

# MARCH 2020

**Garrett County Lighthouse, Inc.**  
 20 East Oak Street  
 301-334-9126  
**Safe Harbor Crisis & Respite Care**  
 301-334-1642  
**Compass House Crisis & Respite Care**  
 240-362-7082

Red Cross Month  
 Irish American Month  
 National Craft Month

Colorectal Cancer Awareness  
 National Nutrition Month  
 Women's History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 	2 SELF-CARE: Anxiety Management Strategies Exercise: Sit and Be Fit ADL: Wal-Mart	3 GUEST SPEAKER:  Dobe Center CREATIVE THERAPY: Crafts with Mandy <u>EXTENDED LOCAL SHOPPING</u>	4 RECOVERY: Stress INDEPENDENT LIVING: Top Time Management Tips ADL: Wal-Mart	5  In like a lion, out like a lamb	6 	7	
8 	9 TOWN HALL with Tom RECOVERY: What is Mindfulness? ADL: Wal-Mart	10  CONSUMER QUALITY TEAM OF MARYLAND BIBLE STUDY INDEPENDENT LIVING: Meals on a Budget ADL: Local Shopping	11  BASKETBALL TOURNAMENT	12  EAT FRESH LIVE WELL	13 	14 ONE day OR day ONE YOU DECIDE	
15 	16 INFECTIOUS DISEASES with Bev & Sherri SELF-CARE: Mental Health: Maintaining a Healthy Lifestyle ADL: Wal-Mart	17 ST. PATRICK'S DAY DANCE Birthday Celebration CREATIVE THERAPY: Crafts with Mandy ADL: Local Shopping	18 DEPRESSION GROUP with Stephanie EDUCATION:  American Red Cross ADL: Wal-Mart	19 	20 	21	
22 	23 SELF-CARE: Positive Self-Talk INDEPENDENT LIVING: Spring Cleaning ADL: Wal-Mart	24 BIBLE STUDY INDEPENDENT LIVING: Bill Payments Tracker ADL: Local Shopping	25 HEALTH: Colorectal Screenings  BINGO ADL: Wal-Mart	26 	27 	28 	
29 	30 OPEN MIC ADL: Wal-Mart	31 Men's Group Women's Group RECOVERY: My Circle of Control ADL: Local Shopping	LUCK IS BELIEVING YOU'RE LUCKY				 Some see a weed... I see a WISH

WHEN IT SNOWS LISTEN TO WKHJ 104.5 OR WFRB 105.3 FOR LIGHTHOUSE PRP CLOSINGS AND DELAYS



- ◆ Psychiatric Rehabilitation Program (PRP)
- ◆ PRP 8:00 am until 1:30 pm Mon-Wed
- ◆ Tuesday Local Shopping
- ◆ Monday & Wednesday Wal-Mart
- ◆ Wednesday Co-Occurring Group
- ◆ Breakfast, Lunch and Snack served only at PRP
- ◆ Nursing and Medication Monitoring As Ordered
- ◆ Blood Pressure Screening Mondays at 11:30am
- ◆ Case Management Everyday
- ◆ Rehabilitation Activities directed toward the development or restoration of skills including but not limited to: problem solving, health education, socialization, symptoms management, individualized services skills, conflict resolution, self care, independent living, nutrition education, recovery & life coaching, life skill activities & exercise
- ◆ Pre-Vocational Skills
- ◆ Community Integration/social skills i.e. library, parks, educational excursions, community events, museums etc.
- ◆ Accessing Entitlements
- ◆ Substance Abuse Prevention
- ◆ Accessing & Sustaining Housing
- ◆ Basic Living Skills & Supports
- ◆ Residential Rehabilitation Program

Medicaid recipients can receive transportation to medical appointments by calling GTS at (301) 334-7726.

PRP provides transportation to and from local appointments, as well as to PRP. You must schedule 24 hours in advance by calling (301) 334-9126.

Please HELP conserve resources. Thank you for your cooperation!



The Treasure Chest is Open on Tuesdays 9:00 am—1:00 pm