

# News to SMILE About

## Happy New Year!

We hope everyone had a nice holiday spent with family and friends. We were busy around S.M.I.L.E. enjoying the various activities that December brings. On Saturday, December 5th, many of our individuals participated in the **Lilburn Christmas Parade**. There were over 80 entries! The theme of our float was "An Old Fashioned Christmas." The individuals enjoyed decorating the float and Christmas Tree on it, and we sang Christmas Carols while Ms. Sharon played her ukulele.

The best part of the parade was seeing many familiar faces in the crowd!



## INSIDE THIS ISSUE

Christmas Party

Birthdays

SMILE Becomes Person-Centered Organization

Who Doesn't Love Music?

Day Program News

Other News

6th Annual SJN/SMILE 5K and 1 Mile Fun Run

Healthy Snacking



## 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

### February

Inna K. 2/9

Mary B. H. 2/19

### March

Casey B. 3/6

Joey G. 3/10

Maria J. 3/16

Gloria S. 3/28

## Who Doesn't Love Music???

On Monday, January 25th, we will begin a **Zumba class** for our day program. We will meet every Monday from 1:30-2:30. We're hoping the individuals will love it. Who says exercising has to be boring?

**On Friday, December 18th**, we had a beautiful **Christmas Party** at the home of Mr. Ken Pugel. We mingled, ate great food and had a sing-a-long. I never knew we had so many great singers in our group! A good time was had by all! Thank you again, Ken, for opening your beautiful home to us.

It was lovely!

Many thanks to all of you for a wonderful 2015! Here's to hoping that 2016 will bring many great things for each of us!



**SMILE is pleased to announce** we have been selected to become a **Person-Centered Organization** by the Department of Behavioral Health and Developmental Disabilities! "Becoming a Person-Centered Organization" builds on processes that are working to support and expand the implementation of person-centered practices at three levels:

1. Enhancing and developing excellent person-centered practices at the individual level
2. Making necessary policy and practice changes at the organization level to support changes at the individual level
3. Recommending changes in practice, structure, regulations, and rules at the state level that will support systems change.

Over the course of the next year, SMILE administrative and support staff will work together to improve the lives of those we support by establishing and maintaining connections between the people we serve and in the community in which they live. Congratulations SMILE!!

**S.M.I.L.E.  
Office and Day  
Program will be  
closed on Good  
Friday, March  
25th, 2016.**

### **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.

### **Faith and Sharing Mass**

The Spring 2016 Faith and Sharing Mass will be held on Sunday, March 6, 2016, 2:30pm at St. Peter Chanel Catholic Church, 11330 Woodstock Road, Roswell, GA 30075. There will be a social immediately following Mass. Food will be provided by St. Peter Chanel Good Neighbor Meals Ministry.

## **Day Program News**

**Do you know that SMILE** has quite a few civic-minded volunteers amongst our clients? They have spent many hours serving the community through charitable organizations, such as Open Hand Atlanta, Lilburn Co-op Ministries, Lifecare of Lawrenceville, and Streetwise. Recognition of their hard work is being planned. Please support these dedicated people by attending our first awards ceremony. Watch for date and time. Please come and support your loved ones who have helped others.



### **The curriculum at SMILE is never**

**stagnant!** One of the new classes to be added is **The Circle**. At The Circle gatherings, clients will learn how to sew on a button, hem, and repair a rip. Participants will receive 1:1 supervision at the sewing machine each week. Things will probably progress slowly in baby steps. While one client is

at the sewing machine, the others will be working on their personal projects. All projects are to involve textiles. Other than that, there are no limitations. Staff will be available that have some knowledge in knitting, crocheting, needlepoint, cross-stitch, embroidery, etc. Clients are to purchase the materials for their personal project. Everyone will also be participating in a group project. The first group project will be a full-size crazy quilt. SMILE has purchased the materials for this group project. If anyone knows of an idle sewing machine collecting dust somewhere, we will happily welcome donations. The more machines available, the more things that can be accomplished.

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## **Other News...**

**While we are proud of our many volunteers,** we are equally proud of our individuals that have worked in the community for years! Congratulations for a job well done! Thomas B., Casey B., Ray B., Lynn C., Anna J., Darrell L., and Scott V.B.

**Beginning the weekend of January 15th,** we will begin some **cross training** in the homes. We do this so that all staff and individuals will be familiar with each other in the event we need someone to fill in, emergency, etc. If you have any questions, please don't hesitate to contact the office and speak to Patrick or Lynne.



**On Friday, February 12th,** we are planning to attend, **"A Night To Shine Prom Night"** at First Baptist Church in Woodstock. This looks to be an amazing event for our individuals where they get the royal treatment! They sure deserve it and we look forward to helping them have an amazing evening. Please let us know if you'd like your individual to attend. It is on a Friday, so we will have to leave early to get through traffic. We will probably take the bus and we'd love to have it full! Please watch for further details.

## 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

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

## Calling All Walker, Runners, Cheerleaders, Supporters, Organizers, YOU!!!

On Saturday, April 30th, 2016, we will hold our **6th Annual SJN/S.M.I.L.E. 5K and 1 mile Fun Run** at Lilburn Park and we need your help! Each year is getting bigger and better and we look forward to making this the biggest and best yet!



The race committee will have their 1st meeting on Monday, January 25th at 7pm at SJN. We'd love to have you join us! If you can't make the meetings, we always need a lot of help the day of the race. Please consider helping us as this is our largest fundraiser of the year. For further information, please call Lynne at the office.

## Happy New Year!

*By Nurse Denise*

**Healthy Snacking...** This is going to be the first topic I am going to address in the coming year. You may think healthy snacking is going to be boring and bland. **Surprise, surprise, it's not!** Healthy snacking can include some of these tasty treats:

1. Microwave popcorn (not the one loaded with butter)
2. 1/2 cottage cheese with cantaloupe
3. (3) crackers with cheese
4. Almonds (14)
5. Whole grain pretzel sticks (6)
6. (1) medium apple, try baking it and adding a little cinnamon
7. Smoothie: 1/3 cup non-fat yogurt, 2/3 cup frozen fruit and ice
8. Hummus (2) tablespoons with (6) baby carrots
9. 3/4 cup frozen mango
10. (2) graham crackers with peanut butter
11. (20) pistachio nuts or (12) almonds
12. (1) cup of grapes
13. Small apple sliced with peanut butter
14. 1/2 yogurt with fruit
15. 1/3 cup of oat cereal, not the kind with sugar



As we move into the New Year, we want it to be a healthy one! Here are just a few suggestions. Please try them and if you have any please share. And, by the way, they are **all under 100 calories!!!**