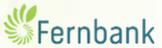
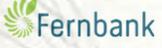
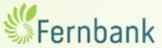


MARCH

2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>1 National Pancake Day Free Pancakes!  CURRENT EVENTS</p>	<p>2 ASH WEDNESDAY  Social/Coping Skills NUTRITION MONTH ACTIVITY  </p>	<p>3  MONEY / MATH SKILLS & GAMES Individualized Activities</p>	<p>4    Monthly Weigh-in Celebrate Women's History Month</p>
<p>7   10am-12pm Social/Coping Skills</p>	<p>8   CURRENT EVENTS  BINGO & BOARDGAMES</p>	<p>9  RIGHT OF THE MONTH Social/Coping Skills NUTRITION MONTH ACTIVITY </p>	<p>10  MONEY / MATH SKILLS & GAMES Individualized Activities</p>	<p>11 Tennis / Basketball Skills and Walking @ Sweetwater Park  Celebrate Women's History Month</p>
<p>14   10am-12pm Social/Coping Skills</p>	<p>15   CURRENT EVENTS  BINGO & BOARDGAMES</p>	<p>16  Social/Coping Skills NUTRITION MONTH ACTIVITY  Lilburn Library</p>	<p>17  MONEY / MATH SKILLS & GAMES Individualized Activities</p>	<p>18   EMERGENCY PREPAREDNESS (Fire Evacuation Drill) Celebrate Women's History Month</p>
<p>21   10am-12pm Social/Coping Skills</p>	<p>22   CURRENT EVENTS  BINGO & BOARDGAMES</p>	<p>23  RIGHT OF THE MONTH NUTRITION MONTH ACTIVITY Social/Coping Skills  </p>	<p>24  MONEY / MATH SKILLS & GAMES Individualized Activities</p>	<p>25 Tennis / Basketball Skills and Walking @ Sweetwater Park  Celebrate Women's History Month</p>
<p>28   10am-12pm Social/Coping Skills</p>	<p>29   CURRENT EVENTS  BINGO & BOARDGAMES</p>	<p>30  Social/Coping Skills NUTRITION MONTH ACTIVITY  Lilburn Library</p>	<p>31  MONEY / MATH SKILLS & GAMES Individualized Activities</p>	<p>MARCH NATIONAL NUTRITION MONTH NATIONAL WOMEN'S MONTH</p>

MORNING INSPIRATION



DAILY ACTIVITY. Take turns starting every morning with positive thoughts.

A bad morning creates a bad mood. On the other hand, a good morning full of inspiring, energy-fueling activities can make for an awesome day! Below are some guidelines and choices to incorporate into the morning routine when practicing **Morning Inspiration**.

INSPIRATION The process of being mentally stimulated to feel or do something creative

- ☺ FIVE THINGS TO SMILE ABOUT
- ☺ THREE THINGS TO BE GRATEFUL FOR
- ☺ READ A POEM OR SCRIPTURE, THEN EACH REFLECT AND SHARE PERSONAL FEELINGS

MEDITATION A written or spoken expression of thoughts about a subject; a broad variety of practices that includes techniques designed to promote relaxation, and develop compassion, love, patience, generosity, and forgiveness

- ☺ LISTEN TO ONE SONG, THEN EACH REFLECT AND SHARE PERSONAL FEELINGS ON THE MEANING, LYRICS AND/OR MELODY
- ☺ SEATED YOGA FOR RELAXATION (See other side for 3-minute routine)

CELEBRATION Taking part in special, enjoyable, typically social activities; to say that someone or something is great

- ☺ SHARE POSITIVE AFFIRMATIONS ABOUT SELF OR OTHERS
- ☺ COMPLIMENT OTHERS
- ☺ POSITIVE DECLARATIONS ABOUT THE DAY
- ☺ CELEBRATE SOMEONE'S BIRTHDAY BY TELLING THEM HAPPY BIRTHDAY!

MINDFUL MINUTE Take one minute, concentrate, and fill your mind with what is happening now. All your worries will disappear, and you will feel calm and relaxed.

- ☺ WHAT CAN I HEAR? WHAT CAN I SMELL? WHAT CAN I FEEL? WHAT CAN I SEE? WHAT CAN I TASTE?

RIGHTS AND RESPONSIBILITIES

A **right** is something every human being deserves no matter who they are or where they live. Rights are also freedoms we have that are protected by our laws. **Responsibilities** are duties a person must do or think about and may have an effect on other people. Rights and responsibilities are connected with each other. To be good citizens, or members of a community, we must understand our rights and responsibilities.

RIGHT OF THE MONTH: You have the right to be treated with respect and dignity. This includes being shown consideration, kindness, and compassion, as well as being acknowledged for your individuality and values.

RESPONSIBILITY: Your responsibility is to treat others with respect, dignity, and kindness as well as be considerate of the rights and uniqueness of others.

What are some of your rights and responsibilities? Discuss each as a group and fill in the boxes with help from the staff if needed.

<p>I have the right to a safe environment.</p> <p>I have a responsibility to follow safety rules.</p>	<p>I have a right to be listened to and taken seriously.</p> <p>My Responsibility:</p>	<p>I have a right to voice my opinion.</p> <p>My Responsibility:</p>	<p>I have the right to be proud of my heritage and belief.</p> <p>I have a responsibility to respect the cultures and beliefs of others.</p>
<p>My Right:</p> <p>My Responsibility:</p>	<p>My Right:</p> <p>My Responsibility:</p>	<p>My Right:</p> <p>My Responsibility:</p>	<p>My Right:</p> <p>My Responsibility:</p>
<p>I have a right to live in a comfortable home.</p> <p>I have a responsibility to keep it clean and tidy.</p>	<p>I have the right to fair treatment.</p> <p>My Responsibility:</p>	<p>I have the right to privacy / personal space.</p> <p>My Responsibility:</p>	<p>I have a right to make mistakes.</p> <p>I have a responsibility to learn from my mistakes.</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 You Can Use Every Tuesday

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

SOCIAL/COPING SKILLS EVERY MONDAY AND WEDNESDAY

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.

MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month[®] was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. Held annually in March, it focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is *Celebrate a World of Flavors*. *Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds, and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.*

At SMILE, we want to encourage the people we serve to have the best possible health by providing guidance to support an active, healthy lifestyle.

NUTRITION MONTH ACTIVITIES - WEDNESDAYS

WEEK #1 : **FLAVORS OF ITALY** OFF-SITE COOKING CLASS

WEEK #2 : FACT OR FICTION NUTRITION MONTH QUIZ

WEEK #3 : **FLAVORS OF ASIA** OFF-SITE COOKING CLASS

WEEK #4 : NUTRITION MONTH CROSSWORD PUZZLE AND WORD SEARCH SHEETS

WEEK #5 : **FLAVORS OF THE MIDDLE EAST** ON-SITE SNACK PREP (Homemade Hummus w/ Fresh Vegetables)

MARCH IS WOMEN'S HISTORY MONTH

FRIDAY ACTIVITIES

WHY DO WE CELEBRATE WOMEN'S HISTORY MONTH? Observed throughout the United States since the 1980s, Women's History Month was born out of a feminist push for equal access to jobs and education. It is an annual declared month that highlights the contributions of women to events in history and contemporary society.

Week #1: Watch the YouTube video about Women's History Month. Click on the QR Code with your smart device to view the video.



Week #2: Kamala Devi Harris. An American politician and attorney serving as the highest-ranking female official in U.S. history as the 49th Vice President of the United States, and the first Black and first Southeast Asian American Vice President. Kamala Harris has spent her life crashing through glass ceilings and accumulating "firsts". She was the first female district attorney of San Francisco, the first female attorney general of California, the first Indian American in the US Senate, and the first Indian American candidate of a major party to run for Vice President. Click on the QR Code to view the 3-minute YouTube Video: Top 10 Interesting Facts about Kamala Harris.



Week #3: The Women of NASA. Click on the QR Code with your smart device to view the online exhibit in the National Women's History Museum about the essential role in NASA that women have played for more than a century.



Week #4: Ruth Bader Ginsburg. Watch the YouTube presentation of the book "No Truth Without Ruth: The Life of Ruth Bader Ginsburg" by Kathleen Krull. Click on the QR Code to view the video. 21:47 minutes

Joan Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020.



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.