

# January 2021

National Soup Month  
Blood Donor Month  
Mental Wellness Month  
Martin Luther King Jr. Day



**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**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Wal-Mart:</b> Monday's and Wednesday's <b>Local Shopping:</b> Tuesday's	<b>CAPRICORN</b>  Capricorns often suffer from depressive moods, see the dark side of life and take a lot of things to heart. <small>zodiaccity.tumblr</small>				<b>Happy New Year!</b> <small>WWW.LIVELIFEHAPPY.COM</small>	New Years shouldn't be the only time you resolve to do better. Strive to be the best version of you every single day.
<b>3 National Soup Month</b> 	<b>4 Motivational Monday</b> <b>Social:</b> Nat'l. Trivia Day <b>Coping Skills:</b> Mental Wellness Month <b>Social:</b> National Soup Month (Recipes)	<b>5 National Screenwriter's Day</b>  <b>MOVIE DAY</b>	<b>6 Education:</b> January Birthstone <b>Coping Skills:</b> 10 Signs of Stress <b>Education:</b> January Birth Flower	<b>7 Offsite Shopping</b> <b>Grafton WV</b> <b>Small Shops</b> <i>(Subject to Change)</i>	<b>9 Law Enforcement Appreciation Day</b> 	
	<b>11 Motivational Monday</b> <b>Education:</b> Human Trafficking Awareness Day <b>Health:</b> National Milk Day <b>Fun:</b> Horoscopes	<b>12 Birthday Celebration</b> <b>Coping Skills:</b> 9 Activities for mental health <b>Health:</b> Hand Washing <b>Self Care:</b> Winter Skin <b>Red Hat Club with Gayle</b>	<b>13</b> <b>Health:</b> Skin Tags <b>Self Care:</b> Diabetes and Pedicures <b>Self Care:</b> Winter Fun	<b>14</b> 	<b>16</b> 	
<b>17</b> 	<b>18 Motivational Monday</b> <b>History:</b> Martin Luther King day <b>Social:</b> No Name—Calling Week <b>Bible Study</b>	<b>19</b> <b>Health:</b> National Pop-corn day <b>Coping Skills:</b> Healthy Coping Skills <b>Men's Group</b> <b>Woman's Group</b>	<b>20</b> <b>Self Care:</b> 12 Ways to Care for yourself <b>Social skills:</b> Supporting Someone with Depression			
	<b>25 Motivational Monday!</b> <b>Self Care:</b> Developing Good Habits <b>Health:</b> Managing Medication <b>Self Care:</b> Weight Management	<b>26 Case Manager Class</b> <b>Self Care:</b> Building Better Sleep <b>Social Skills:</b> Adult Children of Alcoholics <b>Self Care:</b> Hard things to ask yourself	<b>27 Depression Group</b> <b>Entertainment:</b> Celebrity Birthdays <b>Health:</b> Long term memory <b>Health:</b> Short Term	<b>28</b> <b>National Fun Day At Work</b>		

- ♦ Psychiatric Rehabilitation Services
- ♦ PRP 8:00 am until 1:30 pm
- ♦ Tuesday Local Shopping
- ♦ Monday & Wednesday Wal-Mart
- ♦ Breakfast, Lunch and Snack only at PRP
- ♦ Nursing and Medication Monitoring As Ordered
- ♦ Blood Pressure Screening on Monday 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 receive transportation to medical appointments by calling Handle With Care at (301) 334-9431.

GCLH provides transportation to PRP, by calling (301) 334-9126. After our regular business hours, an answering service is available for transportation and other necessary messages.

Please HELP conserve resources. Thank you for your cooperation.

Please REMEMBER that we are only offering transportation to appointments if you have exhausted all other options and you have been approved for transportation. Please call your Case Manager.



**The Treasure Chest**

is open on Tuesdays

9:00am --12:30pm

