

Dear Families,

Flu Season Again
It's that time of year once again...FLU SEASON!

Be Prepared, Immunize! Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and is contagious. Research shows that the best way to prevent the flu is by getting vaccinated each year. Places to go for your flu shot: always ask your family physician's office if they have the shots available, or you can go to any Take Care Clinic at a Walgreens near your home, or you can go to any BarnesCare. And please remember, if your loved one is displaying any flu symptoms, he or she should stay at home until no longer contagious.

Welcome Karli!
I would like to welcome Karli Richter, CTRS, to the ADC team as our new Recreation Program Coordinator! Karli brings extensive experience in Therapeutic Recreation and activity planning in long-term care settings. We are very excited to see her expertise in action beginning with our October programs. Karli's innovative thinking, positive energy and enthusiasm for working with our participants are only a few of many great assets she brings to our ADC team. Please join me in welcoming Karli and feel free to stop in and say hello!

Thank you for being a part of our ADC family!

Ashley Stockman
Director, Adult Day Center at the J



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:
Oct. 2 & Nov. 6 3 - 4:30pm
Friday:
Oct. 20 & Nov. 17 10 - 11am

Supervision is available for your loved one during Monday meetings, by reservation.
Questions/RSVP:
Kristen Conard,
314.442.3261,
kconard@jccst.org



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
	Karli Richter Recreation Program Coordinator		Carly Vogel Program Assistant
	Kathy Heitman Activity Assistant		Cynthia Wyatt Activity Assistant
	Renee Gavigan Nurse 314.442.3243		Jenay Sneed CNA
	Lucy Kiarie Kamau RN		Karen Stephenson Admin. Assist. 314.442.3248

IN Program

	Brittany Fisher IN Program Coordinator		Shraddha Benjankar-Shrestha IN Program Assistant
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Note:

- For schedule and/or transportation changes, call 314.442.3248.
- For all medicine changes, treatments and any other pertinent medical information, contact Renee.



October 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

October 2 - 6		
M O N	2 10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Shuffle Board/Adult Coloring
	1pm	Volleyball/It's in the News
	2pm	Trivia/Word and Picture Puzzles

3	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Garden Club/Ring Toss
U	1pm	Music Therapy w/Victoria/
E		Poker
	2pm	Trivia/Sm Group Music
		Therapy

W	10:30am	Exercise/Wednesday Walkers
E	11am	Creative Minds with Kathy/ Staff Choice
D	1pm	Music with Dan Balsamo/ Outburst
	2pm	Trivia

5		SUKKOT
	10:30am	Tai Chi
T	11am	Pokeno/Art Expression
H	1pm	Music with Anita
U		Rosamond/Scrabble
	2pm	Trivia/Sm Group Music Therapy

SUKKOT	
6	10:30am Chair Yoga
F	11am Black Jack/Smile Bean Bag
R	Toss /1:1 Music Therapy
I	1pm Music Therapy w/Annie/ Wii & iPad Games
	2pm Shabbat/Sm Group Music Therapy

October 9 - 13		
M O N	9 10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Garden Club/Creative Minds with Kathy
	1pm	Apple Tasting/Gone Fishing
	2pm	Trivia/Coloring

T U E	10:30am	Intergenerational Music
	11am	Exercise/ECC SUKKOT
	11:30am	Art Expression Painting w/ Apples/Sing-A-Long
	1pm	Music Therapy w/Victoria/ Rummikub
	2pm	Trivia/Sm Group Music Therapy

11	10:30am	Exercise/Wednesday Walkers
W	11am	Sensory Exploring with Cynthia/Apple Trivia/Apple Toss
E	1pm	Music with Rob Callmeyer/ Checkers
D	2pm	Trivia

12		SHEMINI ATZERET
	10:30am	Tai Chi
T	11:15am	Cooking Club/Hot Apple
H	1pm	Music with Cheryl Brown/
U		Parcheesi
	2pm	All-Things-Apple Party

13 F R I	10:30am	SIMCHAT TORAH Chair Yoga
	11am	Uno/Apples to Apples/1:1 Music Therapy
	1pm	Music Therapy w/Annie/ Story Cube
	2pm	Shabbat/Sm Group Music Therapy

October 16 - 20		
MON	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Sensory Exploring with Cynthia/Movement Ball
	1pm	Therapeutic Drumming/ Memory Stretch
	2pm	Trivia

T U E	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Word Games/Champion
		Throw
	1pm	Music Therapy w/Victoria/ Oh Shoot
	2pm	Trivia/Sm Group Music Therapy

18	10:30am	Exercise/Wednesday Walkers
W	11am	Bingo/Art Expression
E	1pm	Music with Matt Davis/
D		Kings in the Corner
	2pm	Trivia

T H U	10:30am	Music in Motion with Karli
	11:15am	Garden Club/Volleyball
	1pm	Music with Joe Garnier/
	2pm	Clue Trivia

F R I	10:30am	Chair Yoga
	11am	Black Jack/Scrabble /1:1
		Music Therapy
	1pm	Music Therapy w/Annie/ Staff Choice
	2pm	Shabbat with Rabbi Larry/ Sm Group Music Therapy

October 23 - 27		
M O N	23 10:30am	Intergenerational Music/ Cardinal's Reminiscence League
	11am	Exercise
	11:30am	Mental Fitness/Adult Coloring
	1pm	Men's and Ladies Club
	2pm	Trivia

T U E	24	10:30am	Intergenerational Music
		11am	Intergenerational Legacy
			Wood Works/Fall Charades
		1pm	Music Therapy w/Victoria/
			Magic Moments
		2pm	Trivia/Sm Group Music Therapy

25	10:30am	Exercise/Wednesday Walkers
W	11am	Garden Club/Cooking Club
E	1pm	Music with Bryan Fogg /Spoons
D	2pm	Fall Party

T H U	10:30am	Tai Chi
	11:15am	Art Expression Gourd
		Decorating/Fall Time
		Reminiscing
	1pm	Music with Papa Wright and Jackie/Sort it Out
	2pm	Trivia

27	10:30am	Chair Yoga
	11am	Uno/Dog Bingo/1:1 Music Therapy
FRI	1pm	Music Therapy w/Annie/ Family Feud
	2pm	Shabbat with Rabbi Larry/ Sm Group Music Therapy

October 30 - 31

MO	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Parachute Play/Sing A Long
	1pm	Bocci Ball/Puzzles
N	2pm	Trivia

T U E	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Garden Club/Washer Toss
	1pm	Music Therapy w/Victoria/ Boggle
	2pm	Trivia/Sm Group Music Therapy

October				2017		
s	m	t	w	t	f	s
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	Ind./Small Group Sensory, Art & Leisure
5:00pm	Rest and Relaxation