



REACH SPIRIT WEEK WINNERS



**PJ Day or
Onesie Day**



**Sports
Day**



**Crazy
Hair Day**



**Retro
Day**



Twin Day

Reach Newsletter – September 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!



REACH Spirit Week: What a Week to Remember!

REACH Spirit Week was a fantastic celebration of creativity and community spirit—and we want to thank everyone who participated! From amazing outfits to fun moments captured, your enthusiasm made the week unforgettable. A big shoutout to all who dressed up and shared their photos with us.

Here's a quick recap of the week's themes:

- August 18: PJ Day or Onesie Day — cozy and comfy!
- August 19: Sports Day — showing off team pride!
- August 20: Crazy Hair Day — wild and wonderful styles!
- August 21: Retro Day — a stylish blast from the past!
- August 22: Twin Day — double the fun with matching looks!

A big congratulations to all the winners of the Best Outfit prize! Your creativity and enthusiasm truly made the week special. Thank you again for participating and making REACH Spirit Week such a memorable event. We can't wait to see what you bring next year!

Shoutout to Our Resilient Northland Team and Volunteers

In challenging times, our community's strength truly shines. During the recent emergency flood response, we saw incredible teamwork, resilience, and compassion in action.

A big shoutout to our Northland Team, led by Tamara, with the support of Facilities Coordinator Tim, and our dedicated volunteers—Braedon, Victor, and Giovanni. Your hard work and selfless efforts made a real difference when it mattered most.

Thank you for showing us the power of community in action.



Looking Back: REACH SPIRIT WEEK



Pj/Cuesie Day



Pj/Cuesie Day



Pj/Cuesie Day



Sports Day



Sports Day



Sports Day



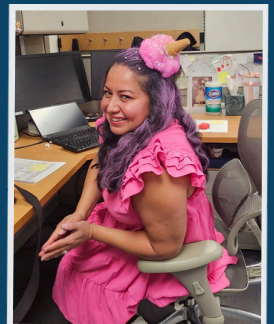
Sports Day



Sports Day



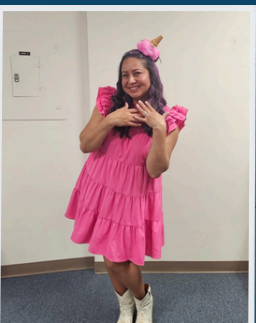
Sports Day



Crazy Hair Day



Crazy Hair Day



Crazy Hair Day



Crazy Hair Day



Crazy Hair Day



Retro Day

REACHing Out INCORPORATED

REACH, Inc. Monthly Newsletter

September 2025



Retro Day



Retro Day



Retro Day



Retro Day



Twin Day



Twin Day



Twin Day



Twin Day



Twin Day



Twin Day





Meet Devin Tatro – Our New Employment Specialist Manager

We're thrilled to welcome Devin Tatro as the new Employment Specialist Manager at REACH!

Devin relocated to Alaska from Boston in 2014 and earned her teaching degree from the University of Alaska Southeast. She went on to teach high school in Sitka, Nome, and at Yaakoosgé Daakahídi High School here in Juneau.

After transitioning out of the classroom, Devin served as the Disability Services Program Manager at UAS. She is excited to continue advancing disability advocacy, accessibility, and equitable access in her role at REACH.

We're honored to have Devin's passion and expertise on our team. We look forward to all she'll accomplish in this new chapter.



What's Happening in September? Explore Juneau's Community Calendar!

What's New This Month?

The calendar, hosted by KTOO, features an up-to-date list of local events open to the public. You'll find everything from music and art shows to cultural festivals, nature walks, educational workshops, and family-friendly gatherings.

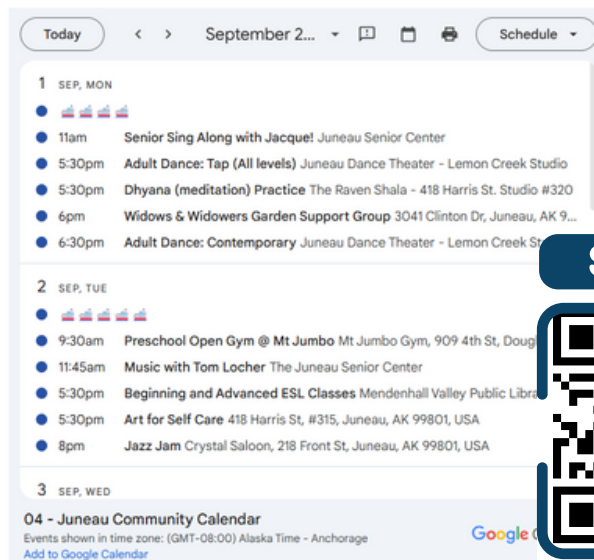
Why It's Worth Your Time

Encouraging individuals to attend local events supports personal growth, social inclusion, and confidence-building. Whether it's trying something new or connecting with familiar faces, each outing is a chance to strengthen community ties.

Check the calendar regularly to discover upcoming activities that align with the interests and goals of those you support. Plan ahead and encourage participation whenever possible!

How to Access:

Simply scan the QR code below to jump straight to the calendar and start exploring upcoming events. You can also copy events directly to your personal calendar to never miss out! Get Involved — Find Your Next Activity Today!



SCAN ME



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:

Lauro Untalasco - 18 years	Harmony Ryan - 5 years
Todd Wright - 18 years	Christopher Umbs - 4 years
Maily Miramontes - 17 years	Mitchelle Henderson - 4 years
Fely Cruz - 14 years	Qin Zhou - 3 years
Sherri McDonald - 12 years	Ryan Hellman - 1 year
Hillary Landers - 6 years	Naomi Studevan - 1 year
Cassandra Washington - 5 years	Mellissa Wilfong - 1 year

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:

Devin Tatro - Employment Specialist Manager
Ariana Drobet - Job Coach
Raquel Corpuz - Job Coach

CHEERS TO OUR SEPTEMBER 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.

Miguel Romero - Sep 01	Jennifer Bellman - Sep 13
Kaelen Del Castillo - Sep 01	Timothy Marshall - Sep 15
Barbara Lager - Sep 03	Joshua Berg - Sep 16
Michael Haase - Sep 08	Joshua MacDonald - Sep 18
Donald Jackowick - Sep 08	David Cook - Sep 21
Mallorie Wheeler - Sep 09	Charles Mattingly - Sep 21
Paul Robert Denmert - Sep 09	Tirso Galamay - Sep 24
Josefina Rosas - Sep 12	Mitchell Ryan Miller - Sep 30
Jacqueline Bell - Sep 12	



Mark Your Calendars for September

September 7 - 13

DSP Appreciation Week

September 19

Steelhead Bingo
4934 Steelhead St. - 5PM

September 26

Backyard Bonfire
9377 Northland St. - 4PM



Looking Back: August Event Recap

August 15

Steelhead Bingo
4934 Steelhead St. - 5PM

August 18-22

REACH Spirit Week
All REACH locations



Suicide Prevention Month

Tips for Supporting Mental Health & Preventing Suicide

-  **Listen Without Judgment**
Let someone talk without trying to fix them. Just being present can make a difference.
-  **Know the Warning Signs**
Look for changes in mood, withdrawal, or talk of hopelessness.
-  **Encourage Help-Seeking**
Offer support in reaching out to a counselor, therapist, or crisis resource.
-  **Create Safe, Supportive Spaces**
Foster a culture of empathy where mental health is respected and stigma is challenged.
-  **Know the Resources**
Share hotline numbers and mental health support services in your community.

Why It Matters

Mental health is essential to how we think, feel, and connect with others. Suicide is a leading cause of death among teens and young adults, but it's often preventable. Early support, open conversations, and knowing the signs can make a life-saving difference.

Did You Know?

- ✓ 1 in 5 U.S. adults experiences mental illness each year.
- ✓ Suicide is the 2nd leading cause of death among people ages 10–24.
- ✓ Most people who attempt suicide show warning signs beforehand.
- ✓ Talking about suicide does not make it more likely—it opens the door for help.
- ✓ Connection, empathy, and early intervention are among the most powerful prevention tools.

Quote of the Month

"Your presence matters more than you know. The world needs your voice, your story, and your strength." – Unknown

Life can be painful, but it also holds the potential for healing, growth, and unexpected beauty. When we remind others—and ourselves—that there's still another chapter to be written, we create space for hope. You are not alone, and help is always within reach.





Individual & Family Office Hour
with
Senior and Disabilities Services
<https://health.alaska.gov/dsds>

1st and 3rd Monday of each month

Meet with Senior and Disabilities Services' Training Team and other department representatives. Ask questions about eligibility, waiver, and other services available through SDS.

Meetings are held using **ZOOM**
Scan with your phone camera



You can also email: sdstraining@alaska.gov
or click [HERE](#)

Individual & Family Office Hour with Senior and Disabilities Services

Have questions about eligibility, waivers, or the range of services offered by Senior and Disabilities Services (SDS)? The Individual & Family Office Hour is a dedicated space to get direct answers from the SDS Training Team and other department representatives.

This is a great time for individuals to ask their "why" questions—to better understand how and why certain services work, and what support is available to them.

When: 1st and 3rd Monday of every month

Where: Online via Zoom — attend from the comfort of your home

Help Us Keep the Vision Growing This Summer



Our Shared Vision is like a Garden in Summer - Let's Keep It Growing!

In Alaska, we've been working on a Shared Vision for people with disabilities and their families. The ideas we planted are starting to grow. But just like a garden, this vision needs care. It needs people like you to help it grow strong. This summer, we invite you to help grow this vision.

You may already be doing that in small but important ways:

- Are you checking in with others? Maybe you've reached out to another parent, or been there for a friend dealing with a new diagnosis.
- Are you using your voice to help others understand? You might be sharing your story with a teacher, a doctor, or a leader.
- Are you making space for new things to grow? That could be joining a new support group, letting your child try something on their own, or finding time to take care of yourself.

Every small action matters. Whether you're speaking up in a meeting, staying calm during a tough moment, or cheering on a small win—you're helping build a better future.

Together, we can grow a world where every Alaskan—no matter their ability—has the chance to succeed, with respect, support, and community.

What will you grow today?

Tell us in the comments! 🍷

#SharedVisionAK #DisabilityCommunity #FamilySupport #InclusionMatters

Alaska's Shared Vision for people with disabilities and their families is more than just an idea—it's a movement rooted in community, connection, and hope. And like any living thing, it needs attention to thrive.

This summer, we're seeing signs of growth all around us. Families are supporting one another. Self-advocates are using their voices. Communities are becoming more inclusive. These everyday efforts—big and small—are what bring the Shared Vision to life.

Your part matters. Whether you're having an honest conversation with a provider, encouraging a young person to try something new, or just taking time to care for your own well-being—you're helping build a stronger, more inclusive Alaska.

We're all gardeners in this vision. And the more we show up, the more we grow—together.



From the Desk of Shane Walker, AHA CPR Instructor: The Surprising Heart Power of Your Calf Muscles

The human pulmonary system has many components. The heart, aorta, veins, capillaries, and arteries are vital to moving oxygen, food, and resulting waste throughout the body. Veins, unlike the other components of the pulmonary system lack musculature.

This means that to move blood back to the heart they rely on large muscles to complete their job. The unsung hero of the circulatory system are the Soleus muscles. The Soleus muscles are powerful muscles along the back of your calf muscles that make your foot point downward when moving.

The Soleus muscles are sometimes referred to as 'the second heart' due to their critical importance in forcing blood from the lower extremities back to the heart. This is why it is important to get up and move throughout the day. Without that gross motor movement blood can pool in your feet, ankles, and calves and cause discomfort and, over the long term, negatively impact your health.

So, do yourself a favor and move around frequently if you have been sitting at a desk, behind the wheel, or during any sedentary activity to help your body out.

-Shane Walker

Employee Spotlight: Support Services Team

This month, we're thrilled to put the spotlight on the outstanding team at our Support Service. Their dedication and compassion make a real difference, and Support Service Manager Tim Wilson is here to share his heartfelt appreciation for all they do.

"My staff team has been almost completely on-top of their note timeliness over the last two weeks. There has been a tremendous improvement for my staff team in that way. "

Being Medicaid providers, our business is tied to the reporting we do on the services we provide, and not just the services themselves. Note timeliness and quality has been a hot topic over the last few years, and both of these concepts are closely correlated.

A note written promptly will make information easier to recall. With the new timeliness policy, we saw some initial growing pains but my team has quickly adapted to the new norm.

The new note timeliness policy has been a positive change for my team, both in note timeliness and in the quality of service notes they submit. While we are still working towards further improving note quality, my team rose to the occasion and have been very consistent with note timeliness.

I am both proud and exceedingly satisfied with all of my team members and how they have improved in such a short time. I look forward to seeing their growth continue. - Tim Wilson

Tim Wilson Team

Carlota Genil
Ligia Romero
Cassandra Hollingsworth
Fely Roman Cruz
Maily Miramontes
Maria Rosales
Maria Manila

Qin Zhou
Nita Budhrani
Mary Diamzon
Gloria Magallanes
Alejandra Roman
Victoria Moore
Joshua Moore



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