

MEDICAL DAY

MONTHLY NEWSLETTER

HIV/AIDS AWARENESS MONTH

A time to raise awareness and reflect on the impact that this epidemic has had on our communities and the world. The HIV virus attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. AIDS is the last stage of the HIV infection that occurs when the body's immune system is badly damaged because of the virus.

December 1st: WORLD AIDS DAY

December 2nd: CYBER MONDAY

December 3rd: INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

December 7th: HANUKKAH(BEGINS)

December 10th: HUMAN RIGHTS DAY

December 15th: BILL OF RIGHTS DAY

December 17th: THE LEAGUE BOARD HOLIDAY LUNCH

December 21st: *WINTERS BEGINS*

December 24th & 25th: CHRISTMAS EVE/CHRISTMAS (THE LEAGUE IS CLOSED)

December 26th: KWANZAA(BIGINS)

December 31st: NEW YEARS EVE KARAOKE CELEBRATION

*January 1st: NEW YEARS DAY(THE LEAGUE IS CLOSED)

DECEMBER 2024

ANNOUNCEMENTS!!!

*To ensure the well-being of all participants and staff, it is important that participants **STAY HOME** if exhibiting any cold, flu or COVID symptoms. Any participant that comes to The League with any signs or symptoms of illness will **IMMEDIATELY** be sent home. We remain vigilant in trying to maintain a healthy and safe environment and appreciate your cooperation. If you have questions about this directive, please reach out to a member of the management team.

*Please reach out to a member of the Medical Day management team when there is a change to your health care provider or contact information. It is important that we keep our records up to date. We thank you in advance for your assistance.

!!!REMINDER!!!

*The League became a smoke free campus on October 1, 2024. **NO SMOKING** of any kind is permitted on League property. The League has smoking cessation products to help curb cravings in the form of Nicotine lozenges, gum, etc. while participants are present on our campus. Thank you.

FUN TIMES AT THE LEAGUE



VETERAN'S DAY SERVICE AND LUNCHEON. THANK YOU TO ALL OF OUR VETERANS FOR YOUR SERVICE, AND SACRIFICE.



SIGN LANGUAGE MATCHING GAME

PHYSICAL/OCCUPATIONAL THERAPY

AEROBICS!!! PARACHUTE TIME!!!



THANKSGIVING LUNCH!!! YUM! YUM! YUM!

SPOTLIGHT



Edward H.

I'm a veteran in the U.S Air Force.

I like to laugh!

I love everybody!



Sedrick P.

I like to shopping at Walmart.

I like to watch Animal Planet.

My favorite color is purple.

HAPPY BIRTHDAY!

DAVID Y.	12/4
JOAN C.	12/6
DEBRA F.	12/7
TONY W.	12/21
TAMMY T.	12/27
JOSEPH S.	12/30

HOLIDAY SCHEDULE - 2024

THE LEAGUE OFFICES AND FACILITY WILL BE CLOSED ON THE FOLLOWING DAYS:

DECEMBER 22nd & 25th 2023 - Christmas
DECEMBER 25th*

JANUARY 1ST 2024 * - NEW YEAR'S DAY

JANUARY 15TH * 2024 - MARTIN LUTHER KING, JR DAY

MAY 27TH* 2024 - MEMORIAL DAY

JULY 4TH * 2024 - INDEPENDENCE DAY

SEPTEMBER 2nd * 2024 - LABOR DAY

NOVEMBER 28th* & 29TH 2024 - THANKSGIVING

DECEMBER 24th & 25TH 2024 - CHRISTMAS
DECEMBER 25TH *

JANUARY 1ST * 2025

CONTACTS

410-323-0500

RENEE DASH ____ x304

VP, Medical Programs/ Chief Nursing Officer

CAROLINE MWANGI ____ x327

Director, Health Services

JACQUELINE BOOKER ____ x329

Manager, Health Service

DANIELLE AMES ____ x313

Clinical Lead

RENEE RATH ____ x365

Case Manager

CAROLYN FINNEY ____ x391

Social Worker

DESMOND GAYLE ____ x323

Manager, Therapeutic Recreation

THERAFIT ____ x393

Rehab Health Services

MERCY O. FADOJU ____ 443-904-5129

Nurse Practitioner

EMERGENCY WEATHER HOTLINE__ x305

MED DAY ZOOM

LOGIN INSTRUCTIONS

MEDICAL DAY ACTIVITIES TIMES:

10:00AM AND 12:30PM

1. Download ZOOM app from App Store/ Website if you don't already have it.
2. GOTO www.leagueforpeople.org
3. Scroll down and Click LEAGUE UNIVERSITY
4. Enter PASSWORD: 1111
5. Click AM/PM Session
6. Click on POP UP Box to confirm

CLUB1111

To register please visit www.club1111.org.
Limited to 300 people. Club 1111 dates listed below.

JANUARY 13

JULY 13

FEBRUARY 10

AUGUST 10

MARCH 9

SEPTEMBER 14

APRIL 13

OCTOBER 12

MAY 11

NOVEMBER 9

JUNE 8

DECEMBER 14

Christmas Word Search

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

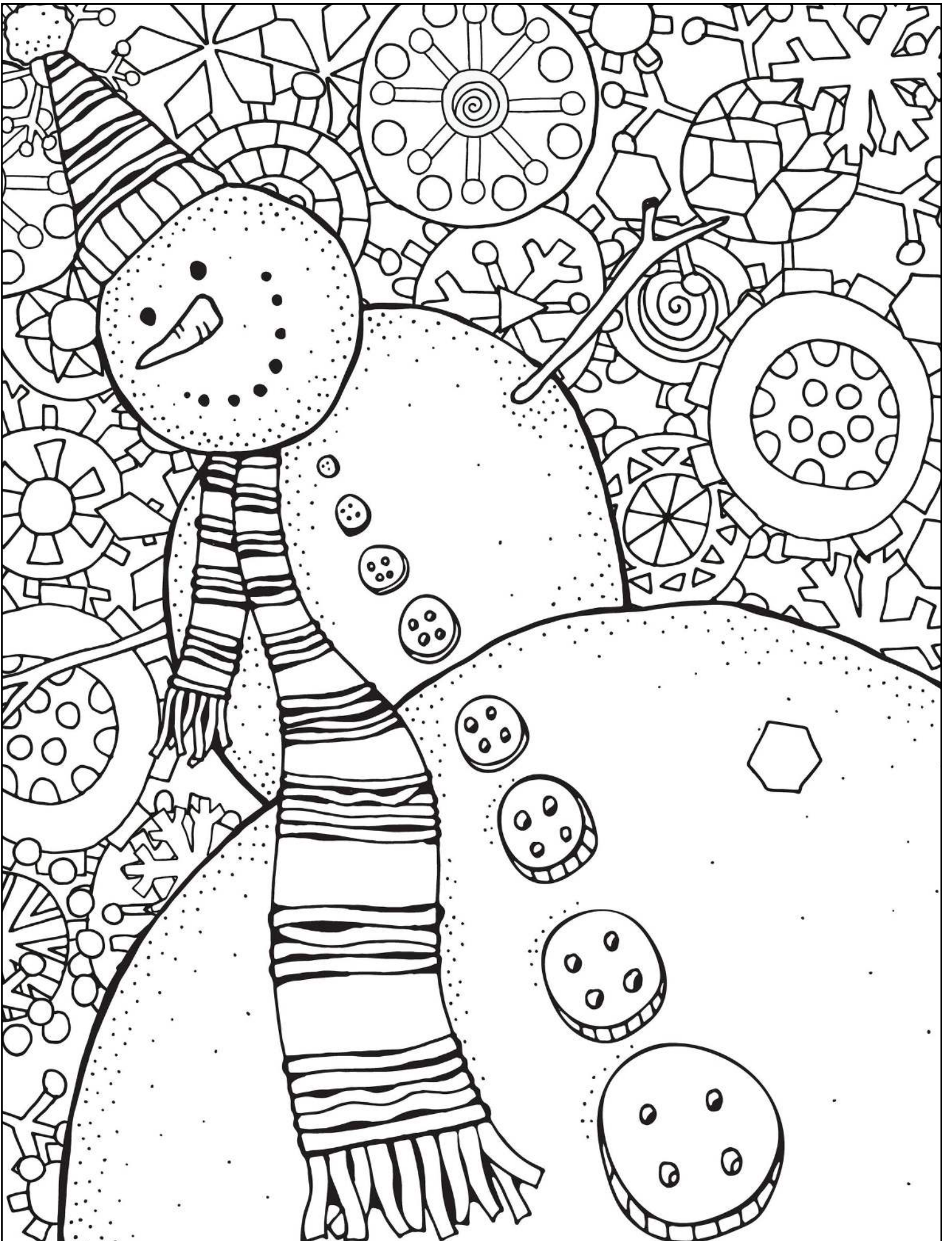
jingle bells
 north pole
 reindeer
 rudolph
 jolly
 bells

holy spirit
 mistletoe
 stocking
 eggnog
 angel
 santa

gingerbread
 christmas
 holiday
 family
 elves
 star

nutcracker
 ornament
 cookies
 tinsel
 gifts
 tree

candy cane
 december
 snowman
 sleigh
 merry
 joy



MEDICAL DAY—DECEMBER 2024 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: Art (MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center; color: #00a0e3;">CYBER MONDAY</p>	<p>3</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person: Creative Writing(GR-R) In Person/Virtual: Aerobics(MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center; color: #00a0e3;">INTERNATIONAL DAY OF PERSONS</p>	<p>4</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Game Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>5</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR-C) In Person: Cooking Class(MPR-K) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(MPR-C) In Person: Trivia(GR) 1:30 - SNACK(DR)</p>	<p>6</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art Class(MPR) Trip: DOLLAR TREE 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p>
<p>9</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: Art Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: BINGO (MPR) 1:30 - SNACK(DR)</p>	<p>10</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center; color: #00a0e3;">HUMAN RIGHTS DAY</p>	<p>11</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Mentally Speaking (GR) In Person: Activity Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>12</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR) In Person: Academics/ Personal Assist(A&C) 11:00 - LUNCH(DR) 12:30-In Person: Wellness Class(MPR) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>13*</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art Class(MPR) Trip: DOLLAR TREE 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(GR-R) 1:30 - SNACK(DR)</p>
<p>16</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: Art Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: BINGO (MPR) 1:30 - SNACK(DR)</p>	<p>17*</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: Sewing Class(GR-R) In Person: Gym Time w/Judy(GYM) 11:00 - BOARD HOLIDAY LUNCH (DR) 12:30 - In Person: Trivia(GR) In Person: Creative Writing(GR-R) In Person/Virtual: Aerobics(GYM) 1:30 - SNACK(DR)</p>	<p>18</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Nail Shop/Activity Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>19</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR) In Person: Cooking Class(MPR-K) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(MPR) In Person: Sis Can We Talk(GR) 1:30 - SNACK(DR)</p>	<p>20</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art Class(MPR) Trip: WALMART 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p>

MEDICAL DAY—DECEMBER 2024 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
<p>23*</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation (GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Advocacy Meeting(GR) In Person/Virtual: In Person: Art Class (MPR) 1:30 - SNACK(DR)</p>	<p>24*</p> <p>LEAGUE IS CLOSED</p>	<p>25*</p> <p style="text-align: center; font-size: 2em;">CHRISTMAS LEAGUE IS CLOSED</p>	<p>26*</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR) In Person: Academics/ Personal Assist(A&C) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(MPR) In Person: The Huddle: Men's Group(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>27*</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p>
<p>30</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation (GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: Art Class (MPR) 1:30 - SNACK(DR)</p>	<p>31</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: NEW YEARS KARAOKE CELEBRATION(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Trivia(GR) In Person: NEW YEARS KARAOKE CELEBRATION(MPR) 1:30 - SNACK(DR)</p>	<p>1</p> <p>JANUARY 1st</p> <p>NEW YEAR'S DAY</p> <p>LEAGUE IS CLOSED</p>		