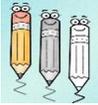
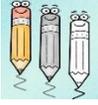
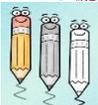
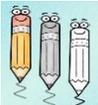
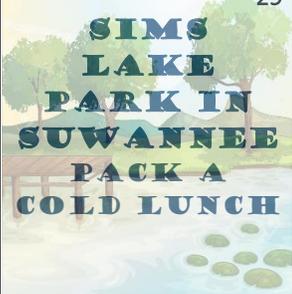


SEPTEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RIGHT OF THE MONTH</p> <p>You have the right to receive your medication as ordered by your doctor and not as a punishment or for caregiver convenience. Your <u>responsibility</u> is to learn about your medications, take them as prescribed, and report side effects.</p> <p>KNOW YOUR RIGHTS</p>				<p>1</p> 
<p>4</p>  <p>Day Program is Closed</p>	<p>5</p>   <p>Educational Worksheets</p>  <p>Games and Puzzles</p>	<p>6</p>  <p>Mall of Georgia!</p> <p>Bring \$12 for lunch or bring a cold lunch.</p>	<p>7</p>  <p>CHAIR CARDIO</p>  <p>musical chairs</p> <p>Individualized Choice Activities</p>	<p>8</p> <p>Morning Walk-Church Grounds</p>  <p>Netflix Documentary Series & Healthy Snacks</p>
<p>11</p>  <p>Stars and Strikes Loganville @12 noon</p>	<p>12</p>   <p>Educational Worksheets</p>  <p>Games and Puzzles</p>	<p>13</p>  <p>Lilburn Community Garden</p>  <p>arts & crafts</p> <p>Literacy Skills & \$Money Management\$</p>	<p>14</p>  <p>CHAIR CARDIO</p>  <p>musical chairs</p> <p>Individualized Choice Activities</p>	<p>15</p> <p>@ 10 am Science Gallery Atlanta</p>  <p>JUSTICE</p>
<p>18</p>  <p>five BELOW</p> <p>Bring at least \$6</p>  <p>Weight Check</p> <p>EMERGENCY PREPAREDNESS</p> <p>Fire Evacuation Drill</p>	<p>19</p>   <p>Educational Worksheets</p>  <p>Games and Puzzles</p>	<p>20</p>  <p>Lilburn Community Garden</p> <p>Literacy Skills & \$Money Management\$</p>  <p>arts & crafts</p>	<p>21</p>  <p>CHAIR CARDIO</p>  <p>musical chairs</p> <p>Individualized Choice Activities</p>	<p>22</p>  <p>10 am FALL HAYRIDE @ McDaniel Farm Park</p> <p>PACK A COLD LUNCH</p> <p>EMERGENCY PREPAREDNESS</p> <p>Severe Weather Drill</p>
<p>25</p>  <p>Stars and Strikes Loganville @12 noon</p>	<p>26</p>   <p>Educational Worksheets</p>  <p>Games and Puzzles</p>	<p>27</p>  <p>Lilburn Community Garden</p> <p>Literacy Skills & \$Money Management\$</p>  <p>arts & crafts</p>	<p>28</p>  <p>CHAIR CARDIO</p>  <p>musical chairs</p> <p>Individualized Choice Activities</p>	<p>29</p>  <p>SIMS LAKE PARK IN SUWANNEE</p> <p>PACK A COLD LUNCH</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.



Science Gallery Atlanta, 225 Rogers Street Northeast, Atlanta, GA 30317

About the JUSTICE Exhibition

Science Gallery Atlanta, sponsored by Emory University, is excited to present its JUSTICE exhibition season. Housed in a 9,000-square-foot exhibition at the historic Pullman Rail Yards, the exhibition features a suite of public programs informed by a global community of artists, researchers, and youth from the Atlanta region in collaboration with area universities and justice-oriented organizations.

JUSTICE examines the relationships between individuals and the systems that impact their lives, the intersection of those systems more broadly, and the agency of individuals to influence those institutions.

We are always trying to find new ways to coexist—across formal boundaries or loose connections, and in both real life and digital spaces. Yet how we live with each other, how we discuss difficult issues while listening to opposing views, and how we shape the worlds we live in, is often a contentious subject.

At any moment we may be encountering a range of perspectives and values that challenge us to reevaluate the systems that govern our world and influence our lives. But how do we make sense of it all? How do we decide what is the best path for now, and for the future?

This JUSTICE exhibition season invites people in the Atlanta area to come to see how researchers, artists, and audiences contemplate and reimagine some of the current big ideas in our society that have local and global impact—criminal justice, labor practices, transit, climate change, housing, food access, health inequity, data agency, and more.

The central question for this exhibition is, “What is justice?” By engaging with the artwork and experiences on display, we hope you will develop new answers to that question that begin to reshape our world. Through JUSTICE, we invite you to be inspired to act.

Admission to Science Gallery Atlanta is always FREE to everyone. On-site parking is available for a small fee.

About Science Gallery Atlanta

Through multidisciplinary collaborations between visual, performance, and media arts and fields ranging from public health, biology, theology, physics, sociology, economics, and beyond, Science Gallery Atlanta at Emory University seeks to explore universal themes that impact our communities right here in Atlanta and, through our work, inform global discourse.

IT'S SEPTEMBER Y'ALL!

WHAT CAN YOU DO TO CELEBRATE?

- **Friendship Month**
- **Read A New Book Month**
- **Healthy Aging Month**
- **World Gratitude Day September 21st**
- **First Day of Fall: September 23rd @ 2:50 AM**

The logo for Five Below, featuring the word "five" in a lowercase, rounded font and "BELOW" in a bold, uppercase, sans-serif font, both in white on a blue rectangular background.

**five
BELOW**

Those who have money will go on the shopping trip to Five Below on 9/18/23. If you do not have money on 9/18/23, you will have an opportunity the next time we visit Five Below.

Netflix Documentary Series

Friday, September 8th



A heartwarming quest for love, this feel-good reality show follows several people with Down Syndrome as they navigate the trials and triumphs of dating.

The Gwinnett County Fair Is Back!

September 14th–24th



Scan the QR Code Below for Information



Let your caregivers know if you want to go, and make sure you have some money!

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

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

FALL PLANTING IN SEPTEMBER

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!



Website

www.smile4.info

Social Media

www.facebook.com/smile4info

SMILE DAY PROGRAM GUIDELINES

Updated 9/2023

- 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.
- 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.