

# MAY

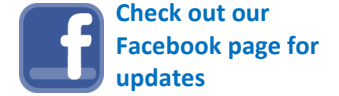
# 2021

National Bike Month  
 National Blood Pressure Month  
 National BBQ Month  
 National Salad Month



**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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2 	3 <b>SOCIAL SKILLS:</b> Town Hall with Amy <b>Outdoor Activity</b>  <b>BIBLE STUDY or LIFE WITHOUT LIMBS VIDEO</b> ADL: Wal-Mart	4 <b>HEALTH:</b> Blood Pressure Awareness <b>CREATIVE THERAPY</b> Card Club with Tiffany ADL: Local Shopping	5 <b>EDUCATION:</b> CINCO DE MAYO HISTORY  <b>CINCO DE MAYO</b> Activities ADL: Wal-Mart	6  <b>National Nurse's Day</b>	7 	8 
9 	10 <b>EDUCATION:</b> Mother's Day History <b>Mother's Day Luncheon</b>  ADL: Wal-Mart	11 <b>HEALTH:</b> CPR CLASS with Randy  ADL: Local Shopping	12 <b>DEPRESSION GROUP</b> with Mark  <b>Men's Group</b> <b>Women's Group</b> ADL: Wal-Mart	13 	14 	15 
16 	17 <b>EDUCATION:</b> Mental Health Awareness <b>EXERCISE:</b> Exercise and Mental Health  <b>GREEN DAY FOR MH</b> ADL: Wal-Mart	18 <b>EDUCATION:</b> ASL Class Hair Cuts <b>CREATIVE THERAPY:</b> Crafts with Brianna <b>TIE-DYE DAY</b> ADL: Local Shopping	19  <b>Birthday Celebration</b> CASE MANAGER CLASS <b>FARMERS MARKET</b>  <b>Outdoor Activity</b> (weather permitting) <b>CRAZY HAIR/HAT DAY</b> ADL: Wal-Mart	20 	21 <p>"The best part of being with a group is that you don't have to do everything alone"</p>	22 
	24 <b>GCLH Prom 2021 "GREASE"</b>  ADL: Wal-Mart	25 <b>Memorial Day Cookout &amp; Activities</b>  ADL: Local Shopping	26 <b>TRIP TO ZOO</b> 	27 	28	29
30 	31  <b>Lighthouse Closed</b> <b>In Observance of Memorial Day</b> 					



- ◆ Psychiatric Rehabilitation Services
- ◆ Program Hours: 8:00 am-1:30 pm
- ◆ Monday & Wednesday Bank & Wal-Mart
- ◆ Tuesday Local Shopping/Library
- ◆ Breakfast & Lunch (11:30AM) provided only at PRP
- ◆ Nursing and Medication Monitoring As Ordered
- ◆ Blood Pressure Screening on Mondays
- ◆ 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



*If you have a problem, comment or idea we are here to listen. Please bring it to our attention.*

Medicaid recipients receive transportation to medical appointments by calling GTS at (301) 334-7726. GCLH provides transportation to and from local appointments, as well as to PRP. Please schedule 24 hours in advance by calling (301) 334-9126. Please HELP conserve resources. Thank you for your cooperation.



**Treasure Chest**  
**Open Tuesday**  
**9am-1pm**