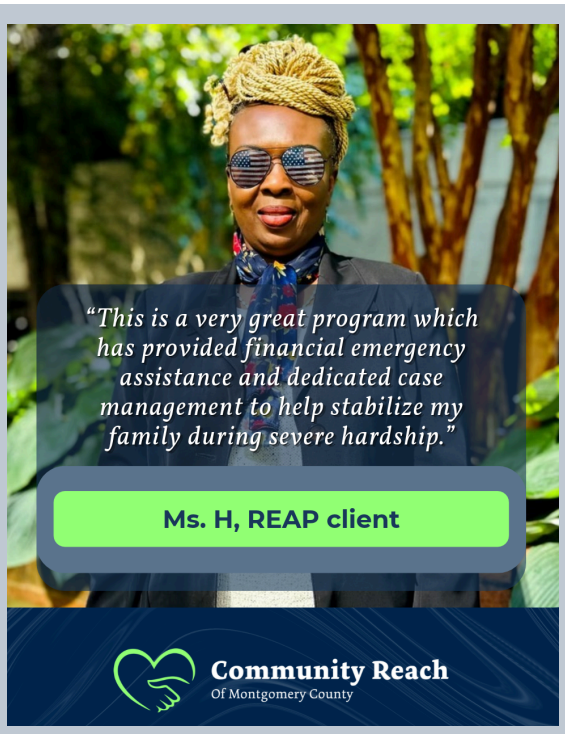
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What's new at Reach this month

October 2026

Voices We Serve: Ms. H, REAP Client

Originally from Ghana, Ms. H has lived in the US for over two decades. She supports her elderly mother, her son, and herself on a single income that fluctuates during the summer months, making it difficult to make ends meet at times. She sacrificed to put her son through college, and support from REAP has helped her remain in her home. Her story highlights the important role REAP plays in supporting hardworking community members. Read the full story below.



Read the full story



Holiday Giving Project 2026

In August, we announced an exciting partnership between LOP and Marriott to create a pilot class that prepares participants for food service careers by strengthening their practical workplace communication skills. The class launched this month with 15 students, including multiple Marriott Bethesda employees (pictured above).

The curriculum for the class was developed by LOP instructor Lisa Gumbs, with input and approval from Marriott. It focuses on topics like workplace fundamentals, kitchen safety, shift preparation, teamwork, problem solving, and measurements, all tailored to the food serve industry.

So far, student feedback has been positive, with one student commenting: "I love the class, and the way you teach encourages me to keep learning. Thank you for being available to teach us English and to answer our questions."

Learn more about the class

VOLUNTEER PROVIDER SPOTLIGHT: DR. BARBARA KARP



Meet Dr. Barbara Karp, a dedicated volunteer neurologist whose expertise and compassion help make quality healthcare more accessible at Kaseman Clinic.

Read the spotlight



Planning is underway for Reach's participation in the 2026 Holiday Giving Project. Partner organizations have pledged to donate a record 600 food baskets for Thanksgiving and almost 500 toys for the December holidays so far.

We are enthused to announce CareFirst as our first HGP sponsor and Town & Country Movers, Inc. (TCM) and McLean Bible Church (MBC) as two of our new HGP partners. TCM has generously offered to pick up donations, store them, and deliver them to MBC for distribution in December.

We are overwhelmed by the outpouring of support we have received from the community to help make our neighbors' holidays a bit brighter.

Reach Featured in Target Circle™

Kaseman Clinic Hosts Flu Shot Day



Over 70 people, including several Reach staff members, received flu shots at Kaseman Clinic's flu shot event on 10/20 in partnership with the Department of Health and Human Services.

If you haven't gotten your flu shot yet, register today for a free shot. Various times and locations are available across the county.

Register for a flu shot



Reach is featured in Target Circle™ this quarter! Shop at Target, earn votes, then vote for us in the Target app to direct Target funds that support our work.

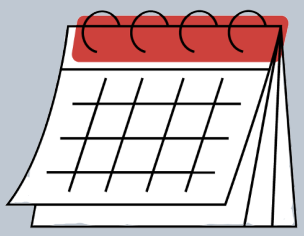
Here's how:
Step 1: Choose "My Target" in the Target app, or visit **https://www.target.com/circle/community-voting** in your browser.
Step 2: Tap 'Cast votes'
Step 3: Find us & vote

You can change your location to a Rockville Zip code if Reach doesn't show as an option!

Mark Your Calendar

Holiday Giving - Thanksgiving Distribution
Rockville United Church
Sunday, November 22, 1-5 p.m.

Holiday Giving - December Distribution
McLean Bible Church
Thursday, December 17, 3-7 p.m.



Volunteer With Us

Kaseman Clinic Interpreters

Help our patients and medical providers communicate effectively by providing translation services for English and Spanish speaking patients.

Volunteers must be 18+ years old and able to work a four-hour shift once per week.

Requires a background check.

Contact volunteer@cmrocks.org
if you're able to help with these requests.

View other volunteer opportunities

Donation Requests

Kaseman Clinic:

- Lysol spray, paper towels, liquid hand soap, facial tissues, toilet paper, dish soap, feminine hygiene products for patient use
- Amazon wishlist - Please leave your name and contact info as a note if purchasing from this wishlist: **https://tinyurl.com/3x58hnvd**

Housing Program:

General: Toilet paper, disinfectant wipes, dish soap, sponges, bleach/Comet, multi-purpose cleaner, laundry detergent (pods),dryer sheets, tin foil, soft pad cleaning mop similar to Swiffer WetJet

Jefferson House

- bath towels & washcloths
- plastic food storage containers
- curtain panel
- dish towels
- oven mitts and kitchen sink mat
- baking trays, roasting pan
- clear refrigerator separators
- art supplies (canvas, brushes, paint, smock)

Rockland House

- toaster oven
- flashlights & batteries
- towels and washcloths
- kitchen glassware
- dish towels
- curtain panel
- weed killer
- dish soap & toilet paper
- landline telephone base
- non-stick pots and pans
- step ladder

For more information on current needs or to donate, please contact us at development@cmrocks.org.

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Kaseman Clinic Board of Directors

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