



NEWS LETTER

L.I.F.E. Adult Medical Day Program

March 2019

Created by

Ladybug

Activities Coordinator

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Welcome



We would like to Welcome our newest Individuals to L.I.F.E. Adult Day Care Program, Tyrone, he started the program on Feb 12th, 2019. Timothy, he started on Feb. 18th, 2019. We look forward to helping these individuals with their day of activities, outing and medical needs.

Meet Ladybug!

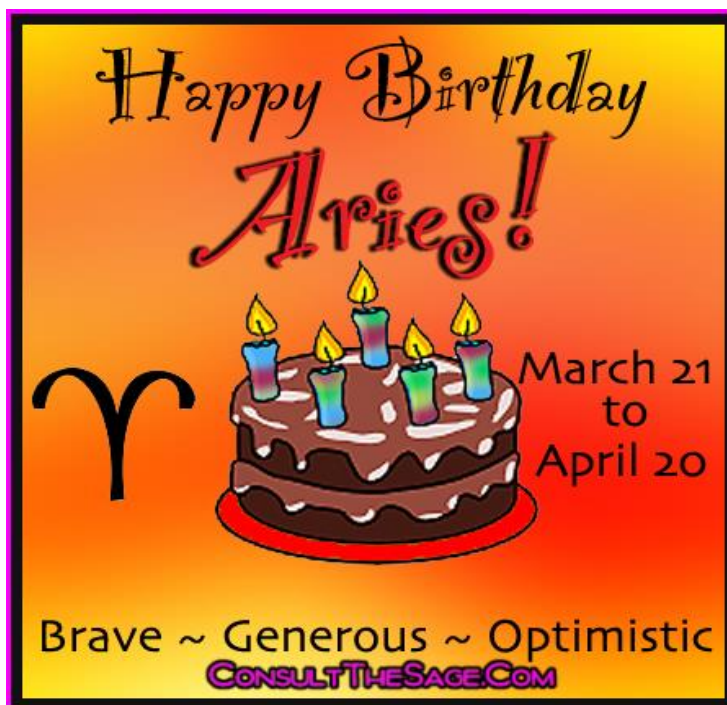
Welcome to our New Activities Coordinator. My name is Cecelia Ladybug, Activities Director Certified (ADC). I bring to L.I.F.E. INC. over 15 years of Activities experience working with Individuals with and without disabilities. I have several certifications and licenses, National Certification of Activities Professional (NCCAP), Activities Director Certified (ADC), SERV Safe Manager, Facilitator, Alzheimer and Demetria Certified. I started December 3th 2018, with L.I.F.E. INC. been working here for 3 months and looking forward to more.

I Know a warm and positive smile brightens a room. So, it's my responsibility to promote positive rewards awaken you to our individuals. I am planning a fun filled Monthly schedule of activities and outing. I love interacting with all the individuals and staff. I look forward to coming to L.I.F.E. INC. everyday to see the smiles and individuals sharing with me that they truly enjoy coming to the program. I will provide activities where individuals can learn while having fun each day.

Please feel free to contact me at 410-735-5433 ex. 213.



March Birthdays



Happy Birthday to those born in March. May your day be filled with happiness, peace and lots of FUN. Individuals will celebrate the last Friday of the month March 29th, 2019. Individuals will receive a certificate acknowledging their birth date, an award and celebrate with other individuals for a joyous day.

The Individuals are as follow:

Helen March 3rd

Reginald March 13th

Timothy March 24th

Rebecca G March 26th

Question of Month



Can an Individual bring their own food? Individuals may pack their food. Please remember that L.I.F.E. provides breakfast and lunch daily.

What type of Food does L.I.F.E. INC. serve?

L.I.F.E. INC. serves a wholesome Breakfast and Lunch. The portions are served so that individuals receive the correct amount of servings. The food for breakfast could be bagels, yogurt, cereal, muffins, serving of milk and that is just a few of the items. Lunch meals could be mash potatoes, meatloaf, chicken, rice, peas, carrots, oranges, pears, and apples to list few of the selection. Be sure to review our monthly menus to see what we are serving each day.

Should I feed an Individual breakfast at home? L.I.F.E INC. would like to be notified so that individuals are not eating double portions of breakfast. Health and safety is our first concern and we would like to monitor food intake as much as possible.

What are the food groups given to the individuals? L.I.F.E. INC provides wholesome meals with servings from the food groups. We follow the same nutrition requirements as the public-school system.

What are the food groups recommended for individuals? The following food groups are Fruits, Grains, Vegetables, Dairy and Proteins.

Activities Corner

Individuals are having so much FUN here at L.I.F.E. INC. The individuals had an opportunity to learn about football. The learning took place by asking the individuals to watch the Superbowl game, share who won and what was the score. One may ask was the challenge met. It certainly was here at L. I.F.E. INC. Individuals were excited to share the Patriots won, sharing the score and coloring footballs to decorate with their own creative skills and talent.

Individuals were excited about learning information about Black History Month. The individuals received information on Barack Obama, to take home and practice. Individuals did a share the information to staff and other individuals.

Program Assistants had to share and show their talents and skills. Pas did an awesome job of planning B.I.N.G.O. Individuals received certificates, creating individual birthday cards, Birthday Party, game day and this was an opportunity to allow Program Assistants see all the work that goes into creating a FUN FILLED DAY at L.I.F.E.INC.

One of our Individuals celebrated his birth date here at L.I.F.E. INC on Feb 5th, 2019. He was so excited. Everyone sang "Happy Birthday ", signed a card for him, cookies and ice cream served. It was a day the individuals truly enjoyed

Individuals enjoyed our activity called paint and sip. Individuals were served crystal lite and given a picture to paint. The pictures were done with patience and completed to display on the Center Creativity board for all to see. This project took time and our individuals truly enjoyed the paint and sip activity.

We had a celebration for Valentine's Day. Thanks to all the staff and Individuals who wore their red wear. Individuals were excited about fashioning their red wear, walking the run way, receiving a certificate for participating, dancing and fellowship with one another.

Presidents Day here at L.I.F.E.INC. On February 18th ,2019 gave individuals an opportunity to share who is their Favorite President, when was the person President and IF you were President what would you change in the world today. Oh, The Fun we are having here at L.I.F.E. INC.

Oh! The Places we go Here at L.I.F.E. INC



Individuals will have to pay for their outings as of February 2019. Places needing money will say on the monthly calendar "**Money Needed**". Individuals should bring at least five dollars and no more than ten dollars unless otherwise noted on the calendar. L.I.F.E. INC will try to provide free outings where individuals can enjoy the fun and fellowship.

Some of the fun places we have explored are Air Park, FarringBrook B.I.N.G.O., Dollar Tree, walking and window shopping at different malls, looking at ships and just exploring new places for all to enjoy while learning something new about the community.

Individuals went to Air Park and shared the exciting news of seeing all those Air Planes taking off from Baltimore Washington International Airport. One individual specifically came back and shared his excitement stating "we saw 10 Airplanes" and put his finger in the air, all 10, yes, we saw 10 airplanes. The smile on this individuals face let me know this day was very special and he enjoyed the trip.

The weather is becoming warm and we will be taking strolls in the park where the area is safe. Remember suggestions are always welcome with a smile as your sharing.

March Fun Facts



Did you Know these things about March? If not check out some interesting FUN Facts.

- March was known as Hlyda, or Lide in Old English. which means 'loud. This was referring to march winds, which were considered very noisy.
- The flower of March is daffodil.
- The Birthstone is the aquamarine.
- March has 31 days.
- March 17th is St. Patrick's Day and people wear green to celebrate
- March was originally the first month of the Roman calendar and was named after the Roman god of war.
- March is the first month of Spring which begins March 19-21.
- Celebrate Women's History Month

Fun food days to celebrate in March

- March 14th is National Potato Chip day
- March 19th is National Chocolate Carmel Day
- March 25th is International Waffle Day

Crafts corner

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March is arriving and now spring into action of seeing all the beauty around you. Did You know coloring can help with relaxation, focusing and just seeing what talent you have with using crayons?

March into Spring

L.I.F.E. INC. Adult Day Program would like to share what we will be doing for upcoming activities. We will celebrate St. Patrick's Day on March 15th individuals are asked to sport their **green wear** for a fashion show. Individuals will receive something green as it's the color for St. Patrick's Day.

We would like for everyone in the Adult Day Program to get an opportunity to attend outings and participant in events here at L.I.F.E INC. I would like to remind everyone that it now cost to attend some of the outings. It will be posted on the outings schedule and flyers will be sent home as a reminder.

March into spring with a positive attitude knowing that we will get more day light. It's a time to now check your wardrobe and start packing away winter items as summer is near. Time to plant seeds and watch the flowers blossom. Spring forward om March 10th, 2019, remember the evening daylight will last longer.

Finally, March into spring with this positive quote to remind you of all the positivity one must look forward to here at L.I.F.E.INC

