



"BELIEVING IN POTENTIAL"

inside reach

SPRING
newsletter
2020



in this issue...



2
President's
Message

3
Cheers for
Children 2020

7
OT/PT
Workshops

Red Radio Autism Interview

REACH program specialists Miriam Elfert and Monisha Jassi were interviewed on the Harjinder Thind Show at RED FM in March. Miriam and Monisha shared resources and provided information about supporting children with autism and their families to South Asian listeners in the Lower Mainland.

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 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



Little did we know that the world was changing at such an incredible rate. At the beginning of 2020, we were looking forward to a new decade with a continuation of all the REACH programs in place and functioning as usual. Only two months ago we were feeling optimistic about our REACH programs and the many ways they support our children.

We are now in an exceedingly difficult time and many of our programs have changed or are cancelled altogether. More responsibilities have been placed on families. When families have changed the way they work or have their work cancelled and their children are not at school there are many challenges. As a retired elementary school teacher, I hope that families are able to read with or to their children as often as possible. The closeness and the hugs are as important as the words and stories.

Spring is usually thought of as a time of hope and growth. We have been fortunate to have had pleasant weather and to see many families walking and bike riding. Some families are now able to spend more family time with their children which is often a bonus but sometimes more challenging.

We continue to have hope for the future and the change that may become our new way of life.

National Volunteer Week ran April 19-26. A positive impact of the COVID-19 crisis is the way many people have volunteered to help. People in our community are shopping for seniors, connecting with their isolated neighbours, and making many other contributions in big and small ways. We are fortunate at REACH to have volunteers working in our Children's Exchange store FINDS, on our board and supporting some of our programs. We are very thankful for living in such a supportive community. We thank you all!

I hope your families are safe and well.

On behalf of the REACH Society Board of Directors,

Phyllis With, President

2019/2020 Board of Directors

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

Cheers for Children 2020

DELTA, BC (Feb.08, 2020) –

The 3rd annual Cheers for Children live music evening held February 8th to benefit Reach Child and Youth Development Society (REACH) raised \$20,623.36 for children with extra needs. Last year's event also raised \$20,000 and the sustained success is a testament to the hard work that goes on behind the scenes. As befits a fundraiser that helps kids with extra needs, Four Winds Brewing presented the cheque to REACH on Pink Shirt Day 2020, a day that promotes kindness and anti-bullying. "It's always a pleasure to organize and produce this event in partnership with REACH. It's a great expression of community like-mindedness that allows us to showcase our passion for music, food, beer and community. We are extremely grateful to all of the attendees who make the fundraising possible, and we look forward to a few new ideas we have planned for next year!" summed up Four Winds Brewing Co-Founder Adam Mills regarding the dedicated effort to mount this event.

The evening of live music, micro-brews and burritos held at Harris Barn hit a high point when the winner of the 50/50 raffle donated his winnings back to REACH. Delta South MLA Ian Paton and Delta Mayor George Harvie attended the event with fellow guests and 30+ volunteers made things run smoothly. Musical entertainment was provided by local bands Olin Brix, A2Z and Star Captains. Beverage sponsors included Luppolo, Strange Fellows, House of Funk and 33 Acres Breweries; Greenhill Cider and Goodridge & Williams Distilling. Prize and event sponsors were Century Group, Inbox 15B, Glenmore Custom Print & Packaging, Galactic Entertainment, Shuttle 17, Tsawwassen Shuttles, GML Mechanical, Adcentives and Valerie Bartlett.



Adam Mills, Kristin Bibbs, Justin Longoz, Alison Martin, Seamus Munns



Crowd at Harris Barn



A2Z



Star Captains



Olin Brix



Kristin Bibbs, Adam Mills



Happy guests



Buying raffle tickets



Fabulous volunteers

CanAssist Technologies Workshop



Musical Instrument Device Assist

CanAssist at the University of Victoria is dedicated to helping people with disabilities improve their quality of life, with a focus on promoting independence and inclusion. Their talented team develops innovative technologies and programs where there are gaps in existing services. As a pilot project supported by the Ministry of Child and Family Development, CanAssist provided REACH with new technologies to be used therapeutically with our families. Their goal with this project was to integrate technology to enhance therapeutic practice. Staff attended a session to learn about these new technologies on Feb.13,2020 that have many applications for our families.



Ball Launcher



Remote Control Jeep Assist



Spinner Assist

Talking to Children About COVID-19

We are all facing some challenging times and it's hard to know how to talk to kids about COVID-19 and understand how they are feeling. According to Kelty Mental Health, here are some things you can try:

- Find out what they understand, using age-appropriate language
- Show that you care and normalize their feelings "I understand why you think that" or "It makes sense that you are worried"
- Be ready to talk about COVID-19 for example:
 - "COVID-19 is a new kind of virus"
 - "Viruses can make people sick"
 - "It makes most people only a little bit sick"
 - "Everyone is working hard to take care of it"
- Be ready to talk about what is "social distancing". It means we try to keep a bigger space in between people if we go out. We are also careful about crowds and what we touch.

Look out for your child asking lots of questions or asking questions over and over again. This can be a sign of anxiety. Plan activities, meals, quiet time and sleep. Teach your child to hand wash with soap and warm water for 20 seconds. Teach your child not to touch his or her face, eyes, nose and mouth and to cover their cough with their elbow. Don't get upset if they forget

Take care of yourself and help yourself to be the best caregiver you can be! THEN you can model for your children how to take care of themselves.

REACH Service Provision under COVID-19

REACH has moved to virtual program delivery through on-line video meetings with families. These REACH Telehealth sessions fill three needs: 1. Skill Building 2. Behaviour Reduction and 3. Parent Support and Training

Teaching parents to support children through video calls appear to be effective for families and programs have received positive feedback. REACH Telehealth sessions with families are supporting and transferring skills effectively to



parents. In addition, music therapy, eating and toileting groups are in place or under development within the virtual delivery model.

Counselling on line has been well received including play therapy virtual sessions. In addition, on-line delivery is helpful for families who can't drive to appointments. In person sessions will resume when the province directs.

REACH Website NEW Virtual Resource Page



REACH coordinators have put together resources for families to use at home during COVID-19 physical distancing. The Virtual Resource page is found under the Resources menu or can be accessed through the banner on the REACH website home page <https://reachchild.org/> Categories include APPS & Websites | Activities to do at home | Social Learning Stories | Mental Health and Health and Safety. Visit the new Virtual Resource page at <https://reachchild.org/virtual-resources/>

Facebook - REACH & Delta Early Years Resources



If you're not already - follow and like [Early Years in Delta](#) and [REACH Society](#) Facebook pages. Delta Early Years is airing virtual story times now! REACH is posting and sharing resources and updates helpful for children with special needs and their families in the Delta, Surrey and Langley areas including approved autism references from our REACH librarian. Denise Sheridan (shown at left) presents the Delta Early Years virtual stories with plenty of great puppets and props!!



Delta Family & Food Resources

Mamas for Mamas – Mamas for Mamas is a national charitable organization that supports mothers in crisis, and provides ongoing support to low income Mamas and their kids. No money is exchanged, items are donated, loaned or traded only.

Contact:

- South Delta - SDanna@mamasformamas.ca
- North Delta – delta@mamasformamas.ca
Facebook groups
- Mamas for Mamas – South Delta
- Mamas for Mamas – North Delta
- Mamas for Mamas – Surrey/South Surrey/White Rock

North Delta Foodbank*

If you or someone you know is in need of the food-bank, Deltassist is now handling the North Delta Food Bank. Every Tuesday 9-12. Call 604-594-3455 to make an appointment

South Delta Foodbank*

Every Wednesday – 9-11am, Lighthouse Church (the back) 5545 Ladner Trunk Rd.

*Need to bring your Care card, piece of ID and proof of address

Free meals to those in need

Tandoori Flame (North Delta)– daily 3-7pm

Global Vegetarian (Ladner/Tsaw)– freemeals@global-vegetarian.ca

No Hungry Tummies/No Hungry Babies– www.safinternational.org, apply online

Pneuma Church (Ladner) – The Food Box (launching April 17), follow their FB page for more details.

*as of April 20,2020-may change without notice

Environmental Focus

Karen Field, REACH PBS Consultant



To help prevent the spread of COVID-19 and for the safety of our communities, which includes collection and sorting staff, please ensure medical waste and products like used tissues, disinfecting wipes, face masks and rubber gloves are not included in your recycling bins. Examples of these items are shown to the left:

Valentines Day 2020



Chinese New Year 2020



A friendly giant panda helped us celebrate Chinese New Year (Jan.25). REACH children entered a draw to win this fellow after the festivities were done. Traditional candies and mandarin oranges were given out and one of our little friends was delighted by a surprise new big friend!

Pink Shirt Day

Anti-Bullying Day (Feb.26 th) is a day when people come together wearing pink shirts to lift each other up and send the message of no tolerance for bullying.



REACH staff display their support

Volunteer Week 2020

REACH is lucky to have 118 dedicated volunteers. They include volunteer Directors who serve on our Foundation and Society Boards; FINDS Children's Exchange in-store volunteers and sorting volunteers; Events volunteers who help plan and work at fundraisers; and program volunteers who help where needed. We applaud them all for their commitment over the years and their generosity and caring! Thank you – we couldn't do what we do without you!! To learn more about the volunteering experience at REACH visit <https://www.reachdevelopment.org/volunteer/>



REACH Picky Eaters and Movement Groups



Time to Move Class

REACH OT Christine Gleave held picky eater groups earlier this year. The first half hour of these classes is dedicated to parent education and the children build skills in the second half. Christine also worked with REACH PT Julie Moore to offer a Time to Move group where children were led through various activities with parents present to fully support everyone.



Picky Eaters Class

Announcing GIVING TUESDAY May 5th, 2020



What is #GivingTuesdayNow?

#GivingTuesdayNow is a global day of giving and unity that will take place on May 5, 2020 as an emergency response to the unprecedented need caused by COVID-19.

The global day of action will rally people around the world to tap into the power of human connection and strengthen communities at the grassroots level. We invite all Canadians to join us in demonstrating the power of kindness and generosity.

REACH will be mounting an appeal to fund PPE for program service provision once it can resume in person. In the meantime, we will fund tools to help us with virtual service provision. You can access REACH Society's Giving Tuesday appeal at Canada Helps <https://www.canadahelps.org/en/charities/reach-society/campaign/crisis-counting/> or from REACH website home page <https://www.reachchild.org/>. We will put up the information a few days before for any early birds:).



If you need help with your child's speech, motor or behaviour skills, we can help with Reach CHOICES individually funded programs. CHOICES Fee for Service program is delivering one-to-one virtual sessions during the COVID-19 crisis with our REACH professionals. Behaviour Consultant, SLP, PT and OT sessions are happening virtually now. ! Visit CHOICES on REACH website AND **reach_choices new Instagram page** and learn about all services including virtual groups Social Smarts and Music Therapy!!

Visit our website for virtual resources to use at home:

<https://reachchild.org/virtual-resources/>