

# News to SMILE. About

## Happy Spring!

I hope each of you had a Happy Easter! We are all ready to get out and enjoy some nice weather and outdoor fun! Highlights of recent activities that SMILE has participated in was the incredible Night To Shine Prom and the Ringling Brothers Circus.

Everyone thoroughly enjoyed the prom. It was a first class affair to say the least! Our individuals were decked out with dresses provided by Happy Feat and tuxedos provided by Men's Warehouse in Buford. The week leading up to the prom was so exciting! You could literally feel the excitement in the air!



The men picked up their tuxes that Wednesday and were so proud to show off how nice they looked. Each chose what color vest and bow tie they wanted to wear. On Thursday, the ladies had their nails done and shopped for any accessories they needed. Friday morning, the Media Room was turned into a large hair and makeup studio. The staff painted nails, coiffed hair and put makeup on the ladies. I believe the staff enjoyed it as much as the ladies did! There were rollers, straighteners and makeup everywhere! Lots of laughs and compliments were heard!



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## In case of inclement weather,

S.M.I.L.E. will follow Gwinnett County Schools lead. If Gwinnett County is closed, S.M.I.L.E. day program will be closed as well.



## Happy Birthday

### April

Thomas B. 4/24  
Caroline S. 4/27  
Paul B. 4/30

### May

Joseph G. 5/17  
Emily C. 5/17  
Jeff K. 5/23  
Shana C. 5/30

### June

Ardella D. 6/12  
Brad S. 6/29

## Right To Vote

Individuals have the right to vote. If you would like for your individual to participate in this upcoming election, please get your individual registered now.

## Happy Spring continued

Once the individuals arrived at the Prom, they were greeted by two Hummer Limousines. They were driven around the parking lot, which was huge, to the front door. There, they met their escort for the evening and walked the red carpet amidst a throng of applauding admirers and paparazzi. They were treated like royalty all evening. They received flowers, tiaras/crowns, and they ate and danced and ate and danced! It was a night none of us will ever forget. The Tim Tebow Foundation and Happy Feat truly outdid themselves! Pictures are available on our website, [www.smile4.info](http://www.smile4.info).



On February 25th, a large group of us attended the Ringling Brothers Circus. The individuals look forward to this each year. After stopping for dinner at Wendy's, we made our way to the Gwinnett Arena. We enjoyed the show and had lots of laughs. We heard this is the last year the elephants will be with the circus. They are moving them to a Conservation Center in Florida!

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The SMILE Century Club will be holding their 1st Annual Volunteer and Member Appreciation Ceremony on Friday, April 8th at 1pm. Recipients of this award have successfully completed over 100 hours of volunteer work in their community. We are very proud of them and applaud them for their hard work and dedication. Congratulations to each of them!

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## SMILE 5K Race

Don't forget to mark your calendar for Saturday, April 30th! You can go to our website to register to walk or run. Also, if you would like to be a sponsor, please contact Lynne at the office, 770-279-5115.

**S.M.I.L.E.  
Office and Day  
Program will be  
CLOSED on  
Monday, May  
30th for  
Memorial Day.**

### **Doctor's Appointments**

We kindly ask that if you take your child/loved one to any doctor's appointment, that you bring a copy of ALL paperwork received from the doctor, to the office within 24 hours. This includes prescriptions. We are required to have copies in their books. We cannot see that they are taking any meds that we don't have prescriptions for. Your cooperation is greatly appreciated.

### **Upcoming Events**

**Joy Prom** 4/2/2016

**Volunteer Appreciation  
Ceremony** 4/8/2016

**SMILE 5K Race** 4/30/2016



120 Gloster Road, Suite 3  
Lawrenceville, GA 30044  
Office: 770-279-5115  
Fax: 770-923-2059  
Emergency Line: 404-452-0858

## **People Planning Together Training**

In April, we will participate in a two day training that is designed to help our individuals have more positive control over their lives. They are taught they have the same rights as anyone else. But, with rights, there are responsibilities. This training is for self advocates taught by self advocates. It helps them determine and understand what's important to them and for them and the balance that's needed. They begin to create a Person Centered Plan with that information and identify goals that make sense for them. By doing so, we as an agency can provide better supports for them. We look forward to this opportunity.

### **Nurses Note**



Spring time...we are longing for it but with the anticipation of Spring comes change. The time changes and so does our weather.

April showers bring May flowers, budding trees, and plants.

With sunny days we spend more time outdoors and this can bring on a variety of

health concerns. The one concern I am going to address is seasonal allergies. You can recognize allergies by the following: itchy eyes, scratchy throat, headache, pressure around your eyes and nose. The pollen is fierce this time of the year and there is nothing we can do about it. Here are some suggestions to help minimize its effects:

1. When spending an extended length of time outdoors remove your clothing immediately; leave your shoes at the door.
2. Wash your hair often; pollen gets in your hair and when you sleep on your pillow, which can cause you to have a facial rash.
3. Wash your face and hands often.

Allergy symptoms can run from mild to severe. Mild symptoms can be treated with over-the-counter medication, but if you suffer severe symptoms like shortness of breath or wheezing, please see your doctor!!!

I hope some of these suggestions are helpful!

*Nurse Denise*

### **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.