

Dear Families,

From all of us at the ADC, HAPPY NEW YEAR! We have scheduled a **Photo Week for January 22 – 26**. Make sure you 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 be scheduling a celebration for each and every birthday that falls within a given month to coincide with our musical entertainment. Now we will get to have a party every month, and they'll be bigger and better than ever!

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, to indicate if the ADC is going to have a late opening or be closed 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 phone numbers, so that we may contact you if necessary.**

For those utilizing our bus services, please be sure that all driveways and walkways are cleared of snow and ice. **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.**

Thank you for being a part of our ADC Family!

Karli Richter  
Recreation Program Coordinator



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:

**Monday:**  
**January 8 & February 5 3:00 - 4:30pm**  
**Friday:**  
**January 19 & February 16 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



**Ashley Stockman**  
ADC Director  
314.442.3245



**Kristen Conard**  
ADC Asst.  
Director  
314.442.3261



**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

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   
Care for your whole family



**January 2018**  
**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**

JEWISH COMMUNITY CENTER





January 1 - 5		
<b>1</b>	<b>CLOSED</b>	<b>Happy New Year!</b>
<b>M</b> <b>O</b> <b>N</b>		<i>Happy Birthday Yakov G.</i>
<b>2</b>	10:30am 11am 11:30am 1pm 2pm 2:30pm	Intergenerational Music Exercise Staff Choice <b>Music Therapy w/Victoria</b> Trivia Sm Group Music Therapy
<b>3</b> <b>W</b> <b>E</b> <b>D</b>	10:30am 11am 1pm 2pm	Exercise/Walking Club Poker Toss/Ring Toss Volleyball/Puzzles Trivia
<b>4</b> <b>T</b> <b>H</b> <b>U</b>	10:30am 11:15am 1pm 2pm	Tai Chi Scrabble/Movement Ball/ Orbs Wii Games/Staff Choice Bingo Trivia
<b>5</b> <b>F</b> <b>R</b> <b>I</b>	10:30am 11:15am 1pm 2pm 2:30pm	Chair Yoga Black Jack/Super Hoop Ball/1:1 Music Therapy <b>Music Therapy w/Anna</b> Shabbat Small Group Music Therapy

January		2018					
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				

January 8 - 12		
<b>8</b> <b>M</b> <b>O</b> <b>N</b>	10:30am 11am 11:30am 1pm 2pm	Intergenerational Music Exercise Adult Coloring/Creative Minds with Kathy Bowling/Walking Club Trivia
<b>9</b> <b>T</b> <b>U</b> <b>E</b>	10:30am 11am 11:15am 1pm 2pm 2:30pm	Intergenerational Music Exercise Intergenerational Art Group/ Clothes Pin Drop <b>Music Therapy w/Victoria</b> Trivia Sm Group Music Therapy  <i>Happy Birthday Gary W.</i>
<b>10</b> <b>W</b> <b>E</b> <b>D</b>	10:30am 11am 1pm 2pm	Exercise/Walking Club Cooking Club(DIP)/Washer Toss No Gravity Golf/In the Bag Trivia
<b>11</b> <b>T</b> <b>H</b> <b>U</b>	10:30am 11:15am 1pm 2pm	Tai Chi Checkers Tournament/ Super Hoop Ball <b>Music Performance by Matt Davis</b> Trivia
<b>12</b> <b>F</b> <b>R</b> <b>I</b>	10:30am 11am 1pm 2pm 2:30pm	Chair Yoga Uno/Basketball/1:1 Music Therapy <b>Music Therapy w/Anna</b> <b>Shabbat with Rabbi Larry</b> Small Group Music Therapy  <i>Happy Birthday Matt K. (13th)</i>

January 15 - 19		
<b>15</b> <b>M</b> <b>O</b> <b>N</b>	10:30am 11am 11:30am 1pm 2pm	<b>Martin Luther King Jr. Day</b> Intergenerational Music Exercise Garden Club/Golf I love America Bingo/ Walking Club Trivia  <i>Happy Birthday Brittney V.</i>
<b>16</b> <b>T</b> <b>U</b> <b>E</b>	10:30am 11am 11:30am 1pm 2pm 2:30pm	Intergenerational Music Exercise Bull's Eye Match/Kings in the Corner <b>Music Therapy w/Victoria</b> Trivia Sm Group Music Therapy
<b>17</b> <b>W</b> <b>E</b> <b>D</b>	10:30am 11am 1pm 2pm	Exercise/ Walking Club Pokeno/Tic Tac Toe Toss Texas Hold 'em/Bocci Ball Trivia
<b>18</b> <b>T</b> <b>H</b> <b>U</b>	10:30am 11:15am 1pm 2pm	Tai Chi Sing-A-Long/National Park Memory Tiles Volleyball/Chinese Checkers Trivia
<b>19</b> <b>F</b> <b>R</b> <b>I</b>	10:30am 11am 1pm 2pm 2:30pm	Chair Yoga Black Jack/Skii Ball/1:1 Music Therapy <b>Music Therapy w/Anna</b> <b>Shabbat with Rabbi Larry</b> Small Group Music Therapy

January 22 - 26		
<b>22</b> <b>M</b> <b>O</b> <b>N</b>	10:30am 11am 11:30am 1pm 2pm	Intergenerational Music Exercise Scrabble Slam/Ring Fling Wii Baseball//Walking Club Trivia
<b>23</b> <b>T</b> <b>U</b> <b>E</b>	10:30am 11am 11:15am 1pm 2pm 2:30am	Intergenerational Music Exercise Intergenerational Activity Parachute <b>Music Therapy w/Victoria</b> Trivia Sm Group Music Therapy
<b>24</b> <b>W</b> <b>E</b> <b>D</b>	10:30am 11am 1pm 2pm	Exercise/ Walking Club Garden Club/Creative Minds with Kathy <b>Music Performance by Dan Balsamo</b> Trivia
<b>25</b> <b>T</b> <b>H</b> <b>U</b>	10:30am 11:15am 1pm 2pm	Tai Chi Cooking Club (SOUP)/Ludo Staff Choice Bingo/Flip Flop Faces Trivia
<b>26</b> <b>F</b> <b>R</b> <b>I</b>	10:30am 11am 1pm 2pm 2:30pm	Chair Yoga Black Jack/Triangle Toss/1:1 Music Therapy <b>Music Therapy w/Anna</b> <b>Shabbat with Linda</b> Small Group Music Therapy

January 29 - 31		
<b>29</b> <b>M</b> <b>O</b> <b>N</b>	10:30am 11am 11:30am 1pm 2pm	<b>National Puzzles Day</b> Intergenerational Music Exercise Puzzles/Horse Shoes Men's and Ladies Club Trivia
<b>30</b> <b>T</b> <b>U</b> <b>E</b>	10:30am 11am 11:30am 1pm 2pm 2:30pm	Intergenerational Music Exercise Follow Your Nose/Baggo <b>Music Therapy w/Victoria</b> Trivia Sm Group Music Therapy
<b>31</b> <b>W</b> <b>E</b> <b>D</b>	10:30am 11am 1pm 2pm	<b>January Birthday Celebration</b> Exercise/Walking Club Jewelry Making/Therapeutic Drumming <b>Music Performance by Joe Garnier</b> Trivia

### 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