



A DREAM TURNED INTO REALITY

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Spring 2022 Internship
 School of Health & Human Performance
 Georgia College & State University,
 Milledgeville, GA

Wellness and Nutrition

- Participants and individuals with IDD and physical limitations are eager to improve their physical health through personal fitness and proper nutritional guidance. Physical limitations included Dandy-Walker Syndrome, William’s Syndrome, Down Syndrome, and General Obesity.
- Selectorized exercise machines provide greater stability and safety for individuals. Emphasis on balance and coordination movements to improve activities of daily living.
- Creating a consistent routine and building strength encourages overall wellness and consistency in the participant’s daily lives.
- BodyPlex is a place for them to explore their abilities and broaden their capabilities by increasing confidence and safety of participants.
- Combining Personal Fitness with our intern-led nutrition course creates a well-rounded physical health and wellness program for our individuals.



Creative Expressions

- Creative Expressions is an integrated arts program that is an ongoing collaboration between the Life Enrichment Center and GCSU’s Music Therapy department. It promotes creativity and self-expression amongst artists with developmental disabilities through the use of music therapy, visual arts, and the performing arts. It uses these art forms as a therapeutic means to improve the social, physical, and mental well-being of the participants
- The social benefits are that the individuals were allowed to dream, create and share their talents with the community through the Creative Expressions showcase, recently the Fired Up concert, which is the biannual culmination of all their work throughout the semester.
- The physical and mental benefits include the relaxation of the body and mind as well as exercise and movement during each session.
- We had the ability to work on restarting Step 'n Time, which each of us worked on, as it had been paused due to COVID-19 . We also participated in our own groups
- Maddy and Camryn in Music in Motion & Jungle Royales and Bri, Ashley, and Jamie in MVP's & Good Vibrations

Mission and Vision

Our Mission as LEC interns was to make a lasting impact and leave our footprints on the organization in any way we could. This included the relationships we built with participants and the programs we implemented throughout the semester to ensure their mental, social, and physical well-being was improved.

GC&SU’S Continuing Education First Class

- For the first time ever, individuals from the LEC are enrolled at Georgia College & State University March 8th, 2022,
- Food Safety 101 is the first course offered. This course will give individuals at the Life Enrichment Center the opportunity to expand their knowledge on food handling and safety measures.
- During this course, individuals learned the different hazards, proper food temperatures, proper cleaning/ sanitation, and other kitchen policies.
- This class provided LEC individuals the chance to tour university dining halls, successfully use kitchen appliances, and visit local restaurants.
- The Collonade, the official student newspaper for GCSU, did a full documentary on this opportunity.
- Students received a Food Handling 101 Certification of Completion on April 22nd, 2022, for completing the course.



Jumpstart

- Jumpstart is an after hours’ program partnership between the Life Enrichment Center and Georgia College and State University as a Registered Student Organization.
- A few of the goals of the Jumpstart Program is to Provide meaningful community leisure activities for individuals with intellectual and developmental disabilities (I/DD)
- Increase community awareness by partnering with college students to provide leisure and social opportunities in a mutually friendly environment
- Provide opportunities to engage college students in a transformative learning experience



Alternative Spring Break “Jumpstart Gives Back”

- Partnered with America’s 2nd Harvest Food Bank to distribute food products to over 500 families and restock for future mobile drives.
- Volunteered with Keeping Golden Isle Beautiful, a nonprofit organization involved with litter prevention awareness and beach clean-up.
- An interactive learning experience with Georgia’s Turtle Center allowed the LEC to understand the importance of wildlife conservation and its mission for the rehabilitation of sea turtles.
- Quality time spent together enhanced the relationships developed and increased the effectiveness of working together as a team.