

*A ray of light for individuals with special needs*

# THE DOUGLAS BUGLE

VTS and DR Editors: Allison, Shantell, Ron, Uri, Johnny  
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Our mission is to assist adults living with intellectual, developmental and physical disabilities in improving their independent living skills and enrichment of their quality of life.



## INTERVIEWING AN EDITOR

BY ALESSIA, KEELY, HUONG, ANIKA

SHANTELL HAS BEEN AT THE DOUGLAS CENTER NOW FOR A FEW YEARS. SHE WORKS TO DO CLIPS AND NAILS AND INCENSE. HER FAVORITE PART ABOUT WORKING AT THE DOUGLAS CENTER IS SPENDING TIME WITH ALL HER FRIENDS! TO RELAX, SHE LOVES TO DO ART, ESPECIALLY PAINTING. SHE PARTICIPATES IN ART FROM THE HEART, WHERE SHE MAKES MOSAIC POTS. SHANTELL ALSO ENJOYS LISTENING TO THE RADIO AND WATCHING TV, WITH HER FAVORITE SHOW BEING 'LAW AND ORDER'. SHE REALLY ENJOYS WATCHING BUGS BUNNY AND DONALD DUCK BECAUSE THEY CAN REALLY MAKE HER LAUGH. SHANTELL PARTICIPATED IN SKOKIE LIBRARY BOOK CLUB AND JUST FINISHED READING AROUND THE WORLD IN 80 DAYS, AND SHE LOOKS FORWARD TO WATCHING THE MOVIE AT THE CLUB'S NEXT MEETING!

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“A beautiful day starts with a beautiful mindset” -Anika

## PRESENTED BY VTS AND DR

Edited by: Allison, Shantell, Ron, Uri, Johnny

### MAY BIRTHDAYS

PARTICIPANT BIRTHDAYS:

- JULIO, SCOTT, SHANTELL,  
DONNA, JENNY, GLENN, WILLIE,  
ANTONIO

### WOULD YOU RATHER?

WITH RON, ALESSIA, AND OTHERS

WOULD YOU RATHER HAVE A FRIEND THAT IS FUN BUT NOT NICE OR BORING BUT NICE?

- **RON: FUN BUT NOT NICE**
- **ALESSIA: FUN BUT NOT NICE**

WOULD YOU RATHER BE THE BEST PLAYER ON A TEAM THAT ALWAYS LOSES OR THE WORST ON A TEAM THAT ALWAYS WINS?

- **RON: THE WORST ON A WINNING TEAM**
- **ALESSIA: THE WORST ON A WINNING TEAM**

WOULD YOU RATHER HAVE BRIGHT BLUE TEETH OR BRIGHT BLUE HAIR?

- **RON: TEETH**
- **ALESSIA: HAIR**
- **ALLISON: HAIR**
- **SHANTELL: TEETH**

WOULD YOU RATHER TAKE A 1 WEEK TRIP TO A DIFFERENT COUNTRY OR A 4 WEEK TRIP WITHIN YOUR COUNTRY?

- **RON: 4 WEEK TRIP**
- **ALESSIA: 1 WEEK TRIP**

WOULD YOU RATHER BE A FAMOUS ACTOR OR DISCOVER THE CURE FOR CANCER?

- **RON: FAMOUS ACTOR**
- **ALESSIA: DISCOVER A CURE FOR CANCER**

### GET TO KNOW A DOUGLAS STAFF: BILL

BY ALLISON

MR. BILL HAS WORKED AT THE DOUGLAS CENTER FOR 8 YEARS. HE IS IN CHARGE OF VTS. HIS FAVORITE PART OF THE JOB CHANGES EVERYDAY - THERE IS ALWAYS SOMETHING NEW HAPPENING, SO EVERYDAY IS DIFFERENT.

HE GREW UP IN NEW YORK CITY, AND HE MOVED TO NEW JERSEY BEFORE COMING TO SPRINGFIELD, ILLINOIS. HE THEN WENT TO NEW TRIER HIGH SCHOOL AND SOUTHERN ILLINOIS UNIVERSITY, MAJORING IN CRIMINAL JUSTICE. HE WAS A PART-TIME COP IN ROSEMONT IN THE PAST! MR. BILL SAID HIS DREAM JOB IS WHAT HE'S DOING NOW!

AFTER WORK, HE LIKES TO GO TO THE PARK AND WALK. IF IT IS TOO COLD, HE WALKS AT THE MALL. HIS FAVORITE FOOD IS ITALIAN FOOD, ESPECIALLY SPAGHETTI AND LASAGNA. HIS FAVORITE RESTAURANT IS GUSTO, AND HE DOESN'T LIKE TO COOK! HIS FAVORITE MUSIC IS THE GRATEFUL DEAD - HE HAS BEEN TO OVER 250 SHOWS! MR. BILL'S DOG MADE HIM LAUGH THE MOST BECAUSE HE WAS A BIG, GOOFY PITBULL FULL OF LOVE. HIS CLOSEST FRIEND IS CHIP, WHO HE HAS KNOWN SINCE HIGH SCHOOL.

### MAY HAPPENINGS:

- HOLIDAYS
  - CLOSED ON MEMORIAL DAY (5/30)
- SKOKIE LIBRARY BOOK CLUB
  - LET YOUR CASE MANAGER KNOW IF YOU WANT TO JOIN SUMMER READING GROUP
- DRUM CIRCLE (5/13)

# NATIONAL MEDITATION MONTH

## MEDITATION TIPS

- TALKING TO A STAFF
- BREATHING DEEPLY
- TAKING A WALK
- WRITING
- COUNTING TO 10
- LISTENING TO MUSIC
- READING A BOOK
- TALKING TO A CASE MANAGER
- LIFTING WEIGHTS
- SITTING OUTSIDE



VOLUNTEERS RUNNING THE MEDITATION GROUP

## MEDITATION GROUP REFLECTION

THE MEDITATION GROUP DID PROGRESSIVE MUSCLE RELAXATION THERAPY WHERE PARTICIPANTS HAD TO SET INTENTIONS FOR THE DAY AND RELAX THROUGH BREATHING EXERCISES AND A SERIES OF MUSCLE TENSING AND RELAXING. THE PARTICIPANTS STARTED BY TENSING AND RELAXING THEIR FEET AND WORKED THEIR WAY UP TO THEIR FACE.

OVERALL, THE RESPONSE FROM THE GROUP WAS POSITIVE! MANY SAID THEY FELT RELAXED, CALM, AND FOCUSED AFTER. ELIZABETH STATED THAT SHE LEARNED A NEW METHOD TO RELAX THAT WASN'T ENTIRELY BREATHING BASED. SOME PARTICIPANTS, ALLISON AND KEELY, SHARED THAT THEIR BACK FELT VERY RELAXED AFTERWARDS.

PARTICIPANTS SHARED HOW THEY FELT ABOUT THE EXPERIENCE AND MANY LEARNED TO USE THIS OUTSIDE OF MEDITATION TO HELP RELAX THROUGHOUT THE DAY. SINCE THIS EXERCISE DOES NOT REQUIRE EXTENSIVE MOVEMENTS, THIS CAN EASILY BE DONE THROUGHOUT THE DAY AT A DESK.

ANOTHER MEDITATION GROUP WILL BE HELD LATER IN MAY WITH THE HOPES OF TEACHING AND LEARNING MORE MEDITATION TECHNIQUES!

