

OCTOBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2  	  3  Netflix Movie	 4 Literacy Skills & \$Money Management\$ 	 5  	6 
 9  	  10  Netflix Movie	 11 RIGHT OF THE MONTH Literacy Skills & \$Money Management\$ 	 12  	13 
 16  	  17  Netflix Movie	 18 RIGHT OF THE MONTH Literacy Skills & \$Money Management\$ 	 19  	20  EMERGENCY PREPAREDNESS Severe Weather Drill  Weight Check
 23  EMERGENCY PREPAREDNESS Fire Evacuation Drill  Stars and Strikes Loganville @ 10 am	  24  Netflix Movie	 25 RIGHT OF THE MONTH Literacy Skills & \$Money Management\$ 	 26  	27 
 30   Stars and Strikes Loganville @ 10 am	  31  Netflix Movie	 OCTOBER BABIES!	<p>RIGHT OF THE MONTH</p> <p>You have the right to keep personal belongings in a private place. Your <u>responsibility</u> is to store and display your belongings neatly and not keep things that could harm others.</p>	



OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

GOOD DENTAL HEALTH PRACTICES ARE ESSENTIAL TO PREVENT TOOTH DECAY AND GUM DISEASES. HERE ARE SOME WAYS TO KEEP YOUR TEETH HEALTHY:

- BRUSH YOUR TEETH TWICE A DAY WITH FLUORIDE TOOTHPASTE.
- FLOSS EVERY DAY TO REMOVE FOOD PARTICLES AND PLAQUE.
- USE MOUTHWASH TO KILL HARMFUL BACTERIA AND FRESHEN YOUR BREATH.
- LIMIT SUGARY AND ACIDIC FOODS AND DRINKS.
- DRINK PLENTY OF WATER.
- EAT A BALANCED DIET WITH PLENTY OF FRUITS AND VEGETABLES.
- AVOID SMOKING AND TOBACCO USE SINCE THEY CAN CAUSE GUM DISEASE AND STAIN YOUR TEETH.
- USE A SOFT-BRISTLED TOOTHBRUSH AND REPLACE IT EVERY THREE TO FOUR MONTHS.
- VISIT YOUR DENTIST REGULARLY FOR CHECK-UPS AND CLEANINGS.



DENTAL CARE

WORD SEARCH

Find and circle all of the words from the word shown on the bottom left side of this page.



E N A M E L I F L U O R I D E
Y G T O O T H B R U S H X M T
G Y S L W S B Q T K S P I T F
U R X A T E E T H C A V I T Y
M C V R A T E D T W J E X A U
S Q E X A M M Y B Z H F F P K
T X C L E A N I N G V H L P A
K T O O T H P A S T E B O O S
U J K Z J S T J M J C R S I D
M O U T H W A S H R H A S N E
U N L X A G R G V C E C O T N
R P X B V I T K S T C E M M T
N X R A Y V A C P Y K S P E I
E I C O H L R U K A U N T N S
D I F I L L I N G S P N L T T

appointment
braces
cavity
checkup
cleaning
dentist
enamel
exam
fillings
floss
fluoride
gums
molar
mouth wash
spit
tartar
teeth
toothbrush
toothpaste
x-ray

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.