

Dear Families,

Staffing Updates

By now most of you have heard the news that Terri, our Activity Director, has taken a position with another agency. We are so thankful for all of the great work and support she has provided the Adult Day Center at the J, and wish her good luck! We would also like to thank Peter Krause, Inclusion Specialist, for all of the support and insight he has provided our team with the development of our new IN program at the ADC. The time has now come for Peter to return to his duties within the Inclusion Department at the J. We are looking forward to many collaborative activities with participants from his other programs in the future.



Terri Mines (right) with ADC participant at a recent celebration.

Welcome!

We would also like to announce that Brittany Fischer has joined the ADC team as our new IN Program Coordinator. Britney holds a Bachelor's Degree in Human Services and Master's Degree in Nonprofit Administration. She previously served as the Coordinator of Senior Programs for the J's own Kitchen J program. Britney has extensive experience with planning and coordinating skill-based individual and group activities for both younger and older adults. We are very excited to welcome Britney's energy and enthusiasm to the ADC, and hope that you will join us in welcoming her to the team this month!



Brittany Fisher (left) with participants of Kitchen J.

Be Safe

Enjoying a cool summer night stroll is appealing to beat the heat, but precautions must be taken to ensure the safety of individuals with Alzheimer's or a related dementia who wanders and could become lost. MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency, no matter when or where the person is reported

missing. Caregivers, citizens or emergency personnel can report that someone is lost by calling the 24-hour emergency response line (1.800.625.3780) listed on the ID jewelry. Safe Return will notify the listed contacts, making sure the person is returned home. You can register for this service by visiting medicalert.org/safereturn, or calling 1.888.572.8566 for more information.

REMINDER: The ADC will be CLOSED on Independence Day, Tuesday, July 4th.

We hope you all have an enjoyable and safe 4th of July holiday, and thanks for being a part of our ADC family!

Ashley Stockman
Director, Adult Day Center at the J



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



Cynthia Wyatt
Activity Assistant



Renee Gavigan
Nurse
314.442.3243



Brittany Fisher
IN Program Coordinator



Kathy Heitman
Activity Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Jenay Sneed
CNA



Shraddha Benjankar-Shrestha
IN Program Assistant

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 Stoenberg Family Complex – Arts & Education Building. Upcoming meetings are:

Monday: July 3 & August 7 3:00 - 4:30pm
Friday: July 21 & August 18 10:00 - 11:00am

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

Questions/RSVP:

Ashley Stockman at 314.442.3245 or ashtockman@jccst.org



July 2017
Therapeutic Recreation
Calendar & News

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



July 3 - 7 Patriotic Week		
MON	3	10:30am Intergenerational Music 11am Patriotic Exercise 11:30am Patriotic Penny Toss/Capital, States & Sequence Game 1pm Patriotic Music with Rhenka /Patriotic Bingo 2pm Patriotic Party
	4	CLOSED Independence Day
	TUE	
	5	10:30am Patriotic Exercise 11am Golf Putting 11:30am “Red, White & Blue” Gardening Club/Patriotic Crossword 1pm Entertainment with Dan Balsamo /National Park Yahtzee 2pm Watermelon Party
	6	10:30am Tai Chi 11:15am Nature Artistic Expressions on Canvas/Baggo 11:45am Movement Ball 1pm Patriotic Entertainment with Rob Callmeyer /Wii Games & iPad Technology
	7	10:30am Chair Yoga 11am Uno/Horseshoe Tournament/ Music Therapy Small Group and 1:1 11:30am Lady Liberty 1pm Music Therapy with Anna /Ludo 2pm Shabbat
	FRI	

July 10 - 14 Summertime Beach Week		
MON	10	10:30am Intergenerational Music 11am Exercise 11:30am Clothes Pin Drop/Creative Minds with Kathy 1pm Beach Ball Volleyball 1:30pm Name That Tune/Beach Blanket Bingo
	11	10:30am Intergenerational Music 11am Exercise 11:30am Bag Ball /Reminiscence of Summer Beach Vacations 1pm Music Therapy with Victoria /National Park Memory Challenge
	TUE	
	12	10:30am Flag Day Exercise 11am Cooking Club “Making Summertime Desserts” 11:30am Leisure Charades 1pm Entertainment with Paul Hertenstein /Sea Cost Memory Game 2pm Beach Party
	13	10:30am Tai Chi 11:15am Gardening Club/Bull’s Eye Match/1:1 Music Therapy 11:45am Summertime Reminiscence Ball Toss 1pm Summer Dance Show with the St. Louis Strutters
	14	10:30am Chair Yoga 11am Black Jack/Orbs Toss/Music Therapy Small Group and 1:1 11:30am Beach Memories 1pm Music Therapy with Anna /Ocean Bingo 2pm Shabbat with Jason & Linda <i>Happy Birthday Sandy S. (16th)</i>
	FRI	

July 17 - 21 Fun in the Sun Week		
MON	17	10:30am Intergenerational Music 11am Exercise 11:30am Sun Relay Game/Sun Trivia Challenge 1pm Entertainment with Maurice Edlestien /Wii Games and iPad Technology
	18	10:30am Intergenerational Music 11am Exercise 11:30am Summertime Style Shuffle Toss/”What’s in the Bag?” 1pm Music Therapy with Victoria /Sort it Out
	TUE	
	19	10:30am Exercise 11am Artistic Expressions “Sand and Sun Art”/Sun Toss Challenge 1pm Entertainment with Joe Garnia /Bananagram
	20	10:30am Tai Chi 11:15am Gardening Club “Sun Flower Fun” 1pm Entertainment with Matt Davis /Ice Cream Parlor Game 2pm Ice Cream Social
	THU	
	21	10:30am Chair Yoga 11am Uno/Popcorn Toss 11:30am Summer Leisure Charades 1pm Music Therapy with Anna /Parcheesi 2pm Shabbat
	FRI	

July 24 - 28 Beat the Heat Week		
MON	24	10:30am Intergenerational Music/ Cardinal Reminiscence League 11am Exercise 11:30am Baseball Toss Game 1pm Men’s Club/Ladies Club/Ice Tea Challenge
	25	10:30am Intergenerational Music 11am Exercise 11:30am Gardening Club/Swimming Pool Toss Challenge 1pm Music Therapy with Victoria /Sport Bingo
	TUE	
	26	10:30am Exercise 11am Golf Chipping Target 11:30am Summer Crossword Challenge/Summer Hat Reminiscence 1pm Entertainment with Bryan Foggs /Ludo 2pm Popsicle Party
	WED	
	27	10:30am Tai Chi 11:15am Country Western Trinket Box Memories/”Cooking Club” Making Homemade Lemonade 1pm Entertainment with Bill Forness /Country Western Memory Challenge <i>Happy Birthday Jerry J.</i>
	THU	
	28	10:30am Chair Yoga 11am Black Jack/Summer Hat Toss/Music Therapy Small Group and 1:1 11:30am Horse Races 1pm Music Therapy with Anna /Scrabble 2pm Shabbat with Gary <i>Happy Birthday Richard B.(30th)</i>
	FRI	

July 31		
MON	31	10:30am Intergenerational Music 11am Exercise 11:30am Poker Toss 1pm Therapeutic Drumming/ Dominoes Tournament 1:30pm Sing A Long/Wheel of Fortune
	TUE	
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July 2017						
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30	31					

Daily Activities	
Morning	
7:30am	Early Morning Activities
9:30am	Breakfast
10:10am	Brain Boosters
12:15pm	Lunch
Afternoon	