

MEDICAL DAY MONTHLY NEWSLETTER

NATIONAL STAYING HEALTHY MONTH

After the festivities of the previous year, this month encourages everyone to focus on their overall well-being and self-care. It encourages people to embrace a healthier lifestyle by promoting healthy routines throughout January. This includes not only your physical health, but also your mental and emotional health.

January 1st: NEW YEAR'S DAY (THE LEAGUE IS CLOSED)

January 2nd: NATIONAL SCIENCE FICTION DAY

January 9th: NATIONAL WORD NERD DAY

January 15th: NATIONAL HAT DAY

Wear your favorite or wackiest hat to The League.

January 20th: MARTIN LUTHER KING, JR. DAY (THE LEAGUE IS CLOSED)

January 24th: NATIONAL ACTIVITY PROFESSIONALS DAY

January 27th: INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

January 28th: POP ART DAY

January 31st: NATIONAL HOT CHOCOLATE DAY

League Closing Early January 17th

The League will be closing at 1pm on January 17, 2025 so that we can give our much-appreciated staff additional time off for the MLK Jr. holiday weekend. The League will resume program operations on Tuesday, January 21, 2024. [except Wellness is open 1/18/25]. Please make transportation arrangements so that all participants are picked up by 12:30 pm on

JANUARY 2025

ANNOUNCEMENTS!!!

* Reminding participants and caregivers that a participant must be in program for at least 4 hours a day. If a participant must be picked up early or arriving late and will not be in program for at least 4 hours, we are asking that they stay home that day.

* 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. For those who may have difficulty with adhering the policy, we recommend leaving all smoking products at home.

* 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.

FUN TIMES AT THE LEAGUE

A SPECIAL THANKS TO BGE, RELIANCE FIRE PROTECTION, TRIBRIDGE PARTNERS, AND GORDON FEINBLATT FOR VOLUNTEERING WITH US HERE AT THE LEAGUE.



SPOTLIGHT



Gere R.

I like sewing class.
I love communicating with others.
I really love bright colors.
I love Butterflies.
I am a Jehovah Witness.



Angelo M.

My favorite food is pork and beans.
I like to do math problems.
My favorite tv show is Dexter's Laboratory.
My favorite color is blue.

HAPPY BIRTHDAY!

JENNIFER H.	1/2
MAURICE M.	1/12
KAMERON S.	1/15
THERISSA B.	1/20
SHANE H.	1/24
FRANKIE M.	1/27

HOLIDAY SCHEDULE - 2025

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

*DECEMBER 24th & 25th 2024 - Christmas
DECEMBER 25th**

*JANUARY 1ST 2025 * - NEW YEAR'S DAY*

*JANUARY 20TH * 2025 - MARTIN LUTHER KING, JR DAY*

MAY 26TH 2025 - MEMORIAL DAY*

*JULY 4TH * 2025 - INDEPENDENCE DAY*

*SEPTEMBER 1st * 2025 - LABOR DAY*

NOVEMBER 27th & 28TH 2025 - THANKSGIVING*

*DECEMBER 25TH & 26th 2025 - CHRISTMAS
DECEMBER 25TH **

*JANUARY 1ST * 2026*

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 11

FEBRUARY 8

MARCH 8

APRIL 12

MAY 10

JUNE 14

JULY 12

AUGUST 9

SEPTEMBER 13

OCTOBER 11

NOVEMBER 8

DECEMBER 13



MARTIN LUTHER KING JR. DAY *Word Search*



- | | | | |
|--------------|----------------|-------------|-------------|
| ACTIVIST | DAY OF SERVICE | LEADER | OBSERVED |
| BIRTHDAY | DREAM | MARCHES | PEACE |
| BOYCOTT | EQUALITY | MINISTER | PROTEST |
| CHANGE | FREEDOM | MONDAY | REVEREND |
| CIVIL RIGHTS | JANUARY | NOBEL PRIZE | SEGREGATION |
| COURAGE | JUSTICE | NONVIOLENCE | SPEECH |



MEDICAL DAY—JANUARY 2025 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <h2 style="margin: 0;">NEW YEAR'S DAY</h2> <h1 style="margin: 0;">CLOSED</h1>	<p>2*</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) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(MPR-C) In Person: Trivia(GR) 1:30 - SNACK(DR)</p> <p style="text-align: center; color: #4a86e8;">NATIONAL SCIENCE FICTION DAY</p>	<p>3*</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-C) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR-C) 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: 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>7</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>8</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>9</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 style="text-align: center; color: #4a86e8;">NATIONAL WORD NERD DAY</p>	<p>10</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>13</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>14</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 - 11:00 - 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>15</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 style="text-align: center; color: #4a86e8;">NATIONAL HAT DAY</p>	<p>16</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) In Person: Trivia(GR) 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: TV/Movie(GR) In Person: Art Class(MPR) Trip: SILVER DINER 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR)</p> <div style="background-color: #4a86e8; color: white; padding: 5px;"> <p style="margin: 0;">1:00 - CLOSED</p> <p style="margin: 0; text-align: center;">CLOSING EARLY AT 1PM</p> </div>

MEDICAL DAY—JANUARY 2025 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
20 MARTIN LUTHER KING, JR. DAY CLOSED	21 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)	22 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Mentally Speaking (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)	23 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) In Person: Sign Language (DR) 1:30 - SNACK(DR)	24 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art(MPR) Trip: OLLIE'S BARGIAN OUTLET 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR) NATIONAL ACTIVITY PROFESSIONALS DAY
27 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) INTERNATIONAL HOLOCAUST REMEMBRANCE DAY	28 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) POP ART DAY	29 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Mentally Speaking (GR) In Person: Karaoke(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)	30 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) 1:30 - SNACK(DR)	31 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) NATIONAL HOT CHOCOLATE DAY