

Dear Families,

Important Updates and Info:

Thank you to those who have completed the annual satisfaction survey! We rely on your feedback to know what we are doing well, and to learn how we can make improvements to our programs and services for you. Our highest priority is to ensure we are providing the very best possible care to your loved ones and your input is very important for us. If you have not yet returned the survey, please do so before **August 18**.

At this time, I would like to recognize Kathy Heitman for her commitment and dedication to the Adult Day Center, and thank her for 11 years of service! Kathy, your knowledge, compassion and leadership are so greatly appreciated by us all. Thanks for all that you do!



Kathy (third from right) poses with participants of the Adult Day Center in 2015.

SAVE the DATE
Sunday, August 27 • 1-3pm

The ADC and The J are co-sponsoring a special public event, **Dynamic Aging: Living Life with Gusto & Purpose** at Congregation B’nai Amoona in Creve Coeur. All are welcome to attend and hear from a professional panel of speakers on aging related topics, including healthy aging, learning, and volunteering in the community. To RSVP or for questions, please call Joey Boime at 314.682.3400.

Thank you for being a part of our ADC family!

Ashley Stockman
Director, Adult Day Center at the J



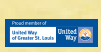
July fun at the ADC!



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



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

Monday: August 7 & September 11 3:00 - 4:30pm
Friday: August 18 & September 15 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@jccstl.org



August 2017
CONNECTIONS 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



August 1 - 4		
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
1 T U E	10:30am	Tisha B'Av Intergenerational Music
	11am	Exercise
	11:30am	Tic Tac Toe Toss
	1pm	Music Therapy with Victoria /Slam
2 W E D	10:30am	Exercise
	11am	Triangle Toss/Gardening Club
	11:30am	Leisure Charades
	1pm	Music with Rob Callmeyer /Sorry
3 T H U	10:30am	Tai Chi
	11:15am	NFL Pre-season Trivia/ Football Toss
	1pm	Music with Dan Balsamo / Scrabble
	2pm	Frank Sinatra Party
4 F R I	10:30am	Chair Yoga
	11am	Black Jack/1:1 Music Therapy/American Bandstand Trivia
	11:30am	Name That Tune
	1pm	Music Therapy with Annie / Wii & iPad Games
	2pm	Shabbat with Rabbi Larry

August 7 - 11 Great Outdoors Week		
7 M O N	10:30am	Exercise
	11am	Art Expressions/Tipi Toss/ Story Telling Game
	1pm	Volleyball
	1:30pm	National Parks Memory Challenge/A.S.A.P.
8 T U E	10:30am	Exercise
	11am	Bocci Ball
	11:30am	Campfire Sing-A-Long/ Gardening Club
	1pm	Music Therapy with Victoria /National Parks Yahtzee
9 W E D	10:30am	Exercise
	11am	Cooking Club “Fresh from the Garden”/Baggo/Outburst
	1pm	Music with Young At Harp / Uno
10 T H U	10:30am	Tai Chi
	11:15am	Gone Fishing/Creative Minds with Kathy
	1pm	Music with Papa Wright / Nature Bingo
	2pm	National S’mores Day Treat
11 F R I	10:30am	Chair Yoga
	11am	Skip Bo/1:1 Music Therapy/ Toss Challenge
	11:30am	Football Toss/Animal Sound Match
	1pm	Music Therapy with Annie / Campfire Stories
	2pm	Shabbat
		<i>Happy Birthday Matt S. & Lavertia J.(13th)</i>

August 14 - 18 Viva Las Vegas Week		
14 M O N	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Record Ring Fling
	1pm	Parachute
	1:30pm	Visiting Las Vegas - video
15 T U E	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Ace-in-the-Hole
	1pm	Music Therapy with Victoria /Texas Hold’em Poker
		<i>Happy Birthday Janet C.</i>
16 W E D	10:30am	Exercise
	11am	Legacy Woodworks with Mark Donoho/Shuffle Toss/20 Questions
	1pm	Music with Cheryl Brown /Who Wants to be a Millionaire?
17 T H U	10:30am	Tai Chi
	11:15am	Horse Races/Elvis Presley Karaoke/Art Expressions
	1pm	Music with Rhenka /Kings in the Corner
18 F R I	10:30am	Chair Yoga
	11am	Black Jack/1:1 Music Therapy/Large Champion Throw
	11:30am	Famous Charades
	1pm	Music Therapy with Annie / Wheel of Fortune
	2pm	Shabbat w/ Linda
		<i>Happy Birthday Dottie W.(19th)</i>

August 21 - 25 Astronomy Week		
21 M O N	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Sun Relay Game/World Trivia Challenge
	1pm	Solar Eclipse Viewing/Wii and iPad Games
22 T U E	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Creative Minds with Kathy/ Small Champion Throw
	1pm	Music Therapy with Victoria /Name That Constellation
23 W E D	10:30am	Exercise
	11am	Art Expressions/Orbs Toss
	1pm	Music with Anita Rosamond /Reminiscing - Moon Landings
	2pm	Moon Pie Party
24 T H U	10:30am	Tai Chi
	11:15am	Gardening Club/Saturn Ring Toss
	1pm	Music with Joe Garnier / Solar System Trivia
25 F R I	10:30am	Chair Yoga
	11am	No Gravity Golf
	11:30am	Space Spelling Bee/Clothes Pin Drop
	1pm	Music Therapy with Annie / Constellation Bingo
	2pm	Shabbat

August 28 - 31		
28 M O N	10:30am	Strengthen Your Mind/ Cardinal’s Reminiscence League
	11am	Exercise – 7th Inning
	11:30am	Stretching Baseball Toss
	1pm	Men & Ladies Club
29 T U E	10:30am	Art Expressions/Mind Joggers
	11am	Exercise
	11:30am	Golf Putting/Hole-in-One Challenge
	1pm	Music Therapy with Victoria /Farkle
30 W E D	10:30am	Exercise
	11am	Gardening Club/Bull’s Eye Toss
	1pm	Music with Bryan Foggs / Chinese Checkers
		<i>Happy Birthday Wayne T.</i>
31 T H U	10:30am	Tai Chi
	11:15am	Cooking Club/Sensory Exploring with Cynthia
	1pm	Music with Matt Davis / Jeopardy
	2pm	National Trail Mix Day
		<i>Happy Birthday Lorraine D.</i>

August		2017					
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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			