

DECEMBER 2021

RIGHT OF THE MONTH: You have the RIGHT to make and receive private phone calls.
RESPONSIBILITY: You have the RESPONSIBILITY to respect the same rights of others by limiting calls according to the time boundaries agreed upon by everyone in the household.

ST. MARY'S INDEPENDENT LIVING EXTENSIONS DAY PROGRAM CALENDAR AND ACTIVITY GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PM Transport Load Time: 5 minutes before departure.</p> <ul style="list-style-type: none"> Minibus Departure: 2:00 pm Passenger Van Departure: 2:30 pm <p>REMINDER Include in your lunch bag EVERY DAY at least 2 bottles of water, plastic utensils, and a napkin.</p> <p>Daily 9:00-10:00am</p> <ul style="list-style-type: none"> Morning Inspiration Stretching/Breathing Wellness Walk & Talk Community and Social Acceptance <p>LUNCH DAILY: 12 NOON CLEAN UP DAILY: 1:45-2:00 PM</p>		<p>Mass @ St. John Neumann 1</p>  <p>Social/Coping Skills</p> <p>Sweetwater Park</p>	<p>2</p>  <p>Fernbank</p> <p>MONEY / MATH SKILLS</p>	<p>3</p>   <p>Lilburn Library</p>
<p>6</p>    <p>BINGO & BOARDGAMES</p>	<p>Mass @ St. Lawrence 7</p>   <p>CURRENT EVENTS</p>	<p>Mass @ St. John Neumann 8</p>  <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p>  <p>Monastery of the Holy Spirit Grounds Exploration</p>	<p>9</p>  <p>Fernbank</p> <p>MONEY / MATH SKILLS</p> <p>EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p>	<p>10</p>  <p>12:00-1:15pm</p>  <p>MONTHLY WEIGHTS</p>
<p>13</p>   <p>CHRISTMAS CARDS + CRAFTS</p> <p>Comrades: Book Nook</p>	<p>14</p>   <p>CURRENT EVENTS</p>	<p>Mass @ St. John Neumann 15</p>  <p>Social/Coping Skills</p>  <p>1:15 pm</p>	<p>16</p>  <p>Fernbank</p> <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p>50/UP CLUB Starbucks \$\$</p> </div> <p>MONEY / MATH SKILLS</p>	<p>17</p>  <p>10 AM</p> <p>HOLIDAY CELEBRATION (LUNCH PROVIDED)</p> 
<p>20</p>    <p>BINGO & BOARDGAMES</p>	<p>21</p>   <p>CURRENT EVENTS</p>	<p>Mass @ St. John Neumann 22</p>  <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p>  <p>JINGLE JANGLE</p>	<p>23</p>  <p>Fernbank</p> <p>MONEY / MATH SKILLS</p>	<p>24</p>  
<p>27</p>   <p>THE CHRISTMAS CHRONICLES PART 1</p>	<p>28</p>   <p>CURRENT EVENTS</p>	<p>Mass @ St. John Neumann 29</p> <p>Social/Coping Skills</p>  <p>1:15 pm</p> 	<p>30</p>  <p>Fernbank</p> <p>MONEY / MATH SKILLS</p>	<p>31</p>  <p>10 AM</p>  <p>THE CHRISTMAS CHRONICLES PART 2</p> 

CLUBS AND C.R.E.W.

(Community Relationships + Experiences Worthwhile)



Members of the **SMILE C.R.E.W.** volunteer with Open Hand Atlanta on **Tuesdays** delivering meals to people in the Atlanta area who are unable to leave their homes. This civic opportunity for the common good is contactless and a way for us to give back and build relationships with other community members while developing social and communication skills. ❤️



BOWLING CLUB. Bowling is a great opportunity for low-impact exercise and social interaction needed to decompress and improve our mental well-being. If you want to buy snacks, please bring more money. We will bowl one game and then eat lunch when we return to the day program. The person with the highest score wins special recognition!
Stars and Strikes: 479 Brightwell Court, Loganville, GA 30052



Participating in the **SMILE Book Club** is a great way to develop socially and enhance our reading, listening, and comprehension skills. Our end-of-summer read is titled **Christmas in Mossy Creek**. This is the 9th novel in the acclaimed Mossy Creek Hometown Series that continues with the warm, witty, and wise doings in a small southern village you'll want to call home. All participants will have an opportunity to read from the book or just listen to readers, and then discuss the story.



On **Mondays** the **ROSARY C.R.E.W.** volunteer with Rosary Makers of America in Stone Mountain to craft unique strings of quality and beautiful prayer beads for community members. The relationship SMILE is building with Rosary Makers of America promotes dignity and provides enriching and meaningful activities for participants that they can be proud of.
2300 West Park Place Blvd, Suite 142, Stone Mountain, GA 30087

**SMILE
50/UP
CLUB**

The 50/Up Club is for those who are **50+ and fabulous!** We will explore different events in the community, socialize and engage in activities



geared towards the interests of seasoned adults. Cozy cafés and coffee shops, recreation centers, crafts, games, hobbies, etc. **\$8 on 12/16**

3050 Five Forks Trickum Road, Lawrenceville, 30047 in the Kroger Shopping Center.



SMILE Drama Club: Once a week we practice our acting skills and memorize our lines and songs as we gear up for the next season of musical and theatrical performances.



SMILE THEATRE COMPANY will practice a new play focusing on the music of the 60s that we will present in 2022!



FERNBANK C.R.E.W.! We are resuming volunteering at the Fernbank Museum!

We will volunteer as Lobby Ambassadors welcoming and directing guests, provide information about exhibits, and help keep exhibits clean and tidy. **Thursdays from 10am-1pm @ Fernbank Museum of Natural History 767 Clifton Road, Atlanta, 30307**

COMRADES: The purpose of this guy's social group is to build brotherhood and friendships, enhance social skills, develop interests and hobbies, discuss men's issues, and enjoy new experiences. The comrades will hang out together up to twice a month for specialized events.

GOOD NEWS!

you can use!

The day program welcomes two new friends in December!

- Shukri has moved in with the guys at the apartments and will participate in the day program activities every day. Shukri is outgoing, speaks several languages, and is looking forward to learning new things.
- Brandon lives with his mother at the apartments and will participate in the day program twice a week. He likes to volunteer helping seniors and is looking forward to making new friends.

SMILE will host its Annual Holiday Party at the Wells-Brown House, an elegant early-1870s Neoclassical residence/museum of the Stone Mountain Historical Society. All families, program participants, staff, and friends are invited. Heavy hors d'oeuvres and an assortment of beverages will be served! Please RSVP to Nancy at 770.279.5115 x110.

- Wednesday, 12/22/2021
- 6:00 pm – 8:00 pm
- 1036 Ridge Avenue, Stone Mountain, 30083

COMMUNITY AND SOCIAL ACCEPTANCE

All of us want to be valued and successful participants in the life of our communities. To do so we should remember by saying aloud and practicing the following daily.

RESPECT

- We will value ourselves and we will value others.
- We will honor personal space, property, and this environment.
- We will use kind words, no profanity, hurtful, or offensive words.
- We will listen to each other's opinions and ideas.

RESPONSIBILITY

- We will be honest and tell the truth.
- We will learn, not distract, disturb, or disrupt.
- We will be open to learning new things so we can increase our independence.
- We will keep our areas clean and put things away where they belong.

SAFETY

- We will follow directions.
- We will not wander away or elope.
- We will keep our hands, our feet, and objects to ourselves.
- We will peacefully transition together from one setting to another in an organized way.

COOPERATION

- We will work together as a team, not bully or boss others.
- We will pay attention, participate, and put forth an effort.
- We will wait to be acknowledged before speaking so that we can be heard.
- We will mind our own business and not gossip about others.
- We will have a positive attitude and be pleasant, helpful, and courteous.

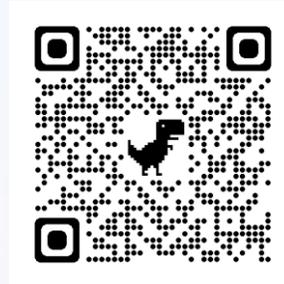
Current Events and Positive News

Studying and discussing current events helps to build language, vocabulary, reading comprehension, critical thinking, problem-solving, oral expression, and listening skills. Current events offer ideal opportunities for cooperative-group instruction, discussions, debates, and much more.

Point the camera on your smart device at the QR Code. The QR Code link will be available to open the website to access information. Select an article to review and discuss with the group.



Dailygood.org



Dogonews.com

Essential Social Skills

Focus on one skill each week. Choose a “We Can” skill card, brainstorm what it means, then model the skill.

- ✧ Following Directions
 - ✧ Asking for help
 - ✧ Listening
 - ✧ Apologizing
 - ✧ Staying on task
 - ✧ Waiting your turn
- ✧ Minding your own business
- ✧ Asking for what you want/need
 - ✧ Answering questions
- ✧ Asking questions for which you need the answers
 - ✧ Accepting “no” for an answer
 - ✧ Working with others
 - ✧ Asking permission
 - ✧ Disagreeing appropriately
 - ✧ Giving constructive criticism
 - ✧ Asking for help
 - ✧ Resisting peer pressure
- ✧ Completing an undesirable task
- ✧ Getting attention appropriately
- ✧ Accepting criticism/consequences

Mind Brain Emotion Adaptive Coping Strategies

Use the MIND BRAIN EMOTION deck of cards to build skills in Adaptive Coping Strategies. It’s not what happens TO YOU, but how you REACT to it that matters.

Emotion-focused Strategies: Managing or changing how you react emotionally.

Appraisal-focused Strategies: Modifying the way you think about the situation.

Problem-focused Strategies: Reducing or eliminating the source of your stressor.



Most-known winter holidays



Hanukkah

- Jewish holiday
- Also called Festival of Lights
- celebrated for 8 days and nights



Kwanzaa

- African holiday
- celebrate your African heritage
- celebrated from Dec. 26 to Jan. 1



Christmas

- celebrates the birth of Jesus
- Santa Claus stands for Father of Christmas
- Brings gifts to the good children on Dec. 24 (Christmas Eve)



Ramadan

- Muslim holiday
- Refine and purify your souls
- On a special month in the Islamic calendar



VOLUNTEER ETIQUETTE GUIDELINES

Being able to volunteer in the community is a privilege and an opportunity to put into practice your social and communication skills.

- 1. Volunteer with a good attitude.** You and everyone around you will be happier if you have a positive attitude. Put a smile on your face and show that you want to be there.
- 2. Be on time.** Others are counting on you. Being prepared and ready to go shows respect to others.
- 3. Dress appropriately.** Follow the dress code and/or wear something that suits the occasion. Maintain the best personal hygiene – shave, shower, and shine!
- 4. Follow the rules.** Do your very best to follow the rules because they have been established for a reason and rules help keep us safe.
- 5. Do the best job you can.** What you do as a volunteer reflects your character and how much you care about the cause.
- 6. Get along with others.** You are part of a team committed to something worthwhile.
- 7. Acknowledge others.** Pat others on the back for a job well done and never take credit for someone else's ideas or hard work.
- 8. Communicate.** If you see something your leader needs to know about or if you have ideas that will benefit the cause, share your thoughts.
- 9. Be discreet.** Do not gossip or talk poorly about anyone or the organization you are volunteering for.
- 10. Be flexible.** You may be actively doing your assigned job when you are asked to do something different. Be open to learning new skills.

SMILE DAY PROGRAM GUIDELINES

- Considering the pandemic, all participants riding the SMILE bus are required to have their temperature checked before boarding. Upon arrival at the day program, all participants from the SMILE residential service are required to have their temperatures checked. Temperatures are to be recorded in Therap. **Anyone with a temperature above 100.4 will not be allowed to attend the day program.** Although checking an individual's daily temperature is a proactive way to monitor for infection, there are several signs and symptoms to watch for that could be an alert of possible COVID infection. All staff is to immediately report any noted signs and symptoms related to COVID. **Anyone exhibiting signs and/or symptoms of the common cold, flu, or COVID will be sent home and requested to present a negative COVID test to return to the day program.**
- **STAY HOME** if you do not feel well or are symptomatic of any illness.
- Considering the pandemic, all staff, drivers, and day program participants are **required to wear a face-covering** over the nose and mouth during day program activities and transportation. While eating or drinking the face-covering may be removed. **Please remember that wearing a face cover is a critical safety precaution.**
- Participants and staff are expected to apply hand sanitizer upon arrival to and departure from the day program, and whenever necessary.
- Participants are expected to wash their hands with soap and water before/after eating, after using the restroom, and when visibly soiled.
- **Good personal hygiene** is how you take care of your body. Maintaining hygiene practices is important because it reduces the spread of illness and the risk of medical conditions caused by not taking care of yourself. It also increases self-confidence and positively impacts personal relationships. **Bring a clean change of clothes appropriate for the season and necessary personal care items in a tote bag or backpack every day if you need to.**
- **Stay with the group.** For your safety, wandering away from staff oversight is not acceptable.
- Excessive and/or disruptive cell phone use is not acceptable. Participants are not to make cell phone calls during day program events and skill-building activities.
- **Personal boundaries are to be respected** – no hugging, kissing, handholding, or inappropriately touching others and/or others' personal belongings. Maintain at least two arm's length distance from others to **allow personal space.**
- The use of profanity, obscene language, and racial slurs is not acceptable.
- Bullying, teasing, name-calling, other verbal aggression, and physical aggression are not acceptable.
- Sharing or exchanging food and beverage items is not acceptable to **avoid spreading germs.**
- Gum chewing is not acceptable at the day program or inside SMILE vehicles.
- Eating and drinking are not acceptable inside SMILE vehicles **as a choking precaution** and to avoid messes. Open containers of food/beverage are not acceptable inside SMILE vehicles to avoid messes.
- Eating/drinking inside classrooms is only acceptable by expressed approval from management to avoid messes.
- **Please bring 1-2 bottles of water** every day with your lunch in addition to your preferred beverage of choice. Drinking plain water is an excellent choice for staying hydrated and supporting overall good health.