



Celebrating 50 Years!  
1965-2015

Achieve with us.

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### Faces of the The Arc

#### Nick Solomon

Residential Coordinator, OCT



As the OCT Residential Coordinator, Nick Solomon has worked with the Summer LIFE program for the past three years.

## Multi-Sensory Room for Discover Life

Arc Jacksonville employee, Ina Martin created a multi-sensory room to help increase cognitive and physical stimulation for participants in the Discover Life program at the Westside.

Sensory rooms are used as a form of therapy to help improve and develop social and cognitive skills. Sensory Rooms were developed in the Netherlands in the 1970s and are more commonly known as Snoezelen Rooms.

While multi-sensory rooms can vary in size and complexity, the rooms are designed to stimulate a person's senses in a variety of experiential ways, ranging from calm and reflective to heightened and excitable. The idea of a multi-sensory room is to explore sensory stimuli in a safe and structured environment. Examples of objects that may be included are: flashing lights, soothing music, textured objects and colored walls.

"I think it's helping the individuals because they enjoy the different sensory items," said Martin. "It gives them quiet time if they need it."

Martin plans to continue adding items to the room and working with staff to come up with even more interactive ideas for the multi-sensory room.



Solomon thinks the Summer LIFE program provides great opportunities for participants to further their independent living skills while discovering which areas need more development once the program's session ends.

"I try to build good relationships with all of our participants so that I can learn what best helps them succeed," said Solomon.

He feels that Summer LIFE empowers individuals with I/DD to see that they can live independently.

"I hope the LIFE participants see what it takes to live independently and gain the motivation they need to one day live on their own," said Solomon.

When Solomon isn't working he's traveling, working on cars or enjoying a movie. If he wasn't working at The Arc Jacksonville, he would most likely be teaching.

**Because of The Arc...** I feel as though I am able to make a difference for such an awesome and unique group of people.

## Amazon Wish List

The Arc Jacksonville's programs are always in need of items to enhance daily activities. **We have created a wish list of these items on Amazon.**

If you would like to purchase any of these items, they can be mailed to:

**The Arc Jacksonville**  
**Attn: Development**  
**1050 North Davis Street**  
**Jacksonville, FL 32209**



[Click here to see what items are featured in the Westside's multi-sensory room.](#)

## AmeriCorps End-of-Service Awards



*Left to right: Brittany, Teombre & Manasia J, Bobby and Robin.*

We would like to thank the 19 AmeriCorps members who served with The Arc Jacksonville for the 2014-2015 term. Our programs are greatly enhanced by their enthusiasm, hard work and dedication to the agency's mission.

Congratulations to this year's award winners:

- Robin Howard - AmeriCorps member of the year
- Brittany Cowan - "Stellar Self-Advocate" award
- Bobby Maldonado - "Comeback Kid" award for his diligence in tackling law school while serving
- Manasia Javius and Teombre Skinner - "Sweetheart" award for their consistent kindness and professionalism

**Thank you AmeriCorps members for all that you've done for The Arc Jacksonville!**

## Mission Moment: Summer LIFE

Summer LIFE ( Living Independently Finding Enrichment) is a "crash course" for young adults (ages 18-26) with intellectual and developmental disabilities, in learning how to live independently. A specially designed four-week course allows Summer LIFE participants to experience living on their own.

Throughout the four weeks they participate in different trainings and activities that help develop independent living skills such as cooking,

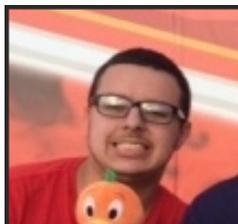
## **AmazonSmile**

Shop AmazonSmile for all of your Amazon purchases and 0.05% is donated to The Arc Jacksonville.

Thank you to anyone who has purchased items from our wish list. Your gift(s) are greatly appreciated by our participants and staff.

**Shop AmazonSmile today!**

budgeting and healthy lifestyle choices. In this month's Mission Moment, meet Emily, Miguel and Patrick as they share their Summer LIFE experience with us.



[Click here to read about the Summer LIFE experience for Emily, Miguel and Patrick.](#)

## **Social Media**

### **Survey**

The Arc Jacksonville would like to know what social media sites our readers are using. Please take the quick survey below to let us know how to stay connected with you and how we can improve our agency's social media presence.

[Take our social media survey now!](#)

**And don't forget to:**

[Friend us on Facebook](#), [follow us on Instagram](#), [Twitter](#) and [Pinterest](#) and view our videos on our [YouTube](#) Channel.

**DONATE** >

## **Volunteer Spotlight: Lynette Fesco**



Lynette Fesco volunteers at our Westside location once a week reading to the Discover Life and SOAR participants. Using her iPad, she reads stories that focus on the importance of embracing what makes someone unique. Fesco also uses her iPad to tutor participants as they read to her.

Fesco was originally introduced to The Arc Jacksonville when she needed to complete volunteer hours for an online class. She enjoyed her experience so much that she continued to volunteer after fulfilling her course requirement.

"I felt a connection," she said. "They were responsive and seemed to enjoy me being there."

When asked what her experience has taught her Lynette said, "We all have something to contribute each day, whether it's a smile or kind word. Everyone has an opportunity to make a difference in someone else's life."

### **The Arc Jacksonville**

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