

Dear IN Program Families,

Happy New Year! We are so excited to welcome a new year at the ADC. We want to start 2018 off right by updating our participant photos. We have scheduled a **Photo Week for January 22 – 26**. We know you will want to look your best for the photos, so make sure to dress to impress!

We are also thrilled to announce a new addition to our programming - a monthly **Participant Birthday Party!** Beginning in January, we will schedule a celebration for each and every birthday that falls within a given month during a period that coincides with our musical entertainment. Now there's a party every month and they'll be bigger and better than ever!

ADC CLOSURE REMINDERS:

- Monday, January 1** – CLOSED for New Year's Day
- Monday, February 19** – CLOSED for Staff Training Day

Winter Weather Protocol

In the event of pending inclement weather, you will receive an early morning automated call from our Director, Ashley Stockman, which will indicate if the ADC is going to have a late opening or if we will have to close for the day. If a significant snow or ice storm begins after participants have arrived at the ADC we will contact you, or the person listed on your loved one's emergency contact sheet, as to whether we will be closing early so you can make the appropriate arrangements for early pick up or bus drop off. **Please verify that we have updated information, including contacts and phone numbers, so that we may call you if necessary.**

For those utilizing our bus services, please be sure that all driveways and walkways are cleared of snow and ice for the bus driver to be able to safely assist and transport participants to and from the ADC. **If the driver arrives and the walkway has not been cleared, our drivers will not be able to transport the participant and will notify the primary contact listed of this cancellation.**

Friendly Reminders:

- Please make sure to sign in and sign out every time you arrive at the Center. This is part of our procedure and very important. We appreciate your attention to following this protocol.
- Always check the "Staff Comments" section at the bottom of the daily sheet. This is where I will write important updates and changes that you will need to know for the remainder of the week.

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
Wednesday, January 10
Wednesday, February 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



Karli Richter
Recreation Program Coordinator



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**.



January 2018
IN Program
Calendar & News

Stoenberg Family Complex
Arts & Education Building
2 Millstone Campus Drive
St. Louis, MO 63146
p 314.442.3248
f 314.872.7189
jccstl.org



January 1 - 5

1 Closed **Happy New Year!**



M O N

2 10:30am In-Gen Music with Early Childhood

T U E 11:00am **Music Therapy**
1:00pm **Swimming**
2:30pm Reflection Time
4:00pm Art Expressions: Design Signs for Bake Sale Event

3 10:30am Greet Gym Members
11:00am Exercise: Lean and Clean
W E D 1:00pm Volunteer Outing @ Red Racks
2:30pm Reflection Time
3:30pm Adaptive Sport Game

4 9:45am **Tai Chi**
10:30am Science Project
T H U 1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Woodshop

5 10:15am Exercise: Lean & Clean
11:00am Reading Skills
F R I Intergenerational Activity
1:00pm Volunteering @ the J:
Folding Towels
2:00pm Shabbat Service
2:30pm Reflection Time
3:30pm Adaptive Sport Game

January 8 - 12

8 10am-12pm **Speech Therapy**

M O N 10:30am In-Gen Music with Early Childhood
1:00pm Exercise: Inside Track
2:00pm Reflection Time
2:30pm Volunteering @ Covenant Place: Dinner Set Up
4:00pm Group Puzzle

9 10:30am In-Gen Music with Early Childhood

T U E 11:00am **Music Therapy**
1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Adapted Sports

10 10:30am Laundry & Cleaning Skills
11:00am Art Expressions
W E D 1:00pm Safety Skills Activity
2:00pm Exercise: Lean and Clean
2:30pm Reflection Time
3:30pm iPad Games

11 9:45am **Tai Chi**
10:30am Greet Gym Members
T H U 1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Laundry & Cleaning Skills
4:00pm Group Puzzle Activity

12 10:30am Exercise: Inside Track
11:00am Reading Skills:
F R I Intergenerational Activity
1:00pm Volunteering @ the J:
Folding Towels
2:00pm Shabbat Service
2:30pm Reflection Time
3:30pm Weird Science Experiments

January 15 - 19

15 10am-12pm **Speech Therapy**

M O N 10:30am In-Gen Music with Early Childhood
11:00am Art Expressions
1:00pm Exercise: Inside Track
2:00pm Reflection Time
2:30pm Volunteering @ Covenant Place Dinner Set Up
4:00pm Ipad Games

16 10:30am In-Gen Music with Early Childhood

T U E 11:00am **Music Therapy**
1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Laundry & Cleaning Skills
4:00pm Adaptive Sport Game

17 10:30am Outing: TBA

W E D

18 9:45am **Tai Chi**
10:30am Greet Gym Members
T H U 1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Group Game
4:00pm Art Expressions

19 10:30am Exercise: Inside Track
11:00am Reading Skills:
F R I Intergenerational Activity
1:00pm Volunteering @ the J:
Folding Towels
2:00pm Shabbat Service
2:30pm Reflection Time
3:30pm Adaptive Sports

January 22 - 26

22 10am-12pm **Speech Therapy**

M O N 10:30am In-Gen Music with Early Childhood
1:00pm Exercise: Inside Track
2:00pm Reflection Time
2:30pm Volunteering @ Covenant Place Dinner Set Up
4:00pm Ipad Games

23 10:30am In-Gen Music with Early Childhood

T U E 11:00pm **Music Therapy**
1:00pm **Swimming**
2:30pm Reflection Time
3:30pm Phone Skills Activity
4:00pm Adaptive Sports Game

24 10:30am Greet Gym Members
11:00am Exercise: Lean and Clean
W E D 1:00pm Outing: Trip to Grocery Store for Bake Sale Project
2:30pm Reflection Time
3:30pm Laundry and Cleaning Skills
4:00pm Bake Sale Planning and Prep

25 9:45am Tai Chi
10:30am Art Expressions
T H U 1:00pm Swimming
2:30pm Reflection Time
3:30pm Baking Skills

26 10:30am Exercise: Inside Track
11:00am Reading Skills:
F R I Intergenerational Activity
1:00pm Volunteering @ the J:
Folding Towels
2:00pm Shabbat Service
2:30pm Reflection Time
3:30pm Baking Skills

January 29 - 31

29 10am-12pm **Speech Therapy**

M O N 10:30am In-Gen Music with ECC
Exercise: Inside Track
1:00pm Reflection Time
2:00pm Volunteering @ Covenant Place Dinner Set Up
2:30pm Place Dinner Set Up
4:00pm Sensory Activity

30 10:30am In-Gen Music with ECC
11:30am **Music Therapy**
T U E 1:00pm **Swimming**
2:00pm Reflection Time
3:00pm Bake Sale Event

31 10:30am Greet Gym Members
11:00am Exercise: Lean and Clean
W E D 1:00pm Bake Sale Event
2:30pm Reflection Time
3:30pm Photo Shoot Activity!
4:00pm Bake Sale Event Cont.

Daily Activities

Morning

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

12:15pm Lunch

Afternoon

- 3:15pm Snack
- 3:30pm Group Games/Individual Projects

January 2018

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21	22	23	24	25	26	27
28	29	30	31			