



## The Douglas Center “High Fives” Outdoor Sports Recreation Area Season Reopening: April 16th

After the long winter, the highly anticipated season reopening of The Douglas Center “High Fives” Outdoor Sports Recreation Area took place on April 16th. Since its grand opening in September 2016, this area has been a favorite of most of the program participants of The Douglas Center. The “High Fives” outdoor physical recreation area was designed with the adaptations necessary for greater participation of physical activity by our program participants living with disabilities. This area consists of several activity zones that are designed to promote overall health-fitness benefits and increase motor development skills for all levels. Each zone is designed to promote confidence building while incorporating exercise. Zone 1: Basketball; Zone 2: Mini-Tennis/Soccer/ volleyball; Zone 3: Balance floor games (tether-ball units, four square, etc.) The design and equipment in each zone will accommodate a wide range of disabilities including those that are wheelchair bound.

“It is an exciting time when our participants are able to utilize this wonderful area again”

– Rifath Khan

In addition to the physical benefits derived from this program the area includes a space for improving the participant’s social and independent living skills. This space consists of picnic tables, seating and outdoor grills. The picnic area is maintained and enhanced by the skills of program participants in the center’s Horticulture and “Art From The Heart” Creations programs.

The Horticulture program grows and maintains the plants and flora for this space. The participants in the “Art From The Heart” Creations will create outdoor art (mosaic planters, murals, etc.) enhancing the aesthetics of the space.

There is a significant disparity in the level of physical activity participation among people with disabilities in comparison to those without a disability. The lack of

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**CLOSED**

Memorial Day - May 28, 2018



physical activity among individuals with disabilities places them at greater risk for the same chronic illnesses as those without disabilities. Additionally, they are also at risk for secondary conditions (medical, social and/or emotional). Many of these chronic conditions (fatigue, obesity, social isolation, reconditioning, etc.) can be improved with increases of physical activity. Furthermore, the

*(continue on page 2)*



**The Douglas Center**

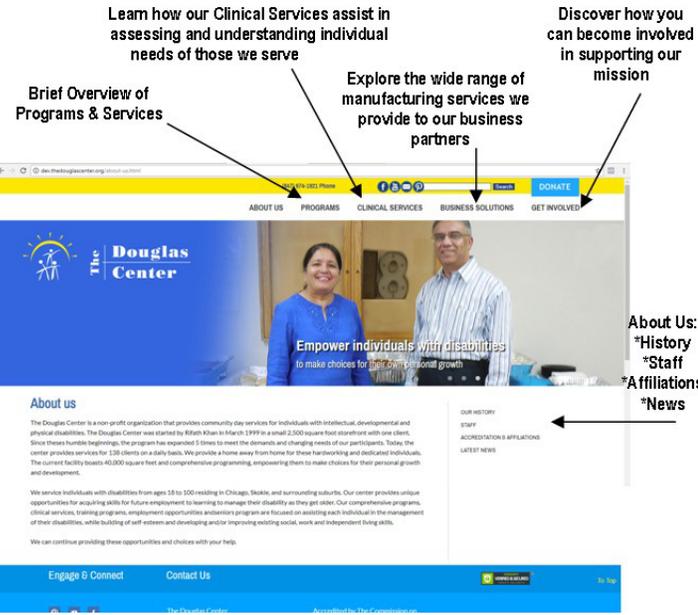
*A ray of light for individuals with special needs*

# Announcing Our Redesigned Website

It's Here! The Douglas Center is excited to announce the launch of their newly redesigned website. We've redesigned our website with you in mind. The main objectives of our site redevelopment effort was focused on providing a more intuitive navigation system that directs you to the information most relevant to you; simplifying our content and increasing the visibility of our programs.

NOTE: Our website address has changed from .com to .org. Our new website address is: [www.thedouglascenter.org](http://www.thedouglascenter.org).

“Redesigning our website will assist us in more effectively spreading the word about The Douglas Center’s vital programs and services for people with special needs,” stated Rifath Khan, CEO. “We are excited that our redesigned site may broaden our outreach and help facilitate access for those who are urgently seeking these services.”



In addition to the changed design and layout of the pages, we have added some exciting features (updated photos, brief overview of our latest news, quick links to some of our key services, and so much more. Here is some of what you'll find... We hope you enjoy our new redesigned website. We would love to hear from you. Drop us a note and let us know what you think!

## WELCOME NEW STAFF MEMBER



**Kandyce Jacobs**  
Administrative Assistant

Kandyce has a Nursing degree and Associates degree. She is currently working on her Associates degree in alcohol/drug counseling. “It is such an amazing, friendly place to work. I definitely plan to be around a while!”

## Outdoor Area Opened (continued from page 1)

strength and stamina developed by participating in physical activity can help to maintain a higher level of independence.

“It is an exciting time around The Douglas Center when our participants are able to utilize this wonderful area,” stated Rifath Khan, CEO. “Our staff has witnessed enormous results from our participants including a reduction in aggressive behaviors, overall fitness and social and motor skills development. The benefits and results of our “High Fives” have been deeply gratifying.”

## Special Needs “Rescue Fish” Find New Home At The Douglas Center

The Douglas Center has welcomed its newest members to their on-site aquarium...fish with special needs. The Old Orchard Aquarium currently maintains the center’s aquarium. Recently, program participants of The Douglas Center embarked on a field trip touring the Old Orchard Aquarium. During their visit, Allen Fefferman, owner of Old Orchard Aquarium, introduced our participants to their “Rescue Fish” tank. This tank is home to fish that may have lost a fin, or an eye or have some type of disability and/or special need. With great compassion for these special needs fish, Mr. Fefferman, created a tank especially for them.

The Douglas Center which recognizes that we all have our own differences and serves those with special needs felt that it was only fitting to have some special needs fish for their on-site aquarium. Upon making the request to Allen Fefferman, The Douglas Center was gifted with a number of “Rescue Fish.” Program participants are now involved in the care of our “Rescue Fish” alongside our fish without special needs.

The Douglas Center is grateful to Allen Fefferman of Old Orchard Aquarium for this gift of compassion, awareness and heart.



Our tank



Rick takes care of our fish tank.



Welcoming the “rescue fish” as they get accumulated.

## We’re Open on Handmade at Amazon! Come Visit Us!



The Douglas Center is proud to announce the opening of The Douglas Center “Art From The Heart” Creations shop on Handmade at Amazon! For those of you who have browsed and purchased our art products on our website... you can now shop for our latest creations on our online shop via Handmade at Amazon: <https://www.amazon.com/handmade/The-Douglas-Center-Art-From-The-Heart-Creations>.

Every day The Douglas Center witnesses inspiring people with special needs doing extraordinary things. All of them share in their personal triumph over everyday obstacles such as bullying, equal access, stigma, physical barriers, lack of employment, etc. Our staff is inspired by the courage and determination of our program participants... recognizing that each of them carries their own unique gifts. We are so very proud to announce the opening of our shop. Our artists will now be able to have their handmade art products featured and sold on our Handmade at Amazon site.

We invite you to visit our Handmade at Amazon site. Browse, shop and purchase a lovely gift item made from the heart by program participants of The Douglas Center. This is truly an American Success Story... products made by hand in the USA by individuals who triumph in the face of disabilities.

Please help us get the word out by sharing this with your friends and family. Reminder: A portion of each sale goes directly to the individual who created it!





**The Douglas Center**

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**OUR MISSION**

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.

**BRING YOUR E-CYCLING TO US!**

We accept:

- Cell phones
- Desktop Computers
- Servers and Networking Equipment
- Laptops
- LCD Monitors (NOT CRT monitors)
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- Printers
- Universal Power Supply
- Hard Drives
- RAM (Computer Memory)
- CPUs (Central Processing Unit)
- Computer Accessories
- Computer Cords & Wires
- Lithium Ion Modem Batteries
- Lithium Ion Power Tool Batteries



*(For all other batteries please call/email)*

## Our Electronics Recycling Program: Providing Work Skills for People with Special Needs

Are you ready to retire your old electronics but not sure how or where to dispose of them? The Douglas Center is accepting and safely disposing of many of your outdated, unused and non-functioning electronic items. From cell phones and computers to printers and copiers, you may drop off your old electronics at The Douglas Center, Monday through Friday. Drop off hours are 8:30 am to 3:30 pm.

Electronic equipment may contain toxins that can harm the environment when not disposed of properly. Many of these items may also contain valuable materials that can be extracted and re-used, which saves energy and resources.

The Douglas Center Electronics Recycling Program provides program participants with the opportunity to learn valuable work skills in the dismantling and organization of these electronic items. The Douglas Center will safely dispose of your unused electronics. "This program creates work opportunities for our participants while learning the importance of protecting our environment," stated Rifath Khan, CEO. "We are committed to providing opportunities to improve the independent living skills of those we serve."

If you have any questions or would like further information about our electronic recycling program, please contact Robert Bryant, Production Manager at [rbryant@thedouglascenter.org](mailto:rbryant@thedouglascenter.org)

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**Call for a Quote 847-674-1921**

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