

APRIL

2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GOALS 3</p>  <p>PARK</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> 	<p>OPEN HAND ROSARY 4 MAKERS OF AMERICA</p>   <p>Social Skills</p> 	<p>GOALS 5</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 6 Social Skills</p>  <p>CHAIR CARDIO</p> <p>YouTube Video</p> 	<p>7</p>  <p>Loganville Bowling 10am</p>
<p>GOALS 10</p>  <p>PARK</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p>  <p>Monthly Weigh-in</p>	<p>OPEN HAND ROSARY 11 MAKERS OF AMERICA</p>   <p>Social Skills</p> 	<p>GOALS 12</p>  <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 13 Social Skills</p>  <p>CHAIR CARDIO</p> <p>YouTube Video</p> 	<p>14</p>  <p>Mall of Georgia Bring \$12 for Lunch</p>
<p>GOALS 17</p>  <p>PARK</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> <p>EMERGENCY PREPAREDNESS Fire Evacuation Drill</p> 	<p>OPEN HAND ROSARY 18 MAKERS OF AMERICA</p>   <p>Social Skills</p> 	<p>GOALS 19</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 20 Social Skills</p>  <p>CHAIR CARDIO</p> <p>YouTube Video</p> 	<p>21</p>  <p>Stone Mountain Park Songbird Habitat & Woodland Trail BRING A COLD LUNCH.</p>
<p>GOALS 24</p>  <p>PARK</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> 	<p>OPEN HAND ROSARY 25 MAKERS OF AMERICA</p>   <p>Social Skills</p> 	<p>GOALS 26</p>  <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>Fernbank 27 Social Skills</p>  <p>CHAIR CARDIO</p> <p>YouTube Video</p> 	<p>28</p>  <p>Alpine Mini Golf, Scoop De Scoop, & Picnic Lunch Register and Pay \$20 in advance by 4/17/23 BRING A COLD LUNCH.</p>

RIGHT OF THE MONTH

You have the right to exercise for better health and to have fun doing it.

RESPONSIBILITY

You have the responsibility to follow directions, practice exercise safety, wear the appropriate gear, and stay hydrated.



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



4/28/2023 9am – 2pm



7914 S. Main St., Helen, GA 30545, 706-878-3328

Weather Permitting

Each month April - September the SMILE Day Program will plan a day trip as requested by some of the participants. Some trips will cost money depending on the events during the trip so please save up your money! We will leave first thing in the morning so we can be back by the afternoon transport time. Registration and pre-payment by 4/17/2023 are requested please in order to participate in this trip for planning purposes. \$20 will cover the cost of a game of mini golf at Alpine Mini Golf Village and ice cream at Scoop De Scoop Ice Cream Parlor next door. Bring a cold lunch for a picnic while we visit Helen, GA. If inclement weather, the trip will be rescheduled.

SEATS ARE LIMITED!

Please respond to Lynita with your \$20 payment by the due date to go on the trip!

If you don't make it on this trip there will be another trip next month.

See the last page for the registration form

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.





PASSOVER

Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.



April 22nd is Earth Day

Here are some things you can do to make our planet a better place to live.

Here are some things you can do to help plants and wildlife.

Do not disturb the natural habitats of plants and animals. Do not pick wildflowers or gather critters for pets. ➔



Talk to people at home or to your teacher about planting a garden to attract butterflies and birds. These gardens provide habitats to replace those taken away by buildings, streets, and parking lots. ➔

Pet waste has bacteria that can threaten fish and wildlife. Clean up after your dog so its waste can't drain into lakes, rivers, and streams during a rainstorm. ➔



Reduce
the amount of garbage you make.

Reuse
things instead of throwing them out.

Recycle
paper, plastic, glass, and aluminum.



Fix something that's broken instead of throwing it away.
When you buy something, carry it home without a bag or take your own bag to the store.
Avoid using throw-away forks and cups.
Refill empty bottles of water instead of buying new ones.

Use both sides of every sheet of paper. Save scrap paper for recycling.
Buy and use things that are made to last.
Buy goods that require less wrapping and packaging.
Reuse empty jars as holders for things like pencils and pens.

Instead of throwing out food waste and grass clippings, use them to make compost, which turns into new soil.
Separate trash so you can recycle paper, glass, aluminum cans, and plastic.
Take old cell phones and other electronic equipment to a recycling center.

Your Part

There are many ways to reduce your carbon footprint. One way is to use less energy. Another is to consume food items that require less energy during the production process.

Compact Fluorescent Lights, or CFLs, use 75 percent less energy than standard bulbs. Plus, they last longer. Talk with adults in your home about choosing CFLs instead of standard bulbs.



Help move furniture away from radiators, so heat goes into a room and is not absorbed by the furniture.



Homes should not be kept freezing in summer and boiling in winter. Ask adults to keep the indoor temperature at 75°F in summer and 68°F in winter.

To cut down on pollution linked to shipping and packaging food, plant a vegetable garden. Talk with adults who buy your food about choosing food that is grown locally (within 100 miles of home).

Processed foods, which are frozen, canned, or packaged, carry a big carbon footprint. Eating fresh food reduces your carbon footprint. Whenever possible, choose baked potatoes instead of potato chips. Eat an apple instead of applesauce.



Text: Kids Discover Conservation
Illustrations: Michael Kline (Stagloose.com)



Earth Day Activities

- Read About and Discuss Where Our Garbage Goes
- Make an Earth Day Art Activity with Recyclable Materials
- Make a Terrarium in a Bottle
- Do Earth Day Activity Sheets/Coloring Pages
- Make Recycled Plastic Water Bottle Suncatchers
- Recycle All of Your Lunch Packaging (Paper, Plastic, and Aluminum)

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.



DAY TRIP REGISTRATION
HELEN, GA
4/28/2023

PARTICIPANT'S NAME

\$20 CASH ENCLOSED

\$20 CHECK ENCLOSED

*Pay by cash or check. Make checks payable to SMILE.

Return this registration form and payment together to
Lynita Henderson by Monday, 4/17/2023.