

FEBRUARY

2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Review Honorees Daily</p> <p>American Heart Month ♥</p>	 <p>1</p> <p>Mass @ St. John Neumann 2</p>  <p>Social/Coping Skills</p> 	 <p>3</p> <p>MONEY / MATH SKILLS</p>  <p>Your Dekalb Farmers Market® A World Market</p> <p>Bring \$2-\$5 - Healthy Food Shop</p>	 <p>4</p>   <p>Monthly Weigh-in Karaoke/Name That Tune</p>	
 <p>7</p>  <p>10am-12pm</p> <p>Social/Coping Skills</p>	 <p>8</p> <p>Mass @ St. John Neumann 9</p>  <p>RIGHT OF THE MONTH Social/Coping Skills</p>  	 <p>10</p> <p>MONEY / MATH SKILLS</p>  <p>Lilburn Library</p>	 <p>11</p> <p>Valentine's Crafts from the Heart Walk and Fun at Lucky Shoal Park Gym!</p> 	
 <p>14</p>  <p>10am-12pm</p>  <p>Happy Valentine's Day! V-day Card Exchange & Snacks</p>	 <p>15</p> <p>Mass @ St. John Neumann 16</p>  <p>Social/Coping Skills</p>  <p>Kindness Buckets Activity</p>	 <p>17</p>  <p>MONEY / MATH SKILLS</p> <p>Walk and Fun at Lucky Shoal Park Gym!</p>	 <p>18</p>  <p>Social/Coping Skills EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p> <p>Random Acts of Kindness Awards</p>	
 <p>21</p>  <p>10am-12pm</p> <p>Social/Coping Skills</p>	 <p>22</p> <p>Mass @ St. John Neumann 23</p>  <p>RIGHT OF THE MONTH Social/Coping Skills</p>  	 <p>24</p> <p>MONEY / MATH SKILLS</p>  <p>Lilburn Library</p>	<p>25</p> <p>SUGARLOAF MILLS Walk, shop, lunch Bring \$10-\$15</p> 	
 <p>28</p>  <p>10am-12pm</p> <p>Social/Coping Skills</p>	<p>random act of kindness Week of 2/14 - 2/20 See Activity Sheets</p>	<p>PM Transport Load Time: 5 minutes before departure. Minibus Departure: 2:00 pm Passenger Van Departure: 2:30 pm</p> <p>Daily 9:00-10:00am Morning Inspiration Stretching/Breathing Community and Social Acceptance</p> <p>LUNCH DAILY: 12 NOON CLEAN UP DAILY: 1:45-2:00 PM</p>	<p>REMINDERS Include in your lunch bag EVERY DAY at least 2 bottles of water, plastic utensils, and a napkin. Wear a mask to cover your nose and mouth.</p>	

RIGHTS AND RESPONSIBILITIES



What Are Rights and Responsibilities? Rights and responsibilities help make our communities better. Rights are freedoms we have that are protected by our laws, while responsibilities are duties or things we should do. To be good citizens, or members of a community, we must understand our rights and responsibilities.



Rights Focus of the Month

Being an American citizen of this great nation, you possess amazing rights and privileges. But with those rights comes responsibility.

A civil right is an enforceable right or privilege, which if interfered with by another gives rise to an action for injury.

Examples of your civil rights are freedom of speech, press, and assembly; the right to vote; freedom from involuntary servitude; and the right to equality in public places.

Discrimination occurs when the civil rights of an individual are denied or interfered with because of their membership in a particular group or class.

We have much to be thankful for living in the United States of America. Let us make sure we're each doing our part to ensure everything we love about our great country lives on.

Your responsibility as an American citizen ...

- Stay informed of the issues affecting your community.
- Participate in the democratic process.
- Respect and obey federal, state, and local laws.
- Respect the rights, beliefs, and opinions of others.
- Participate in your local community.
- Pay income and other taxes honestly, and on time, to federal, state, and local authorities.
- Serve on a jury when called upon.
- Defend the country if the need should arise.

Closing Discussion Questions

What do you think is the difference between a right and a responsibility?

Why do you think it is important to know and understand your rights?

Why do you think it is important to know and understand your responsibilities?

Describe a time when you felt that one of your rights was violated. Describe your feelings and response to the situation. Explain ways you could have handled it differently.

NATIONAL RANDOM ACTS OF KINDNESS

WEEK: February 14th – 20th

DAY: February 17th

Kindness Makes a Difference!



Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20
Give a Valentine's Day card to someone special.	Give a compliment to as many people as you can.	Apologize to someone with whom you have had a past conflict.	Do an act of kindness for someone and encourage them to pay it forward. R.A.K. Day!	Write and give a thank you note to someone in your life that helped you through a tough time.	Tell someone reasons why you like them. Make someone laugh.	Offer help to someone. Share something with someone.

History of Random Acts of Kindness

Officially started through the Random Acts of Kindness organization, this holiday lets people give back to others through random acts.

It is a week dedicated to kindness and taking that extra, conscious step to brighten somebody's day.

On the second week of February, people all over the world celebrate Random Acts of Kindness Week by striving to make kindness an inspirational aspect of people's lives.

Kindness in Action: Each person will discuss the kindest action you have experienced. What was the kindest thing someone did for you? How did you feel afterwards? Did it change your attitude? Did it motivate you to be kind to others? What are some kind acts that you can do daily?

Remember...kindness is courageous! Click on the QR Code for more activities and to view Kindness Videos. →



~ February Black American History Honorees ~

Many of the honorees for Black History Month were either born in Georgia or lived in Georgia for a significant part of their lives. Research the Internet to learn more fun and interesting facts about each honoree.

February 1: Black History Honoree: Clarence Thomas, U. S. Supreme Court Justice

February 2: Black History Honoree: Jackie Robinson, Number 42: First Black Major League Baseball Player

February 3: Black History Honoree: Andrew Young: Ambassador to the United Nations

February 4: Black History Honoree: Jessye Norman: Opera Singer

February 5: Black History Honoree: Wyomia Tyus, Gwen Torrence: Olympic Gold Medalists

February 6: Black History Honoree: Carrie Steele Logan: Opened the first black orphanage in the U.S. (in Atlanta)

February 7: Black History Honoree: Little Richard: 50's Singer

February 8: Black History Honoree: Alice Walker: Writer, *The Color Purple*

February 9: Black History Honoree: Frank Yerby: First black author to sell more than 1 million copies of his books

February 10: Black History Honoree: Sugar Ray Robinson: Boxer

February 11: Black History Honoree: John Lewis, Former Georgia Congressman

February 12: Black History Honoree: Iman, Top Model, George Wallace, Comedian

February 13: Black History Honoree: Ray Charles, Blind singer and musician

February 14: Black History Honoree: Ron Simmons, World Champion Wrestler, football player.

February 15: Black History Honoree: Herschel Walker, NFL Football Player, Olympic Bobsled

February 16: Black History Honoree: Henry "Hank" Johnson, Georgia Congressmen

February 17: Black History Honoree: Matilda Taylor Beasley, First black nun in Georgia

February 18: Black History Honoree: Otis Redding, Musician, and singer "Sittin' on the Dock of the Bay"

February 19: Black History Honoree: Henry "Hank" Aaron, Baseball, broke Babe Ruth's homerun record (Played for the Braves)

February 20: Black History Honoree: Gladys Knight, Singer with the Pips, "Midnight Train to Georgia"

February 21: Black History Honoree: Barack Obama, First African American President of the United States

February 22: Black History Honoree: Kamala Harris, First African American Vice President of the United States

February 23: Black History Honoree: Rosa Parks, American activist in the civil rights movement; Montgomery bus boycott

February 24: Black History Honoree: Maya Angelou, Author, poet, and civil rights activist; "I Know why the Caged Bird Sings"

February 25: Black History Honoree: Serena Williams, Professional tennis player; won 23 Grand Slam singles titles

February 26: Black History Honoree: Harriet Tubman, Abolitionist, and political activist

February 27: Black History Honoree: Madam C.J. Walker, Entrepreneur; first female self-made millionaire in America

February 28: Black History Honoree: Shirley Chisholm, First black woman elected to the U. S. Congress in 1968

AMERICAN HEART MONTH

During the month of February, Americans see the human heart as the symbol of love. And **February is also American Heart Month**. Did you know that heart disease is the leading cause of death for men and women in the United States? During this special month, we are going to learn about the risks for heart disease and understand the importance of being “heart healthy” for ourselves and our loved ones as well as actions we can take to lower our risks for heart disease and stroke.

President Lyndon B. Johnson, among the millions of people in the country who had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes - netting poorer outcomes and prompting the AHA to create "Don't Die of Doubt," a national awareness campaign that reminds people that hospitals are the safest place to go when you have symptoms.

And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol, and limiting physical activity, that can contribute to heart disease.

Meanwhile, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics - 2021 Update.

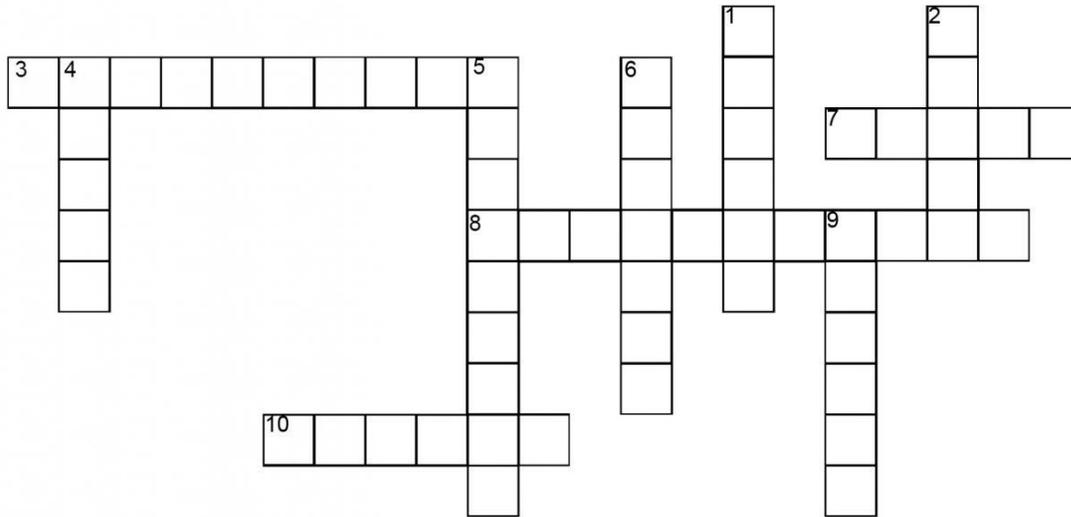
The update, published in the association's flagship journal *Circulation*, reports that nearly 18.6 million people across the globe died of cardiovascular disease in 2019, the latest year for which worldwide statistics are calculated. That is a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week, and getting regular checkups.

See additional handouts about how we can adopt a healthy lifestyle: **Activities for the Heart** worksheet, **Making Healthful Choices** worksheet, and **Why Is Physical Activity Important?** info sheet.

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Solutions: 1. plaque, 2. whole, 3. vegetables, 4. empty, 5. saturated, 6. tobacco, 7. blood, 8. unsaturated, 9. active, 10. oxygen

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.

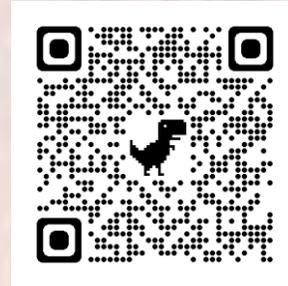
Current Events and Positive News

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.

Positive Words

WORD SEARCH

V	C	Q	G	L	A	D	N	E	S	S	C
Z	I	Z	U	T	E	N	D	E	R	D	H
B	L	E	S	S	I	N	G	T	B	F	E
E	M	U	F	H	W	G	O	P	G	D	E
V	U	G	O	O	D	N	E	S	S	U	R
X	B	R	I	G	H	T	E	N	G	P	S
O	L	O	V	E	O	H	A	P	P	Y	M
J	Y	K	H	D	P	U	N	E	R	P	I
O	M	H	Y	B	E	A	U	T	Y	N	L
Y	N	W	R	F	Z	O	K	I	N	D	E
Y	B	B	P	L	E	A	S	A	N	T	K
P	E	A	C	E	F	U	L	U	A	S	T

BEAUTY

BLESSING

BRIGHTEN

CHEER

GLADNESS

GOODNESS

HAPPY

HOPE

JOY

KIND

LOVE

PEACEFUL

PLEASANT

SMILE

TENDER



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.