-Chair of the Health and Safety Committee in December. Sara Barsum is the new Health & Safety Co-Chair.

Lois E. Jackson Recognition



Executive Director Renie D'Aquila presented a REACH heart and framed certificate to Lois E. Jackson to commemorate her long standing service. The Heart will be added to Head Office's REACH Contributing Hearts wall. Head Office is named after Lois - the Lois E. Jackson Child Development Centre- and she was a tireless advocate for REACH at City of Delta Council over the years.

Gift of Speech 2022 Update

Reach Child and Youth Development Society's annual holiday appeal is an awareness and fundraising initiative to help children with complex needs receive early intervention speech therapy. This year, REACH staff and board members were at the Envision Financial branch in Ladner to launch Gift of Speech on Giving Tuesday Canada 2022. Eastlink Community TV was on hand to film them and help with REACH's annual appeal!

"It's so important to give back. If people hadn't given back when I was a kid, I don't know where I'd be today", said one of the donors who gave to Gift of Speech at Envision during the event.

Donors were generous on-site and contributed \$920 to speech therapy at REACH. Envision staff reported that "it was wonderful interacting with our members and hearing their own stories about their experiences with childhood speech and language difficulties. Many of them had even used REACH services in their own families".

Ladner Envision Financial pledged to match \$1000 of donations to REACH Gift of Speech and a total of \$1920 raised was raised on Giving Tuesday. "Thank you to the Envision Financial members who opened up their wallets to donate to such a great cause", said Manager Lisa Margetson. "Together with Envision Financial's match we were able to raise \$1920! I'm proud to be a supporter and board member of the Reach Child and Youth Society."

REACH Gift of Speech also got some help from the Superman and Lois team, who film locally, to launch the Gift of Speech with a great video including cast members. Warner Bros. Discovery gives back to the community where Superman and Lois films by supporting local non-profits like REACH.

In the appeal's REACH Gift of Speech video, released on Giving Tuesday, Nov.29, two young actors, Alex Garfin (Jordan Kent) and Michael Bishop (Jon Kent) join



L:R Sharon Schoeffel, REACH Foundation Board Director; Lisa Margetson Envision Branch Manager, Ladner & REACH Board Director; Kevin Adlem-Eastlink Community TV

Erik Valdez (Kyle Cushing) to urge donors to be real-life superheroes and provide speech therapy to children with developmental needs. In addition, Garfin shared how he personally benefitted from speech therapy.

Global TV also featured REACH Gift of Speech as part of their month of giving back initiative during December 2022. Anchor Jennifer Palma interviewed REACH CHOICES Manager and SLP Gina Maslin about the difference early intervention speech therapy makes for children's life-long potential.

REACH aimed to remove 54 children from the speech therapy waitlist with the help of the Gift of Speech appeal. In addition to Envision Financial's contribution that funded 4 children, Warner Bros. Discovery and Superman and Lois funded speech therapy for 10 children. The generous support of local individual and business donors made up the difference to fund another 37 children with a total of \$26,615 raised and 53 children funded.



L:R Michael Bishop, Erik Valdez, Alex Garfin -Superman & Lois



L:R Jennifer Palma, Gina Maslin

DEIB



The Diversity, Equality Inclusion and Belonging committee (DEIB) is a dynamic group at REACH. The DEIB Committee provides training and resources, community awareness and access, reconciliation and anti-discrimination input to REACH programs and services. Specifically, the group looks at ensuring that policies and program documents are inclusive and free of racialized and discriminatory content. Also, they look for possible barriers to service such as language. With regard to recruitment and retention, they keep track of whether REACH staff and volunteers are reflective of communities served. Lastly, they ensure that REACH messaging and facilities promote feelings of cultural safety.

Pink Shirt Day 2023

February 22, 2023 marked Pink Shirt Day at REACH and staff and children participated with enthusiasm in this day of kindness. Anti-Bullying Day is an annual event, held in Canada and other parts of the world, where people wear a pink-coloured shirt to stand against bullying. The initiative was started in Canada, where it is held on the last Wednesday of February each year.



Valentines Day 2023



REACH Preschoolers were showing the love on Feb.14 and delivered their homemade valentines to their friends!

Eating Disorder focus:ARFID

Avoidant/Restrictive food intake disorder (ARFID) can occur at any age and is on the rise. A person with ARFID does not eat enough food or take in the necessary nutrients to be healthy. Common symptoms are:

- weight loss that is of concern (or failure to gain weight in growing children)
- malnutrition
- dependence on nutritional supplements
- problems in daily life

People with ARFID avoid or restrict food for many different reasons. They may avoid foods with certain colours or textures. Some may not eat because they are afraid of choking or vomiting, and their eating problem interferes with their daily life. Others may say they have no appetite or eat very small portions. If you are on a normal diet, or if you avoid certain foods because of cultural or religious practices, it is not considered a disorder.

People with ARFID do not have the distorted body image problems of someone with anorexia nervosa. However, the consequences of being underweight and lacking necessary nutrients can be just as severe.

keltyeatingdisorders.ca

Environmental Corner

Karen Field, REACH PBS Consultant

It can be tempting to throw your old ink cartridges in the garbage. However, did you know that a number of office supply stores such as Staples will offer \$2 back per cartridge? Help the planet and get paid!!



Art for Autism Online Auction Raises over \$7,000



Reach Child and Youth Development Society's 3rd Annual Art for Autism Fundraiser ran online Feb. 12 - 27, 2023. The South Delta Artist's Guild (SDAG), Delta Potters Association, South Delta Artisans and Watershed Artworks Society in North Delta group members donated original art in support. REACH Events and Fundraising Coordinator Tamara Veitch said that "our event was only possible thanks to the talent and generosity of our local art community."

SDAG's Rod Winning played a pivotal role in securing donations along with REACH's events committee volunteer Linda Edwards. Paintings, pottery, photographs, jewelry and sculpture were offered online for the two week duration of the auction.

REACH offered a wide variety of lots and renowned local artists John M. Horton and Gary Nay were among those who contributed. Bidders and Artists together raised over \$7000 for children and families at REACH.

McHappy Day is May 10



Partial proceeds of McHappy Day at South Delta restaurants benefit children at REACH. Come out and visit Ladner or Tsawwassen McDonalds on Wednesday, May 10 anytime and take in the great activities for kids and groups who will be entertaining customers. Proceeds from a South Delta McDonald's on-site raffle for a LG 75" UHD HDR LED webOS Smart TV worth \$1000 will also benefit REACH. Tickets go on sale April 1, one for \$2 or three for \$5.

Fraserway RV



December 15, 2022 - We had a visit from Rod Morgan, Operations Manager at Fraserway RV with a generous \$5,000 donation. Fundraising Coordinator Tamara Veitch is pictured with Rod receiving the funds. Fraserway RV owner James Epp and

staff picked REACH as the recipient of their holiday giving in 2017 as well, resulting in an amazing \$10,000 total over the years!

Announcing Reach for the Stars Gala 2023



Please mark your calendars and join us for our heartwarming gala evening that's all about supporting our children! Family stories, live music, auction fun and a gourmet dinner awaits you at the Tsawwassen Springs ballroom. Stay tuned for registration details at www.reachchild.org.

The REACH Events Committee is gratefully accepting silent and live auction donations. If you're unable to attend the gala, this is a great way you can still contribute. Silent auction items are available for bidding ahead of as well as during the gala.

Examples of great donations: spa gift certificates, signed sports jerseys, themed gift baskets, fine liquors, technology - tablet, smart watches,

Bluetooth headsets, high end kitchen appliances - air fryer, blender, hotel stays, holiday home getaways, travel experiences, gourmet meals, and adventure experiences always do very well. (New items only please.) If you are able to donate to the auction or wish to become a valued Gala Sponsor or volunteer please email tamarav@reachchild.org or call Tamara at 604 946 6622 ext 367 for more information.

Family Connections Centres in British Columbia- Winter 2023 Update.

BC's Ministry of Family Development new service delivery model designed for children and youth with some sort of support need (CYSN) has been paused. At the time of this announcement, the Premier promised continuation of individualized funding or CYSN with autism for all current and newly diagnosed children.

The Family Connections Centres (FCC) model was to offer "therapies, interventions, supports and services to CYSN and their families based on their unique needs, regardless of whether they have a diagnosis." However, significant concerns have been raised about the effectiveness and impact of the new model.



The BC Representative for Children and Youth has revisited the FCC proposal examining the key components of effective, family-centered service delivery for CYSN; additional components required to address mental health needs for CYSN and effective service delivery to Indigenous CYSN and their families.

The conclusion drawn was that an improved and inclusive CYSN delivery service will be best achieved through consultation and planning with Child

Development Centres, Aboriginal Friendship Centres, other community-based agencies, Indigenous leaders and communities, families, Ministry, CYSN field staff and advocates.

Getting More Active

At the start of the new year, many of us probably made a goal to be more active. This is a great goal as it is essential to maintaining our overall health.

In the midst of our busy schedules with work, family and life in general, it can be challenging to put exercise as a priority. It can be helpful to start with small achievable steps.

1. Plan to take a walk with your kids around our neighbourhood, 3 times a week for 20 minutes each. Slowly increase the time by 5 minutes every few weeks as you see fit. Increase the frequency to 4-5x a week when possible.
2. As you feel more comfortable, increase the distance or explore neighbourhood trails for a change of scenery.
3. When walking, try to look straight ahead with your head up rather than looking at the ground.



4. Add movement to your upper body by bending your arms at a 90 degree angle as this gives you some upper body movement and it almost doubles the aerobic benefit of walking and tones the muscles of the arms, shoulders, and back at the same time.

Walking sounds simple AND it has many health benefits. According to the CDC, adults should aim for 150 minutes of moderate-intensity aerobic exercise. <https://www.cdc.gov/physicalactivity/walking/index.html>

“Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. A single bout of

moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.”

FINDS pop up sale

FINDS
Children's Exchange

SPRING BREAK!

\$1 POP UP

Thursday, March 23rd

Cash Only 10am to 2pm