

JANUARY

2023

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

MONDAY		WEDNESDAY	THURSDAY	FRIDAY
 2 	  3 Social Skills	 4  Walk Indoors at Lucky Shoals Park Gym!	 5 Computer/internet skills, gaming, and social media Social Skills  Chair Aerobics	 6 GAMES, MOVIES, MUSIC
 9 	  10 Social Skills	 11  Walk Indoors at Lucky Shoals Park Gym! RIGHT OF THE MONTH	 12 Computer/internet skills, gaming, and social media Social Skills  Chair Aerobics	 13 Monthly Weigh-in  Lilburn Library
 16 Atlanta History Center 10am-12noon  Bring a cold lunch	  17 Social Skills	 18  Walk Indoors at Lucky Shoals Park Gym!	 19 Computer/internet skills, gaming, and social media Social Skills  Chair Aerobics	 20 GAMES, MOVIES, MUSIC
 23  EMERGENCY PREPAREDNESS (Fire Evacuation Drill) (Tornado Drill)	  24 Social Skills	 25  Walk Indoors at Lucky Shoals Park Gym! RIGHT OF THE MONTH	 26 Computer/internet skills, gaming, and social media Social Skills  Chair Aerobics	 27 Lilburn Library
 30  	  31 Social Skills	Work on your ISP goals on Mondays and Wednesdays. January Birthdays 	REMINDERS  Include in your lunch bag at least 2 bottles of water, utensils, and a napkin.  Wear a mask to cover your nose and mouth while indoors at the day program and on the bus/van.	RIGHT OF THE MONTH You have the right to meet people and take part in community activities. RESPONSIBILITY You have the responsibility to follow the rules and have socially acceptable conduct while in the community.

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.