

Important Message from the ADC Nurse:

With the warm weather approaching, it is critical for everyone to remain hydrated and keep cool. The temperature does not need to hit 100 degrees for a person to be at risk. Severe dehydration in older adults can be fatal and is a common reason for hospitalization. Older adults cannot handle the heat as well as the younger generation because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound that risk - so can certain medications, especially diuretics, and those prescribed for hypertension and Parkinson's disease.

Signs and symptoms of MILD dehydration are:
Headaches, dry mouth with thick saliva, dizziness, sleepiness, thirst, irritability, crying with few or no tears, cramping, flushed face, weakness, dizziness, difficulty passing urine or reduced amounts that are dark yellow, and constipation.

Signs and symptoms of SEVERE dehydration
This is a MEDICAL EMERGENCY – CALL 911
Mild dehydration symptoms becoming worse, confusion, lethargy, poor skin elasticity, fainting/decreased consciousness, lack of urine output, shrunken eyes, moist, cool arms and legs, rapid and faint pulse, low blood pressure, rapid breathing, convulsions and a bloated stomach.

- A few summer safety tips for avoiding dehydration and keeping our older adults cool and safe:
- Don't wait until you are thirsty to drink. Drink an appropriate amount of fluids, water or non-alcoholic, caffeine free beverages. Water is great with a squeeze of lemon or lime!
 - Avoid being in the sun for long periods of time.
 - Eat hydrating foods like cucumber, radishes, watermelon and strawberries. They contain at least 90% water by weight.
 - Avoid sugary drinks.
 - Wear weather appropriate clothing. Don't forget to bring in summer-type clothing for our ADC bins!
 - Use protective sunscreen. We MUST have a doctor's order for this to be applied to the skin.
 - Keep your home cool. Close curtains and blinds when leaving to keep it cooler.

Heat related illness can be a life threatening emergency!
Stay hydrated and keep cool!

Renee Gavigan, RN
Registered Nurse
Adult Day Center at the J







Spring at that Adult Day Center



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:

 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:	May 1 & June 5	3:00 - 4:30pm
Friday:	May 19 & June 16	10:00 - 11:00am

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

Cardinals Reminiscence League
Monday: May 22 & June 26 10:30am - 12:00pm

Questions/RSVP:
Ashley Stockman at **314.442.3245** or ashtockman@jccstl.org

Adult Day Center ^{the j}
Care for your whole family



May 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

May 1 - 5		Mexico Week	
M O N	1	10:30am 11am 11:30am 1pm 1:30pm	Intergenerational Music May Day Style Exercise Maraca Toss/Mexico What's in the Bag? Therapeutic Drumming/Checkers May Day Party
	2	10:30am 11am 11:30am 1pm	Intergenerational Music Mexican Style Exercise Bag Ball/Creative Minds with Kathy Music Therapy /Mexico Word Challenge <i>Happy Birthday Joe D.</i>
	3	10:30am 11am 11:30am 1pm	Mexican Style Exercise Gardening Club/Tic Tac Toe Toss Mexico Spelling B Entertainment with Dan Balsamo /Mexican Coloring Contest
	4	10:30am 11:15am 1pm	Tai Chi Cooking Club "Making Salsa"/Mexican Style Parachute Fun Entertainment with Rob Callmeyer /Table Games from Mexico <i>Happy Birthday Jordan C.</i>
	5	10:30am 11am 1pm 2pm	Chair Yoga Mexican Travelogue with Alice/Music Therapy Small Group and 1:1 Mexican Style Music Therapy with Jamie /Mexican Scrabble Challenge Shabbat

May 8 - 12		Spring has Sprung Week
M O N	8	10:30am Intergenerational Music 11am Exercise 11:30am “Kentucky Derby”/Making Lemonade Demonstration 1pm Entertainment with Howard Bly /Domino Tournament 1:30pm Garden Walks <i>Happy Birthday Karen W.</i>
	9	10:30am Intergenerational Music 11:00am Movement and Music with Cheryl Brown 11:15am Intergenerational Music with Cheryl/Spring Fever Trivia 1pm Music Therapy /Outdoor Sounds
	10	10:30am Exercise 11am Artistic Expressions “Making Spring Flowers”/Flower Pot Toss 11:30am Spring Flower Group Crossword 1pm Spring has Sprung Entertainment with the St. Louis Stutters
	11	10:30am Tai Chi 11:15am Gardening Club/Flower Pot Relay 11:45am Relaxation Ball 1pm Entertainment with Paul Hersteinstein /Nature Bingo
F R I	12	10:30am Chair Yoga 11am Uno/Orbs Toss/Music Therapy Small Group and 1:1 11:30am Leisure Charades 1pm Music Therapy with Jamie “Sort it Out” 2pm Shabbat <i>Happy Birthday Ruth G.</i>

May 15 - 19			Fairs to Remember Week
M O N	15	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	“County Fair Hoop A Prize Game”/Creative Minds with Kathy
		1pm	Mother’s Day Audubon Society Presentation
T U E	16	10:30am	Intergenerational Music
		11am	Tennis Ball Toss/
		11:30am	Intergenerational Carnival
		1pm	Carnival Spelling B Music Therapy /Wii Games and iPad Technology
W E D	17	10:30am	Exercise
		11am	Gardening Club/Bulls
		11:30am	Eye Toss
		1pm	Carnival and Fair Trinket Box Memories Entertainment with Joseph Garnier /County Fair Pie Competition
T H U	18	10:30am	Tai Chi
		11am	“Meet Me In St. Louie Louie, Meet Me at the Fair”
		1pm	Entertainment with Matt Davis /”Movie Matinee Game”
			<i>Happy Birthday Jackie V.</i>
F R I	19	10:30am	Chair Yoga
		11am	Black Jack/Horseshoe
			Tournament/Music Therapy
		11:30am	Small Group and 1:1
		1pm	Group Crossword Music Therapy with Jamie /County Fair Coloring Competition Shabbat
		2pm	

May 22 - 26			Baseball Week
M O N	22	10:30am	Intergenerational Music/ Cardinal Reminisce League
		11am	Exercise
		11:30am	Cardinal Baseball Hitting Practice/Sport Bingo
		1pm	Men’s Club/Ladies Club
T U E	23	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Baseball Throw/”I Hear Baseball Memories”
		1pm	Music Therapy /Cardinal Baseball Memory Challenge <i>Happy Birthday Ester L.</i>
W E D	24	10:30am	Exercise
		11am	Gardening Club/Shuffle Toss
		11:30am	Cardinal Baseball Trinket Box Memories
		1pm	Entertainment with Bill Forness /Baseball Trivia
T H U	25	10:30am	Tai Chi
		11:15am	Artistic Expressions “Baseball Art”/Baseball Game
		1pm	Entertainment with Anita Rosamond /Baseball Coloring Contest
F R I	26	10:30am	Chair Yoga
		11am	Music Therapy Small group and 1:1/Uno/Baseball Toss
		11:30am	Leisure Charades
		1pm	Music Therapy with Jamie /”What’s in the News”
		2pm	Shabbat <i>Happy Birthday Vicki S. (27th)</i>

May 29 - 30 Patriotic Week			
M O N	29	CLOSED	Memorial Day
	30	10:30am	Exercise
		11am	Shuffleboard
	T U E	11:30am	Patriotic Ring Toss/"I Love America Bingo"
	1pm	Music Therapy /America Trivia Game	
W E D	31	10:30am	Exercise
		11am	Cooking Club "Making Homemade Ice Cream"/ Washer Toss
		11:30am	Patriotic Spelling B
		1pm	Entertainment with Bryan Foggs /Match'm
		2pm	Ice Cream Social

May		2017				
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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Daily Activities

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