Creative Empowerment Opportunities

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**“Empowering People for Success”**

**Key Terms:** AA: Alternative Activity PM: After Lunch Activity

**Community Empowerment Center:** **CEO PONTIAC Month/Year: APRIL 2024 Group: *A***

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1  Site: Rochester Library  Focus: Family, friendships letters, self-love inventory, embracing individuality & our gifts  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-1:00PM  Site: Randazzos  Focus: Foods/nutrition  Skills: 1,2,3,6, 10, 12  Time: 1:00PM-2:00PM  Cost: $2/person | 2  Site: Dollar Tree  Focus: Supplies /Money skills  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-11:30AM  Site: Universal Bowl  Focus: Physical health  Skills: 1,2, 3,5,6,9,10,12  Time: 11:30AM-2:00PM  Cost: $3.75/person | *3*  Site: Troy Community Center  Focus: Board games/following directions  Skills: 1,2,3,6, 10, 12  Time: 10:00A-1:30P  Cost: $0 | 4  Site: Clarkston Museum  Focus: Explore your library, Self-Care, Hidden Pictures & Spot/Differences  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-12:00PM  Site: Yates Cider Mill  Focus: Cider making, nutrition, natural foods, organic benefits  Skills: 1,2, 3,5,6,9,10,12  Time: 12:00PM-2:00PM  Cost: $2/person | 5  Site: Henry Ford Museum  Focus: History  Skills: 1,2,3,4, 5,6,10,12  Time: 10:00A-2:00P  Cost: $0 |
| 8  Site: Pontiac Library  Focus: Inspiration, what inspires, poems, poets, today in history, identifying & solving problems  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-2:00PM  Cost: $0/person | 9  Site: Great Lakes Hobby  Focus: Hobby Exploration  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-11:30AM  Site: Universal Bowl  Focus: Physical health  Skills: 1,2, 3,5,6,9,10,12  Time: 11:30AM-2:30PM  Cost: $2.75/person | 10  Site: Troy Community Center  Focus: Board games/following directions  Skills: 1,2,3,6, 10, 12  Time: 10:00A-1:30P  Cost: $0 | 11  Site: Riverbends Nature Center  Focus: Nature Hike & Exploration  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-12:30PM  Site: Kee’s Aquariums & Pets  Focus: Pet therapy  Skills: 1,2, 3,5,6, 10,12  Time: 12:30PM-2:00PM  Cost: Cost: $0 | 12  Site: DIA  Focus: Art History  Skills: 1,2,3,4,6,10,12  Time: 10:00A-11:30A  Site: Detroit Public Library  Focus: Recycling/civic duty  Skills:1,2,3,4,6,9,12  Time: 11:30A-2:00P  Cost: $0 |
| 15  Site: Smart Bus  Focus: Public Transportation Navigating  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-11:00AM  Site: Troy Nature Center  Focus: Nature Lessons  Skills: 1,2, 3,5,6,9,10,12  Time: 12:30PM  Site: Smart Bus  Focus: Public Transportation Navigating  Skills: 1,2,3,6, 10,11, 12  Time: 12:30PM-1:30PM  Cost: $4.00/person | 16  Site: Family Pet  Focus: Animal therapy  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-11:30AM  Site: Universal Bowl  Focus: Physical health  Skills: 1,2, 3,5,6,9,10,12  Time: 11:30AM-2:30PM  Cost: $2.75/person | 17  Site: Troy Community Center  Focus: Personal information, communication skills  Skills: 1,2,3,6, 10, 12  Time: 10:00A-1:30P  Cost: $0 | 18  Site: Cranbrook Science Center  Focus: Science  Skills: 1,2,3,4, 5,6,10,12  Time: 10:00AM-12:00PM  Site: Bloomfield Library  Focus: Current events, create a gratitude box & discuss gratitude, ways to express it. Puzzles/MadLibs  Skills: 1,2,3,6, 10, 12  Time: 12:00PM-2:00PM  Cost: $0 | 19  Site: Greenfield Village  Focus: History  Skills: 1,2,3,4, 5,6,10,12  Time: 10:00A-2:00P  Cost: $0 |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 22  Site: Bloomfield Library  Focus: Create a mood collage, discuss healthy ways to identify & cope with mood changes, reasons for mood changes.  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-2:00PM  Cost: $0/person | 23  Site: Dollar Tree  Focus: Supplies /Money skills  Skills: 1,2,3,6, 10, 12  Time: 10:00AM-11:30AM  Site: Universal Bowl  Focus: Physical health  Skills: 1,2, 3,5,6,9,10,12  Time: 11:30AM-2:00PM  Cost: $3.75/person | 24  Site: Troy Community Center  Focus: Board games/following directions  Skills: 1,2,3,6, 10, 12  Time: 10:00A-1:30P  Cost: $0 | 25  Site: Kee’s Aquariums & Pets  Focus: Pet therapy  Time: 10:00AM-12PM-2:00PM  Site: Stoney Creek Nature Center  Focus: Nature Hike & Exploration  Skills: 1,2, 3,5,6, 10,12  Time: 12:00PM-2:00PM  Cost: Cost: $0 | 26  Site: Belle Isle Aquarium  Focus: Aquatic life, water safety  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-2:00PM  Cost: $0 |
| 29  Site: MJR  Focus: Social skills, money skills  Skills: 1,2,3,4, 5,6,10,12  Time: 10:00A-2:00P  Cost: $10.00 | 30 Site: Family Pet  Focus: Animal therapy  Skills: 1,2,3,6, 10,11, 12  Time: 10:00AM-11:30AM  Site: Universal Bowl  Focus: Physical health  Skills: 1,2, 3,5,6,9,10,12  Time: 11:30AM-2:30PM  Cost: $2.75/person |  |  |  |

Total activity cost per person served: $33.75/person=$202.50

**\*\*Any deviation/alternative activity must have prior management approval\*\***

A Community Procedure Checklist must be filled out for any activity outside of the CEO-Community Empowerment Center

**Job Exploration**: defined as observing employment opportunities within the community

**Volunteering:** defined as performing non-paid job duties in the community at defined location where other people would normally volunteer. (Meals on Wheels, Metro Parks, 501 C3 organizations, Salvation Army, Arts & Scraps, etc.)

**Micro-Business:** defined as the development and the management of micro-business activity

**Employment Skills**: defined as the development of employment skills such as communication, following directions, time management, task completion, endurance and other skills required for employment.

**Employment:** defined as money making activities in the community.

**Skill Development Activities:** defined as one of the 12 skill building activities defined in the skill development list.

***Definitions of Skill Development:***

**#1. Activities of Daily Living Skill Building:** Teaching a Person Served skills in all basic areas of life. (examples: personal hygiene, cleaning, cooking, nutrition, safety, etc.)

**#2 Functional Academics Skill Development**: Teaching a Person Served all areas of academics that are present in function format and which are meaningful for the person.

**#3 Social Skills Development:** Teaching a Person Served self-control and etiquette through the use of gentle teaching and behavior modification.

**#4 Recreation Skill Development:** Teaching a Person Served how to engage in activities that bring feelings of leisure and fun. Types of recreational activities that are offered are community based (parks, shopping, OTE, movies, etc.), arts and crafts, table games, exercise, music, etc.

**#5 Relaxation Skill Development:** Teaching a Person Served how to relax their body response to stress. This will be supported by assisting in learning the relaxation response through use of quiet environment, calming music or rhythmic sounds, body relaxation and breathing exercises.

**#6 Communication Skill Development:** Teaching a Person Served ways to communicate their needs. Skills will be taught through the use of voice tone, sign language, picture boards, computer boards, etc.

**#7 Horticulture Skills Development:** Teaching a Person Served how to support and maintain plant life. This will be done with the utilization of our wheelchair accessible garden, which has raised gardening boxes in addition to shrubs, fruit trees and a vegetable garden.

**#8 Technology Skill Development:** Teaching a Person Served how to utilize a computer. Computers have been equipped with software to meet a multitude of cognitive levels.

**#9 Sensory Integration Skill Building Development:** Teaching a Person Served through their senses. The implementation of an occupational therapy evaluation could include the use of sounds, lights, textures, weighted vests, brushing, joint compressions, etc. All sensory integration programs are taught to the staff by funding agency’s Occupational Therapist.

**#10 Pre-Vocational Skill Development:** Teaching a Person Served the core skills needed for vocational skill development. Some areas of skill development taught are following directions, staying in the work area, correctly completing assigned job duties, etc.

**#11 Vocational Skill Building:** Teaching a Person Served the skills needed for supported employment. Some areas of skill development would be specific job duties related to the job, mobility training, dress code, personnel policies, etc.

**#12 Physical Health Skill Development**: Teaching a Person Served about the importance of maintaining physical health and offering persons served the information and techniques to participate in their own health care.