

THE CIRCLE

www.sesgeorgiaworks.com



Embarking on a fearless CAI adventure at iFLY Indoor Skydiving

SES Moving Forward

SUPPORTED EMPLOYMENT SPECIALISTS is Celebrating our 23rd year of service in the communities of Cobb, Cherokee, Paulding and Douglas counties. We are embracing a new path in 2023, with a team of Specialists moving in exciting directions! To keep you informed, we're presenting new ways of communicating, such as this monthly newsletter and the upcoming launch of our website. These tools will give you important info, helpful tips and updates on your friends.

HEALTH AND WELLNESS FOCUS: HANDWASHING!!!

Knowing when to wash your hands is important in stopping the spread of germs. It's best to wash your hands with soap and warm water for at least 20 seconds after these activities:

1. Before and after cooking and eating food
2. Before and after caring for someone who is sick
3. Before and after treating a cut or wound
4. After using the restroom
5. After changing diapers
6. After blowing your nose, coughing or sneezing
7. After touching an animal, animal food or animal waste
8. After touching trash



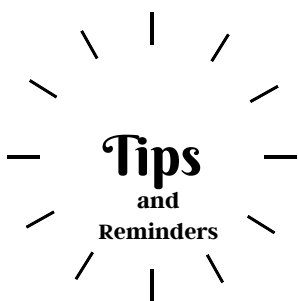
The importance of washing hands with soap and warm water

STRONGER TOGETHER



Brian (Left) and Russell (Right) out enjoying the community

Meet Russ and Brian-...These two friends have been on separate Special Olympics swim teams for years and only saw each other at the State Games. During the Pandemic, they started meeting up occasionally delivering breakfast or lunch to each other. This included hanging out on the front porch and walking in their neighborhoods. They also learned to use FaceTime and Zoom to stay in touch. Recently they found out the 2023 Swim schedule would have them practicing at the same location every Tuesday. They enjoy seeing each other more often. In months to come, they will also compete against each other on different basketball teams. They have given each other tours of their workplaces and it continues to be an ever-growing friendship.



*Remembering
Mother's
Day
May 14th
and
Memorial Day
May 29th*

KNIVES & FORKS

Breakfast is the most important meal of the day. A quick way to get in a healthy amount of protein is a yogurt bowl.

Here's how you can make your own:

- 1 cup of yogurt of your choice
- 1/4 cup of granola
- 1/4 cup chopped strawberries
- 2 tablespoons of honey

1. Grab a bowl and put in your yogurt
2. Sprinkle on your granola
3. Put in your strawberries
4. Top it off with on your honey
5. Enjoy!



Fresh strawberries and granola make any yogurt bowl colorful and delicious