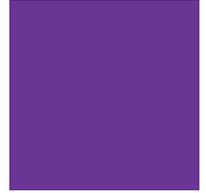




# inside reach

WINTER  
newsletter  
2017




**Register Now!**  
April 8, 2017

**SEE BACK PAGE**  
for **DETAILS**



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## Volunteer CHECK-IN

Reach Child and Youth Development Society FINDS volunteers tell us how they make time to help our children's thrift store be a success! *Read more on page 3*

photo L:R Dana Savage, Jana Wachowski, Rae-Anne Schneider, Esther Onukwulu

# inside reach

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Submissions are welcome. Children's writing or artwork is welcome. Please include your contact information with your submission. Submissions can be emailed to [alisonm@reachchild.org](mailto:alisonm@reachchild.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



My day job is working for Delta's Member of Parliament, Carla Qualtrough, Minister of Sport and Persons with Disabilities.

This opportunity has allowed me to gain deeper awareness into the barriers that persons with disabilities

face and insight on how the new accessibility legislation, that is being worked on, will help improve their lives of the almost 15% of Canadians who have disabilities, allowing them to have access to better jobs and housing, and access to more services. The new law will transform the way accessibility is addressed.

Currently human rights legislation protects Canadians but a person has to be discriminated against before the protection of human rights legislation comes into effect, and the person who has endured the discrimination has the burden of proving that they have been discriminated against.

The public consultations have been going on since July 2016 and will wrap up in February 2017. Minister Qualtrough has been hearing directly from people with disabilities telling of the barriers that are preventing them from fully participating

and contributing to our society, and how they would like to see the barriers broken down. The barriers are often physical but also attitudinal.

The new accessibility legislation will transform how the federal government addresses accessibility by being proactive. It will create standards for employers, service providers, and businesses under federal jurisdiction that will break down barriers for persons with disabilities.

Those of us at Reach know that employers who already hire persons with disabilities see reduced absenteeism, turnover, and improved productivity. We understand that business owners who have accessible businesses and services for people with disabilities in place already, are attracting more customers — people with disabilities, their families and friends. It's unfortunate that each and every business in Canada doesn't have this inclusive mindset. The new law will change that and our society will be more inclusive.

To participate in the consultation please go to: [www.canada.ca/accessible-canada](http://www.canada.ca/accessible-canada)

On behalf of the Reach Society Board of Directors,

*Donna Burke*  
President

## 2016/2017 Board of Directors

### Reach Child and Youth Development Society :

Donna Burke, President; Tom Siba, Treasurer; Marcia McCafferty, Director; Phyllis With, Director; Karen Ostrom, Director; Lynn Haley, Director; Guillermo Bustos, Director; Shirley-Ann Reid, Director; Carmel Beckman, Director

### Reach Child and Youth Charitable Foundation:

Denis Horgan , Chair; Tom Siba, Treasurer; Agnes Douglas, Director; Valerie Bartlett, Director; Katherine Bamford, Director; Tanya Corbet, Director; Bob Mann, Director; Denis Horgan, Director; Jeff Scott, Director; Ryan Thomas, Director; Ulf Ottho, Director; Ryan Ormerod, Director



Like, follow, look and watch. There are lots of ways to connect to Reach. Visit us at [www.reachdevelopment.org](http://www.reachdevelopment.org) to link to all of our social media.

# Volunteer Check-In *...from the front page*

Helping others also helps you. The statistics support improved mental health, communication skills, interpersonal skills and job-related skills all being benefits of volunteering. Canadian Mental Health Association reports that volunteers often enjoy a sense of belonging and accomplishment that helps with mood. Volunteering can also be a stress reliever and perhaps even lower blood pressure! For those looking for work experience, 79% of volunteers report increased understanding of others through their activities and 68% report communication skill improvement.

Reach Society talked to our FINDS children's thrift store sorting volunteers to find out why they help and how they find the time:

Esther Onukwulu - "I'm retired, so I have lots of time to volunteer and I like to give back to the community"

Jana Wachowski - "My daughter's in school now so it's easy for me to be here sorting. Love to support a great cause: the help Reach gives to children with special needs

is worth supporting. FINDS children's thrift store fills a need in the community."

Dana Savage - "I'm passionate about thrifting and so it's a natural place to help out and my efforts feel very much appreciated here. I like to give back and to socialize and I get to do both here and I don't work in the day so I can be here when my youngest is in preschool."

Volunteering is pivotal to the success of non-profit organizations. As federal spending on social programs declines, charities do more. In fact, non-profits contributed 8.1% of Canadian GDP in 2008. Volunteering with non-profits makes it possible to provide more services to your community.

Volunteer store manager Marcia McCafferty is enthusiastic about welcoming new volunteers to FINDS. If you know someone who would like to join the FINDS family, email [volunteer@reachchild.org](mailto:volunteer@reachchild.org) or call 604-946-6622 ext. 328

## Remembering Norman...

We sadly report the passing of volunteer Reach Foundation Director Norman Stark on December 14th, 2016. He was a generous man and a community leader whose genuine satisfaction came from helping, supporting and encouraging others. Norman had a lasting impact on Reach and he was instrumental to the success of our capital campaign

and in doing so he helped create the foundation that will help generations of children to come. Norman guided us and taught us, inspired us and lead by example and with integrity. In honour of his work with us, Norman's family kindly requested that donations be sent to Reach Foundation in lieu of flowers. Since Norman's passing, we have received in excess of \$12,000 in his memory.



## Over the holidays...



Reach inclusive Preschool North Delta children (left) made ornaments to decorate the Reach Society tree that was part of a holiday display at North Delta Recreation Centre. Altruistically minded staff at Atlantis Day Spa in Tsawassen (below right) asked clients to bring in toys for Reach program children or to make a donation towards toys or groceries. Many program families benefited including a single father who was the recipient of a Save-On gift cards from funds raised. Karen Field shared his reaction: "He said it was beyond awesome," she recounts, "he had 50 cents to his name and he didn't know how he was going to manage."



# Holiday Wrap-Up!

## Young Donors Give Back



L:R Elise, 5 and Amelia, 9

DELTA, BC (January 5, 2017) – Amelia and Elise Wade visited Reach to donate some of the Christmas gifts that they had received to our program families. Mom Natalie, reports that Amelia got interested in helping others when she took part in ME to WE in Grade 4. Staff member Rae-Anne displays the awesome gifts that the girls brought in for other children to enjoy. Thank you both!



## Gift of Speech Campaign

Thank you to all of our generous donors who supported the Gift of Speech holiday campaign throughout December 2016! The results are in: we raised \$13,700 with the help of our young spokesperson Lucas Dickens. Lucas, mom Amanda and dad Preston kindly allowed us to come in and film during speech therapy in order to spread awareness.

# CARF Surveys Reach

Every three years, Reach Society has an external audit with the Commission on Accreditation of Rehabilitation Facilities Standards (CARF). Two surveyors from CARF visited our programs and spoke to families, staff, board members and stakeholders about their experience and involvement with Reach.

The surveyors also reviewed over 800 standards against Reach's policies, procedures and practices to ensure our organization is performing in conformance with these high standards.

We have now received the CARF 2017 Survey Report for Reach Child and Youth Development Society and are thrilled with the results! Reach earned the highest possible outcome - a three year accreditation award with a total of only two recommendations noted!! The CARF 2017 Survey Report is also on our Reach Website [www.reachdevelopment.org](http://www.reachdevelopment.org), under the heading - About Reach.

Some quotes from the survey: "Reach Child and Youth Development Society (RCYDS) has recruited and retained many long-tenured and talented staff members who are enthused and excited about their work. It was clear that the staff members are well-trained and make a difference in the clients' lives."



CARF Surveyors Jeanne Marshall and Marge Watson pictured with Renie D'Aquila, Reach Society ED and Elysa Philip, Reach Quality Improvement Coordinator.

"RCYDS is recognized for offering a wide array of outstanding programs for clients with disabilities."

"The families interviewed during the survey were full of emotion as they praised services from RCYDS."

"RCYDS is a highly performing and dynamic organization that is strongly complimented by stakeholders for its progressive attitude, its willingness to always be at the table in collaborative mode and for being seen as a leader in the field."



Help us stay  
GERM-free  
this winter!

We're in the depths of cold and flu season! Please keep your child home for a snuggle day if they're not well. It's hard for them to enjoy Reach programming if they're feeling ill. Keep Reach the safe and healthy environment that we work

so hard to provide for you. Help us to avoid the serious issue of infecting other children who have compromised immune systems.

Acute colds with runny nose and cough, sore throats, vomiting, diarrhea, infections and severe itching are all reasons to stay home. We'll see you when their temperature, well-being and energy are normal again.

## Wishing you well Sherrie!



L:R Kurtis Reid, Pam Morrison, Sherrie Jamieson, Sarah Garnham, Munmeet Parmar

Jan. 26, 2017 - Reach staff gathered to wish Sherrie well just before she heads away for a year to help children in India and Africa. Sherrie Jamieson has been our Manager of Early Intervention Services for many years. While she is gone, Leora Shipley and Cori Childers will head up the Infant Development Program; Sheena Kirkland will manage Reach Therapies and Rachel Chernoff will be the lead for Supported Child Development and Aboriginal Supported Child Development.



## Parenting the Vital Connection Workshop

*Pam Collins*

Reach had the wonderful opportunity to have Nikita Bhatti Avdic facilitate a video course from the Neufeld Institute and discussion group with both some of our staff and an 8 week series for families. Dr Gordon Neufeld developed this three part video course. "Power to Parent series focuses on the child-adult relationship as the context for raising children. Parents and professionals learn how this relationship is meant to develop, what can go wrong, why parents must matter more than peers, how to cultivate a context of connection, how to win back one's child if need be, and more. Parents and professionals are also introduced to discipline strategies that are attachment-safe and developmentally friendly." The Neufeld Institute. Highlights included:

- o "Relationship" trumps all!
- o Learning how attachment is a drive; a pursuit and preservation of proximity.
- o The six stages of attachment.
- o Defensive Attachment - some children are born too sensitive for the world and find themselves very defended. It is as if they put up walls around their heart for protection.
- o Collect before you Direct - try to get your child's eyes (ears if eyes are sensitive), smiles and nods
- o Bridging distances - giving the child some thing to hold on to.
- o Inviting children to depend on us.
- o A child needs to feel safe to become or stay deeply attached.

- o Independence cannot be hurried or pushed, nor taught or learned.
- o Shyness protects existing attachments.
- o Children who are not yet capable of mixed feelings will tend to polarize even when strongly attached to both individuals or groups.
- o How the root of anger is frustration - how when faced with futility, a child needs to feel the sadness.
- o Counterwill - a defensive reaction to perceived coercion.
- o Guidelines for Discipline

### Quotes from Parent Participants:

- "I really felt I could take the info from each week and apply it at home. I told many people about this series."
- "Every week I learned something valuable."
- "So many things, how to look at all of my relationships including those with my parents, husband, children, grandparents and so many ideas as to how to deal with them."

# Calendar

**Punjabi Speaking Parent Support Group** Are you a Punjabi speaking parent of a child with special needs? You are invited to join our parent support group to connect with other parents and enjoy a caring community of support. Strawberry Hill Public Library meeting room 7399 122nd Street Surrey Date & Time: 11:45-1:15 pm Last Thursday of each month. Please call or email to register: Monisha Jassi 604-946-6622 Ext.315 or monishaj@reachchild.org

**Mom & Tot Meet-Up** Thursday mornings 9:30-11:30 am. Come and join other moms and 0-3 year olds at the Early Years Centre in North Delta Recreation Centre, inside the Reach Play & Learn Centre. FREE Drop-in program. Parent attendance required.

**Reach Preschool Registration** Feb.11, 2017:9-11am. In person, please. at Preschool South: #3-3800 72 St., Ladner & Preschool North: 10921 82 Ave., North Delta. Contact Oshrat for more informatoin. 604-946.6622 ext 308 or ostratz@reachchild.org

**New Parent Orientation** Last Wednesday of each month, 12:30-2:30 pm at #3-3800 72 St., Ladner. This is a program for parents with a recent ASD child's diagnosis. Contact Pam at 604-946-6622 ext 359 or pamc@reachchild.org

**Delta Connex Parent Peer Group** Last Wednesday evening of each month at Reach Play & Learn Centre in NDRC, 11415 84 Ave. Last Friday morning of each month at Reach Ladner office 3-3800 72nd St.. Support for parents of ADHD, FASD and other complex behaviours. Contact Robyn for more information 604-946-6622 ext 328 or robynl@reachchild.org

**Down Syndrome Support Group** March 2nd, April 6th, May 4th and June 1st at 3-3800 72 St., Ladner. FREE. Contact Sarah at 604-946-6622 ext 321 or sarahg@reachchild.org

**Tsawwassen Shred-A-Thon** Mark your calendars and save your shredding: Saturday April 29! Bring your paper to the ReMax Pro Group parking lot at the corner of 12th Avenue and 53A Street. 10 am - 1pm. All proceeds benefit Reach Society.

## South Asian Culture Workshop at Reach

Supported Child Development Consultant Munmeet Parmar and Positive Behavioural Support Consultant Monisha Jassi gave an informative presentation on South Asian Culture to Reach staff and volunteers on January 16th, 2017. Most families that Reach works with in the South Asian community speak Punjabi. Everyone in attendance learned how to say hello in Punjabi and were advised that greeting families with either "Sat Sri Akaal" or "Namaste" is likely receive a warm reception!

During the lively and accessible presentation, Munmeet and Monisha answered questions and provided Indian food specialties to sample including the most delicious samosas, chai tea, doughnuts and fudge. The presenters outlined religious holidays important in the South Asian community. Diwali, observed Oct.18 in 2017, is a festival celebrating the victory of light over darkness stemming from the Hindu faith. Vaisakhi is observed April 13 or 14 and marks the birth of the Sikh faith. It is a harvest festival celebrated in the Punjab region in India but also celebrated by many Punjabi people in Canada through large annual parades, live performances, rides, music and free food stalls which is



photo L:R Munmeet Parmar, Monisha Jassi

open to all cultures from the general public. Instilling awareness about the length of wedding and funeral observance helps therapists to be sensitive to scheduling issues and led the way to cultural advice on home visits. It was noted that extended family

often are the caregivers during the work week and to providing strategies that they can use is optimal. Modelling behaviour and visuals go a long way when there's a language barrier. Translated hand-outs are available on the Reach database and the Autism Community Training website was recommended: <http://www.actcommunity.ca/information/act-in-punjabi/> Monisha and Munmeet reminded staff several times that traditional or modern cultural beliefs differ family to family.

Building awareness of South Asian culture will help staff give service in a family centred way. One of Reach Society's guiding principles is the recognition that children and youth are best understood and supported in the context of family, culture, community and society.

# Health & Safety Report: Cyber-bullying

Jeannette Tremblay

In today's digital world, it is getting harder and harder to protect our children from all of the dangers presented on the internet. One danger that is affecting a large proportion of children is Cyberbullying. Cyberbullying can take a direct form, for example if someone posts a mean comment on a social media post, or it can take an indirect form, such as "unfriending" someone on social media, and encouraging others to unfriend them as well. There are many ways that children are bullied online, and it can even get to the point where whole webpages are set up to make fun of and target one individual. This has led to many youth becoming depressed, getting involved with drugs and alcohol, or in extreme cases some contemplate taking their own life.

An excellent source of information regarding this topic can be found at <http://www.safekids.com/tips-to-stop-cyberbullying/>, or <http://kidshealth.org/en/parents/cyberbullying.html> where there are many tips for both parents and children to learn about things such as sexting, protecting your online identity, and parental controls. The most important thing a parent can do is have continual open and honest conversations with your child/ren about the usage of the internet, and social media in particular. According to the Kids Health website, one in four children or youth are targets of cyberbullying, and may not feel comfortable reporting this to an adult.

If you think your child is being cyberbullied, here are some things to look out for:

- being emotionally upset during or after using the Internet or the phone
- being very secretive or protective of one's digital life
- withdrawal from family members, friends, and activities
- avoiding school or group gatherings
- slipping grades and "acting out" in anger at home
- changes in mood, behavior, sleep, or appetite
- wanting to stop using the computer or cell phone
- being nervous or jumpy when getting an instant message, text, or email
- avoiding discussions about computer or cell phone activities

**TO DONATE:**

#3-3800 72nd Street  
Delta, BC V4K 3N2  
[www.reachdevelopment.org/campaign/how-you-can-help](http://www.reachdevelopment.org/campaign/how-you-can-help)  
You will receive a charitable tax receipt for the full amount of your donation. For more info: 604-946-6622 ext.0



## Building for Children Together Campaign News



DELTA, BC (Jan.25, 2017) – South Delta Financial Group-Raymond James and ReMax Progroup Realty hosted a shred-a-thon to benefit Reach Foundation in November 2016. Raymond James Foundation matched the proceeds and everyone came for a visit to celebrate!



DELTA, BC (Nov.14, 2016) – Reach Foundation Chair Denis Horgan, Renie D'Aquila, Reach ED and Doug Scott, President of Wales McLelland at the new building site. Wales McLelland, a Reach donor, is constructing Reach's new child development centre scheduled for completion in September 2017 in the heart of Ladner.



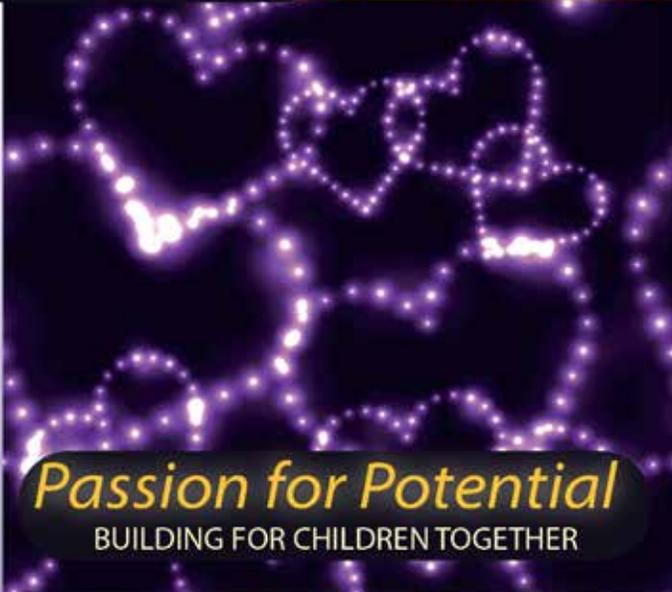
# Reach for the Stars Gala - April 8, 2017

## The Grand Gala

You're Invited...

\$125  
p.p.

5pm, April 8, 2017  
Coast Tsawwassen Inn



**Passion for Potential**  
BUILDING FOR CHILDREN TOGETHER

Register

[www.reachforthestarsevent.org](http://www.reachforthestarsevent.org)  
604.946.6622 ext.0  
[info@reachchild.org](mailto:info@reachchild.org)

5th Annual Gala Benefiting  
Reach Child and Youth Development Society



Join us at the last gala before our new child centre in Ladner is completed. Reach for the Stars galas make a difference in the lives of children, youth and families in our community : all proceeds benefit Reach Foundation's BUILDING FOR CHILDREN TOGETHER campaign. Construction of our new centre is now under-way! For an update, have a look at recent building site news below.

Tickets are \$125: Phone our office at 604-946-6622 ext 0 or email [info@reachchild.org](mailto:info@reachchild.org) and **we'll get you registered!** Alternatively, register on-line at [www.reachforthestarsevent.org](http://www.reachforthestarsevent.org).

Our hardworking event volunteer committee has been meeting for months already, planning to make this event a success. If you're interested in being a sponsor, donating to the auctions or volunteering contact Kristin now:

Kristin Bibbs,  
ReachFundraising Manager  
604-946-6622 ext 367 | [kristinb@reachchild.org](mailto:kristinb@reachchild.org)

## Reach Building Construction Update



DELTA, BC (Jan.19, 2017) – Global News filmed a segment with Denis Horgan, Reach Foundation Chair for Variety BC's telethon in February. Denis gave an update on Reach's new children's centre for viewers. Variety BC donated \$182,700 toward the Building for Children Together Campaign. Greg Dietlein, Wales McLelland building site supervisor, reported how passers-by comments have been overwhelmingly positive about the new children's centre. The snowy photos to the right taken Dec.16, 2016 is a testament to the colder weather this winter. Temperatures of -20 C have been measured underground at the buiding site.



\*BELIEVING IN POTENTIAL

