

# THE OFFICIAL NEWSLETTER OF COMMUNITY REACH

AUGUST 2021, VOLUME 6



Resourcing • Educating • Advocating • Connecting • Helping

## DID SOMEONE SAY YOGA? WE DID!

### KID'S YOGA

Let's explore our breath, stretch and strengthen our muscles and share laughter



Instructor is Karen Snyder

Licensed yoga instructor who has been teaching for 4 years

Class will be held at Community Reach in Red Lion

Don't forget to bring your yoga mats! If you do not have one please let us know at times of registration so that we can provide one for you to use during the class.

### BENEFITS OF YOGA

#### NOT JUST FOR KIDS!!

- Increases body awareness and mindfulness
- Enhances concentration and memory
- Develops strength and flexibility
- Boosts self esteem
- Helps to manage anxiety

Parents must accompany their child and stay throughout the class.

Parents are welcome to participate in the class.

Join Us On The Second Wednesday of every month from 4:30pm-5:30pm

To register for this class please send an email to [communityreachinc@gmail.com](mailto:communityreachinc@gmail.com)

## JOB OPPORTUNITY

Part-time, 25 hours weekly, year-round, \$19,500 Annual Salary The Program Coordinator is a part-time position of Community REACH, Inc. charged with overseeing the delivery of the service programs of the agency as well as other events to enrich the lives of those served. The individual in this position is entitled to the negotiated rate of pay. Other expectations are outlined in the Employee Handbook. **VERY IMPORTANT: Please submit the following to Community REACH Board of Directors, Attention: Brooke Bensinger, Chair of the Personnel Committee @ [bpb1310@gmail.com](mailto:bpb1310@gmail.com). For full job information please click on the button below.**

**PROGRAM COORDINATOR JOB DESCRIPTION AND REQUIREMENTS**



# COMMUNITY REACH INC. BAGS OF BLESSINGS

## ITEMS NEEDED:

- Canned Vegetables
- Cranberries
- Boxed Potatoes
- Cake Mixes & Icing
- Yams/Sweet Potatoes
- Jell-O or Pudding Mix
- Biscuit or Roll Mix
- Canned Fruit
- Gravy
- Oil

We are also asking for gift cards so that families can pick out their own Turkey.

We will be collecting food donations for Thanksgiving meals from September 1st, 2021 thru November 12th, 2021

Thank you for Helping To Provide Holiday Meals To Local Families

Drop-Off Location:  
15 1st Ave  
Red Lion, PA 17356  
9am-2pm

FOR MORE INFORMATION PLEASE

CALL:  
717-244-6934



SPREAD SOME HOLIDAY CHEER!

## Stocking Stuffers Needed

Here Are Some Suggested Items:

Infant-Bibs, Rattles, Spoons, Bath Toys, & other age appropriate items

Toddler-Cars, Hair Accessories, Flash Cards, Baby Dolls, Stickers, Finger Paints, Play dough, Barbie Doll, Dinosaurs, Books, & other age appropriate items

Ages 4-8: cars, books, slinky, Barbies, Baby Dolls, Travel Size Games, Puzzles, & Other Age Appropriate Items

Ages 9-12: Ear Buds, Nail Polishes, Fuzzy Socks, Pop Sockets, Handheld Arcade Games, Travel Size Games, Puzzles, Books, Lip Gloss/Make Up, Body Sprays, & Other Age Appropriate Items.

Gift Cards Are Appropriate For All Ages.

We Suggest: Amazon, Walmart, Target, Local Fast Food or Sub Shops.

We Are Also In Need Of Board Games, Art Sets, Baby Dolls, Barbie Dolls, Any Size Child Pajamas, Legos, Play Sets, or Any Other Toy That A Child Would Love To Unwrap On Christmas.

This year we will try to provide each child with a full stocking and one wrapped present.

We Can Only Accept New Items.

For Ages 0-12

Thank You For Helping Us Make The Holidays

A Little More Special For Local Kids



Community Reach Inc  
15 1st Ave.  
Red Lion, PA 17356  
www.commreach.org  
717-244-6934



Drop Off:  
Monday thru Friday  
9:00am-2:00pm  
We Will Be Accepting  
Donations Until  
December 13th, 2021.

# RECIPE OF THE MONTH

## FROZEN YOGURT CUPS

### INGREDIENTS:

Granola • Yogurt • Cupcake liners • Optional: Honey, jam, fruit, or chocolate chips

### DIRECTIONS:

1. Fill a cupcake tin with paper liners and make sure you have enough room for the tin in your freezer!
2. Add about a tablespoon (ml) of granola to the bottom of each liner.
3. Fill the rest of the way with yogurt.
4. Add honey, jam, fruit, or chocolate chips to the top before freezing.
5. Make sure to freeze for at least 4 hours before serving... ENJOY!



# OUR PANTRY SERVICES

Community REACH serves families living in the Dallastown, Eastern York, and Red Lion School Districts. Due to Covid, we are currently not allowing our families to enter our building. If you are a registered family for pantry service please see box below:

**REGISTERED FAMILIES SCHEDULE FOOD PICKUPS [HERE](#)**

**FOR NEW PANTRY FAMILIES ONLY !!!!!**

If you are a new family and would like to register for food service please complete the New Pantry Family Registration. Only families that DO NOT currently use our pantry services should complete this registration... see box below:

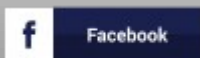
**NEW FAMILIES REGISTER [HERE](#) FOR PANTRY SERVICE**



CLICK [HERE](#) TO SCHEDULE FOOD PICKUP TIME FOR YOUR EASTERN YORK STUDENT

CLICK [HERE](#) TO SCHEDULE FOOD PICKUP TIME FOR YOUR RED LION STUDENT

**WE'D LOVE TO CONNECT WITH YOU ON SOCIAL MEDIA**  
Follow us by clicking an icon below:



**OUR MISSION STATEMENT:** THE KEY TO OUR SUCCESS IS YOUR COMMITMENT. OUR MISSION GOES FAR BEYOND SERVING OUR COMMUNITY. WE AIM TO ALWAYS BE AN UNDERSTANDING SUPPORT SYSTEM AND A SAFE HAVEN FOR EVERYONE WHO ENTERS OUR FACILITY. WE TRULY MAKE EVERY EFFORT TO ESTABLISH PERSONAL RELATIONSHIPS WITH OUR CLIENTS AND HAVE GENUINE INTERACTIONS WITH THOSE WE SERVE. COMMUNITY INVOLVEMENT AND NETWORKING WITH OTHER AGENCIES OR ORGANIZATIONS, AS WELL AS WITH CHURCHES AND SCHOOLS, ALLOWS US TO GROW OUR SERVICES AS