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Washington, NJ – Abilities of Northwest Jersey, Inc. is pleased to announce the receipt of \$15,000 from the John & Margaret Post Foundation for the creation of a dedicated sensory room at the agency’s Hackettstown Center. This is the second grant received by Abilities from the Post Foundation in the past year; in 2016 the Post Foundation awarded Abilities \$15,000 for the purchase of technology for the agency’s Medical Specialized Needs program. A sensory room is a special room designed to develop a person's senses, usually through special lighting, music, and objects. Sensory rooms provide individuals with a quiet, calm place when feeling overstimulated. It can be used as a therapy for individuals with limited communication skills and promotes a safe place that promotes positive change. Sensory rooms also provide a space for increased concentration and focused attention, and promote cognitive development.

“The Post Foundation continues to give generously to those Abilities serves, in this case the individuals at Abilities Hackettstown Center,” said Abilities CEO Cynthia B. Wildermuth. “The creation of a sensory room at each Abilities center is an agency priority and we greatly appreciate the support received from the Post Foundation.” Abilities of Northwest Jersey, Inc. is a not-for-profit 501(c)3 agency providing a full array of community integrated employment, day program and home-based support services to individuals with different abilities. Abilities has been in operation since 1974, managing six program locations throughout Warren County and providing services and supports to over 350 people daily residing in Warren, Hunterdon, Morris and Sussex counties. For additional information, contact Abilities at (908) 689-1118, or visit [www.abilitiesnw.com](http://www.abilitiesnw.com)