

Dear IN Program Families,

Wishing everyone good health this month! Don't forget to get your flu shot this season!

Important Reminder:

Chilly weather is on the way and before you know it we will be bundled up with coats, hats, scarves and gloves! We want to make sure everybody goes home with the same items they came in with, which can pose quite the challenge from time to time. As with all clothing/ personal items brought into the ADC, we kindly ask that you clearly mark each item with a name or initials. This is tremendously helpful for avoiding confusion and smoothing out our transition process at the end of the day. We greatly appreciate your cooperation.

Happy Thanksgiving

May your home be filled with laughter and happiness! Sending you my warm wishes from home to home and from heart to heart to wish you a very Happy Thanksgiving!

- Fun November Facts**
- The birthstone for November is the topaz.
 - The birth flower for November is the chrysanthemum.

Looking forward to another great month with you all.

Sincerely,
Brittany Fischer,
IN Program Coordinator at the J



Parent Focus Groups

Monthly focus groups are intended to provide families/ parents of IN Program participants an opportunity to connect and share resources with each other.

Upcoming Meeting
November 8
5-6pm

Meetings are held in the SFC Arts & Education Building and occur the second Wednesday each month.



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.

IN Program

To contact our staff:

Main Office. 314.442.3248

	Ashley Stockman ADC Director 314.442.3245		Kristen Conard ADC Asst. Director 314.442.3261
	Brittany Fisher IN Program Coordinator 314.442.3249		Shraddha Benjankar-Shrestha IN Program Assistant
	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

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

Adult Day Center the j
Care for your whole family



November 2017
IN Program
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

November 1 - 3

Daily Activities

Morning

8:30-9:30am Coffee Talks/Table Activity
9:30am Breakfast
10:15am Discuss Schedule/Set Expectations

12:15pm Lunch

Afternoon

2:30pm Sensory Break/Choice Individual Activity
3:15pm Snack
4:00pm Group/Individual Project

1 10:30am Library Trip
1:00pm Dance Entertainment: STL Strudders Dance Performance with Connections Group
2:00pm Exercise: Track
WED

2 9:45am Tai Chi
10:30am Bake Sale Project
11:30am Greet Gym Members
1:00pm Swimming
THU

3 10:30am Volunteering @ the J: Folding Towels
11:30am Exercise: Lean & Clean
1:00pm Wii & Ipad Games with Connections Group
2:00pm Art Expressions
FRI

November 6 - 10

6 10:00am Speech Therapy
11:00am Exercise: Lean and Clean
1:00am Swimming
MON 3:00pm Volunteering @ Covenant Place Dinner Set-up

7 10:30am In-Gen Music with Early Childhood
TUE 11:00pm Music Therapy
1:00pm Mason Jar Night Light Project with Connections Group
2:00pm Dinaz Birthday Celebration!

8 10:30am Exercise: Lean and Clean
11:00am Legacy Wood Work with Connections Group
WED 1:00pm Volunteering @ Red Racks Thrift Store
3:00pm Bake Sale Project

9 9:15am Tai Chi
11:00am Cooking Club with Connections Group or Therapeutic Drumming
THU 1:00pm Swimming

10 10:30am Volunteering @ the J: Folding Towels
11:00am VA Service with Connections Group
1:00pm Exercise: Inside Track
2:00pm Group Game
FRI

November 13 - 17

13 10:00am Speech Therapy
11:30am Exercise: Track
MON 1:00pm Art Expressions
3:00pm Volunteering @ Covenant Place Dinner Set-up

14 10:30am In-Gen Music with Early Childhood
TUE 11:00am Speech Therapy
1:00pm Swimming
3:00pm Bake Sale Project

15 10:30am Art Museum Trip
4:00pm Return to Center
WED

16 9:45am Tai Chi
11:00 Bath Bomb Project with Connections Group
THU 1:00pm Swimming

17 10:30am Volunteering @ the J: Folding Towels
1:00pm Exercise: Inside Track
2:00pm Art Expressions: Tie Dye
FRI

November 20 - 24

20 10:00am Speech Therapy
11:00am Garden Club with Connections Group
MON 1:00pm Exercise: Inside Track
2:00pm Bake Sale Project

21 10:30am In-Gen Music with Early Childhood
TUE 11:00am Music Therapy
1:00pm Swimming

22 10:30am Science Center Trip
4:00pm Return to Center
WED

23 Thanksgiving No Program
THU

24 Thanksgiving No Program
FRI

November 27 - 30

27 10:00am Speech Therapy
1:00pm Art Expressions
MON 2:00pm Bake Sale Project
3:00pm Volunteering @ Covenant Place

28 10:30am In-Gen Music with Early Childhood
TUE 11:00am Music Therapy
1:00pm Swimming

29 10:30am Trip to the Magic House
4:00pm Return to Center
WED

30 9:45am Tai Chi
10:30pm Greet Gym Members
THU 11:00am Art Expressions
1:00pm Swimming

November 2017						
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