



A Newsletter from The Douglas Center: Fall 2020

## The Douglas Center Welcomes Our Participants Back!

On August 3, 2020, The Douglas Center reopened its doors to welcome back some of our program participants under the new DHS (Department of Health and Human Services) Covid-19 guidelines. Initially our reopening was restricted to a few individuals with a gradual increase in coming weeks. we increased attendance August was a soft re-opening and as of September we were allowed to have 50% of our participants back.

Safety first was and is our first priority. Our reopening preparations included new signage indicating clear direction and a plan for constant monitoring of Covid-19/PPE procedures and guidelines. As per PPE guidelines, our participants and staff must wear masks and maintain at least a six foot distance. These guidelines must be followed by every participant. Any participant not able to follow the guidelines may not be ready to return to The Douglas Center at this time.



*On August 3rd, after four months, The Douglas Center welcomed back some of our participants. Here is a peek at some of the safety precaution guidelines we are following. Click on image to view video or visit our website.*

- Upon arrival, our participants have their temperatures taken and utilize hand sanitizer when entering the center.
- Each participant receives a socially distanced assigned seat and table for work and lunch
- Facemasks must be worn at all times except during snack and lunch time.
- Deli Fridays and the Snack shop are cancelled as a precaution to Covid-19. Participants are asked to bring their own snacks, lunch and beverages each day. Our water fountains are closed off.
- There are scheduled hand wash times: 10 am, 12 pm and 1:30 pm
- A staff person will be stationed near the bathrooms to ensure that only 1 person enters at a time and that hands are washed.
- Choir, Dance, Men's group, etc. are cancelled until further notice as a precaution to Covid-19
- Only Douglas Center staff are allowed in the building. Until further notice contractors, volunteers, etc. may not enter the center as a precaution.
- All participants must stay with their work groups while at The Douglas Center. Walking around the building is not permitted
- Directional arrows and social distancing circles on the floor have been installed to assist participants in following social distancing guidelines

On their first day back, our participants viewed a video explaining the importance of mask-wearing, hand-washing and social distancing. The excitement of being back was palpable throughout our center! At day's end of the our first day back, our staff contacted each participant's parent or caregiver. The feedback was unanimously positive.

"It's been a challenging time for all of us," stated Rifath Khan, CEO of The Douglas Center. "Everyone is so happy to be back...it gives us such great joy to welcome our participants back!"

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### The Douglas Center Closing Schedule

- Thanksgiving: November 27 & 27
- Holiday Closing: December 24th through January 1st
- Reopening: Monday, January 4, 2021



*On August 3rd, after four months, The Douglas Center welcomed back some of its participants. Here is a peek of some of the safe precaution guidelines we have implemented. Click on image to view video or visit our website*

## PACE Partners with The Douglas Center to Reopen Safely

The Douglas Center has enjoyed a long-standing relationship with PACE Suburban Bus. PACE is known as Chicagoland's Premier suburban transit provider, safely and efficiently getting people where they need to go. Over the years, PACE has worked closely with our center, safely transporting our participants with special needs to The Douglas Center. During this challenging time of Covid-10, PACE once again rose the occasion. They have been in constant communications with our center since July reviewing our plans for reopening in order to ensure that the transportation of our participants would be done safely.

The Douglas Center and the PACE Suburban Bus Company formulated a transportation plan to ensure the safety of those we serve as we return to some sense of normalcy for our participants. Pace has agreed to transport only one individual at a time. The only exception being when more than 2 participants live in the same house. The seats not in use are closed off with yellow caution tape for each van or bus, so that participants are aware of where they can sit. Additionally, there is a six foot distance from the driver and participant seating.

The Douglas Center is greatly appreciative of the support, cooperation and sensitivity of PACE. We would like to express our thanks to them for their efforts in assisting in the safe return of the individuals we serve with special needs.



*The Douglas Center is greatly appreciative of the support we receive from PACE in assisting with the safe return of our participants.*

## The Douglas Center Social Work Internship Program Making a Major Impact

The Douglas Center launched its Social Work Internship Program in January 2020. Since its inception, four interns from Loyola University have complete their internship with The Douglas Center. Currently, three new interns from Loyola University, UIC and Northeastern University have entered our program. "The supervision and guidance they are receiving from David Banas, Director of Clinical Services, is incredible and making a difference in the field of education," stated Rifath Khan, CEO.



Our interns have expressed how much they are enjoying their experience with The Douglas Center and feel they are contributing in changing the lives of individuals living with intellectual disabilities. Our university partners have also expressed how happy they are with the guidance and supervision that their students are receiving from The Douglas Center.

Thank you to Omar Khan, Health and Wellness/Program Administrator, who initiated the internship program and to David Banas for his supervision and guidance to the interns at The Douglas Center.

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

The Douglas Center offers Clinical Supervision at reasonable rates for those seeking LCPC and LCSW licensing. For more information, contact David Banas, Director of Clinical Services.

## The Douglas Center Receives a November Matching Donation Challenge from The Coleman Foundation

During the month of November your gift can make a greater impact! Thanks to the generosity of The Coleman Foundation, all donations of \$100 or more from November 1<sup>st</sup> through GivingTuesday on December 1, 2020 will receive a \$100 match!

Your support of The Douglas Center can have an even greater impact during this time of financial cause caused by the global pandemic. The Douglas Center continues to explore ways to serve our participants and the community during this challenging time. We are working hard to ensure the safety of those who are able to attend our program in person. Additionally, we are reaching out to those who cannot attend by meeting with them in outdoor community settings and/or online. These additional efforts come with additional costs. We ask for your support by making a donation during this November Matching Donation Challenge opportunity.



**Maximize Your Opportunity to Change Lives**

**Every Gift Matters** ❤️

Donations of \$100 or more from November 1 through December 1, 2020 will receive a \$100 match by The Coleman

We know that many of our supporters would love to do more to help The Douglas Center...but feel that they can't afford it right now. We want you to know that your donation of ANY amount will make a great impact in supporting the vital programs and services needed for individuals with special needs.

Donations may be made online via our website. Just click on the blue Donate button at the top of every page. Donations via checks or cash are also accepted. Checks can be mailed to:

The Douglas Center, 3445 Howard Street, Skokie, Illinois 60076, Attn: Rifath Khan

Please do not mail cash. You may also drop off your donations at our center. Please call ahead for appointment.

Because of your support and generosity, The Douglas Center is able to make a difference in the lives of those living with intellectual, developmental and physical disabilities. Together, with your support, we continue our mission to serve those

## The Douglas Center Celebrates Direct Support Professional Recognition Week

Each September, during DSP week (Direct Support Professional) The Douglas Center recognizes the dedication and hard work of our DSPs who provide the support for our participants with special needs. This year in particular with the hardships of Covid-19, we are especially grateful for their selfless and tireless efforts.

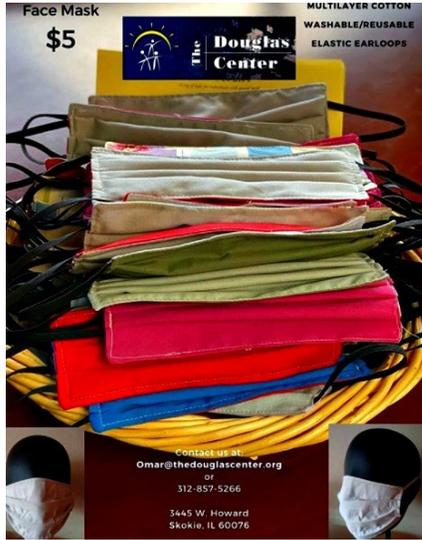
The Douglas Center held a weeklong celebration consisting of surprises and tributes for our DSP staff celebrating their many contributions to our center. "The Douglas Center offers our heartfelt appreciation to all of our DSPs for their hard work and support of our mission to serve our participants with special needs," stated Rifath Khan, CEO for The Douglas Center.

National Direct Support Professional Recognition week was held on September 13 – 19, 2020. It is an annual celebration that highlights the life-changing contributions of the Direct Professional workforce.



# The Douglas Center is on Instagram

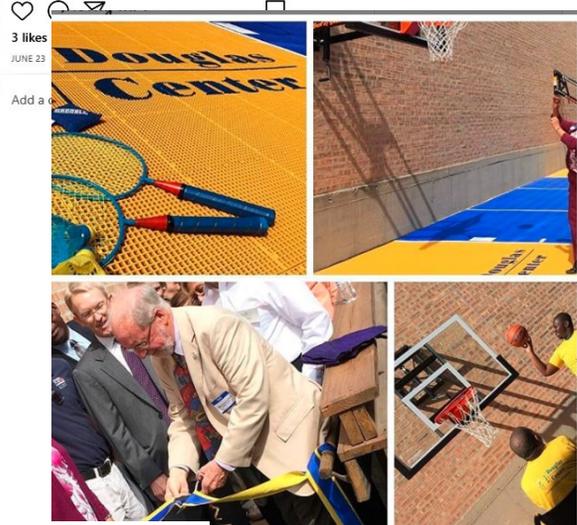
The Douglas Center is excited to announce our new Instagram account. Each week we will share photos and info about life at our center, our mission, our projects and even some surprise announcements. We're delighted to give you an inside look at what's happening at The Douglas Center. You can follow us on Instagram at @douglas.center. Here's a sampler of what you'll find:



**douglas.center**

**douglas.center** This summer you can be stylish and supportive by purchasing a mask from The Douglas Center. These fabric masks are created by our hardworking staff who have generously given their efforts to contribute to local communities as well as provide resource for our programs!  
Masks are available to purchase today for \$5.00 per mask. For more information on placing an order, contact our center via email: [omar@thedouglascenter.org](mailto:omar@thedouglascenter.org) or phone: 312-857-5266.

16w



**douglas.center**

**douglas.center** The Douglas Center High Five Adapted Sports Recreation area provides our participants with special needs an opportunity to keep active and healthy. It features cutting edge equipment easily adapted for individuals with disabilities and creates an exciting and fun environment to build both personal and team skills. Check out what ABC7Chicago had to say about it: <https://youtu.be/Pt5BgQ3387w>

12w

2 likes  
JULY 23

Add a comment... Post



**douglas.center**

**douglas.center** Guided Breathing Meditation

Please follow along this guided breathing meditation which was produced by our interns at The Douglas Center

4w

37 views  
SEPTEMBER 18

# The Douglas Center is Excited to Announce our Annual ART SALE in November!

**SAVE THE DATES: November 9th through 13th**

**Social  
Distancing  
ART FAIR**

**NOVEMBER 9-13**  
**9AM - 4PM**

Help local artists with  
**special needs** earn a living

**Handmade Mosaic Art,  
Holiday Cards,  
Ornaments and more**

**Contactless Payment  
CURBSIDE PICK UP**

**The Douglas Center  
3445 Howard Street  
Skokie, IL  
(847)674-1921**

**[thedouglascenter.org](http://thedouglascenter.org)**



**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)

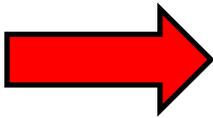


The Douglas Center serves to assist adults living with intellectual, developmental and physical disabilities in improving their independent living skills and enrichment of their quality of life.

**OUR MISSION**

**\*\*\*ANNOUNCEMENT\*\*\***

**The Douglas Center  
is hosting a  
Computer Sale**



**COMPUTER MONITORS FOR SALE**  
At The Douglas Center

Slightly used and in great condition  
Selling for \$25 each

Please call us at 312-857-5266 for more information

*\*All sales made from computer monitors are given to a non-profit which provides services for adults with intellectual and developmental disabilities (special needs).*

**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.*