

Dear Families,

Important Updates and Info:

September is a very special month as we enter the Jewish High Holy Days season, with the first being Rosh Hashanah on September 21. The literal translation for Rosh Hashanah is “head of the year” and begins on September 20 with Erev Rosh Hashanah (Eve of the New Year). Rosh Hashanah leads into the Days of Awe, a 10-day grace period in which people are encouraged to reconcile past transgressions, repent for their sins and settle their disputes and debts. The 10 Days of Awe conclude with Yom Kippur, the Day of Atonement on September 30. Five days after Yom Kippur, on October 4, begins the Festival of Sukkot or “Season of Our Rejoicing.” To honor the upcoming Jewish holidays, Rabbi Brad Horwitz will be visiting us on Wednesday September 20 at 11am to offer an educational presentation surrounding these important holidays.

ADC HOLIDAY HOURS & CLOSURES:

- **LABOR DAY**
Monday, September 4 – CLOSED
- **EREV ROSH HASHANAH**
Wednesday, September 20 – CLOSE at 5pm
- **ROSH HASHANAH**
Thursday, September 21 – CLOSED
- **EREV YOM KIPPUR**
Friday, September 29 – CLOSE at 5pm

If you would like to arrange attendance for an alternate day, please feel free to contact Kristen at 314.442.3261 or Karen at 314.442.3248 for scheduling changes.

Thank you and L’shana tova
(Have a good New Year)!

Ashley Stockman
Director, Adult Day Center at the J



August fun in the 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:

Main Office. 314.442.3248



Ashley Stockman
ADC Director
314.442.3245



Kathy Heitman
Activity Assistant



Carly Vogel
Program Assistant



Renee Gavigan
Nurse
314.442.3243



Brittany Fisher
IN Program Coordinator



Shraddha Benjankar-Shrestha
IN Program Assistant



Kristen Conard
ADC Asst. Director
314.442.3261



Cynthia Wyatt
Activity Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Jenay Sneed
CNA



Lucy Kiarie Kamau
RN

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

Monday: Sept. 11 & Oct. 2 3 - 4:30pm
Friday: Sept. 15 & Oct. 20 1 - 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



September 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



September 1

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| September 2017 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 27 | 29 | 30 |

Daily Activities

Morning

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|---------|--------------------------|
| 7:30am | Early Morning Activities |
| 9:30am | Breakfast |
| 10:10am | Brain Boosters |

12:15pm Lunch

Afternoon

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| 2:00pm | Bus Dismissal and Reflection & Conversation |
| 3:15pm | Snack |
| 3:30pm | Late Afternoon Activities |
| 5:00pm | Rest and Relaxation |

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|---|---------|---------------------------------|
| 1 | 10:30am | Chair Yoga |
| | 11am | Shuffleboard/1:1 Music Therapy |
| FRI | 11:30am | Kitchen Bingo/Crossword |
| | 1pm | Lg Group Music Therapy/ Yahtzee |
| | 2pm | Shabbat/Sm Group Music Therapy |
| Happy Birthday Fred T. , Alvin A.(2nd) & Arline K.(3rd) | | |

September 4 - 8

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| 4 | CLOSED | |
| MON |  | |

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| 5 | 10:30am | Intergenerational Music |
| | 11am | Exercise |
| TUE | 11:30am | Back to School Reminiscence/Baggo |
| | 1pm | Lg Group Music Therapy/ American Trivia Game |
| | 2pm | Sm Group Music Therapy |

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|-----|---------|---|
| 6 | 10:30am | Exercise |
| | 11am | Gardening Club/Bullseye Match |
| WED | 11:30am | Leisure Charades |
| | 1pm | Music with Paul Hertenstein/Farkle Around |
| | 2pm | Trivia |

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|-----|---------|--------------------------------------|
| 7 | 10:30am | Tai Chi |
| | 11:15am | Mind Joggers/Pokeno/Super Hoop |
| THU | 1pm | Music with Rob Callmeyer/ Black Jack |
| | 2pm | Buddy Holly Party |

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| 8 | 10:30am | Chair Yoga |
| | 11am | Cooking Club/Triangle Toss/1:1 Music Therapy |
| FRI | 1pm | Lg Group Music Therapy/ Boggle |
| | 2pm | Shabbat with Rabbi Larry/ Sm Group Music Therapy |
| Happy Birthday Lee M.(10th) & Cristiana W.(10th) | | |

September 11 - 15

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|-----|---------|---|
| 11 | 10:30am | Intergenerational Music |
| | 11am | In-Gen Movement & Music with Linda Smith/Wild West Memory Challenge |
| MON | 1pm | Music with Howard Bly/ Spill & Spell Showdown |
| | 2pm | Grandparent Day Celebration |

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|-----|---------|------------------------------------|
| 12 | 10:30am | Intergenerational Music |
| | 11am | Exercise |
| TUE | 11:15am | Intergenerational Horseshoes/Racko |
| | 1pm | Lg Group Music Therapy/ Dominoes |
| | 2pm | Trivia/Sm Group Music Therapy |

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|-----|---------|-------------------------------------|
| 13 | 10:30am | Exercise |
| | 11am | Cooking Club/Cow Pie Toss |
| | 11:30am | Creative Minds w/Kathy/Staff Choice |
| WED | 1pm | Music with Bill Forness/Gin |
| | 2pm | Wild West Party |

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| 14 | 10:30am | Tai Chi |
| | 11:15am | Art Expressions/Musical Cowboy Hat/Cactus Lasso Challenge |
| THU | 1pm | Music with Dan Balsamo/ Clue |
| | 2pm | Trivia |

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| 15 | 10:30am | Chair Yoga |
| | 11am | Lasso Golf/1:1 Music Therapy |
| FRI | 11:30am | Western Movie Memory Challenge/Name That Tune |
| | 1pm | Lg Group Music Therapy/ Texas Hold 'em |
| | 2pm | Shabbat w/Linda Smith/ Sm Group Music Therapy |

September 18 - 22

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|-----|---------|---------------------------------------|
| 18 | 10:30am | Intergenerational Music |
| | 11am | Exercise |
| MON | 11:30am | Gardening Club/Toss Up |
| | 1pm | Music with Elaine Pontious/Volleyball |
| | 2pm | Trivia |

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|-----|---------|-----------------------------------|
| 19 | 10:30am | Intergenerational Music |
| | 11am | Exercise |
| TUE | 11:30am | Wii Family Feud/Adult Coloring |
| | 1pm | Lg Group Music Therapy/ Words Out |
| | 2pm | Trivia/Sm Group Music Therapy |

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| 20 | 10:30am | Exercise |
| | 11am | Rosh Hashanah presentation w/Rabbi Brad |
| WED | 11:30am | Sensory Exploring w/ Cynthia/Bag Toss |
| | 1pm | Music with Joe Garnier/ iPad Technology |
| | 2pm | Trivia |
| | 5pm | ADC Closing at 5:00pm |

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| 21 | CLOSED ROSH HASHANAH | |
| THU | | |

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|---------------------------------|---------|---------------------------------------|
| 22 | 10:30am | Chair Yoga |
| | 11am | Shuffle Putt/1:1 Music Therapy |
| FRI | 11:30am | Parachute/Uno |
| | 1pm | Lg Group Music Therapy/ Scrabble Slam |
| | 2pm | Shabbat/Sm Group Music Therapy |
| Happy Birthday Thelma O. (23rd) | | |

September 25 - 29

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| 25 | 10:30am | Intergenerational Music/ Cardinal's Reminiscence League |
| MON | 11am | 7th Inning Stretching |
| | 11:30am | Baseball Toss Challenge |
| | 1pm | Men and Ladies Club |
| | 2pm | Trivia |

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|-----|---------|-----------------------------------|
| 26 | 10:30am | Intergenerational Music |
| | 11am | Exercise |
| TUE | 11:15am | Intergenerational Carnival |
| | 1pm | Lg Group Music Therapy/ Parcheesi |
| | 2pm | Trivia/Sm Group Music Therapy |

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|-----|---------|-------------------------------------|
| 27 | 10:30am | Exercise |
| | 11am | Art Expressions/Sing-A-Long |
| WED | 11:30am | Therapeutic Drumming/ Movement Ball |
| | 1pm | Music with Bryan Foggs/ Penny Ante |
| | 2pm | Trivia |

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|-----|---------|---|
| 28 | 10:30am | Tai Chi |
| | 11:15am | Gardening Club/Numbers Ball Toss/Staff Choice |
| THU | 1pm | Music with Matt Davis/ Quirkle |
| | 2pm | Trivia |

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| 29 | KOL NIDRE YOM KIPPUR | |
| | 10:30am | Chair Yoga |
| | 11am | Ski-Ball/1:1 Music Therapy |
| FRI | 11:30am | Creative Minds w/Kathy/ Clothespin Drop |
| | 1pm | Lg Group Music Therapy/ Ludo |
| | 2pm | Shabbat with Rabbi Larry/ Sm Group Music Therapy |
| | 5pm | ADC Closing at 5:00pm |