

JANUARY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Day Program is Closed 1</p> 	<p>2</p>   <p>Netflix</p>	<p>3</p>  <p>RIGHT OF THE MONTH</p> <p>Literacy Activities</p> <p>Money & Math Skills</p> 	<p>4</p>   <p>SOCIAL SKILLS</p>	<p>5</p>  <p>Walk Indoors at Lucky Shoals Park Gym!</p> 
<p>8</p>   <p>Stars and Strikes Bowling Loganville @ 10 am</p> <p>SOCIAL SKILLS</p>	<p>9</p>   <p>Netflix</p>	<p>10</p>  <p>RIGHT OF THE MONTH</p> <p>Literacy Activities</p> <p>Money & Math Skills</p> 	<p>11</p>   <p>SOCIAL SKILLS</p>	<p>12</p>   
<p>15</p>   <p>Stars and Strikes Bowling Loganville @ 10 am</p> <p>SOCIAL SKILLS</p> <p>EMERGENCY PREPAREDNESS</p> <p>Severe Weather Drill: FLOODS</p>	<p>16</p>   <p>Netflix</p>	<p>17</p>  <p>RIGHT OF THE MONTH</p>  <p>HIGH</p> <p>HIGH MUSEUM OF ART</p> <p>Reservation: 10:30</p>	<p>18</p>   <p>SOCIAL SKILLS</p> <p>Make HERBAL HOT TEA FOR HOT TEA MONTH</p>	<p>19</p>  <p>Weight Check</p>  <p>1.25 DOLLAR TREE</p> <p>Bean Mosaics Art Class</p>
<p>22</p>   <p>Stars and Strikes Bowling Loganville @ 10 am</p> <p>SOCIAL SKILLS</p> <p>EMERGENCY PREPAREDNESS</p> <p>Fire Evacuation Drill</p>	<p>23</p>   <p>Netflix</p>	<p>24</p>  <p>RIGHT OF THE MONTH</p> <p>Literacy Activities</p> <p>Money & Math Skills</p> 	<p>25</p>   <p>SOCIAL SKILLS</p>	<p>26</p> 
<p>29</p>   <p>Stars and Strikes Bowling Loganville @ 10 am</p> <p>SOCIAL SKILLS</p>	<p>30</p>   <p>Netflix</p>	<p>31</p>  <p>RIGHT OF THE MONTH</p> <p>Literacy Activities</p> <p>Money & Math Skills</p> <p>50/UP VIBRANT VISION BOARDS @ PINCKNEYVILLE PARK W/ REFRESHMENTS @ 10 am</p>	<p>RIGHT OF THE MONTH</p> <p>What Are Environmental Rights? Environmental rights are an extension of the basic human rights that all people require and deserve in addition to having the right to food, clean water, suitable shelter, and education. How Can We Be Environmentally Responsible? Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space. Conserve energy (turn off lights). Conserve water (minimize showers to 5 minutes). Carpool. Shop wisely (buy less plastic and bring a reusable shopping bag).</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.

WEEKLY SCHEDULE



8AM-9AM PEOPLE HAVE A CHOICE DAILY ABOUT HOW THEY START EACH DAY. ATTEND MASS, LET'S CHAT/QUESTION OF THE DAY, INSPIRATIONAL MUSIC, STRETCHING EXERCISES, ACTIVITY SHEETS, PUZZLES, TECHNOLOGY TIME, READING, JOURNALING, ETC.



PEOPLE ARE ENCOURAGED TO WORK ON AND ACHIEVE I.S.P. GOALS TWICE A WEEK ON MONDAY AND WEDNESDAY.



SOCIAL SKILLS ARE IMPORTANT BECAUSE THEY CAN HELP US COMMUNICATE MORE EFFECTIVELY AND EFFICIENTLY AND, AS A RESULT, HELP US BUILD, MAINTAIN, AND GROW RELATIONSHIPS. UTILIZE GAMES, LESSONS, & ROLE PLAY ACTIVITIES.

RIGHT OF THE MONTH

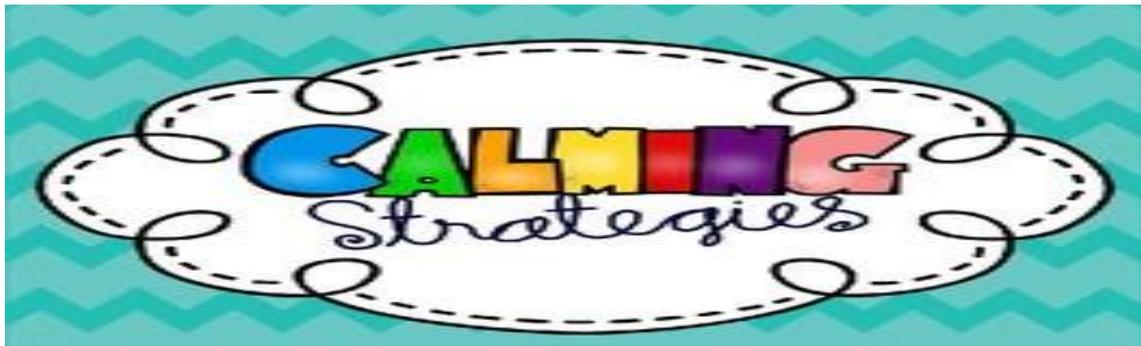
PEOPLE ARE INFORMED ABOUT AND DISCUSS HUMAN RIGHTS AND RESPONSIBILITIES WEEKLY ON WEDNESDAY.

Literacy Activities

ACTIVITIES LIKE TALKING, SINGING, READING/PICTURE READING, STORYTELLING, DRAWING AND WRITING HELP TO DEVELOP LITERACY.

Money & Math Skills

MONEY/MATH SKILLS ARE BASIC SKILLS THAT WE LEARN TO HELP UNDERSTAND THE CONCEPT OF MONEY VALUES, HOW TO COUNT MONEY, AND HOW TO SOLVE REAL-WORLD MONEY PROBLEMS.



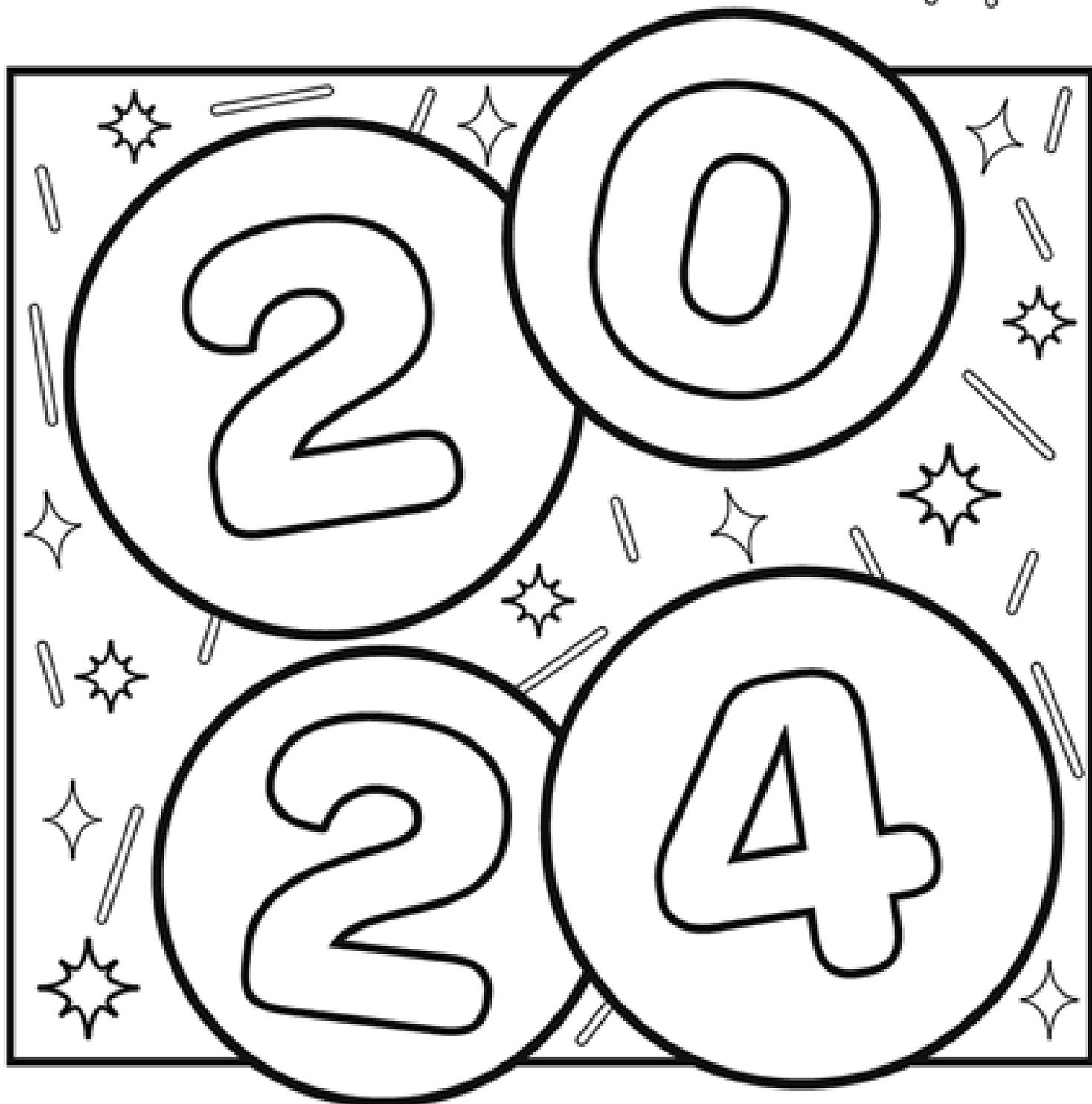
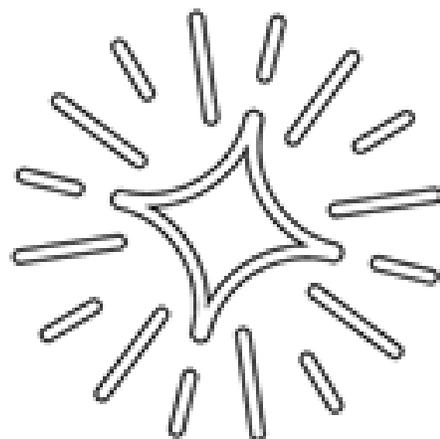
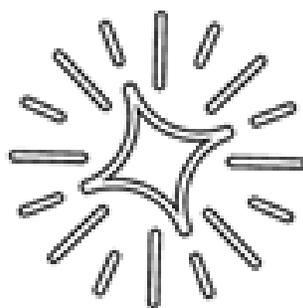
Having the ability to cope with different calming strategies can help develop better self-regulation skills such as when we are faced with difficulties in social situations, find ourselves in an overstimulating sensory environment, feel misunderstood, experience unexpected changes to routine and environment, or become overwhelmed with different and unexpected emotions and stressful situations. Let's discuss and practice some of the following strategies that best works for you.

- Listen to soothing music or instrumental music.
- Go for a walk.
- Play a game or do a puzzle.
- Eat a healthy crunchy snack.
- Take a nap.
- Talk to a person you trust.
- Prayer/meditation.
- Deep breathing.
- Sensory and fidget toys/tools.
- Engage in a pleasant and relaxing activity that brings joy (hobbies, reading, drawing)
- Exercise.



1. Have a plan beforehand – It is typically comforting to have a plan and consistency. That way people know what to expect next.
2. Self-regulation and knowing the signs of stress and anxiety – Self regulation and recognizing the signs of when things are stressful are beneficial skills to have. If someone knows that something could be a trigger, they can avoid it or at least be prepared for it.
3. Understanding and talking through the events of the day and reflecting – Not only does talking about the day help a person recount their day, it also exercises their social skills. Another benefit is if there was a trigger that occurred and was recognized, or not, that can be noted for future events where it could happen again.
4. Develop a schedule with structure and stick to it – A schedule with structure is helpful because it provides consistency and keeps unwanted surprises at bay.
5. Create and engage in positive and calming strategies – Knowing and practicing calming coping strategies will help when and if stressful situations occur.
6. Think about something you are thankful for – Gratitude helps people feel good about what they have going on in their lives. It is a positive practice and something that helps to not only combat stress, but also depression.

HAPPY
NEW YEAR



NEWS YOU CAN USE

IRS Raises ABLÉ Account Limit

by Michelle Diament | Disability Scoop January 2024

With the new year, individuals with disabilities will be allowed to put aside more money than ever before in a special type of account that permits them to save without jeopardizing their government benefits.

The Internal Revenue Service said that the federal gift tax exclusion increased to \$18,000 effective at the start of this month. The annual deposit limit for ABLÉ accounts is tied to that measure, so it will rise as well.

The new limit is up from \$17,000 last year thanks to inflation and it reflects a change to the maximum allowable ABLÉ account contribution that's similar to what's been seen in recent years.

ABLÉ accounts offer people with disabilities the ability to save up to \$100,000 without sacrificing eligibility for Social Security and other government benefits. Medicaid can be retained no matter how much is in the accounts.

Funds saved in the special accounts that were established under a 2014 federal law can be used to pay for qualified disability expenses including education, health care, transportation, and housing. Interest earned is tax-free.

While ABLÉ account contributions are generally capped at the gift tax limit, people with disabilities can save more if they are employed and do not contribute to a retirement plan.

Workers with disabilities in the 48 contiguous states can save up to \$14,580 in earnings in addition to the gift tax exclusion value for this year, according to the ABLÉ National Resource Center. Alaska residents can save an extra \$18,210 in compensation and \$16,770 for those in Hawaii.

Currently, ABLÉ accounts are offered through programs in 47 states, many of which are open to individuals nationwide if they have a disability that onset before age 26. Under a 2022 federal law, that age limit will rise to 46 starting in 2026.

As of September 2023, there were more than 158,000 ABLÉ accounts open across the country with \$1.551 billion in assets, according to ISS Market Intelligence.

JANUARY OBSERVANCES

1/15/2024 Martin Luther King, Jr. Day

National Hot Tea Month

National Hobby Month

National Blood Donor Month

Cervical Health Awareness Month

Mental Wellness Month

Poverty Awareness Month

Veganuary

WHAT'S COMING UP NEXT MONTH?

2/14/24 Valentine's Day

Black History Month

National Cancer Prevention Month

American Heart Month

Jewish Disability Awareness and Inclusion Month

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.