

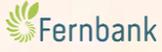
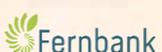
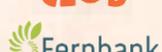
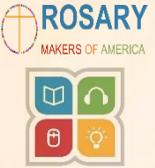
# NOVEMBER

# 2021

**RIGHT OF THE MONTH:** You have the RIGHT to exercise and have fun.

**RESPONSIBILITY:** You have the RESPONSIBILITY to follow directions to avoid injury.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>   <p>Lilburn Library</p>	<p>2</p>   <p>CURRENT EVENTS</p>	<p>3</p> <p>St. John Neumann Mass</p>  <p>Social/Coping Skills</p>   <p>12:30 pm 1:15 pm</p> <p>Comrades: Book Nook</p>	<p>4</p>   <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>50/UP CLUB Boulder Creek Coffee \$5</p> </div> <p>MONEY / MATH SKILLS</p>	<p>5</p>  <p>10 AM</p> <p>MONTHLY WEIGHTS</p>  <p>Bring Money</p> <p>EMERGENCY PREPAREDNESS (Fire Drill)</p>
<p>8</p>   <p>Lilburn Library</p>	<p>9</p>   <p>CURRENT EVENTS</p>	<p>10</p> <p>St. John Neumann Mass</p>  <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p>  <p>1:00 pm</p>	<p>11</p>   <p>MONEY / MATH SKILLS</p>	<p>12</p>  <p>12:00-1:15pm - \$2</p> <p>EMERGENCY PREPAREDNESS (Power Failure Drill)</p> <p>Art, Crafts, Knitting &amp; Games</p>
<p>15</p>   <p>Lilburn Library</p>	<p>16</p>   <p>CURRENT EVENTS</p>	<p>17</p> <p>St. John Neumann Mass</p>  <p>Social/Coping Skills</p>   <p>12:30 pm 1:15 pm</p>	<p>18</p>   <p>MONEY / MATH SKILLS</p>	<p>19</p>  <p>10 AM</p> <p>EMERGENCY PREPAREDNESS (Medical Emergency/ Mock 911 Call Drill)</p>  <p>Bring \$12</p>
<p>22</p>   <p>Lilburn Library</p>	<p>23</p>   <p>CURRENT EVENTS</p>	<p>24</p> <p>St. John Neumann Mass</p>  <p>Social/Coping Skills</p> <p>Comrades: Book Nook</p>  <p>1:00 pm</p>	<p>25</p> <p>DAY PROGRAM IS CLOSED</p>  <p>Let the beauty of the harvest season fill your heart with warmth and love.</p> <p>Happy Thanksgiving!</p>	<p>26</p>  <p>12:00-1:15pm - \$2</p> <p>EMERGENCY PREPAREDNESS (Bomb Threat Training Scenario)</p> <p>Art, Crafts, Knitting &amp; Games</p>
<p>29</p>   <p>Lilburn Library</p>	<p>30</p>   <p>CURRENT EVENTS</p>	<p>Daily 9:00am-9:30am</p> <ul style="list-style-type: none"> <li>Morning Inspiration</li> <li>Stretching/Breathing</li> <li>Wellness Walk &amp; Talk</li> <li>Community and Social Acceptance</li> </ul> <p>Lunch Daily: 12 Noon</p> <p>Daily 2:00-2:15p Clean Up</p>	<p>PM Transport Load Time: 5 minutes before departure.</p> <ul style="list-style-type: none"> <li>Apartments Departure: 2:15 pm</li> <li>Minibus Departure: 2:20 pm</li> <li>Passenger Van Departure: 2:30 pm</li> </ul> <p><b>REMINDER</b></p> <p>Include in your lunch bag EVERY DAY at least 2 bottles of water, plastic utensils, and a napkin.</p>	

# 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](https://www.dailygood.org)



[Dogonews.com](https://www.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.

# 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.