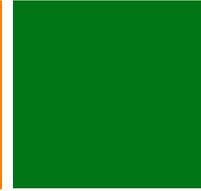
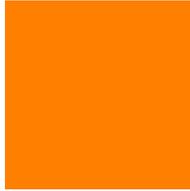
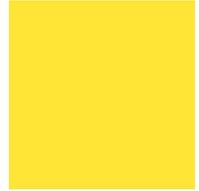
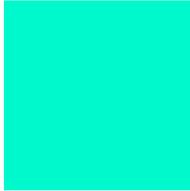


inside reach



Spring newsletter 2014



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Reach's New FINDS Thrift Store!

Midnight Overture performs a blistering set of country rock tunes at Reach for the Stars. Band members are Mess F, Marshall Forsythe, Terry Lisney, Josh Somers and James Robertson.



inside reach

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

If you would like to receive this newsletter electronically, contact Reach at info@reachdevelopment.org

If you would like to subscribe or unsubscribe to the "inside reach" newsletter, 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...

Wasn't the second annual Reach for the Stars gala yet another great event? In addition to achieving our fundraising goals for the event, we had a great evening at a wonderful venue with a great group of people. It never



fails to amaze me to witness the support for Reach in our community. We are very lucky to have the support of the Corporation of Delta and many groups and businesses including Port Metro Vancouver and Odlum Brown. We are already looking forward to next year's event.

In March we achieved a significant milestone in our Building for Children Together capital campaign and had the pleasure of recognizing this milestone with a presentation to Mayor Lois Jackson and the Delta Council. We are now over one third of the way to our \$4 million fundraising goal!

In recent news was a report that autism now affects one child in 68. Fifteen years ago it was one child in 10,000. While some of that increase is due to better diagnosis, that does not fully explain this massive increase. Living with two young adults significantly affected by autism is a constant reminder of how difficult that can be for a family to cope with. We are so lucky to have a strong, intact family unit, due mostly to the efforts of my wife Sherry. I don't know how we would manage without each other. I am sure many of you face similar challenges in your lives – please be sure to nurture those very important relationships in our lives.

On behalf of the Reach Society Board of Directors,

Rob vanSpronsen,
President

2013/2014 Board of Directors...

Reach Child and Youth Development Society Board of Directors:

Rob vanSpronsen, President; Leslie Senft, Vice-President; Tom Siba, Treasurer; Marcia McCafferty, Secretary; Donna Burke, Director; Karen Ostrom, Director; Phyllis With, Director

Reach Child and Youth Charitable Foundation:

Barbara Wallick, Chair; Tom Siba, Treasurer; Norman Stark, Director, Katherine Bamford, Director; Valerie Bartlett, Director; Tanya Corbet, Director; Agnes Douglas, Director; Joan Hansen, Director; Linda Ottho, Director; Bob Mann, Director

from the Reach Library....

BEYOND THE BLUES: A Workbook to Help Teens Overcome Depression by Lisa M. Schab, LCSW

According to the author, Lisa M. Schab, "Beyond the Blues" is a workbook designed to help teens cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. The intention is for teens to become more informed on the topics and to recognize, express and therefore understand their own feelings and emotions. The activities are designed to teach teen(s) strategies to deal with the emotions they are experiencing.

The workbook itself is user friendly and simple to follow. It is divided into 40 chapters each dedicated to a new topic. Every chapter maintains the same structure: 1) "you need to know" - information related to the topic, 2) "directions" - an activity based on the topic, 3) "more to do" - extending questions and activities to reinforce the topic. The exercises can be modified and/or tailored to fit each individual child based on their needs and abilities. Not every exercise will be appropriate for every child, or relevant, but the reader should have no problem in selecting a few that would be effective.

The topics begin with defining depression and the symptoms that individuals might experience. The chapters following address a variety of topics that can be used to help address depression and hopefully inspire change. The author includes an optional contract activity that readers can create and sign to solidify their commitment to helping themselves. Finally, the book closes with information on how to get help and the power of hope.

The target audience for the workbook is for teens afflicted with depression, but it would be a good resource for all teens to process feelings and empower themselves through topics such as self esteem, problem-solving, managing stress, coping with change and many more. It would be effective in a number of settings, including school, at home and/or with other professionals.

The workbooks in this series are filled with relevant activities and are effective tools for a wide range of individuals. However, it is important to remember that depression is very complex and most individuals will require a comprehensive, multi-faceted approach and support.

Other Books from this Series that you may be interested in:

The Anxiety Workbook for Teens: Activities to Help you Deal with Anxiety and Worry, by Lisa M Schab, LCSW

The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals, by Lisa M Schab, LCSW

The Anger Workbook for Teens: Activities to Help you Deal with Anger and Frustration (Instant Help), by Raychelle Cas-sada Lohmann, MS LPC

The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety & Transitions, by Lawrence E Shapiro, PHD and Robin K Sprague, LCPC

Let's Be Friends: A Workbook to Help Kids Learn Social Skills & Make Great Friends, by Lawrence E Shapiro, PHD and Julia Holmes

What's Eating You?: A Workbook for Teens with Anorexia, Bulimia and other Eating Disorders, by Tammy Nelson

Reach Preschool South Delta

Where every child gets the opportunity to reach their potential.

Spaces Available for Fall 2014



- Interactive Learning
- Emphasis on Nature and the Environment
- Play based Kindergarten Readiness
- Choose from 2, 3 or 5 half days a week



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Reach for the Stars Raises \$60,000



Reach Child and Youth Development Foundation is pleased to announce the second annual **Reach for The Stars: Raising the Roof for Reach** fundraising gala at the Harris Barn in Ladner on March 1 raised about \$60,000. Proceeds from the event will go toward Reach's Building for Children Together \$4 million capital campaign to build a new centre in Ladner for children and youth with special needs.

A highlight of the evening was the recognition of two young South Delta men with special needs – and remarkable stories. In a deeply moving video produced by Delta Cable, Josh Somers and his mother Shelley discussed the many challenges Josh has risen above since his birth, followed by an update from Josh on stage. Sheelagh Forsythe told the audience about her amazing son, Marshall, who lives with disabilities, including visual. Both families recounted the many services their sons received from Reach over the years.

Then, Josh, Marshall and their bandmates in Midnight Overture took the stage to wildly entertain the audience with a set of blistering country rock tunes. The audience danced, clapped and gave the band a rousing standing ovation and a demand for an encore.

Other highlights included the singing of O Canada by Kurtis Reid, who has Down Syndrome, a moving song and drum presentation by Tsawwassen First Nation Chief Bryce Williams, square dancing by the Delta Sundancers, welcome music from bluegrass band Tishomingo, an eclectic live auction featuring Delta Councillor Ian Paton, and much more.

The event was co-hosted by Tim Brumby, President of the South Delta Rams Football Club, and radio personality Crystal Darche of QMFM. Presenting sponsors were Port Metro Vancouver and Agnes Douglas, who is Portfolio Manager with Odlum Brown, and a member of the Reach Foundation board.



McHappy Day Raises Record Amount for Reach Society!

McHappy Day 2014 in South Delta raised a record \$8,000-plus for Reach Society. The funds will be allocated to Reach's Building for Children Together capital campaign, which is now about 40 per cent towards its \$4 million goal of financing a new child and youth development centre in the heart of Ladner.

This year, the May 7 fundraiser featured live music, balloon animals, face painting, and autism support dogs. Highlights included Christine Magee performing at Tsawwassen McDonald's and Joe Barbeck at Ladner.

Numerous volunteers helped out, including Reach board members, individuals and those from several local businesses, such as Delta Cable, Century Group, Vancity, Raymond James Financial Group, Delta Police and the Delta Firefighters. Ladner-based BC Guide Dogs showcased some of their autism support dogs in Ladner.



Steve Krawchuk, owner of several McDonald's outlets, explained that on McHappy Day his restaurants in South Delta donate \$1 to Reach Society for the sale of every coffee, Big Mac and Happy Meal, along with other on-site promotions and donation boxes. This year, the pre-event sale of paper "boots" by McDonald's staff helped push the total donation to Reach to record levels.

Singer Raises \$372 for Reach

Singer and Registered Nurse Cherlyn Cortes raised \$372 for Reach at a recent concert. Accompanied by a guitarist, she sang 11 songs at a Vancouver coffee house to an audience of about 40. A highlight of the concert was a stunning rendition of Leonard Cohen's "Hallelujah", which can be viewed on Youtube.

Cortes also handed out Reach donation forms and told the audience about the work that Reach does with children with developmental disabilities.

When asked about her generosity, Cortes explains that "a little seven-year-old boy in our immediate family is in his 3rd year with Reach. He currently receives ABA care from the North Delta Reach location with an amazing interventionist who is such a tremendous support to him and our family. We've seen so many improvements, particularly in his vocabulary and toileting skills. He also communicates now more frequently in complete sentences and we've seen some decreases in his echolalia." Echolalia is a form of automatic repetitions of the vocalizations of others.



Reach news...

Reach Society To Open Children's Thrift Store in Ladner June 7

Reach Child & Youth Development Society announces the grand opening of FINDS Children's Thrift Store Saturday, June 7 at 10 am. FINDS features amazing deals on gently-used but high-quality children's, youth and maternity-related items, as well as games, books, and toys. The thrift store will be open Tuesdays to Saturdays from 10:00 am – 2:00 pm at 4927 Elliott Street in Ladner.



Reach's Children's Thrift Store

Reach Society welcomes donations at FINDS during business hours once it opens, as well at the Reach South Delta office – 3800 72nd Street – Monday to Friday during business hours. Accepted are clean children's, youth and maternity-related items, as well as games, books, and toys in good condition. In addition, individuals interested in volunteering at FINDS are encouraged to contact volunteer@reachdevelopment.org.

FINDS was the wonderful idea of Reach Society board members, including a parent whose child had benefited from the Reach preschool program, which is a developmental preschool for children aged 30 months to 5 years. This inclusive preschool is for both children who require extra support and for children who are developing typical. It features interactive learning through play with an emphasis on kindergarten readiness.

All of the profit from FINDS Children's Thrift Store goes directly to the Reach developmental preschool program. Reach Child and Youth Development Society has served children with special needs since 1959 and currently works with more than 900 children and their families annually.

Are you Spring cleaning?

Reach's new children's thrift store needs clothes, toys, games and more...

Reach is opening a children's thrift store in Ladner on June 7 and urgently needs donations of high-quality, gently-used clothes and shoes for children, youth and expecting Moms.

We are also accepting appropriate toys, games, books and even cool costumes!

Please drop your items off between 9am and 4pm at Reach's South Delta location #3 – 3800 72nd Street, near the Boundary Bay Airport

All of the profit from FINDS Children's Thrift Store goes directly to the Reach developmental preschool programs, which teach kindergarten readiness skills through play based, interactive learning. Check out our website for more details: www.reachdevelopment.org.

Reach Preschool North Delta

Where every child gets the opportunity to reach their potential

Spaces Available for Fall 2014



- Interactive Learning
- Play based Kindergarten Readiness
- Choose from 2, 3 or 5 half days a week



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Dear Cathy Nidoski,

We are writing to thank you for letting us pick your charity for the YPI project. Also for all of the time and effort you put in and allowing us to come to the charity and providing us with various resources to help us with our information.

We really enjoyed visiting Reach Development and seeing all of the things you do to try and help the kids and let them live in a normal society.

We learned a lot doing this and we didn't know that there is places like this that children with disabilities can go to get help with and also how Reach offers Programs to help the families.

Once again we appreciate being able to work with you and Reach Child and Youth Development Society for the YPI project and wishing you all the best of luck.

Sincerely,
Taylor Adamson, Kaylin Kaila, Connor Duchek
Delta Secondary School

Upcoming at Reach.....

FROM SEEDS TO LEAVES Please join the boards of Reach Society and Reach Foundation as we celebrate the **55th Anniversary of Reach Child and Youth Development Society**

An interactive discussion will update attendees on exciting new developments with Reach, including:

- New and enhanced Reach programming for children and youth, and their families
- Our capital campaign to build a new child development centre in Ladner
- FINDS thrift store in Ladner

October 1, 2014

6pm – 8pm

Delta View Centre

9321 Burns Drive Road

Delta, BC

Buffet Indian Dinner

Child minding available

Reach Summer Social Drop In

Parent/Caregiver Participation

Open to all current Reach Child & Youth Development Society Families with children between the ages of 3 to 10 years old.

July 7 - August 14, 2014

Drop in between 10:00am - 1:00pm

Tuesdays & Thursdays

#3-3800 72nd Street, Delta, BC

(by Boundary Bay Airport/OWL)

Activities include: outside playground, playroom, crafts, outdoor water play, opportunities to meet other Reach families.

We encourage you to bring your own nut free snacks and lunch and come connect with other Reach families in a relaxed and welcoming environment! On sunny days please bring a bathing suit, sunscreen, hat and towel for your child.

For further information contact Krista Clark at 604.946.6622 ext. 360 or kristac@reachdevelopment.org

NOTE: parents/caregivers must supervise their own child(ren) at all times. Pay by donations (suggestion \$5).

Fundraising news



Lions Club Donates \$16,500

Representatives of the Boundary Bay Lions Club (left to right) Gary Keller and Paul Noe shown presenting a cheque for \$16,500 to Reach Child and Youth Development Society Executive Director Renie D'Aquila, Fundraising and Events Coordinator Joni Wright and (below) Susan Gall, along with some of the children participating in Reach Preschool South.



Reach Receives \$92,000 Gaming Grant

MLA Scott Hamilton (second from the right) presents \$92,000 provincial gaming grant to Reach Foundation Chair Barb Wallick, Reach Society President Rob vanSpronsen and Reach Executive Director Renie D'Aquila.



South Delta Paint Donates to Reach

Charles Gillan presents \$726 to Reach Society Chair Barb Wallick (left) and Reach Society Director Marcia McCafferty (right) to Reach's capital campaign to build a new facility in the heart of Ladner. The store strongly supports the capital campaign and decided to donate \$1 for every gallon of Premium Line Exterior paint sold.