

MARCH

2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RIGHT OF THE MONTH You have the right to say "No" to anybody trying to change the way you act by hurting you, scaring you, or upsetting you.</p> <p>RESPONSIBILITY You have the responsibility to respect others' rights, control your actions, and report if anyone tries to hurt, scare, or upset you.</p>		<p>GOALS 1</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 2</p> <p>Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p>	<p>3</p> 
<p>GOALS 6</p>  <p>Sweetwater Park Walking/Stretching</p>	<p>OPEN HAND 7</p>  <p>ROSARY MAKERS OF AMERICA</p> <p>Social Skills</p>	<p>GOALS 8</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 9</p> <p>Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p>	<p>10</p>  <p>Monthly Weigh-in</p> 
<p>GOALS 13</p>  <p>Lilburn Library</p>	<p>OPEN HAND 14</p>  <p>ROSARY MAKERS OF AMERICA</p> <p>Social Skills</p>	<p>GOALS 15</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 16</p> <p>Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>EMERGENCY PREPAREDNESS Medical Emergency w/ Mock 911 Call Drill</p>	<p>17</p> <p>St. Patrick's Day</p>  <p>Historical & Environmental Education Center @ Stone Mountain Park</p>
<p>GOALS 20</p>  <p>Lilburn Library</p>	<p>OPEN HAND 21</p>  <p>ROSARY MAKERS OF AMERICA</p> <p>Social Skills</p>	<p>GOALS 22</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 23</p> <p>Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>EMERGENCY PREPAREDNESS Fire Evacuation Drill</p>	<p>24</p> <p>HUDGENS CENTER FOR ART & LEARNING</p> <p>Art Gallery @ 10am</p>  <p>Bring a Cold Lunch</p>
<p>GOALS 27</p>  <p>10 am Reservation</p>	<p>OPEN HAND 28</p>  <p>ROSARY MAKERS OF AMERICA</p> <p>Social Skills</p>	<p>GOALS 29</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 30</p> <p>Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p>	<p>31</p> 



Work on ISP Goals

Mondays

And Wednesdays

Staff must document the goal progress details/summary in the notes.

A **Goal** is an objective that you wish to accomplish in a specific time frame with hard work and determination.

TYPES OF GOALS



SMILE GARDEN CREW

Plot #22 @ Lilburn Community Garden
16 Camp Creek Road SW, Lilburn, 30047

Garden Activities and Benefits

- Weeding/Digging/Planting
- Skills: patience, commitment, responsibility
- Nurture! Water & feed flowers/fruits/vegetables.
- Monitor the progress of the growing plants.
- Harvest! Enjoy eating the food we grow.
- Benefits: exercise, stress relief, teamwork!



INDIVIDUALIZED ACTIVITIES

★ PERSONAL CHOICE ★

Providing choice-making opportunities enables one to participate in activities, including non-preferred or less preferred activities. People are offered choices as alternatives to planned activities such as but not limited to ones listed below.

- Crosswords, word search, & related word games
- Jigsaw puzzles; card games; board games
- Personal Creativity: music listening, art & crafts, drawing, writing, journaling, coloring, scrapbooking, vision boards, poetry
- Rug hooking; needle crafts; jewelry-making
- Sensory materials; sorting, stacking, & matching
- Nature walks with staff accompanying.
- Video games; computer skills

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.

SMILE DAY PROGRAM GUIDELINES

Updated 3/2023

- The staff is to immediately report any noted signs and symptoms of illness. Anyone presenting signs and/or symptoms of illness such as fever or persistent coughing, diarrhea, nausea, and vomiting will be promptly sent home for everyone's safety.
- **STAY HOME** if you do not feel well or are symptomatic of any illness.
- Considering the COVID-19 pandemic, all staff, drivers, and day program participants are required to wear a face-covering over the nose and mouth during indoor day program activities and while using transportation in SMILE vehicles until further notice. While eating, drinking, and during outdoor activities, the face-covering may be removed. **Please remember that wearing a face covering is a critical safety precaution in group settings where close contact is inevitable.**
- 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, after gardening activities, and when visibly soiled.
- All medications assisted with during day program service require a doctor's order and must be kept locked in the designated area at all times.
- **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. Regarding major toileting accidents, participants will be asked to go home for proper care.**
- **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 or while traveling in SMILE vehicles.
- **Respect personal boundaries** – no hugging, kissing, handholding, or inappropriately touching others and others' personal belongings. Maintain at least a two-arms-length distance to **allow personal space.**
- The use of profanity, obscene language, and racial slurs will not be tolerated.
- Bullying, teasing, name-calling, other verbal aggression, object aggression, and physical aggression will not be tolerated. **Consequences for such conduct may include suspension up to and including dismissal from participation in the SMILE Day Program CAG service.**
- Sharing or exchanging food and beverage items is not allowed to **avoid spreading germs or triggering allergic reactions.**
- Gum chewing is not allowed 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 allowed with expressed approval from management.
- **Please bring at least 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. Bring a napkin and utensils daily in your lunch bag.