



A Newsletter from The Douglas Center: October 2022

## Your Donation Makes a Difference to Those We Serve Maximize The Difference YOU Can Make!

The Douglas Center will soon kick off our Matching Donation Challenge campaign to raise more than \$5,000 in support of the many services our center provides. From November 15 through December 15, 2022, The Coleman Foundation will be matching all donations made to The Douglas Center that are \$175. If you donate \$175, your donation becomes \$350 with The Coleman Foundation match. Donations are accepted in cash, check, or online via our website: [www.thedouglascenter.org](http://www.thedouglascenter.org). Just click the "DONATE" button in the top right hand corner of our website page. Only donations made between November 15<sup>th</sup> through December 15<sup>th</sup> will be matched.

### YOUR SUPPORT IS GREATLY NEEDED AND SO INCREDIBLY MEANINGFUL!

Your gift of any amount will have a great impact in support of the many services our center provides. As we continue to make our way out the recent pandemic and current economic stressors that affect us all, we ask for your support to assist us in serving those most at risk.

**In addition to making a donation here are more ways you can support The Douglas Center:**

### BECOME A SOCIAL MEDIA AMBASSADOR

You can help to get the word out about the life-changing work that The Douglas Center does every day by sharing this with friends and family on social media and/or forwarding this email!



### START A FACEBOOK FUNDRAISER

Create a Facebook Fundraiser for The Douglas Center! Starting is easy... the IMPACT IS Great! If you would like more information on how to start your own Facebook Fundraiser just let us know by replying to this email. We're honored to have your help!

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### The Douglas Center Closing Schedule

- Thanksgiving: Nov. 24th & 25th
- Holiday Closing: Dec. 26th thru January 3, 2023
- Center Reopens Jan. 3, 2023

### MATCHING CHALLENGE



Nov. 15th thru Dec. 15th

DOUBLE YOUR IMPACT

### EVERY GIFT MATTERS

- ✓ Checks
- ✓ Cash
- ✓ Online via website

**DONATE \$175 AND THE COLEMAN FOUNDATION WILL MATCH YOUR DONATION**

## The Douglas Center Internship Program: Partners in Our Mission

This fall, The Douglas Center is excited to welcome our newest interns into our Social Work Internship Program. The program, now in its third year, has had twelve students complete their internship program with The Douglas Center. This fall we welcome Jade, Maddie, and Sneha into the program.

The Douglas Center's Internship program is currently partnered with several local universities including Loyola University, Northeastern University, University of Illinois at Chicago (UIC) and Dominican University. The Douglas Center is currently accepting applicants from these Universities.

Our Social Work interns are integral members of our team and are a vital part of The Douglas Center's mission to provide programs and services that assist adults living with intellectual, developmental, and physical disabilities in improving their independent living skills and enrichment of their quality of life. Jane Addams, considered to be the founder of social work in America, emphasized the importance of being rooted in the community saying, "Social work's special genius is its closeness to the people it serves." The Douglas Center's Social Work Internship program provides our interns the opportunity to apply their academic training as they practice skills and work with trained professionals. Our interns meaningfully contribute to advancing our mission while developing essential skills that will support their career paths and personal interests. We are committed to developing the next generation of social workers through mentoring, close supervision, and field instruction as they work directly with our program participants.

Some Intern responsibilities at The Douglas Center have included:

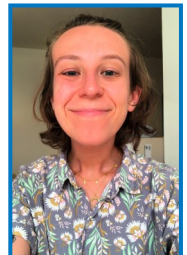
Working directly with program participants • Counseling • Social media management • Intake • Outreach to group homes  
Presentations to Special Ed Schools • Administrative duties • "Art From The Heart" Art Show event set-up

The Douglas Center internship curriculum is under the supervision of David Banas, LCSW, Director of Program & Clinical Services. Interns are responsible for completing assigned weekly and monthly assignments. Each intern receives weekly mentoring by David Banas. Internships are available to BSW and Master level Social Work students who are seeking hands-on experience working with adults living with intellectual, developmental, and physical disabilities. The internship curriculum will expose students to key areas of practice within the social work career field. This program provides an opportunity for interns to refine and apply concepts and skills learned; to diversify their field experience and advance their career goals

For information on applying for an internship with The Douglas Center, please contact David Banas, Director of Program & Clinical Services at [dbanas@thedouglascenter.org](mailto:dbanas@thedouglascenter.org).

### Meet our Newest Interns

**Jade** is completing her second year as a Master's Degree student in Social Work at Loyola University of Chicago. Her focus is on Women's Studies and Gender Studies. "The Douglas Center was my first choice when picking an internship," stated Jade. "The mission of the center aligns with my passion for equal accessibility for mental health care and other services for adults with disabilities. I'm super excited to have this opportunity!"



Maddie is completing her five-year MSW program at Loyola University of Chicago. "I decided to do my internship at The Douglas Center because I enjoy working with individuals with disabilities, and I wanted to learn more about how organizations like The Douglas Center run," stated Maddie. "I volunteered with special education students all throughout high school, as well as working as respite care provider, and these experiences sparked my interest in working with individuals with disabilities. I am very excited for my year at The Douglas Center and getting to know all of the participants!"

Sneha is a student in the MSW program at the University of Illinois at Chicago (UIC) and a case manager for seniors in suburban Cook County. "I chose to intern with The Douglas Center because I appreciated how client-centered and supportive the organization is with participants and staff," stated Sneha. "I look forward to learning a lot during my time here!"



## The Douglas Center Quilt of Inclusion Traveling Exhibit

We are excited to announce the launch of our Quilt of Inclusion project as a traveling exhibit within the community. This quilt project was created during our recent AbilityLab event, which was a part of Coming Together 2022: Sharing Experiences of Disability. The community members, our program participants and staff engaged in this hands-on project by creating painted and decorated quilted fabric squares which became a part of our community quilt display. With simple elements such as paint, fabric, glue, Scissors, etc., our program participants and staff members of The Douglas Center along with members of the community, crafted images onto fabric squares to create a beautiful feast of expression and imagination. Each fabric piece holds a story, a meaningful inspiration that comes together to form a visual symbol of inclusion.

The Quilt of Inclusion was debuted at The Douglas Center during the month of September. During the month of October, it will be on display at First Bank Chicago in Skokie, Illinois along with a selection of art pieces created by our participants in our “Art From The Heart” Creations program. The exhibit will then travel on to the Lincolnwood Public Library in November followed by Niles Township High Schools’ District Office in January 2023 and the Skokie Public Library in February 2023.

“The Douglas Center is honored to be sharing this beautiful symbol of inclusion and diversity with the community,” stated Rifath Khan, CEO and Founder of The Douglas Center. “We look forward to continuing our collaborative work with the organizations that have participated in the Coming Together program.”



*The Douglas Center Community Quilt Exhibit at First Bank Chicago in Skokie. (Rifath Khan, CEO and Founder with Omar Khan, Dir. Of Health and Wellness, Administration and Development)*



*The Douglas Center Community Quilt Exhibit at First Bank Chicago in Skokie. (David Putrus, Vice President First Bank Chicago, Rifath Khan, CEO and Founder with Omar Khan, Dir. Of Health and Wellness,*

**The Douglas Center is excited to announce the raising of our new flag! This beautiful yellow flag with our center’s logo will be make it easier for the public to spot where we are located. Look for our flag when stopping by for events like our upcoming Winter Wonderland Art Show and Sale in November!**



## Meditation and Movement Group Comes to The Douglas Center

The Douglas Center is pleased to announce our newest volunteer, Julie, who will be sharing her many years of expertise in the areas of yoga, meditation, and Tai Chi with our program participants. Julie describes meditation as a technique that can be practiced either by “sitting still or moving with attention. Meditation involves the coordination of body, breath, and mind. Working with the mind involves engaging with attention and intention.”

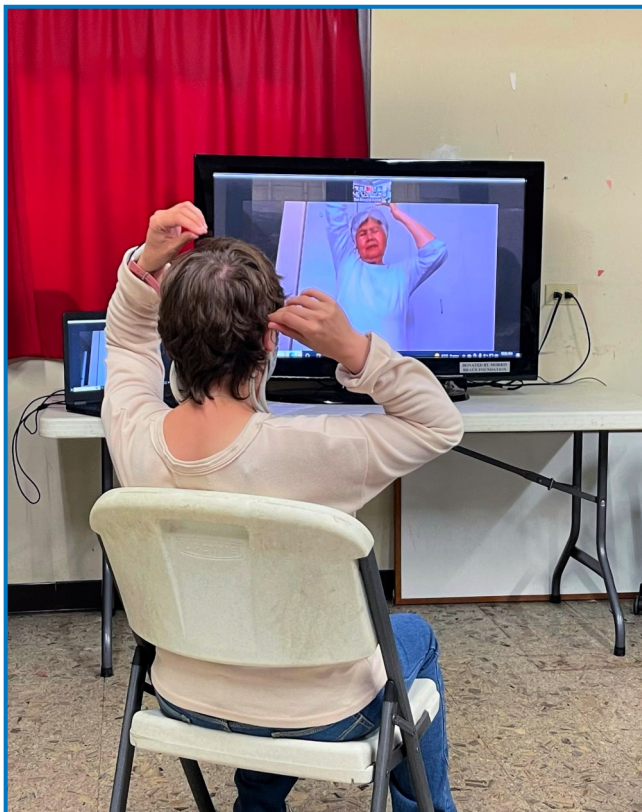
Julie and our Director of Administrative Services, Elizabeth C. Kristiansen have worked together to develop an online Meditation and Movement group. These weekly sessions are designed to be safe, adaptable, and fun for our participants who will also be providing their input as the sessions progress. Each session will include a brief check-in with each participant enabling them to express how they are feeling and what they would like to work on. Following each session our participants will provide their input on the session and provide any suggestions for future sessions.

Meditation and Movement group sessions will include:

- Check-In: Each participant provides a brief introduction of themselves, how they are feeling, and what they would like to achieve in the session
- Movement: General warm-up, movements (including movements relating to the participant request)
- Sitting Meditation
- Review of movements
- Recap: Participants discuss their experience, benefits gained, and what they would like in the next session. (These discussions are focused on promoting a “sense of being heard, respected, a sense of empowerment and a sense of community.”)
- Wrap up: Each session ends with an affirmation and a self-hug.

Julie is also providing our staff and participants with techniques for use at home or on-site, when dealing with moments of anxiety, tension, or nervousness. These includes some gentle stretching and taking time to focus on the body.

The Douglas Center is delighted to welcome Julie and we are grateful for the gift of her time, talents and expertise to our staff and program participants.



❄️❄️❄️ **SAVE THE DATES!** ❄️❄️❄️

**Come see our latest selection of beautiful gifts and home décor including mosaic pots and mirrors, paintings, jewelry, coasters, inspirational plaques, and so much more! Featuring our new line of Holiday Greeting Cards (Thanksgiving, Christmas, Hanukkah, New Year), holiday ornaments, candle holders, etc.**

THE DOUGLAS CENTER PRESENTS:



# Winter Wonderland Art Festival

**SUPPORT LOCAL ARTISTS WITH  
SPECIAL NEEDS!**

**HANDMADE MOSIC ART, PAINTINGS, COASTERS,  
GREETING CARDS, AND MUCH MORE**



**NOVEMBER 7-11  
9AM-4PM**

**3445 W.HOWARD ST  
SKOKIE IL 60076**



**The | Douglas  
Center**



**The Douglas  
Center**

*A ray of light for individuals with special needs*

3445 Howard Street, Skokie, IL 60076  
P: (847) 674-1921; F: (847) 679-1823  
[www.thedouglascenter.org](http://www.thedouglascenter.org)



The Douglas Center serves to assist adults living with intellectual, developmental and physical disabilities in improving their independent living skills and enrichment of their quality of life.

OUR MISSION

# DO YOU HAVE OLD ELECTRONICS?

**Bring your electronic waste to  
The Douglas Center  
and we will dispose of it safely and  
responsibly.**

**Drop off your electronic items at our location:  
3445 Howard Street, Skokie Illinois 60076  
Monday—Friday: Call for Drop-Off  
Appointment**

*Please note: We do not accept CRT monitors or televisions.*