

Letter from the Executive Director: Embracing Quality of Life in the Heart of Winter

Dear Team and Community Members,

As we welcome the new year, I am reminded of the incredible strength and resilience within our organization and community. January is International Quality of Life Month, a time to reflect on what it means to truly thrive, even amidst the challenges we face. Here in Alaska, winter brings not only shorter days and colder temperatures but also an increased awareness of Seasonal Affective Disorder (SAD), which profoundly impacts many of us, including the individuals we serve, our dedicated staff, and our broader community.



Pictured: Naomi Studevan

At REACH, our mission to "honor and respect the people we serve by promoting choice and well-being through advocacy and services" is more than just words; it is our guiding principle. Quality of life encompasses physical health, emotional well-being, meaningful relationships, and the opportunity to make choices that reflect personal values and preferences. As we step into this month, I invite each of you to consider how we can continue to uphold and enhance these principles together.

For those we serve, this might mean creating opportunities for unconventional social connection, or offering programs that encourage physical activity and engagement. For our staff, it could involve taking a moment to check in with one another, utilizing resources for mental health support, or simply finding small ways to brighten each other's days. And for our community, we can share knowledge, foster inclusivity, and remind one another that no one is alone in navigating the challenges of this season.

Let us also celebrate the victories that come from these efforts. When someone discovers a new hobby, builds a lasting friendship, or feels seen and valued, we know we are making a difference. These moments are the building blocks of a high quality of life, and they are worth cherishing.

I encourage all of us to take time this month to prioritize our own well-being as well. Whether it's through moments of mindfulness, connecting with loved ones, or simply taking a walk outside during daylight hours, self-care is not a luxury; it is essential. By caring for ourselves, we strengthen our ability to support those around us.

Thank you for your unwavering commitment to our mission and to one another. Together, we will continue to shine a light—both literal and metaphorical—in the lives of those we serve and within our community. May this January be a time of renewal, connection, and progress toward even greater well-being for all.

Warm regards,

Naomi Studevan
Executive Director

Punctual Pug Update

The Pugs are being assembled and are almost ready to be released at REACH! The Administration team is excited to be implementing Punctual Pug, a new scheduling system developed for agencies just like REACH. We're currently in the development phase and are eagerly working on creating training materials and a training program. Before launching the system agency-wide, we will create pilot groups of Direct Service Professionals & Job Coaches to learn the new system and provide valuable feedback on the training process.



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:

Virginia T. - Direct Service Professional
Freddie Q. - Custodian
Oliver B. - Direct Service Professional
Evelyn W. - Direct Service Professional
Ben T. - Job Coach
Justin R. - Direct Service Professional
Emmanuel C. - Certified Nursing Assistant

🎉 Welcome
To The **TEAM**

Employee Spotlight: Team Mariana

In addition to REACH's supportive and housing services, REACH also provides opportunities for people experiencing disabilities to be independent through our Supported Employment program. This program helps people with disabilities find career paths that suit their abilities, talents and interests. REACH Job Coaches work with employers and provide real-time one-on-one support and training for the individuals wherever they need it. Mariana is the Supported Employment staff manager and she is integral in getting individuals the staff assistance they need. Here is what she has to say about the team she supervises!

My name is Mariana S. and I'm the staff manager of Supported Employment. I am incredibly fortunate to lead a team of dedicated job coaches in Supported Employment. They go above and beyond to support individuals with disabilities, helping them overcome challenges and achieve their career goals. Their unwavering commitment to each person they serve is truly inspiring.

It's heartwarming to witness the positive impact REACH job coaches have on the lives of the individuals we support. They provide not only practical job skills training, but also emotional support, helping individuals build self-confidence and a sense of belonging in the workplace. Their dedication to fostering independence and empowerment is a testament to their passion for making a difference.

Job Coaches on Team Mariana

**Morris C.
Ben T.
Mairghread M.
Miguel R.
Rodrigo G.
Ruth L.
Tara D.
Matthew T.
Brandon R.
Don W.
Oren G.**



REACHing Out INCORPORATED

REACH Holiday Window Display

REACH's annual holiday display window in downtown Juneau is up through the end of the month! Stop by our main office at 213 3rd St. to check out this year's design, all made possible thanks to our Quality Assurance Director, Sherri McDonald.



Employee Anniversaries

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 December:

Carlota G. - 2 years
Enisela U. - 2 years
Toni B. - 2 years
Michael H. - 4 years
Diana A. - 4 years
Tara B. - 7 years
Cassandra H. - 9 years
Barbara L. - 10 years
April H. - 10 years
Jeffery L. - 14 years
Gertrudes C. - 15 years
Gary B. - 31 years

HAPPY
ANNIVERSARY

2024 Year-End Giving

Another wonderful year at REACH is quickly coming to a close! This past year has been filled with many ups and a few downs, but through it all, REACH staff has remained unwavering in their dedication to supporting Alaskans who experience an intellectual and/or developmental disability.

As 2024 wraps up, we wanted to let folks know there is still time to make a tax-deductible donation to REACH. If you are able this holiday season, please consider donating to REACH to help us enhance the services we provide to infants, children, adults, and families around Southeast Alaska. Your donation will go directly towards fulfilling our mission and vision, and will make a significant impact in the lives of the individuals we support.

Thank you for the trust you place in REACH to provide you or your loved one with the essential services you/they rely on.

Donate today at www.reachak.org/donate.

go raibh maith agat GRACIAS
Gwalcheesh 감사합니다 FA'AFETAI
THANK YOU
MERCI NT'OYAXSN Hāw'aa
谢谢 Salamat DANKE Mahalo

REACH Satisfaction Survey

Happy holidays and happy survey time! Every year, REACH offers YOU an opportunity to give us feedback about our services. Please take a few minutes to fill out this survey. You can do it online using your phone camera to scan this QR code. Hover your phone camera in front of the QR code, and a link will appear. Tap on the link, and it will take you to the anonymous online survey. We will be sending a paper version in the mail this week, too. You only need to do the survey once. Thank you for participating!



We're Hiring

Help us spread the word that we are hiring! We have numerous positions open, so if you know of anyone that might be the right fit for REACH, please refer them to fill out an application online at www.reachak.org/careers. Full-time employees who work 30+ hours/week are eligible for REACH's full benefits package. Part-time employees are eligible to accrue PTO as well.

Current Job Openings:

Controller in Juneau, full-time
Direct Service Professional (DSP) in Juneau, full-time
24-Hour Direct Service Professional (DSP) in Juneau, full-time
Direct Service Professional (DSP) in Haines & Petersburg, part-time
Custodian, part-time (4-19 hours)
Job Coach, full-time

Upcoming Events

January: International Quality of Life Month
January 1: New Years Day, REACH Main Office & Shredding Closed
January 3: First Friday Artwalk
January 7: Clowning Workshop @ the JACC
January 11: Second Saturday Markets
January 13: Art Night @ Zach Gordon Youth Center
January 20: Martin Luther King Jr. Day, REACH Main Office & Shredding Closed
January 22: Stress Free Art Night @ the JACC
January 26: Artists of All Nations @ the JACC

STAY CONNECTED

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