

Dear Families,

Spring is finally here! Our recent themed activities helped your loved one cope with the weather until spring actually arrived. Our “Passport to Travel” weeks led us to Madagascar, Ireland and France with our final week leading us to celebrate spring!

Spring is an exciting time at the Adult Day Center. Our activity team and your loved ones have been busy preparing for the spring opening of our sensory garden. We credit our activity assistant Cynthia Wyatt with using her horticulture therapy background to guide us as we plan, organize and implement our spring planting extravaganza. You will notice many spring and garden focused activities on our April calendar. Regardless of the activity, rest assured if the weather permits, we will hold regularly scheduled activities with in the garden. It is our goal to create as many opportunities as possible to get your loved one outdoors.

Our men’s and ladies’ clubs are thriving as well as our creative minds, reminiscence, adapted sport, adapted cooking and artistic expressions programs. Many of our activities will center on spring and Passover. Rabbi Brad will provide a unique Passover presentation on April 10. If you have any pictures of your loved one celebrating Passover or spring activities when they were younger, please send them into me. Personalizing our reminiscence sessions only enhances the program.

Thanks for your support of our exciting program.

Sincerely,
Theresa (Terri) J Mines CTRS
Certified Therapeutic Recreation Specialist
Adult Day Center Activity Director



Save the Date

Alzheimer’s Association
Cardinals Reminiscence League

April 24
10:30am-12pm
See insert



Purim at the ADC!



Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, the Mid-East Area Agency on Aging (MEAAA), United Way, the Jewish Federation of St. Louis, the Karty Fund, the Veteran’s Administration, the Missouri Department of Mental Health, the State of Missouri Medicaid Program and the Department of Veterans Affairs.

A grant through the Julius, Anna and Lillian Jossem Memorial Fund of the Jewish Federation of St. Louis funds the monthly Tai Chi program. The Music Therapy program is funded by a grant through the JCA Charitable Foundation.



The Adult Day Center at the J welcomes adults of all faiths and ethnic origins. Medicaid is accepted and additional financial assistance is available to those who qualify. The program is licensed by the state of Missouri.

To contact our staff:

Main Office. 314.442.3248



Ashley Stockman
ADC Director
314.442.3245



Kristen Conard
ADC Asst.
Director
314.442.3261



Theresa (Terri) Mines
Activity Director
314.442.3249



Kathy Heitman
Activity
Assistant



Cynthia Wyatt
Activity
Assistant



Peter Krause
iN Program
Specialist



Renee Gavigan
Nurse
314.442.3243



Jenay Sneed
CNA



Karen Stephenson
Admin. Assist.
314.442.3248

Note:

- For schedule and/or transportation changes, call **314.442.3248**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.

Support Groups

The J/Alzheimer’s Association Support Group meets at the Adult Day Center at the J, located in the Staenberg Family Complex – Arts & Education Building. Upcoming meetings are:

Monday: April 3 & May 1
3:00 - 4:30pm

Friday: April 21 & May 19
10:00 - 11:00am

Supervision is available for your loved one during Monday meetings, by reservation only.

Contact Ashley Stockman at **314.442.3245** to RSVP or for more information.



April 2017
Therapeutic Recreation
Calendar & News

Staenberg Family Complex
Arts & Education Building
2 Millstone Campus Drive
St. Louis, MO 63146
p 314.442.3248
f 314.872.7189
jccstl.org



April 3 - 7			
M O N	3	10:30am 11am 11:30am 1pm 1:30pm	Intergenerational Music Exercise Spring Style Clothes Pin Drop/Creative Minds with Kathy Volleyball Name That Tune/Wheel of Fortune
	4	10:30am 11am 11:30am 1pm	Intergenerational Music Exercise Horseshoe Tournament/ Train Reminiscence “I Hear Memories” Music Therapy /The Great Train Game
	5	10:30am 11am 11:30am 1pm	Exercise Gardening Club/Super Hoop Ball “The Creation of Basketball” Entertainment with Dan Balsamo /Sport Bingo
	6	10:30am 11:15am 11:45am 1pm	Tai Chi Cooking Club “Making Haroseth”/Tic Tac Toe Toss Movement Ball Entertainment Papa Wright and Kathy /Ice Cream Parlor Game <i>Happy Birthday Jordan C.</i>
7	10:30am 11am 11:30am 1pm 2pm	Chair Yoga Uno/Bag Ball Music Therapy Small Group and 1:1 Spring Group Crossword Music Therapy withy Jamie /Ludo Shabbat	

April 10 - 14		
MON	10:30am	Intergenerational Music and Passover Presentation with Rabbi Brad
	11am	Exercise
	11:30am	Tennis Ball Toss/What's in the Bag
	1pm	Entertainment with Howard Bly /Puzzle Fun
Eve of Passover		
TUE	10:30am	Intergenerational Music
	11:00am	Morning Stretch with Linda
	11:15am	Intergenerational Passover Movement and Music/ Scrabble
	1pm	Music Therapy /Shake Loose a Memory
1st Day of Passover		
WED	10:30am	Exercise
	11am	Artistic Expressions 'Making Kites'/Champion Throw
	11am	Spring Spelling B
	1pm	Entertainment with Cheryl Brown /Penny Ante
THU	10:30am	Tai Chi
	11:15am	Gardening Club/Baggo
	11:45am	Balloon Toss
	1pm	Entertainment with Rob Callmeyer /Wii Games and iPad
FRI	10:30am	Chair Yoga
	11am	Black Jack/Orbs/Music Therapy Small Group and 1:1
	11:30am	Leisure Charades
	1pm	Music Therapy with Jamie /Parcheesi
	2pm	Shabbat

April 17 - 21		
M O N	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Triangle Toss/Creative Minds with Kathy
	1pm	Therapeutic Drumming/Checker and Domino Tournament
	1:30om	Sing a Long
T U E	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Washer Toss/Reminiscence of “Take me to the Ballgame”
	1pm	Music Therapy with Chrissy/What’s in the News
		<i>8th Day of Passover</i>
W E D	10:30am	Exercise
	11am	Gardening Club/Shuffle Putt
	11:30am	Group Crossword
	1pm	Entertainment with Bill Forness & Company/Capital States and Sequence
T H U	10:30am	Tai Chi
	11:15am	Artistic Expressions “Making Spring Wreaths”/ Football Toss
	11:45am	Story Telling Ball Toss
	1pm	Entertainment with Joseph Garnier/Familiar Faces Bingo
		<i>Happy Birthday Jackie V.</i>
F R I	10:30am	Chair Yoga
	11am	Music Therapy Small group and 1:1/Uno/Baseball
	11:30am	“The Creation of the Mars Candy Bar”
	1pm	Music Therapy with Jamie/Match’em
	2pm	Shabbat

April 24 - 28		
MON	24 10:30am	Intergenerational Music/Cardinal Reminiscence League
	11am	Exercise
	11:30am	Bulls Eye Throw/Up Words
	1pm	Men's Club/Ladies Club
Happy Birthday Thelma C.		
TUE	25 10:30am	Intergenerational Music
	11am	Chair Yoga with Kelly
	11:15am	Intergenerational Chair Yoga with Kelly/Awkward Family Photos Game
	1pm	Music Therapy with Chrissy/Sorry
WED	26 10:30am	Exercise
	11am	Cooking Club "Making Spring Cookies"/Popcorn Toss Game
	11:30am	Popcorn Trivia Game
	1pm	Entertainment with Bryan Foggs/Wii Games and iPad
THU	27 10:30am	Tai Chi
	11:15am	Gardening Club/Bocce Ball
	11:45am	Reminiscence Ball Toss
	1pm	Entertainment with Matt Davis/Bowling Mania
FRI	28 10:30am	Chair Yoga
	11am	Black Jack/Spring Flower Toss
	11:30am	Spring Group Leisure Charades
	1pm	Music Therapy with Jamie/Shake Loose a Memory Game
	2pm	Shabbat

April		2017				
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23	24	25	26	27	28	29
30						

Morning	
7:30am	Early Morning Activities
9:30am	Breakfast
10:10am	Brain Boosters
12:15pm	Lunch
Afternoon	
2:00pm	Bus Dismissal and Reflection & Conversation
3:15pm	Snack
3:30pm	Late Afternoon Activities
5:00pm	Rest and Relaxation

