

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE

---



**Contact:**  
Dr. Sonya L. Lee  
Sheltering Arms Executive Director  
757.539.0474

Suffolk Media & Community Relations  
757.514.4104  
[www.suffolk.va.us](http://www.suffolk.va.us)

## **Sheltering Arms Continuing Care Opens Day Support Program in Suffolk for Adults with Intellectual Disabilities**

SUFFOLK, Virginia (December 8, 2015) – Sheltering Arms Continuing Care has opened a day support program for individuals with intellectual disabilities. The support services center is located at 540 East Constance Road, Unit B. To celebrate the opening, Sheltering Arms is hosting a Grand Opening – Ribbon Cutting ceremony on Wednesday, December 9<sup>th</sup>, at 10 a.m. Mayor Linda T. Johnson will be on hand for the event. The public is invited to attend their Open House which will directly follow the event.

Staff at Sheltering Arms Continuing Care provide a safe and caring environment for adults aged 18 and over with intellectual disabilities. Intellectual disabilities are characterized as limitations in intellectual functioning and difficulties with everyday social and practical skills. Developmental disabilities include cognitive or physical impairment that results in limitations in areas such as self-care, language and mobility. Individual care plans are designed for each attendant to monitor their unique needs.

The day support program is intended to provide a range of educational, social and fun activities in order to promote community integration, life skills development and socialization. The program also offers primary caregivers the opportunity to tend to other commitments. Participants can take part in a wide variety of activities such as: computers, music and movies, arts and crafts, a

sensory room, wellness training and outings to community resources such as the library, parks, museums, shopping centers, etc.

“We operate with the philosophy that everyone deserves and needs to belong, to be loved and to be treated with dignity and respect,” said Dr. Sonya L. Lee, Executive Director. “With the support of the Suffolk Community, we offer this program so that people with disabilities have the same opportunities, responsibilities and quality of life as available to all citizens.”

“We are pleased Sheltering Arms Continuing Care will be enhancing the system of care for those individuals with an intellectual disability and their families,” said Suffolk Mayor Linda T. Johnson. “The addition of this new, local operation ensures these participants don’t have to remain on the sidelines and can have fun while participating in educational and social activities.”



#####