

# SEPTEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Work on your ISP goals on Mondays and Wednesdays.</p> <p><b>National Line Dance Week 12-17<sup>th</sup>!</b></p> <p><b>September Birthdays recognition 9/30/22.</b></p> 	<p><b>REMINDERS</b></p> <p>Include in your lunch bag at least 2 bottles of water, utensils, and a napkin.</p> <p>Wear a mask to cover your nose and mouth while indoors at the day program and on the bus/van.</p> <p><b>RIGHT OF THE MONTH: YOU HAVE THE RIGHT TO YOUR MEDICATION. YOU CANNOT BE GIVEN MEDICATION AS PUNISHMENT, FOR CAREGIVER CONVENIENCE, OR WITHOUT A WRITTEN ORDER BY A DOCTOR.</b></p>	<p><b>Fernbank</b> 1</p>  <p>Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p><b>Smoothie Masterclass</b> 2</p>  <p>Journaling, Scrapbooking, Yarn &amp; Paper Crafts</p>	
<p>5</p>  <p>HAPPY Labor Day</p> <p>Day Program is Closed</p>	<p>6</p>  <p><b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling, Scrapbooking, Yarn &amp; Paper Crafts</p> <p>Monthly Weigh-in</p> 	<p>7</p>  <p><b>Social Skills Thumball</b></p>  <p>Chair Aerobics</p> <p><b>RIGHT OF THE MONTH</b></p>	<p>8</p> <p><b>Fernbank</b></p>  <p>Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p>9</p>  <p><b>FRIDAY FUNDAY</b></p> <p>GAMES, MOVIES, MUSIC</p> <p>EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p>
<p>12</p>  <p><b>Social Skills Strategies</b></p> <p>Suwanee Town Center Park Sculptures</p> <p>9/11 Remembrance</p> <p>Bring a Cold Lunch</p>  <p>Balance &amp; Fall Prevention Fitness</p>	<p>13</p>  <p><b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling, Scrapbooking, Yarn &amp; Paper Crafts</p> <p><b>Social Skills Emotional Wellbeing</b></p>	<p>14</p>  <p>Lawrenceville Female Seminary/Gwinnett History Museum</p> 	<p>15</p> <p><b>Fernbank</b></p>  <p>Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p>16</p> <p><b>50/UP CLUB</b></p> <p>Boulder Creek Coffee \$10</p> <p>233 E Crogan St, Lawrenceville, GA 30046</p> <p>9:15-10:30am</p>  <p>Tennis Skills @ Sweetwater Park</p>
<p>19</p>  <p><b>Social Skills Strategies</b></p> <p>Paint Party &amp; Picnic @ Tribble Mill Park. Bring a cold lunch.</p>  <p><b>Drama CLUB</b></p>	<p>20</p>  <p><b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling, Scrapbooking, Yarn &amp; Paper Crafts</p> <p><b>Social Skills Thumball</b></p>	<p>21</p>  <p><b>Social Skills Strategies</b></p>  <p>Chair Aerobics</p> <p>World Gratitude Day</p> <p>Craft Project</p> <p><b>RIGHT OF THE MONTH</b></p>	<p>22</p> <p><b>Fernbank</b></p>  <p>Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p>23</p>  <p><b>FRIDAY FUNDAY</b></p> <p>GAMES, MOVIES, MUSIC</p> <p>EMERGENCY PREPAREDNESS (Active Shooter Drill Scenarios)</p>
<p>26</p>  <p><b>Let's Go Bowling</b></p>  <p>Balance &amp; Fall Prevention Fitness</p>	<p>27</p>  <p><b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling, Scrapbooking, Yarn &amp; Paper Crafts</p> <p><b>Social Skills Emotional Wellbeing</b></p>	<p>28</p>  <p><b>Social Skills Thumball</b></p> <p><b>five BELOW</b></p> <p>Bring \$5-\$10</p>	<p>29</p> <p><b>Fernbank</b></p>  <p>Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p>30</p>  <p><b>Smoothie Masterclass</b></p>  <p>Tennis Skills @ Sweetwater Park</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 the elderly 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 terrific 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 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! **10-11am Stars and Strikes: 479 Brightwell Court, Loganville, GA 30052**



Participating in the **SMILE Book Club** is a fantastic way to develop socially and enhance our reading, listening, and comprehension skills. We will have our book club periodically throughout the year. All participants will have an opportunity to read from the selected book or just listen to readers, and then discuss the story.



On **Tuesdays**, the **ROSARY C.R.E.W.** volunteers with Rosary Makers of America in Stone Mountain to craft unique strings of quality and beautiful prayer beads for community members. The relationship SMILE has 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.

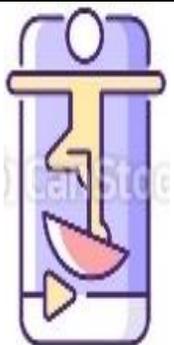


**SMILE Drama Club:** Once a week we practice our acting skills and memorize our lines and songs as we gear up for the next season of musical and theatrical performances. **1-1:45 pm SMILE THEATRE COMPANY is practicing a new play focusing on the music of the sixties!**



**FERNBANK C.R.E.W.!** We volunteer as **Lobby Ambassadors** welcoming and directing guests, providing information about exhibits, and helping to 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 for specialized events.



SMILE introduces the **Balance & Fall Prevention Fitness Series** provided by **Medical Fitness and Wellness Group.** This specialized exercise program is led by a personal trainer who will work with us specifically on improving balance and flexibility and minimizing the risk of falls. This exercise series will be for a limited time. **1:00 pm on designated Mondays.**

**NATIONAL LINE DANCE WEEK 9/12 – 9/17.** Put on your dancing shoes, it's line dancing week! A basic line dance consists of a group of people in a line or row who perform dance steps in a repeated sequence. As participants line up in rows, dancers execute the same dance step movements simultaneously. Standing side by side, foot movements of each dancer are repeated in a synchronized manner throughout the entire song. There is no touching between dancers when line dancing unless you run into your neighbor! Have fun practicing a line dance each day such as the Electric Slide and Boot Scootin' Boogie. **Each day a king and queen of line dancing will be crowned!**

# 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.

# ADAPTIVE COPING STRATEGIES

## 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.

## SOCIAL SKILLS: THE ANXIETY THUMBALL

### Fun Group Activity for Learning to Cope with Anxiety and Worry

Players learn coping skills for anxiety while increasing social skills and having fun.  
Toss the ball, catch it, and respond to the prompt under your thumb.  
Get up and active during the session.

## SOCIAL SKILLS: EMOTIONAL WELLBEING

### Identify Feelings and Make Positive Choices

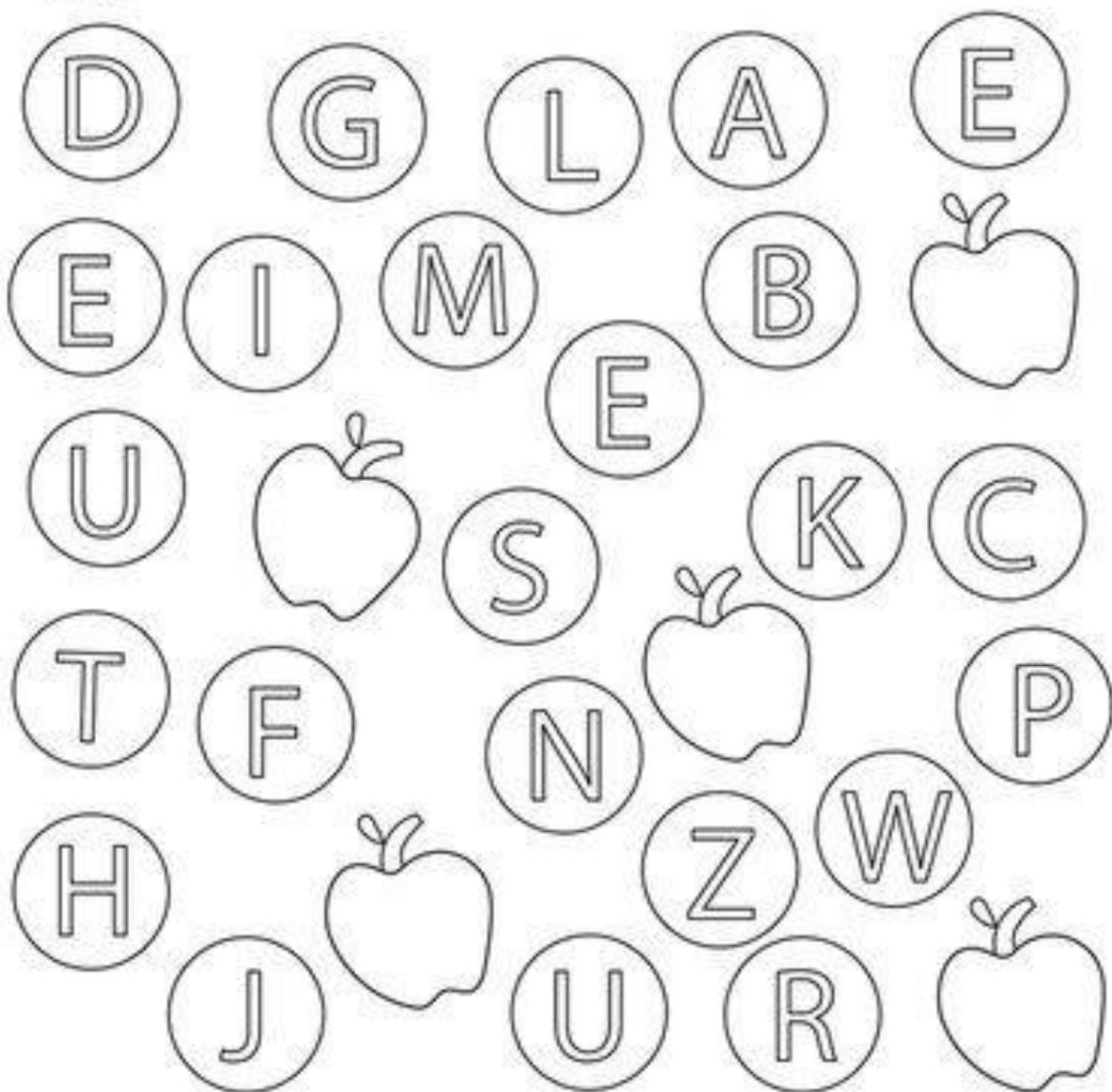
**I KNOW WHAT TO DO WHEN I'M FEELING** flipbook is a tool to help us with self-regulation and identify and respond appropriately to emotions. It will help us to build confidence and address social skills, including conversational and listening skills, and literacy. Through creative gameplay we will make connections with others by role-playing, collaborating, and expressing thinking or creativity to answer complex questions, investigate issues, and develop solutions for real-world problems.

**18 DIFFERENT EMOJI MOOD TABS** - Angry, bored, confident, confused, embarrassed, excited, frustrated, grumpy, happy, hungry, impatient, sad, scared, shy, sick, tired, ungrateful, and worried.  
Easily find and flip to the emotion or feeling that expresses their current mood, and the corresponding positive choice that can be taken.

# I Spy September

Find and color the letters:

 **S-E-P-T-E-M-B-E-R**



# 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.