

DECEMBER 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>December Birthdays!</p>  | <p>REMINDERS</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>RIGHT OF THE MONTH</p> <p>You have the right to keep personal belongings in a private place.</p> <p>You have the responsibility to store and display your belongings neatly.</p> | <p>Fernbank 1</p> <p>MATH/WORD SKILLS</p> <p>Computer/internet skills, gaming, and social media</p> <p>Social Skills</p> | <p>2</p>  <p>EMERGENCY PREPAREDNESS (Fire Evacuation Drill) (Severe Weather Drill)</p> |
| <p>5</p>  <p>*Bring a cold lunch*</p> | <p>6</p>   <p>Arts & Crafts Writing/Drawing Puzzles Social Skills</p> | <p>7</p>   <p>Walk Indoors at Lucky Shoals Park Gym! RIGHT OF THE MONTH</p> | <p>8</p> <p>Fernbank</p> <p>MATH/WORD SKILLS</p> <p>Computer/internet skills, gaming, and social media</p> <p>Social Skills</p> | <p>9</p>  <p>Monthly Weigh-in</p>  <p>Lilburn Library</p> |
| <p>12</p>   <p>Master Class: Personal Hygiene</p> | <p>13</p>   <p>Arts & Crafts Writing/Drawing Puzzles Social Skills</p> | <p>14</p>   <p>Walk Indoors at Lucky Shoals Park Gym!</p> | <p>15</p> <p>Fernbank</p> <p>MATH/WORD SKILLS</p> <p>Computer/internet skills, gaming, and social media</p> <p>Social Skills</p> | <p>16</p>  |
| <p>19</p>   <p>Hot Cocoa & Hot Apple Cider Christmas Karaoke!</p> | <p>20</p>   <p>Arts & Crafts Writing/Drawing Puzzles Social Skills</p> | <p>21</p>   <p>Walk Indoors at Lucky Shoals Park Gym! RIGHT OF THE MONTH</p> | <p>22</p> <p>Fernbank</p> <p>MATH/WORD SKILLS</p> <p>Computer/internet skills, gaming, and social media</p> <p>Social Skills</p> | <p>23</p> <p>Hot Cocoa & Hot Apple Cider Christmas Name That Tune!</p>  <p>Lilburn Library</p> |
| <p>26</p>  <p>Master Class: No-Bake Cookies</p>  | <p>27</p>   <p>Arts & Crafts Writing/Drawing Puzzles Social Skills</p> | <p>28</p>   <p>Walk Indoors at Lucky Shoals Park Gym!</p> | <p>29</p> <p>MATH/WORD SKILLS</p> <p>Computer/internet skills, gaming, and social media</p> <p>Social Skills</p> | <p>30</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.



Most-known winter holidays



Hanukkah

- Jewish holiday
- Also called Festival of Lights
- celebrated for 8 days and nights



Kwanzaa

- African holiday
- celebrate your African heritage
- celebrated from Dec. 26 to Jan. 1



Christmas

- celebrates the birth of Jesus
- Santa Claus stands for Father of Christmas
- Brings gifts to the good children on Dec. 24 (Christmas Eve)



Ramadan

- Muslim holiday
- Refine and purify your souls
- On a special month in the Islamic calendar



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.