



**L.I.F.E AMDC**

**April 2019**

Created by Ladybug-Activities Coordinator

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We would like to welcome back Latasha J. to L.I.F.E.INC Adult Day Program. Your Friends are excited that you're back.

We would like to welcome Mr. Justin W. to our program. He started on April 25<sup>th</sup>, 2019. When Justin toured the program to determine if he would like it, Justin, said with excitement "I wish I could start today".

Please welcome our newest staff members, Anne is a Registered Nurse, Tayo is a Program Assistant and Jamerea is Certified Nursing Assistant (CNA) and Medication Technician. She will serve in the capacity of helping the nurse with feedings and medication. We look forward to working with you each of you.

# HAPPY BIRTHDAY

Happy Birthday to our Individuals whose Birthday is in the month of April. We will plan a party for ALL the April Birthdays the last Friday of the month. Everyone will be acknowledged on their special day, posted in the center. We will have a party with snacks that are healthy, music, activities, dancing and partying. Everyone will receive a certificate, card (Made with care) and gift.

The following individuals will be having a birthday this month:

Ronald 4/5

Mark 4/15

Daniel 4/18

Families wishing to celebrate their individuals Birthday, please contact the Activities Coordinator, Ladybug.

## Questions of Month



**Why am I being called on the days my family member doesn't attend the program?** We look forward to seeing the individuals every day and are concerned if they do not attend. We are also mandated by the State of Maryland to be sure an individual attends the program as outlined in their Physicians Orders. Lastly, it is important for you to know that your family member holds a place within our program. Attendance is key to keep them on our "active enrolled" list and save their space under State Guidelines.

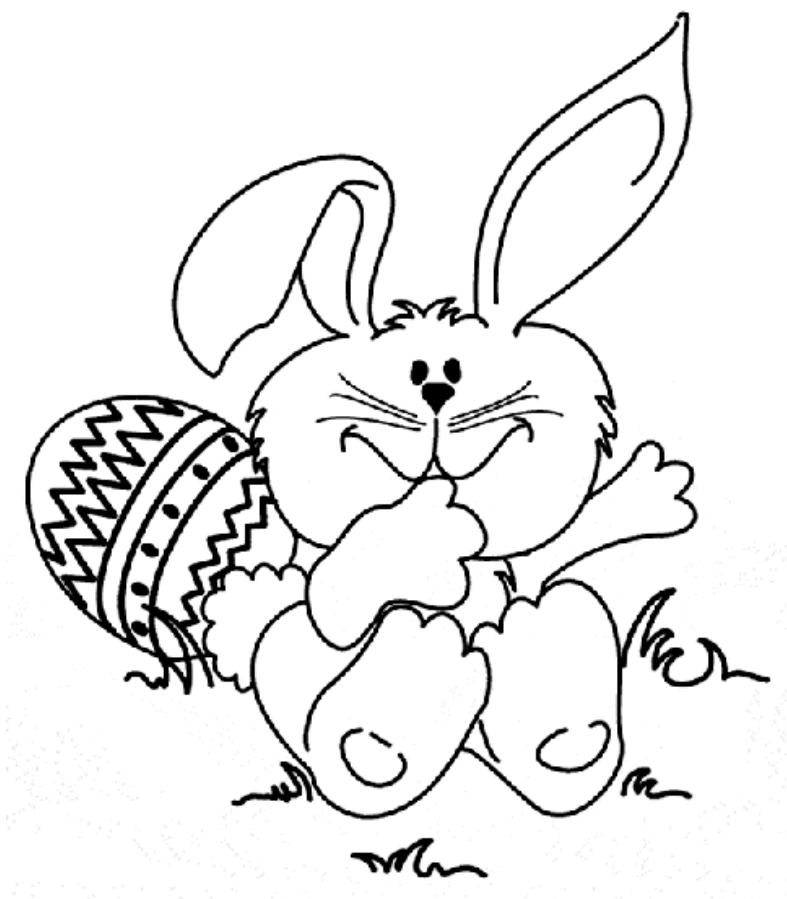
**What if my family member missed three or more days?** We ask you please let the us know so that transportation can be notified. A note from the Doctor should be sent in once the individual returns.

**What If my person is admitted into Rehabilitation or hospital, will their place be available?** Absolutely, just let us know once they are discharged and able to return to the program. Proper documentation is required to return. Once we have all the needed documents, transportation will be notified.

## Activities Corner

- ❖ L.I.F.E.INC. Newsletter is an exciting opportunity to share great news. I shared with an Individual that I had to work on my newsletter and this is what she asked of me. Can you put my name in it and say I am nice, and I love coming here doing the “FUN ACTIVITIES”? I responded by telling her, I certainly can, but I can only list your initials. Ms. TW, thank you for enjoying us as much as we enjoy you! Our individuals love to get noticed and they too can add to this awesome newsletter. Thank you, TW!
- ❖ On March 8, 2019, we 8 individuals boarding the bus to attend the Disco at Farring Baybrook. They were excited to attend the dance, meet friends and enjoy a slice of pizza. Once they returned, I greeted them with a smile and this is what was shared with me. “We had FUN, I can Dance one individual stated, soda and Pizza was good”. Staff also expressed their enjoyment of the event. A quote from the staff member, “Thanks It was real fun and we had a great time.
- ❖ I have been attending all the PCP meetings and the experience of being involved and seeing an individual respond with correct nonverbal communication lets you know that the individuals enjoy coming to L.I.F.E.INC Adult Day Program. This was an opportunity to share information about programs individual enjoys and to get feedback from them and their families.
- ❖ On March 15<sup>th</sup> we celebrated St. Patrick’s Day by wearing green. The results were amazing. Majority of Individuals and staff arrived at work wearing their green. The individuals enjoyed their fashion show, green flavored drink with zero sugar, green bagels, green apples, music, backdrop with green display and green tablecloth. Everyone received a certificate and the individuals along with staff with the most green attire, were gifted. The day was one to remember and it was proven by individuals retuning the next day saying “I told my mom Ms. Ladybug put on an awesome display of fun activities for us on Friday.”
- ❖ We are preparing for Spring with some exciting activities for all to enjoy. Please continue to read the Newsletter, check out the calendars of outings and activities information. You may see something that your like to visit at L.I.F.E.INC. and join in the FUN!!

## Crafts Corner



Did you know that greatest relaxation technique is to just relax in your favorite area and focus on all the positive things you have accomplish before hopping on to something new!!??

## April Fun Facts



Did you know the following things about April:

- It is the second month of Spring
- It is named after the Greek Goddess of Love, Aphrodite.
- The Boston Marathon is held during this month
- The Diamond for April symbolizes innocence.
- April is the fourth month of the year that has 30 days
- It is Autism Awareness Month
- The flowers are Daisy and the Sweet Pea
- It is the time to plant your favorite flowers and spring clean your home, workplace, garage and storage space.
- The month where professional baseball season begins in the United States. Good luck ORIOLES baseball Team and your favorite team.
- It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.
- Everyone favorites do not tricked by the April Fools Jokes

National Days in April are:

- National Poetry Month
- Teachers Appreciation Week
- Jazz Appreciation Month

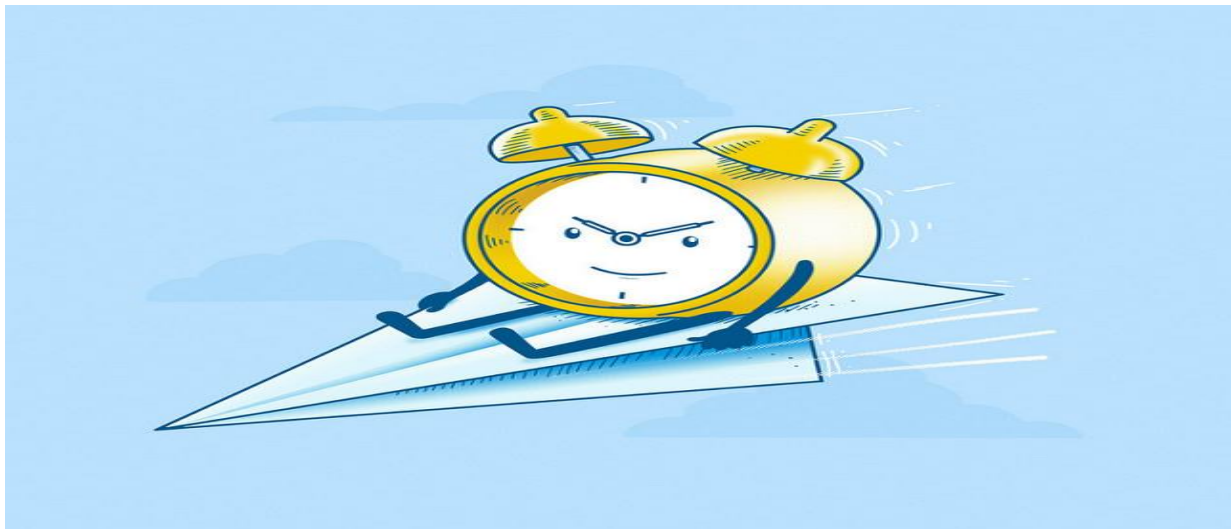


## Wow! Time Flies

Time flies when you're having FUN. Often, we go through the day not understanding where all the time went. The day for our individuals is spent arriving at L.I.F.E. INC. Day Program excited to see what will happen today that may have never happened for our individuals as well as staff.

Our Individuals are met by the staff who greets them with a friendly Hello and Smile. Our staff are dedicated to serving breakfast and lunch to our individuals, prompting their individuals to use the restroom, making sure their highest level of independences is being used. Helping individuals with their toilet needs, doing activities and making sure that all needs are met for the entire day.

One may say...Wow times really does fly when you're doing the work assignment you are called to do for our individuals. Often individuals as well as staff will say 'It's time to go, "and yes, it is time. When you're having fun, **Times Flies** and knowing safety is your TOP Priority. **WOW!! Time Flies**. So here we are already in April of 2019. Four months has already pass us by, it seems like yesterday we were wishing everyone Happy New Year and now look we are springing into Easter. Wow!!! So, we can't stop time. but take time to enjoy yourself as the individuals here at L.I.F.E.INC. are truly enjoying life and realize that **Time Flies**. Wow!! **Time Flies**. Individuals are loving the activities, engagement, dancing listening to their favorite music, chatting, socializing, needs being met, outings to FUN PLACES and so much!!! Wow! **Time Files**.



## Spirit Week

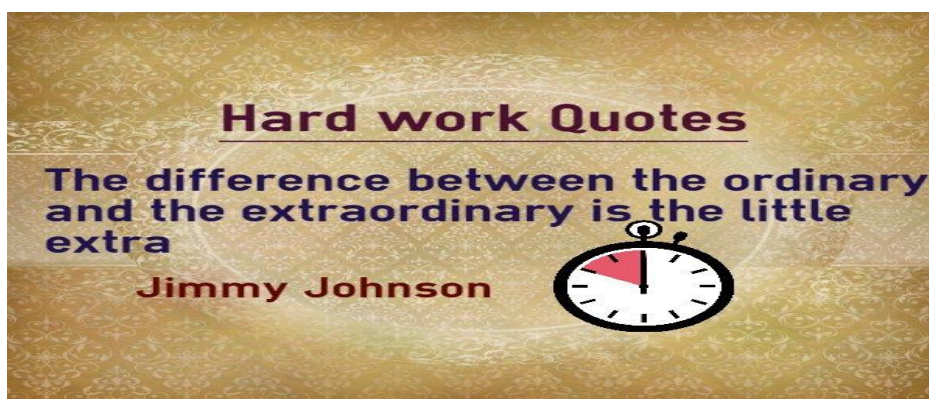
L.I.F.E. INC. Adult Day Program is happy to announce we will celebrate Spirit week April 8<sup>th</sup> -12<sup>th</sup>, 2019.

Everyone is invited to join in on the fun activities. Please follow the schedule, look forward to seeing the calendar and flyers for our FUN FILLED DAY OF ACTIVITIES for SPIRIT WEEK.

- **Monday, April 8<sup>th</sup>, 2019 – Relay activities, friendly competitions and wear your favorite outfit.**
- **Tuesday, April 9<sup>th</sup>, 2019 – 1<sup>st</sup> floor vs 2nd floor with friendly competitions such as puzzles, together is the shortest time activity, Bean Bag Toss, Golf Toss and more. *Wear your favorite colors***
- **Wednesday, April 10<sup>th</sup>, - Wear Your favorite Pajamas and Slippers – fashion show of outfits and more friendly competition – ex. Uno Challenge, color by number pictures, Parachute FUN**
- **Thursday April 11<sup>th</sup>, 2019- BINGO at L.I.F.E. INC – wear your mix match outfit – Be ready to say BINGO L.I.F.E.INC.**
- **Friday, April 12<sup>th</sup>, 2019 – Talent show, Celebrate Spirit week conclusion with your favorite socks, T-shirt and Jeans --- Award ceremony**

Looking Forward to this FUN filled week. We thank everyone for participating in past activities where everyone showed their spirit with all Green recently and we cannot forget about our ALL Red celebration.

If you have any question about activities, ideas and or suggestion please feel free to contact me, Ladybug and I will listen with a positive open mind.



Positive Rewards Awaken YOU, here at L.I.F.E.INC.