

News to **S.M.I.L.E.** About

Day Program Has Moved!!!!!!

The long awaited move has happened! The day program is now located on the lower level of St. Marguerites Catholic Church. We've been in for about a month now, and working hard to make our new place feel like home.

They had a great time at the Halloween Party. Some of the individuals chose to dress up, and they enjoyed music, pizza, tricks and treats!

An awards ceremony is being planned for our volunteers. Be on the lookout for more information regarding that.

Residential News

Please let your individuals manager know when they will be away for the holidays, as well as when they will return. We appreciate you working with us on this, as this enables us to plan accordingly.



INSIDE THIS ISSUE

Birthdays

Day Program Closings

Other News

Bells Are Ringing...

St. Mary's Independent Living Extension's Gift Giving Program

Five Tips for a Safe and Healthy Holiday Season



Other News

Happy Birthday

October

Lynn C.
Crystal J.
Lisa M.

November

Darcy S.

December

James C.
Josh N.
James S.



S.M.I.L.E. was the lucky winner in Sugarloaf Wealth Management's quarterly drawing! We were presented with a \$1,000 check! Thank you Ms. Mary Ellen Ipser for "putting our name in!" The individuals were so excited! I wish you could have seen their faces! Priceless.

We will be participating in the Lilburn Christmas parade on Saturday, Dec. 5th at 10am. The theme for our float is "an old fashioned Christmas" Come support us! We'd love to see your face in the crowd!

Day Program Closings

In order for each of us to spend time with our loved ones, the day program will be closed on the following dates:

Thanksgiving Closings

Thursday, Nov. 26th and
Friday, Nov 27th

Christmas Closings

Wednesday, Dec. 23rd,
Thursday, Dec.24th and
Friday, Dec. 25th.

New Year's Closings

Thursday, Dec. 31st and
Friday, Jan.1st.



Bells Are Ringing... St. Mary's Independent Living Extension's Gift Giving Program

I know that the best gifts can't often be packed inside a box. How can you wrap shared laughter, tears of joy, and the gift of life? They can only be wrapped and treasured inside of our hearts.

It's called the "Season of Giving" and St. Mary's Independent Living Extension would love your help in brightening the Holiday Season for our Individuals. Please open your hearts and sponsor one (or more) of our Individuals by participating in our Holiday Gift Giving Program.

Simply call the main office at (770) 279-5115, speak with Vanessa King and she will forward you the Wish List of one of our very own Angels.



Merry Christmas !

St. Mary's Independent Living Extensions

St. Mary's Independent Living Extensions (SMILE) is a nonprofit organization of trained caregivers who work around-the-clock to enrich the lives of adults with developmental disabilities by maximizing independence, breaking down barriers and advocating for greater community access.



St. Mary's Independent Living Extensions

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Five Tips for a Safe and Healthy Holiday Season

By Nurse Denise



1. **Avoid common holiday accidents.** 'Tis the season for holiday-related accidents, including fires. Candles are often to blame so keep them in a safe holder so they won't get knocked over and never leave a burning candle unattended.



2. **Wash hands often, and not just at work.** You work in health care, so you know: "there is a lot going around" out there.

3. **Prepare and serve food safely.** Washing your hands before you start baking or preparing a meal is a standard food safety tip, but there are many more that can help you and your family stay safe from foodborne illnesses.

4. **Lighten up your favorite holiday foods.** You shouldn't feel guilty about a few indulgences over the holidays, but daily exceptions to healthy eating will quickly put on the extra pounds. Splurge on a couple of family recipes, then find ways to lighten up where you can by cutting portion size, using lower fat versions of ingredients and making some healthy substitutions.

5. **Stay active.** Christmas shopping may feel like an endurance sport, but you still need to find ways to get a good cardiovascular workout. In fact, making time to exercise can help you manage holiday-induced stress while you stay in shape.



The staff at St. Mary's Independent Living Extensions would like to wish you and your family and safe, happy and healthy holiday season!

We thank each and every one of you for your support this year. No gesture is too small. We've gone through many changes and could not have done it without your support. Thank you again from the bottom of our hearts!

