

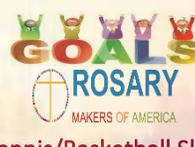
OCTOBER

2021

RIGHT OF THE MONTH: You have the RIGHT to meet people and take part in community activities.

RESPONSIBILITY: You have the RESPONSIBILITY to follow the rules and engage in socially appropriate ways with community members as expected by society.

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"> Passenger Van Departure: 2:15 pm Apartments Departure: 2:15 pm Minibus 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 9:00am-9:30am</p> <ul style="list-style-type: none"> Morning Inspiration Stretching/Breathing Wellness Walk & Talk Community and Social Acceptance <p>Lunch Daily: 12 Noon</p> <p>Daily 2:00-2:15p</p> <ul style="list-style-type: none"> Clean Up 	<p>Breast Cancer Awareness Month</p> <p>Healthy Lung Month</p> <p>October is from the Latin octo, which means "eight". The number "eight" is said to be a symbol of wealth, prosperity, peace, and fertility.</p>	<p>1</p>  <p>10 AM</p> <p>Knitting, Jigsaw Puzzles, Word Puzzles</p>
<p>4</p>  <p>Tennis/Basketball Skills & Lunch @ 11:00 Sweetwater Park</p>	<p>5</p>  <p>Social Skills Current Events</p>  	<p>6</p> <p>St. John Neumann Mass</p>  <p>Drama CLUB 12:30 pm</p>  <p>1:15 pm</p>	<p>7</p>  <p>BOARD GAMES</p> 	<p>8</p>  <p>NETFLIX</p> <p>Knitting, Jigsaw Puzzles, Word Puzzles</p>
<p>11</p>  <p>Tennis/Basketball Skills & Lunch @ 11:00 Sweetwater Park</p>	<p>12</p>  <p>Social Skills Current Events</p>  <p>EMERGENCY PREPAREDNESS (Disaster Drill)</p>	<p>13</p> <p>St. John Neumann Mass</p>  <p>RIGHT OF THE MONTH</p> <p>Drama CLUB 1:00 pm</p> <p>MONTHLY WEIGHTS</p>	<p>14</p>   <p>Breast Cancer Awareness Activity/Craft</p> <p>EMERGENCY PREPAREDNESS (Fire Drill)</p>	<p>15</p>  <p>10 AM</p> <p>LUNCH \$12 @ SUGARLOAF MILLS 11AM-1:00PM</p>
<p>18</p>  <p>Tennis/Basketball Skills & Lunch @ 11:00 Sweetwater Park</p>	<p>19</p>  <p>Social Skills Current Events</p> 	<p>20</p> <p>St. John Neumann Mass</p>  <p>Drama CLUB 12:30 pm</p>  <p>1:15 pm</p>	<p>21</p>   <p>Pumpkin Decorating Contest</p>	<p>22</p>  <p>Bring a Cold Lunch 10am-12:30pm</p>
<p>25</p>  <p>Tennis/Basketball Skills & Lunch @ 11:00 Sweetwater Park</p>	<p>26</p>  <p>Social Skills Current Events</p> 	<p>27</p> <p>St. John Neumann Mass</p>  <p>Drama CLUB 1:00 pm</p>	<p>28</p>    <p>MAKE FRUIT SMOOTHIES</p>	<p>29</p>  <p>10 AM</p> <p>FALL FESTIVAL TREATS, GAMES, & COSTUME CONTEST 11AM-1PM</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.

Celebrate Healthy Lung Month in October

October is Healthy Lung Month, bringing with it opportunities to learn more about one of our body's most vital organs.

Every breath we take is a reminder of how important lungs are to our overall well-being. Whether you are in good health or suffer from a disease that affects the lungs there are significant things you can do on a daily basis to take care of your body.

Lungs transport oxygen to the blood when you inhale, and eliminate carbon dioxide, a "waste gas," from the body when you exhale. The process is called gas exchange, and it is crucial to life itself.

When a toxic substance or disease inhibits the ability of the lungs to do their job, the whole body suffers.

Smoking, air pollutants and hazards such as exposure to asbestos are all factors that pose a risk to lung health.

According to the American Lung Association, there are several proactive measures you can take to ensure healthy lungs.

Quit Smoking or Don't Start

When a person smokes, the air passages within their lungs narrow, making it harder to breathe. Over time, smoking causes inflammation and damage to the lung tissue, which could lead to diseases such as lung cancer, COPD, chronic bronchitis, heart disease and more.

The Centers for Disease Control and Prevention also warns that smoking can cause strokes, diabetes, tuberculosis, and immune system disorders such as rheumatoid arthritis.

If you hesitate to quit smoking for your own health, take a look at these statistics: The CDC estimates that secondhand smoke causes the deaths of nearly 41,000 adult non-smokers and 400 infants every year.

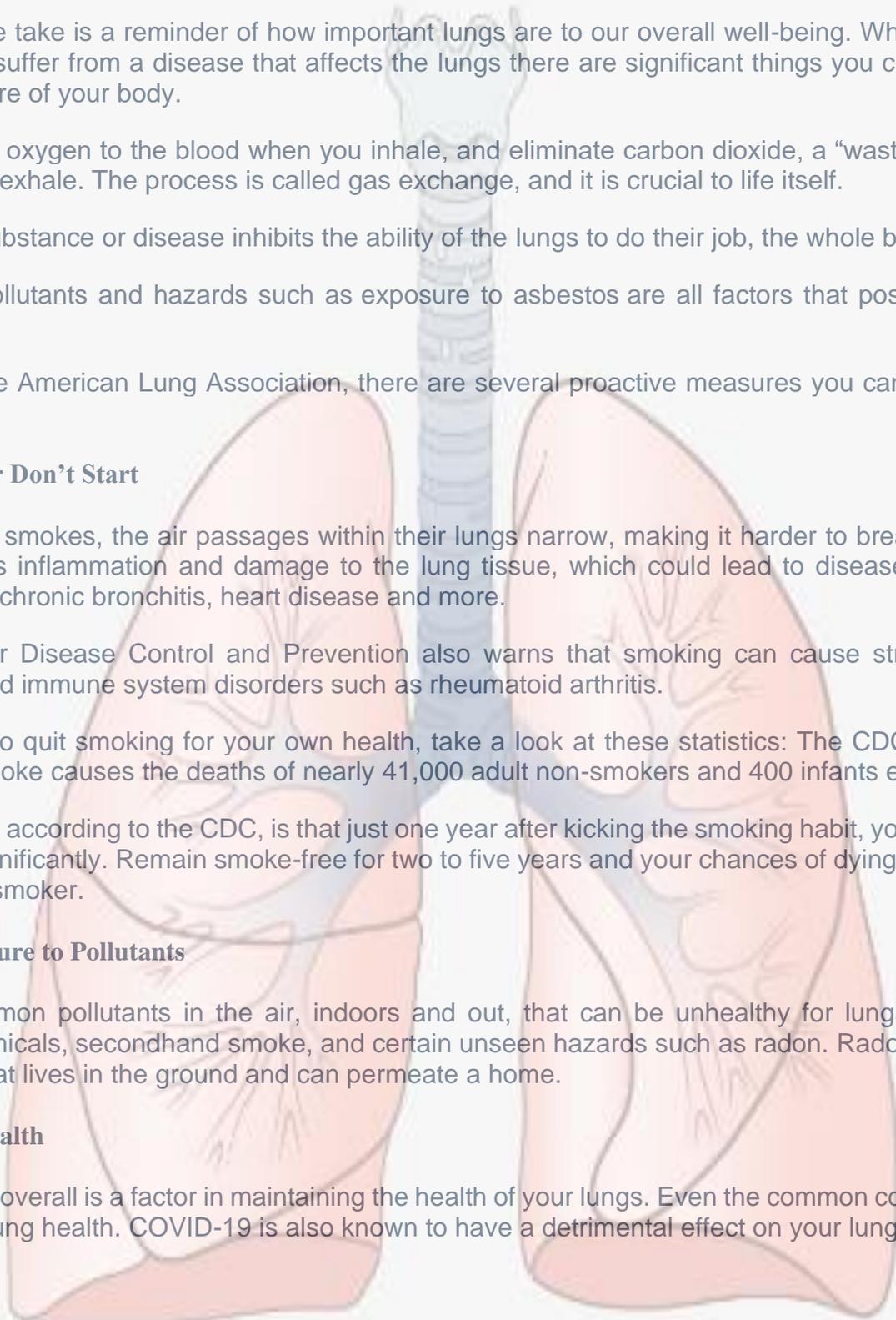
The good news, according to the CDC, is that just one year after kicking the smoking habit, your risk of a heart attack drops significantly. Remain smoke-free for two to five years and your chances of dying of a stroke drop to that of a nonsmoker.

Minimize Exposure to Pollutants

There are common pollutants in the air, indoors and out, that can be unhealthy for lungs. This includes household chemicals, secondhand smoke, and certain unseen hazards such as radon. Radon is an invisible, odorless gas that lives in the ground and can permeate a home.

Protect Your Health

Staying healthy overall is a factor in maintaining the health of your lungs. Even the common cold and seasonal flu can impact lung health. COVID-19 is also known to have a detrimental effect on your lungs.



The American Lung Association recommends doing the following to protect yourself and others from these illnesses:

- Wash your hands often and use hand sanitizer if soap and water is not available.
- Avoid crowds.
- Maintain good oral hygiene. Brushing your teeth is one way to thwart germs.
- Get the flu shot.
- Avoid infecting others if you do get sick. Stay home until you are no longer contagious.

See Your Doctor

Regular checkups are essential to maintaining good health. Having routine checkups gives you a greater chance of uncovering an illness before it reaches an advanced stage.

Exercise Regularly

It is common knowledge that exercise has a multitude of health benefits, and this is especially true for your lungs. When you exercise, you increase your lungs' ability to get oxygen to your muscles. Over time, they and your heart become stronger, decreasing the odds of developing a serious illness.

For those already dealing with a disease affecting their lungs, even light activity, such as stretching and walking around the house, can help them feel better.

National Respiratory Care week also falls this month, the week of Oct. 25-30.

Take the opportunity during Healthy Lung Month to pay attention to your lungs. Reach out to your health care provider for more tips on staying healthy and be sure to involve family members in your efforts.

October is National Healthy Lung Month

General Lung Facts:

Approximately 1.5 billion people breathe dangerous levels of pollution daily.

Your right lung is composed of 3 lobes, while your left, just 2.

The breathing rate is faster in women and children, than men.

Humans breathe an average of 11,000 liters of air in a day.

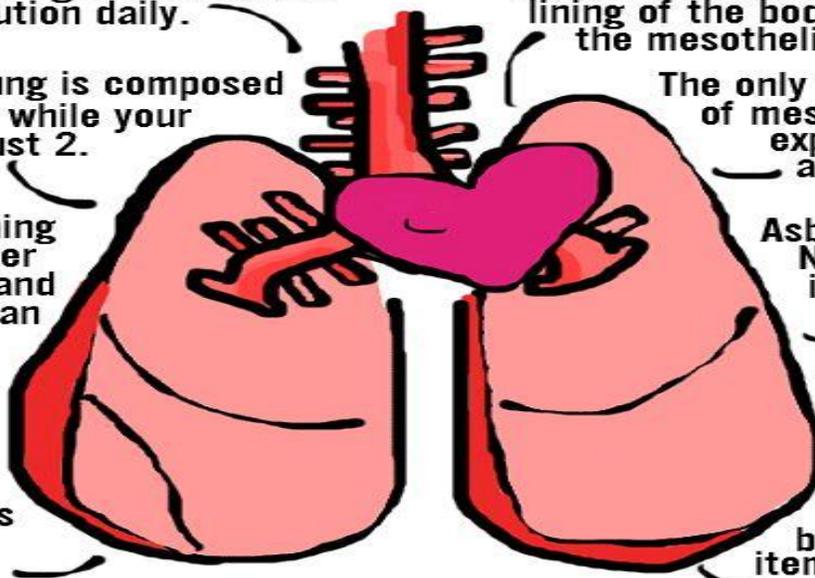
Mesothelioma Facts:

Mesothelioma is an aggressive cancer that attacks the lining of the body called the mesothelium.

The only known cause of mesothelioma is exposure to asbestos.

Asbestos is still NOT banned in the U.S.A. today.

Asbestos was used in products & buildings in the 1970s, but can still be found in items today.



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

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.