

Dear IN Program Families,

Fall is such a beautiful time of year – with colorful leaves, crisp cool air, warm cozy sweatshirts, fuzzy blankets – but winter is quickly approaching. Being indoors together means that germs and sickness can be easily spread. Please remember that if your loved one is displaying any illness or flu symptoms they need to stay at home until they are no longer contagious.

For the past several months we have been working together to design and create a fun and relaxing space within the ADC, and I am pleased to say that our project is nearly complete. Conceptually, we wanted to create a place where individuals or groups could retreat for meditation practice, self-soothing, quiet reading and/or de-stimulation. By gathering input from participants and other area professionals, we were able to incorporate a wide range of sensory specific gadgets that can be shared across the entire group. If you have a chance, I encourage you to stop in for a few minutes and check it out!

I also wanted to share a quick thank you to everyone who attended the first **Parent Focus Group** meeting in November. I hope you found it to be enjoyable and informative. Our next meeting will be held on December 13. We look forward to seeing you there, and please spread the word to other families you believe may benefit from these gatherings.

Friendly Reminders

- We'll have an Inclusion Pizza Party from 5-6:30pm on **December 5**
- The ADC will be **CLOSED** on Monday, December 25
- Please make sure all clothing items brought to the ADC have your loved one's initials written somewhere on the tag, including gloves, hats, scarves, etc.

Looking forward to an exciting month and celebrating the New Year with everyone!

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 Meetings
December 13
January 10
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



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CNA



Lucy Kiarie Kamau
RN



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Admin. Assist.
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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**.



December 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



December 1

Daily Activities

Morning

8:30-9:30am Coffee Talks/Table Activity
9:30am Breakfast
10:00am Review Schedule/Set Expectations

12:15pm Lunch

Afternoon

2:00pm Independent Living Skills
3:15pm Snack
4:00pm Group Games



1 F R I	9:45am	Tai Chi
	10:30am	Greet Gym Members
	11:00am	Research Project: Making Dog Toys
	1:00pm	Volunteering @ the J: Folding Towels
	2:30pm	Art Expressions: Decorations for IN Program Event
	3:30pm	Bath Bomb Project

December 4 - 8

4 M O N	10:00am	Speech Therapy
	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expressions: Decorations for IN Program Event
	1:00pm	Exercise: Inside Track
	2:00pm	Health and Hygiene Skills
	3:00pm	Volunteering @ Covenant Place: Dinner Set Up

5 T U E	10:30am	In-Gen Music with Early Childhood
	11:00am	Music Therapy
	1:00pm	Swimming
	2:00pm	Bath Bomb Project
	4:00pm	Set up for Inclusion Pizza Party Event

6 W E D	10:30am	Greet Gym Members
	11:00am	Exercise: Lean and Clean
	1:00pm	Ipad Learning
	1:30pm	Art Expressions: Plate Design Project
	3:00pm	Bath Bomb Project

7 T H U	9:45am	Tai Chi
	10:30am	Greet Gym Members
	11:00am	Art Expressions: Plate Design Project
	1:00pm	Swimming
	2:00pm	Bake Sale Planning
	3:00pm	Woodshop

8 F R I	10:15am	Exercise: Lean & Clean
	11:00am	Reading Skills
		Intergenerational Activity
	1:00pm	Volunteering @ the J: Folding Towels
	2:00pm	Shabbat Service
	2:30pm	Bath Bomb Project

December 11 - 15

11 M O N	9:45am	Speech Therapy
	10:30am	In-Gen Music with Early Childhood
	11:15am	Art Expressions: Plate Design Project
	1:00pm	Exercise: Inside Track
	2:00pm	Bath Bomb Project
	3:00pm	Volunteering @ Covenant Place: Dinner Set Up

12 T U E	10:30am	In-Gen Music with Early Childhood
	11:30am	Music Therapy
	1:00pm	Swimming
	2:30pm	Art Expressions: Plate Design Project
	3:30pm	Adapted Sports

13 W E D	10:30am	Group Meditation & Exercise
	11:00am	Art Expressions with Connections Group
	1:00pm	Dog Toy Project
	3:00pm	Wii & iPad Game

14 T H U	10:30am	Tai Chi
	11:00am	Cooking Club for Holiday Party/Set up
	1:00pm	Swimming
	2:00pm	Holiday Party with Connections Group
	3:00pm	Laundry & Cleaning Skills

15 F R I	10:15am	Exercise: Lean & Clean
	11:00am	Reading Skills: Intergenerational Activity
	1:00pm	Volunteering @ the J: Folding Towels
	2:00pm	Shabbat Service
	3:00pm	Weird Science Experiments

December 18 - 22

18 M O N	10:00am	Speech Therapy
	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expressions: Sand Art
	1:00pm	Exercise: Inside Track
	3:00pm	Volunteering @ Covenant Place Dinner Set Up

19 T U E	10:30am	In-Gen Music with Early Childhood
	11:00am	Cooking & Meal Planning
	11:30am	Music Therapy
	1:00pm	Swimming
	2:30pm	Ipad Learning
	3:30pm	Laundry & Cleaning Skills

20 W E D	9:45am	Volunteering @ Food Pantry
	1:00pm	Safety Skills
	2:00pm	Art Expressions
	3:00pm	Exercise: Group Sports

21 T H U	10:00am	Tai Chi
	11:00am	Greet Gym Members
	1:00pm	Swimming
	2:30pm	Bake Sale Planning
	3:30pm	Woodshop

22 F R I	10:00am	Outing: Toy Drop off @ LongMeadow Rescue Ranch
	1:00pm	Volunteering @ the J: Folding Towels
	2:00pm	Shabbat Service
	3:00pm	Exercise: Indoor Track

December 25 - 29

25 M O N		ADC Closed

26 T U E	10:30am	Music Therapy
	11:30am	In-Gen Music with Early Childhood
	1:00pm	Swimming
	2:00pm	Phone Skills Activity
	3:00pm	Story Board

27 W E D	10:00am	Greet Gym Members
	10:30am	Exercise: Lean and Clean
	11:00am	Art Expressions
	1:00pm	Ipad Learning
	2:00pm	Group Table Games

28 T H U	9:45am	Tai Chi
	10:30am	Greet Gym Members
	1:00pm	Swimming
	2:30pm	Bake Sale Planning

29 F R I	10:00am	Exercise
	11:00am	Cooking Club
	1:00pm	Volunteering @ the J: Folding Towels
	2:00pm	Shabbat Service
	3:00pm	Exploring Rocks & Minerals