

Dear Families,

An Amazing 2017

As we approach the end of the year, I want to take a moment to reflect on a few of the programming highlights from 2017. So many positive experiences have been shared through our expansion of activities, including Sensory Exploration, Art Expressions, Gardening Club, Creative Minds Activities and our Men's and Ladies' Groups.

Through the generous support from the JCA Charitable Foundation, we were able to double the number of Music Therapy sessions offered by Midwest Music Therapy. These sessions include both large and small groups, as well as individual sessions designed to promote wellness, manage stress, alleviate pain, enhance memory, improve communication, and provide unique opportunities for social interaction. Music is a form of sensory stimulation which provokes responses due to familiarity, predictability and feelings of security associated with it. Music is a language that connects us all, and can transcend limitations of language and perception. We are sincerely grateful to be able to continue this valuable program. Overall, we are pleased with the progress that was made over the year and look forward to what 2018 has in store.

Plan for the Cold

This month we will be beckoning the cold weather with various winter themed activities, including our annual Holiday Party on Thursday, December 14 from 1-2pm. If you would like to join us for this celebration, please RSVP to Karen by December 8.

Closing Reminder

The ADC will be closed on Monday, December 25.

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:
Dec. 4 & Jan. 8 3:00 - 4:30pm

Friday:
Dec. 15 & Jan. 17 10:00 - 11:00am

Supervision is available for your loved one during Monday meetings, by reservation.

Questions/RSVP:
Kristen Conard,
314.442.3261,
kconard@jccst.org



alzheimer's association®

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



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ADC Director
314.442.3245



Kristen Conard
ADC Asst.
Director
314.442.3261



Karli Richter
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Program
Coordinator



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Lucy Kiarie
Kamau
RN



Karen
Stephenson
Admin. Assist.
314.442.3248

IN Program



Brittany Fisher
IN Program
Coordinator

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



December 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

December 1

December 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	
2:30pm	Bus Dismissal and Reflection & Conversation
3:15pm	Snack
3:30pm	Ind./Small Group Sensory, Art & Leisure
5:00pm	Rest and Relaxation

1	10:30am	Chair Yoga
	11am	Black Jack/Tic Tac Toe
F		Toss/1:1 Music Therapy
R	1pm	Music Therapy w/Anna/
I		Scrabble
	2pm	Shabbat with Rabbi Larry
	2:30pm	Small Group Music Therapy

December 4 - 8

4	10:30am	Intergenerational Music
	11am	Exercise
M	11:15am	No Gravity Golf/Coloring
O	1pm	Gym Walkers/Bowling
N	2pm	Trivia
5	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Garden Club/Bocci Ball
U	1pm	Music Therapy w/Victoria/
E		Sorry
	2pm	Trivia
	2:30pm	Small Group Music Therapy
6	10:30am	Exercise/Wednesday
		Walkers
W	11am	Checkers Tournament/
E		Shuffle Board
D	1pm	Music Performance by Rob
		Callmeyer
	2pm	Trivia
7	10:30am	Tai Chi
	11:15am	Wii Games/IPad and Staff
		Choice Table Games
T	1pm	Music Performance by Dan
H		Balsamo
U	2pm	Trivia
8	10:30am	Chair Yoga
	11am	Uno/Horse Races/1:1 Music
		Therapy
F	1pm	Music Therapy w/Anna/
R		Farkle
I	2pm	Shabbat with Rabbi Larry
	2:30pm	Small Group Music Therapy
		Happy Birthday Pat E.(9th)

December 11 - 15

11	10:30am	Intergenerational Music
	11am	Exercise
M	11:30am	Garden Club/Bull's Eye
O		Match
N	1pm	Volleyball/Picture Puzzles
	2pm	Trivia
12		Hanukkah begins at
		sundown
T	10:30am	Intergenerational Music
U	11am	Exercise
E	11:15am	Follow Your Nose/
		Intergenerational Toss
		Challenge
	1pm	Music Therapy w/Victoria/
		Refraze
	2pm	Trivia
	2:30pm	Small Group Music Therapy
		Happy Birthday Bernie S.
13	10:30am	Exercise/Wednesday
		Walkers
W	11am	Art Expression Winter
E		Decorations/Super Hoop
D		Ball/Ring Toss
	1pm	Music Performance by
		Papa Wright & Jackie
	2pm	Trivia
14	10:30am	Tai Chi
	11:15am	Cooking Club/Tic Tac Toe
		Toss/Washer Toss
T	1pm	Holiday Party with Cheryl
H		Brown
U	2pm	Trivia
15	10:30am	Chair Yoga
	11am	Black Jack/Movement
		Ball/1:1 Music Therapy
F	1pm	Music Therapy w/Anna/
R		Boggle
I	2pm	Shabbat with Rabbi Larry
	2:30pm	Small Group Music Therapy

December 18 - 22

18	10:30am	Intergenerational Music
	11am	Exercise
M	11:30am	Chinese Checkers/
O		Triangle Toss
N	1pm	Men's and Ladies Club
	2pm	Trivia
19	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Coloring Mandala's/Orbs
U	1pm	Music Therapy w/Victoria/
E		Ludo
	2pm	Trivia
	2:30pm	Small Group Music Therapy
20	10:30am	Exercise/Wednesday
		Walkers
W	11am	Bingo/Football Toss/Flip Flop
E		Faces
D	1pm	Music Performance by
		Matt Davis
	2pm	Trivia
		Happy Birthday Rochelle G.
21	10:30am	Tai Chi
	11:15am	Garden Club/Therapeutic
		Drumming
T	1pm	Music Performance by Joe
H		Garnier
U	2pm	Trivia
22	10:30am	Chair Yoga
	11am	Black Jack/Staff Choice/1:1
		Music Therapy
F	1pm	Music Therapy w/Anna/
R		Bunco
I	2pm	Shabbat with Linda
	2:30pm	Small Group Music Therapy

December 25 - 29

25	CLOSED	Christmas Holiday
M		
O		
N		
26	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Intergenerational Relay
U		Game
E	1pm	Music Therapy w/Victoria/
		Crazy 8's
	2pm	Trivia
	2:30pm	Small Group Music Therapy
		Happy Birthday Julie F.
27	10:30am	Exercise/Wednesday
		Walkers
W	11am	Dominoes/Puzzles
E	1pm	Music Performance by
D		Brian Foggs
	2pm	Trivia
		Happy Birthday Bud M.
28	10:30am	Tai Chi
	11:15am	Hat Reminiscing/Staff
		Choice
T	1pm	New Year's Eve Party with
H		Anita Rosemond
U	2pm	Trivia
29	10:30am	Chair Yoga
	11am	Black Jack/Rebound Skii
		Board/1:1 Music Therapy
F	1pm	Music Therapy w/Anna/
R		Bowling Dice
I	2pm	Shabbat with Rabbi Larry
	2:30pm	Small Group Music Therapy