

# OCTOBER

# 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>GOALS</b> 3</p> <p> Dahlonge Butterfly farm</p> <p>Field Trip Bring a cold lunch. Depart @ 9am 427 Castleberry Bridge Rd., Dawsonville 30534 706-867-9473</p>	<p><b>GOALS</b> 4</p> <p> <b>OPEN HAND</b></p> <p> <b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling &amp; Scrapbooking <b>Social Skills</b> <b>Emotional Wellbeing</b></p>	<p><b>GOALS</b> 5</p> <p> <b>Gardening Club</b></p> <p> <b>Freddy's</b> FROZEN CUSTARDS <b>STEAKBURGERS®</b> Bring \$15 for lunch 1770 Scenic Hwy, N, Snellville</p>	<p><b>GOALS</b> 6</p> <p> Fernbank</p> <p>Breast Cancer Awareness Information and Craft</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p><b>GOALS</b> 7</p> <p></p> <p>Masterclass: Fall Smoothie</p> <p></p> <p>Monthly Weigh-in</p>
<p><b>GOALS</b> 10</p> <p><b>Social Skills Strategies</b></p> <p> <b>Gardening Club</b></p> <p></p> <p>Balance &amp; Fall Prevention Fitness</p>	<p><b>GOALS</b> 11</p> <p> <b>OPEN HAND</b></p> <p> <b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling &amp; Scrapbooking <b>Fire Prevention Information and Activities</b> Take a walk outside</p>	<p><b>GOALS</b> 12</p> <p><b>Social Skills Thumbball</b></p> <p></p> <p>Chair Aerobics <b>RIGHT OF THE MONTH</b></p>	<p><b>GOALS</b> 13</p> <p> Fernbank</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p> <p><b>Fire Prevention Information and Activities</b> Take a walk outside</p>	<p><b>GOALS</b> 14</p> <p><b>FRIDAY FUNDAY</b></p> <p>GAMES, MOVIES, MUSIC EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p>
<p><b>GOALS</b> 17</p> <p><b>Social Skills Strategies</b></p> <p> Lilburn Library</p> <p></p> <p>Balance &amp; Fall Prevention Fitness</p>	<p><b>GOALS</b> 18</p> <p> <b>OPEN HAND</b></p> <p> <b>ROSARY</b> MAKERS OF AMERICA</p> <p><b>Social Skills</b> <b>Emotional Wellbeing</b></p> <p><b>FALL ART, CRAFTS, &amp; ACTIVITY SHEETS</b></p>	<p><b>GOALS</b> 19</p> <p> <b>Gardening Club</b></p> <p>Masterclass: Mini Caramel Popcorn Balls</p> <p></p>	<p><b>GOALS</b> 20</p> <p> Fernbank</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media Healthy Lung Month Discussion <b>FALL ART, CRAFTS, &amp; ACTIVITY SHEETS</b></p>	<p><b>GOALS</b> 21</p> <p> <b>ATLANTA BOTANICAL GARDEN</b></p> <p>Arrive @ 10am</p>
<p><b>GOALS</b> 24</p> <p><b>Social Skills Strategies</b></p> <p> <b>Let's Go Bowling</b></p> <p></p> <p>Balance &amp; Fall Prevention Fitness</p>	<p><b>GOALS</b> 25</p> <p> <b>OPEN HAND</b></p> <p> <b>ROSARY</b> MAKERS OF AMERICA</p> <p>Journaling &amp; Scrapbooking <b>Social Skills</b> <b>Emotional Wellbeing</b></p>	<p><b>GOALS</b> 26</p> <p><b>Chair Aerobics Social Skills Thumbball</b></p> <p></p> <p></p> <p><b>RIGHT OF THE MONTH</b></p>	<p><b>GOALS</b> 27</p> <p> Fernbank</p> <p> Lilburn Library</p> <p><b>MATH/WORD SKILLS</b> Computer/internet skills, gaming, and social media</p>	<p><b>GOALS</b> 28</p> <p><b>FRIDAY FUNDAY</b></p> <p>GAMES, MOVIES, MUSIC EMERGENCY PREPAREDNESS Severe Weather/Hurricane Drill and Scenarios</p>
<p><b>GOALS</b> 31</p> <p>Pumpkin Decorating Competition, Apple Cider &amp; Donuts, &amp; Costume Contest @ Sweetwater Park</p> <p></p> <p>Balance &amp; Fall Prevention Fitness</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 FREEDOM FROM EXPLOITATION, VIOLENCE, AND ABUSE.</b></p> <p><b>REVIEW EVERY MORNING: Community and Social Acceptance</b></p>	<p>Work on your ISP goals on Mondays and Wednesdays.</p> <p>Happy Birthday October Birthdays!</p> <p></p>	<p>Breast Cancer Awareness Month National Fire Prevention Week 10/9-10/15</p> <p></p> <p>Healthy Lung Month</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.

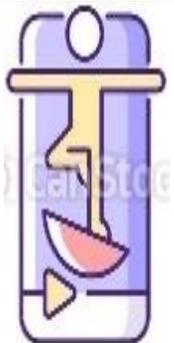


**SMILE Drama Club:** Once a week we practice our acting skills and memorize our lines and songs as we gear up for the next season of musical and theatrical performances. **1-1:45 pm SMILE THEATRE COMPANY is practicing a new play focusing on the music of the sixties!**



**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.



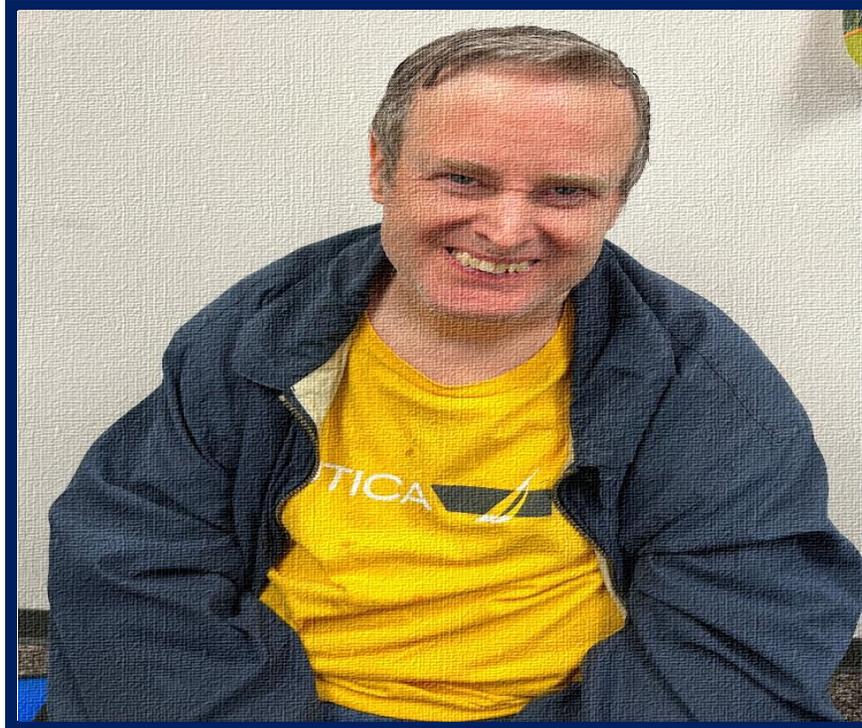
SMILE introduces the **Balance & Fall Prevention Fitness Series** provided by Medical Fitness and Wellness Group. This specialized exercise program is led by a personal trainer who will work with us specifically on improving balance and flexibility and minimizing the risk of falls. This exercise series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



The **SMILE Gardening Club** is officially here! Although it is the fall season heading to winter, we have secured **Plot #22** at the **Lilburn Community Garden!** Gardening boosts mood, builds strength, reduces stress, and fosters human connections. **16 Camp Creek Rd SW, Lilburn, GA 30047**

# PARTICIPANT SPOTLIGHT

😊 ERIC 😊



Eric is in the spotlight this month because he has opened up and revealed more of himself to his peers and the staff by engaging in meaningful conversations, asking questions, further developing friendships, being more expressive, and demonstrating greater confidence.

Eric is smiling and laughing more often, and everyone has noticed such as his Support Coordinator who has made comments to management about his happier disposition when she visited him in recent months at his home, and the new Lead DSP at the day program who has developed a rapport with Eric that has encouraged him to let his personality shine; and many of Eric's friends and other support staff have noticed too. ❤️

Eric is caring, thoughtful, helpful, and a good friend. He loves his mother very much. Eric enjoys watching YouTube videos, going to festivals, listening to music by his favorite singer in the whole wide world Michael Jackson, and has recently found joy in painting.

# FIELD TRIPS

## Dahlonega Butterfly Farm

It's the end of the season and our last chance to see the butterflies before they migrate south for the winter! This venue features a 760 sq. ft. butterfly conservatory, a garden, a "containment room" (where their butterflies are born), and an outdoor caterpillar habitat. The basic tour will teach us about the life cycle of butterflies and the importance of pollinators in our environment. We can also "catch" a butterfly in the tropical conservatory so we can observe them up close!



## Atlanta Botanical Garden



The Atlanta Botanical Garden is a 30 acres botanical garden located adjacent to Piedmont Park in Midtown Atlanta. *Scarecrows in the Garden* showing October 1-30<sup>th</sup> brings to the Garden dozens of creations by local artists, crafters, youth groups, and more. On-site parking for the Garden is \$2 per hour and is paid as you exit. Water bottles are okay, but all other outside food or drinks are not permitted. There are multiple rest areas throughout the Garden. Please dress for an outdoor walking experience. Wheelchair accessible.

1345 Piedmont Ave NE, Atlanta, GA 30309

# **RIGHT TO FREEDOM FROM EXPLOITATION, VIOLENCE, AND ABUSE**

## **DEFINITIONS**

► **Exploitation::** One person using another person to make themselves feel good or to get something from the other person no matter how the other person feels.

► **Violence::** Physical force with the purpose of damaging, violating, harming, or inflicting injury on a person. Violence can mean the causing of emotional and/or mental pain on someone. Violence can also mean abuse.

► **Abuse::** To deceive or trick; to use wrongly or improperly; to hurt or injure through mistreatment; to force sexual activity on; to attack with disrespectful, harsh, or insulting words.

## **DISCUSSION**

- **What are some examples of exploitation, violence, and abuse?**
- **What is something you can do if you are in a scary situation that makes you feel unsafe?**
- **Role play scenarios: Defending Your Rights**

## **CONCLUSION: GETTING HELP**

Exploitation, violence, and abuse can often be avoided if people know what their rights are, how to stand up for themselves, and how to get help.

We all have the right to be treated with respect. We all have the right to say “no” without feeling guilty. We all have the right to take care of and protect ourselves from exploitation, violence, and abuse.

**It is important to tell someone if you need help. Who would you feel comfortable telling if you felt used, mistreated, or taken advantage of?**

# 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.

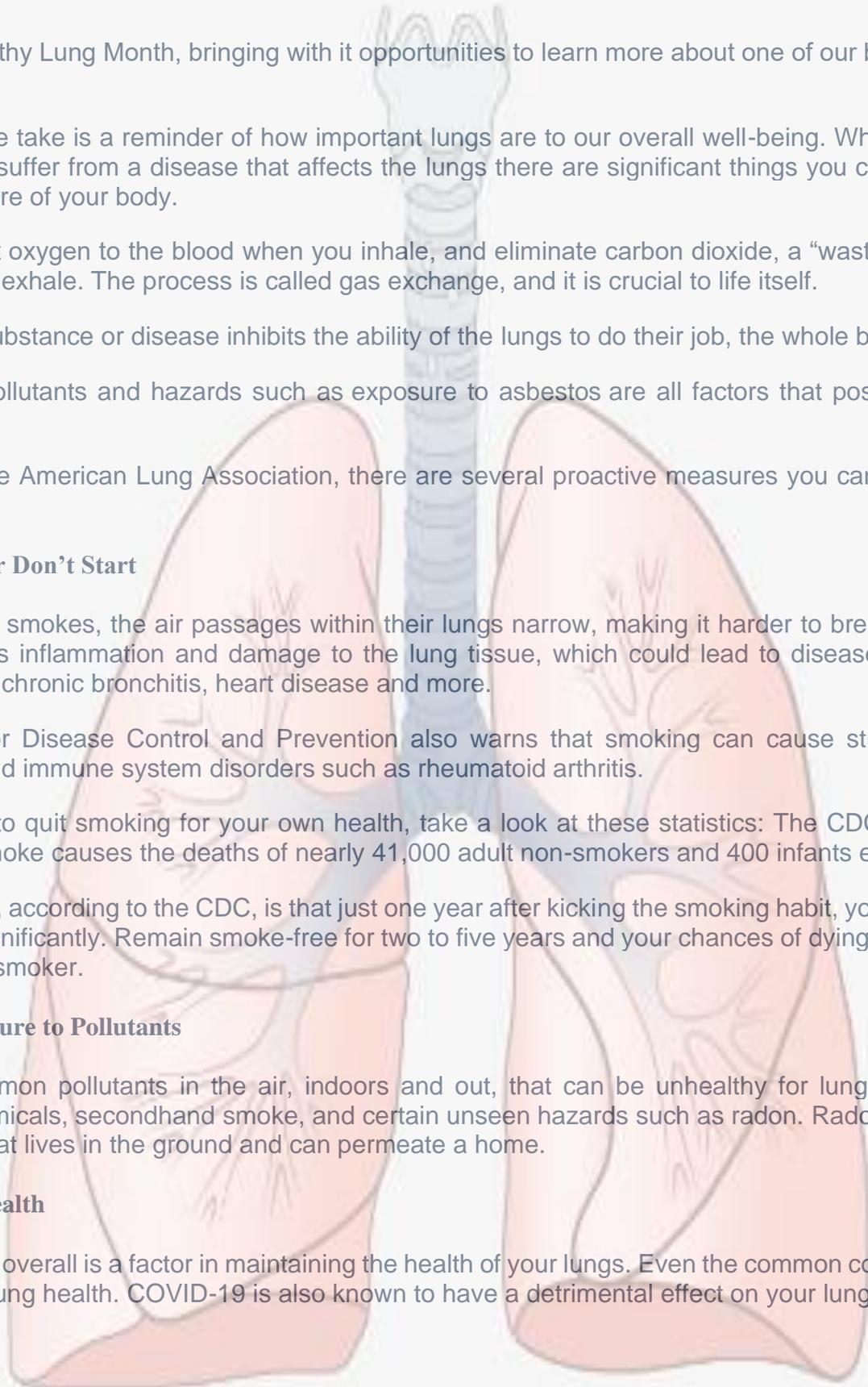
The good news, according to the CDC, is that just one year after kicking the smoking habit, your risk of a heart attack drops significantly. Remain smoke-free for two to five years and your chances of dying of a stroke drop to that of a nonsmoker.

## **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.

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.

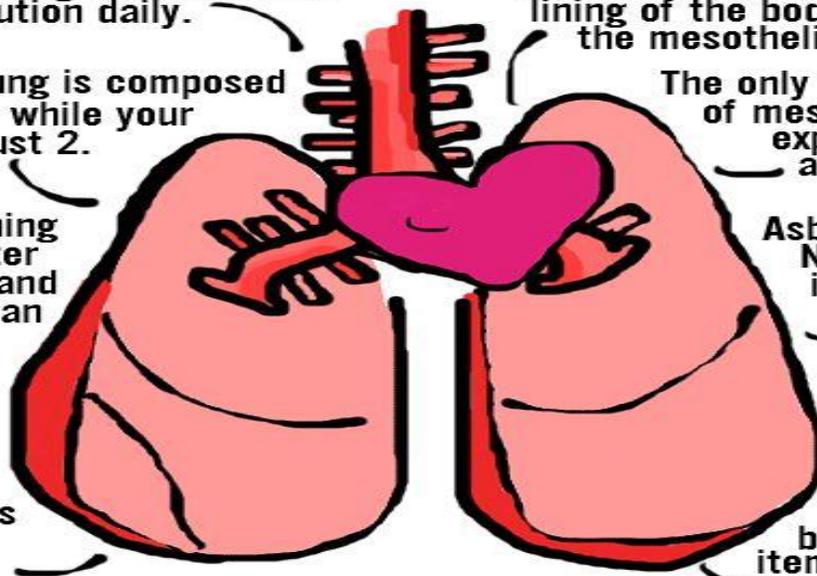
## Mesothelioma Facts:

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.



# 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

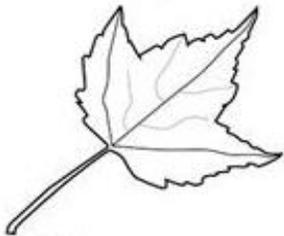
### Identify Feelings and Make Positive Choices

“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 game play 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.

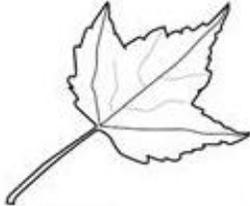
18 DIFFERENT EMOJI MOOD TABS - Angry, bored, confident, confused, embarrassed, excited, frustrated, grumpy, happy, hungry, impatient, sad, scared, shy, sick, tired, ungrateful, and worried. Easily find and flip to the emotion or feeling that expresses a mood, and the corresponding positive choice that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

# AUTUMN

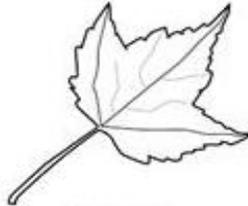
In autumn, the leaves get colorful. Paint them as indicated.



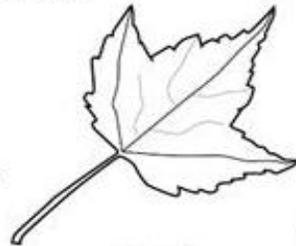
red



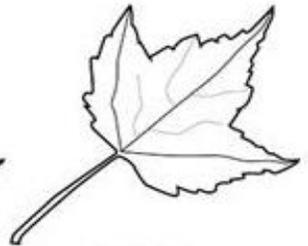
green



orange



yellow



brown

There still are some autumn flowers.

Crocus



violet

Cyclamen



pink

Cornflower



blue

Erica



fuchsia

Sunflower



gold

Write the name of the fruits under the pictures.



chestnut – peach – pear – nut – plumb – apple – apricot – grapes

# The History of the Pumpkin

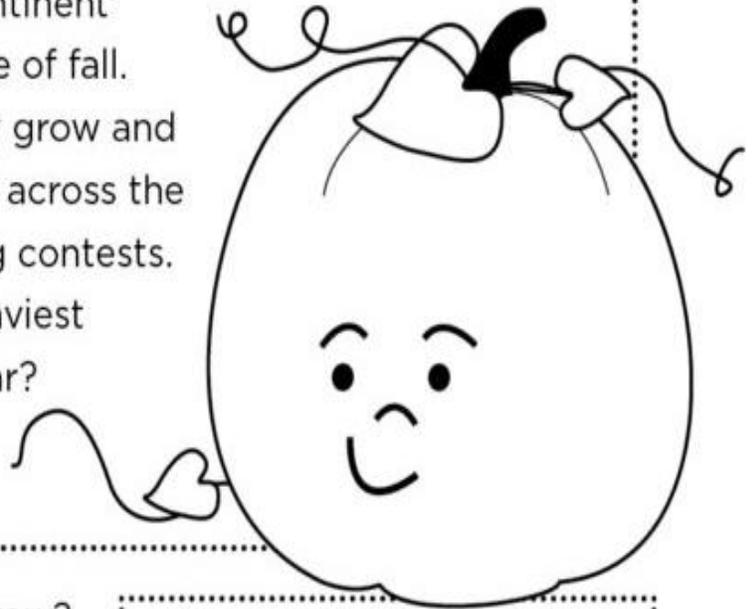
**Directions:** Read the story and answer the questions. Underline your evidence for each answer.

What do you think of when you think of pumpkins? Maybe you think of jack-o'-lanterns, or roasting pumpkin seeds! The history of pumpkins is quite delicious! Pumpkins originally grew in Central America and Mexico as small, bitter fruits. Native Americans loved the delicious texture of pumpkins so much they bred them to grow bigger and sweeter! They were even used at the first Thanksgiving. Now, pumpkins grow on every continent except Antarctica, and are a staple of fall.

They take around 120 days to fully grow and have over 500 seeds inside. Cities across the world even have pumpkin growing contests.

Would you believe the world's heaviest pumpkin weighed as much as a car?

Picture that next time you go to a pumpkin patch!



1. Where did pumpkins originally grow?

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2. How long does it take a pumpkin to grow to its full size?

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3. Which continent does NOT grow pumpkins?

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Have you ever carved a pumpkin? \_\_\_\_\_

What did you carve?

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# 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.