

Dear Families,

I would like to formally welcome Shraddha Benjankar-Shrestha, who has joined our team as the new Program Assistant for the IN program. Shraddha comes to us with an extensive educational and professional background, including a Bachelor's Degree in Social Sciences, two Master's Degrees in Health Science and Clinical Psychology, as well as a Graduate Certificate in Gerontology. With more than 10 years of professional experience in psychosocial rehabilitation and intervention for people with various disabilities, Shraddha has also collaborated on several international research projects around public health accessibility and psychosocial health. We are grateful for the opportunity to have such a high caliber professional on our team who can help take the new IN program to the next level. Welcome, Shraddha!



We'd Love Your Input

Please keep an eye out for our annual service satisfaction surveys, coming soon. If you have provided us with an email address, we will send you a link for an online version of the survey as well. Your feedback on our programs and services is very important to us. It helps us ensure that we are providing the highest quality of services for you and your family.

Mark Your Clothes

As we begin kicking up the air conditioning to counter the outdoor heat, many people bring sweaters or jackets to balance their preferred body temp. Please be sure your loved one's initials are clearly marked on the inside of all clothing worn or brought to the ADC.

Save the Date

Community Open House on June 15 at 7pm
Alzheimer's Disease: Foresight is 20/20, featuring speaker Denise Kalos, Chief Operating Officer of AFFIRMATIVhealth

Thank you for being a part of our ADC family!

Ashley Stockman
Director, Adult Day Center at the J



Enjoying May 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



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Gavigan
Nurse
314.442.3243



Jenay Sneed
CNA



Shraddha Benjankar-Shrestha
IN Program
Assistant



Peter Krause
IN Program
Specialist

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: June 5 & July 3 3:00 - 4:30pm
Friday: June 16 & July 21 10:00 - 11:00am

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

Cardinals Reminiscence League

Monday: 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



June 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

JEWISH COMMUNITY CENTER



June

2017

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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

June 1 - 2

1

10:30am

Exercise

11am

Gardening Club/Tic Tac Toe Toss

THU

11:30am

Toy Trinket Box Memories

1pm

Entertainment with Dan Balsamo/Name Five Game

2

10:30am

Exercise

11am

Black Jack/Horse Races/ Music Therapy Small Group and 1:1

FR I

11:30am

Picnic Spelling B

1pm

Music Therapy Jamie/Ludo

2pm

Shabbat

June 5 - 9

5

10:30am

Intergenerational Music

11am

Exercise

MON

11:30am

Horseshoe Tournament/ Garden Walks and Scavenger Hunt

1pm

Entertainment with Howard Bly/Wii Games and iPad Technology

6

10:30am

Intergenerational Music

11am

Exercise

TUE

11:30am

Tennis Ball Toss/Creative Minds with Kathy

1pm

Music Therapy with Victoria/Shake Loose a Memory

7

10:30am

Exercise

11am

Tennis Game

WED

11:30am

Garden Club/“A Chilling Tale” History of the Popsicle

1pm

Entertainment with Papa Wright and Kathy/Spill N’ Spell

2pm

Popsicle Party

8

10:30am

Tai Chi

11:15am

Artistic Expressions/Bag Ball

11:45am

Reminiscence Ball Toss

1pm

Trombone and Tambourine

THU

1pm

Entertainment with Joe and Debbie/Capital States & Sequence

9

10:30am

Chair Yoga

11am

Uno/Ring Toss/Music Therapy Small Group and 1:1

FR I

11:30am

Leisure Charades

1pm

Music Therapy with Jamie/ Scrabble

2pm

Shabbat

Happy Birthday Rosalyn E.

June 12 - 16

12

10:30am

Intergenerational Music

11:00am

Exercise

MON

11:30am

Orbs Toss/Summer Memory Challenge

1pm

Volleyball

1:30pm

Name That Tune/Wheel of Fortune

13

10:30am

Intergenerational Music

11am

Exercise

TUE

11:30am

Baggo/Reminiscence of Canning/Summer Garden Vegetables

1pm

Music Therapy/Kitchen Bingo

14

10:30am

Flag Day Exercise

11am

Cooking Club “Canning Vegetables”/Baseball Toss

WED

11:30am

Group Crossword

1pm

Entertainment with Rob Calmeyer/America Trivia Game

2pm

Flag Day Party

15

10:30am

Exercise

11am

Shuffle Board

11:30am

Clothes Pin Drop/Award

1pm

Family Photos

THU

1pm

Entertainment with Cheryl Brown/The Gears Game

16

10:30am

Chair Yoga

11am

Black Jack/Bull’s Eye Match/1:1 Music Therapy

FR I

11:30am

Washer Toss

1pm

Music Therapy with Jamie/Animal Sounds Game

2pm

Shabbat with Gary

Happy Birthday Ed D. (17th) & Laverne M. (18th)

June 19 - 23

19

10:30am

Intergenerational Music

11am

Exercise

MON

11:30am

Shuffle Toss/What’s in the bag?

1pm

Therapeutic Drumming/ Checker and Domino Tournament

1:30pm

Sing a Long

20

10:30am

Intergenerational Music

11am

Exercise

TUE

11:30am

Golf Putting Green Challenge

1pm

Music Therapy with Victoria/National Park Yahtzee

21

10:30am

Exercise

11am

Legacy Woodworks Demonstration/Triangle Toss

WED

11:30am

Summer Relay

1pm

Summer Music with “Young at Harp”/Ocean Bingo

2pm

Summer Solstice Party

22

10:30am

Tai Chi

11:15am

Artistic Expressions/Poker Toss Game

THU

1pm

Entertainment with Joseph Garnier/Famous People Bingo

23

10:30am

Chair Yoga

11am

Uno/Popcorn Toss

FR I

11:30am

Popcorn Trivia Challenge

1pm

Music Therapy with Jamie/Sort it Out

2pm

Shabbat

June 26 - 30

26

10:30am

Intergenerational Music/ Cardinal Reminiscence League

11am

Exercise

MON

11:30am

Baseball Hitting Practice

1pm

Men’s Club/Ladies Club

27

10:30am

Intergenerational Music

11am

Exercise

TUE

11:30am

Gardening Club/Baseball Bounce Challenge

1pm

Music Therapy with Victoria/Sport Bingo

28

10:30am

Exercise

11am

Cooking Club “Making Homemade Ice Cream”/Ice Cream Relay

WED

11:30am

Ice Cream Flavor Spelling Challenge

1pm

Entertainment with Matt/ Ice Cream Game

2pm

Ice Cream Social

29

10:30am

Tai Chi

11:15am

Golf Chipping Target

THU

1pm

Piano and Harp

1pm

Entertainment with Elaine/Wii Games and iPad Technology

30

10:30am

Chair Yoga

11am

Black Jack/Penny Toss/ Music Therapy Small Group and 1:1

FR I

11:30am

Leisure Charades

1pm

Music Therapy with Jamie/Sorry

2pm

Shabbat with Linda