



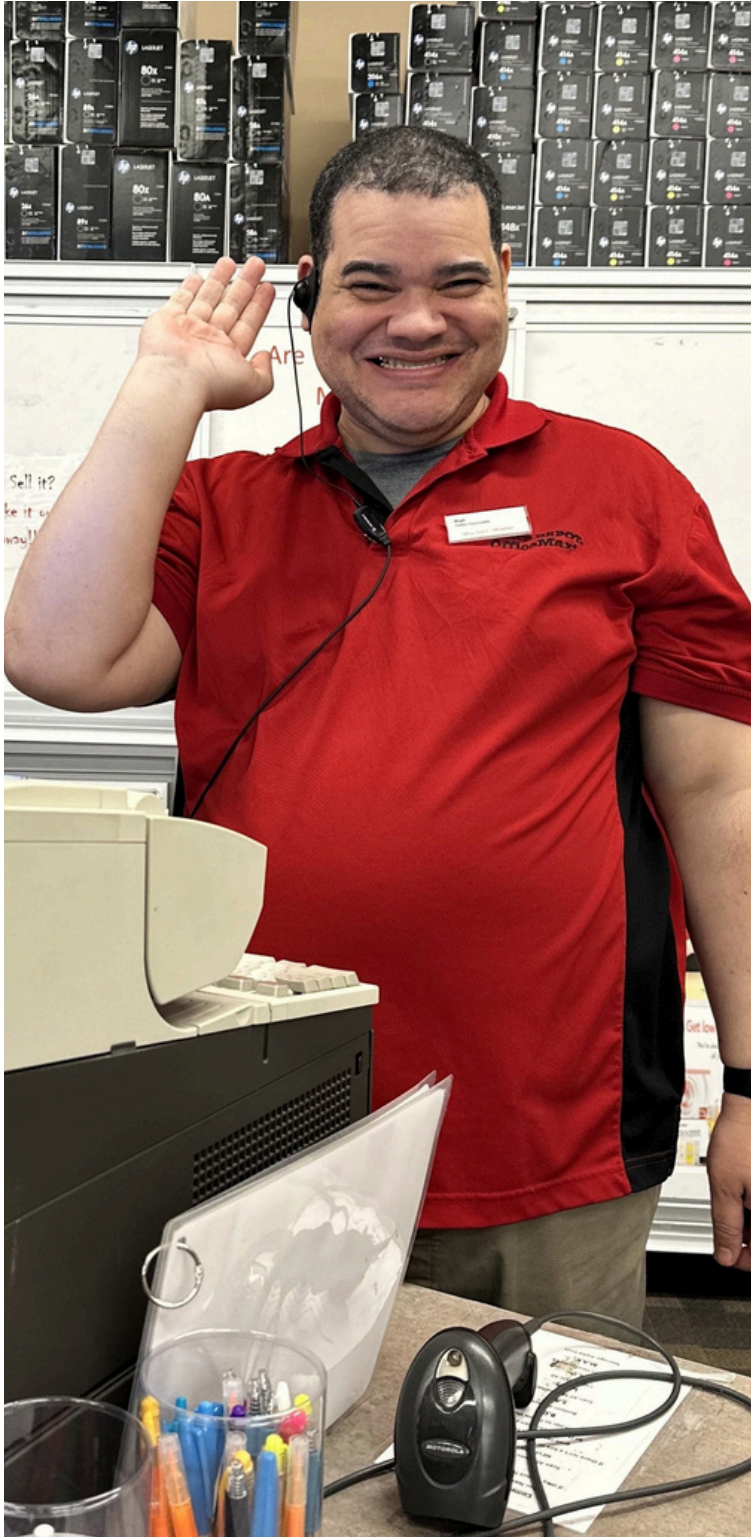
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REACH Newsletter | May Edition

Welcome to our latest newsletter! We're excited to bring you updates on what's been happening at Reach AK and what's coming up. *Let's dive in!*





Supported Employment Spotlight: Niall's Journey of Growth & Confidence

Niall has been a valued team member at OfficeMax since 2014, building a strong and reliable presence in the workplace. Over the years, he has taken on a wide range of responsibilities, including managing inventory, maintaining store organization, and supporting customers on the sales floor.

Recently, Niall has expanded his role even further by learning to answer phones and operate the cash register. Stepping into these front-facing responsibilities marks an important milestone, reflecting both his growing confidence and the trust he has earned from his employer.

Having worked in a variety of roles over the years, this position has proven to be an especially great fit. Niall's continued growth, consistency, and willingness to take on new challenges have made a meaningful impact, and it has been truly inspiring to see how far he has come.

"Niall deserves a huge shout-out for the growth he has shown over the years. The progress he has made, the responsibility he has taken on, and the consistency he brings to his work every day is seriously impressive. It has been incredible to watch his confidence grow and to see him succeed in a role that is such a great fit for him. We are so proud of everything he has accomplished."

— Laurel Stafford, Waiver Services Supervisor

Shooting for Success: Andres, Jacob & Kai Head Toward State Games in Anchorage



Andres, Jacob, and Kai have been putting in tremendous effort this year as they train for Special Olympics basketball! They are building skills, teamwork, and confidence on the court as they prepare for the upcoming local games.

With continued dedication and hard work, they are hoping to earn a spot at the state games in Anchorage this June. We're proud of their commitment and excited to cheer them on every step of the way!

Niall Heads to Peer Power Conference in Anchorage



Niall will be attending the Peer Power Conference in Anchorage this year! It has been Niall's long-time goal to attend the Peer Power Conference.

For those of you who don't know what Peer Power is: *Peer Power* advocates for the civil rights, leadership, and self-determination of Alaskans with intellectual and developmental disabilities through education, connection, and peer-led action.



Building Stronger Support Services—Together

Support Services is a department here at REACH INC that serves a wide variety of people in a variety of times, capacities, and locations, including Petersburg and Haines in addition to Juneau.

As we bring people in to fill vacancies that seem to have existed for a long time now, we look towards improving everyone's individual experiences. When I say, "individual experiences", I mean both how the recipient's services are provided, as well as the employee experience at REACH.

We want to encourage everyone involved to provide feedback. How has your time been at REACH? How could your experience be improved? Is there anything that could improve the experiences of the people you serve? If you yourself receive services from REACH, how can we make your experience better?

We're one big team here even if we all play slightly different roles. We have the same goal of mutual success, and we want to encourage everyone to play a part in molding how we improve as an agency going into the future. – *Timothy Wilson, Support Service Manager*





REACH Office Easter Egg Hunt Recap

Our REACH office was filled with excitement, laughter, and a little friendly competition during this year's Easter Egg Hunt!

Staff came together to search throughout the office for colorful eggs hidden throughout the space, adding a fun and festive energy to the day. The highlight of the hunt was the much-anticipated Golden Egg—hidden inside the skeleton! Congratulations to Tim Wilson, who discovered it!

We also want to give a special shoutout to Diana and Sarah, who tied for finding the most eggs. Their sharp eyes and determination truly stood out and made the event even more exciting.

Easter is a holiday that celebrates renewal and new beginnings, often observed with traditions such as egg decorating, egg hunts, and spending time with family and community.

Moments like these remind us of the importance of taking time to connect, celebrate, and enjoy each other's company. Thank you to everyone who participated and helped make this event such a joyful success.





Mental Health Awareness Month

It's Okay to Not Be Okay: Breaking the Silence Around Mental Health

1. It's Okay Not to Be Okay

Everyone has days when things feel heavy or overwhelming. You don't have to pretend you're fine all the time.

2. Mental Health Is Health

Just like physical health, mental health deserves care and attention. Struggling doesn't make you weak—it makes you human.

3. Silence Can Make It Harder

When we don't talk about how we feel, emotions can build up inside. Opening up can be the first step toward feeling supported.

4. You Don't Have to Do It Alone

Support can come from friends, family, or professionals who truly care. Reaching out is a sign of strength, not weakness.

5. Healing Takes Time

Progress is not always linear, and that's okay. Be patient with yourself—you are doing the best you can.

Why It Matters

Mental Health Awareness Month is a reminder that our emotional, psychological, and social well-being truly matter. It encourages open conversations, helps reduce stigma, and reminds us that taking care of our mental health is just as important as caring for our physical health.

Did You Know?

- ✓ 1 in 5 adults in the United States experiences a mental health condition each year.
- ✓ Early support and treatment can significantly improve outcomes and quality of life.
- ✓ Stress, burnout, and isolation can impact both mental and physical health.
- ✓ Seeking help is a sign of strength, not weakness.

Quote of the Month

"You are not alone. You are seen. You are loved. You are important." – Unknown

There are moments when life feels isolating—when your thoughts get heavy and it seems like no one truly understands what you're carrying. But even in those moments, your presence in this world matters more than you know. You are not invisible, and you are not forgotten.

You don't have to have the right words or hold everything together to deserve care. You are worthy of support exactly as you are, in every season you're walking through. If today feels hard, please remember—you don't have to face it alone. There are people who care, who want to listen, and who are here to remind you that you matter.





Celebrating the Mothers Who Inspire Us Every Day

"A mother's love is the fuel that enables a normal human being to do the impossible."

— Marion C. Garretty

This Mother's Day, we celebrate the women who love without limits, give without hesitation, and care in ways that often go far beyond what words can fully express.

To all mothers and mother figures—grandmothers, guardians, aunts, and anyone who steps into a nurturing role—you are the quiet strength and steady heart behind so many stories. Through your care, patience, and presence, you help shape lives in ways that are both profound and lasting.

Today is a moment to pause and truly see you. To honor your resilience, your sacrifices, your patience, and the countless ways you bring light, comfort, and strength to others—often without recognition.

You are appreciated more than words can hold, and your love leaves an impact that continues to grow in every life you touch. Today, we simply say thank you—for all that you are and all that you do, in both seen and unseen ways. Happy Mother's Day from all of us at REACH



Happy Mother's Day to the strongest, most loving woman I know

Happy Mother's Day to the strongest, most loving woman I know. Being the mother of five isn't just something you do—it's who you are. You've carried more than most could ever imagine: countless worries, endless responsibilities, sleepless nights, scraped knees, broken hearts, and loud laughter that filled our home. Somehow, through it all, you never ran out of love.

You taught five very different people how to be kind, how to be strong, how to stand up for themselves, and how to come back together no matter what. You showed them what patience looks like in real life, what sacrifice truly means, and how love can stretch far beyond what seems possible.

Thank you for cheering louder than anyone, even when you were tired. Thank you for listening when everyone needed comfort, for giving advice when they were lost, and for letting them learn when they needed to fall. Thank you for holding our family together in ways we'll probably only fully understand one day.

Your love has shaped five lives—and through them, it will touch so many more. That is something extraordinary. Today, we celebrate you: your heart, your strength, your resilience, and your unconditional love. We are who we are because of you, and we are endlessly grateful.

Happy Mother's Day, Babe. We love you more than words could ever say.

Love, Tim Marshall



This Mother's Day feels different in the best way as we celebrate our first year as moms

This Mother's Day feels different in the best way as we celebrate our first year as moms to our 5-month-old son, Tidal Lee. Becoming parents together has been one of the most meaningful and life-changing experiences of our lives.

After giving birth, I've had the rare privilege of watching my wife step into motherhood, and it's been nothing short of incredible. The love, patience, and strength she shows every day, even in the hard moments, is something I deeply admire. At the same time, becoming a mom myself has changed me in ways I never expected.

Tidal Lee has brought so much love, perspective, and purpose into our lives, and every day with him feels like something we'll never take for granted - Laurel Stafford

Being his mom has changed me in the most beautiful way

This Mother's Day feels different for me because this year, I'm celebrating it as a first-time mom. My heart feels fuller than I ever imagined, thanks to my son, Noah.

Every little smile, every tiny milestone, and even the sleepless nights have shown me a love I didn't know I was capable of holding. Being his mom has changed me in the most beautiful way.

I'm also deeply grateful for my husband, who has walked beside me through this new chapter sharing in the love, the learning, and all the little moments that come with it.

I also want to honor my own mom, the first person who showed me what unconditional love looks like. Thank you for your guidance, your strength, and everything you've done to shape me into the person and mother I am today - Nympha Lopez





We're excited to celebrate this month's Appreciation Winner – Charles Wisner!

Charles has been part of the MW team for many years, and it shows in everything he does. He consistently encourages the residents to do their best, try new things, and feel confident, all while treating everyone with genuine respect.

Residents and staff both speak highly of Charles. He's a trusted mentor, a great listener, and someone who shows up every day focused on supporting each resident's goals and needs.

Charles brings a positive attitude, professionalism, and a willingness to jump in and help wherever needed. Most importantly, he makes sure the residents always feel heard, valued, and cared for.

Please join us in congratulating Charles on this well-deserved recognition!

EMPLOYEES MARKING ANOTHER YEAR OF DEDICATION

We're incredibly proud of the hardworking people who work at REACH, and their dedication does not go unnoticed! Please join us in celebrating the following employee anniversaries for the month of June:

Richie Solanoy - 21 years	Andrea Short - 5 years
Rachelle Flansaas - 17 years	Kai Edmunds - 1 year
Brandon Rindlisbacher - 9 years	Brian Espejo - 1 year
Derick Nebert - 5 years	
Joanne Sam - 5 years	
Mitchell Miller - 5 years	

WELCOME TO THE TEAM!

Please help us extend a warm welcome to our new employees who recently joined the REACH team! We are excited to have you join our awesome organization and bring your skills to the people and businesses we serve:

McCormick, Brianna - DSP
Spruill, Demetrie - FSS-Facilities Support Specialist

CHEERS TO OUR MAY BIRTHDAY CELEBRANTS!

This month, we're celebrating the birthdays of some of our amazing employees! Join us in recognizing their special day and wishing them joy, success, and a fantastic year ahead.

Cindy Rothschiller - May 9	Halatono Tupou - May 22
William Samato - May 11	J Holland - May 22
Christopher Brown - May 12	Chevelle Hogan - May 28
Ligia Romero - May 14	Diana
José Hernández - May 18	Saenz-Bernhardt - May 28
Richie Solanoy - May 18	Arlene Alcancia - May 29
Lauro Untalasco - May 20	Nita Budhrani - May 30
Ruth Legg - May 21	Andrea Short - May 31



HOLIDAY SCHEDULE

Please note that REACH Shredding and the REACH main office will be closed for the holiday.



REACH Shredding and the REACH main office will be closed on Monday, May 25th, in observance of Memorial Day

May 25
Memorial Day

UPCOMING EVENTS MAY

-First Friday Gallery Walk-

A monthly downtown arts evening featuring gallery openings, museum exhibits, small performances, and community gatherings. Events are spread across multiple accessible venues, allowing attendees to come and go at their own pace. Suitable for teens, families, and young adults.

When: May 1st - 4pm-7pm
Location: Downtown Juneau, JACC, City Museum, State Museum
Cost: Free

-Brown Bag Concerts-

A free lunchtime concert featuring professional musicians in a relaxed, all-ages setting. Designed for casual listening, the concert offers a calm, welcoming environment and is ideal for families, teens, and adults seeking a low-sensory cultural experience.

When: May 1st & 7th - 12pm-1pm
Location: Juneau Arts & Culture Center (JACC), 350 Whittier St, Juneau, AK 99801
Cost: Free

-Silent Book Club-

Snacks, drinks, and socializing for the first half hour. Read silently for an hour. Finish up with a group discussion about your books, or keep reading! If possible, please bring your own travel mug with a lid!

When: May 2nd - 2pm-4pm
Location: 292 Marine Way, Juneau, AK 99801 - Downtown Large Meeting Room
Cost: Free

-Juneau Maritime Festival -

A large, outdoor community celebration highlighting Juneau's maritime culture. Activities include live music, cultural demonstrations, children's activities, vendor booths, and waterfront attractions. The event is free, open to all ages, and held in a fully accessible downtown plaza.

When: May 9th - 11am-7pm
Location: Peratrovich Plaza, 368 S Franklin St, Juneau, AK 99801
Cost: Free

-Jensen-Olson Arboretum-

Summer Arboretum Hours: Wednesday through Sunday - 9am-5pm - Cost: FREE

-Guided Walk Event-

A relaxed, guided stroll along the arboretum's main paths, offering participants an opportunity to learn about seasonal plants and garden highlights in a calm, outdoor setting.

When: May 16th - 2:15pm
Location: 23035 Glacier Hwy, Juneau AK 99801
Cost: Free





USCG BOATER SAFETY TIPS

From the desk of Shane Walker, American Heart Association CPR First Aid Instructor.

Living in Southeast Alaska water is everywhere. It is an area where motorhomes and travel trailers are largely replaced by boats. Due to the extreme cold-water year-round it is important to keep boat safety at the forefront.

Wearing a life jacket is mandatory. Each year 75 percent of boating deaths are due to drowning and 87 percent of those victims weren't wearing life jackets. Children under 13 are required to wear life jackets at all times. The jacket must be in good condition, properly sized for the child, and worn. There must be one properly sized USCG-approved life jacket for each person on board.

Engine cut-off switch (ECOS) link has been mandatory since 2021 for anyone operating in navigable waters. If you're wearing one and are ejected from the boat, or fall away from the operating area, the engine will automatically shut off. This can prevent you from being injured by the propeller and make it easier to get safely back on the boat.

Do not drink and boat. Alcohol is the single biggest contributing factor in boating deaths. Last year, 17% of boating fatalities involved drinking. It is critical to remain sober while operating a boat.

Register your emergency beacon. Emergency Position-Indicating Radio Beacon (EPIRB) is a critical battery-powered device for boats that, when activated, transmits a signal to satellites, alerting rescue services providing precise, GPS-enables location data for quick rescue.

Get a free vessel safety check. The Coast Guard Auxiliary provides free vessel safety checks to all boaters. Inspectors can do them in your driveway or in the water and it takes 15 – 20 minutes. When you pass you'll not only have peace of mind that your boat is in compliance, and you may get a discount on your insurance. If you fail, the Coast Guard will not issue a citation, but you will be given a list of discrepancies with recommendations on how to correct them.

Keeping yourself and your passengers safe is the single most important thing you can do to ensure a successful time on the water. Ensure that you and the people depending on you can relax knowing that you have prepared for a safe fun time on the water.

SCAN ME



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