

Dear IN Program Families,

We are excited to welcome our new IN Activity Assistant, Rachel Goldmeier! Rachel earned her Master's in Social Work and has valuable experience with programming and case management, working with a variety of ages and populations. She has worked with students with learning disabilities, ADD, ADHD, anxiety, depression, trauma, and other challenges. Her hobbies include baking, graphic design, and reading/writing. Rachel is passionate about her work and is very excited to be part of the J!

This month we will recognize Jewish Disability and Inclusion Month (JDAIM). On Tuesday, February 27 from 9am-1pm, the J's Rabbi Brad Horwitz and Cyndee Levy from the Center for Jewish Learning will conduct a half-day seminar at the J. They will bring together a cohort of professionals, of all levels, who work in the St. Louis Jewish community. We will explore the limits of our own perceptions, the inherent dignity of humanity, social responsibility, and our personal roles in ensuring that all people can participate fully and equally in our communities. The IN Program is supporting this event by hosting an activity in the PAC room. Please contact me for more information.

REMINDERS:
Focus Group Meetings Go Quarterly
Moving forward, our Parent Focus Groups will meet quarterly instead of monthly. Our next meeting will be April 9 at 4:30pm. See the adjacent panel in this brochure for complete 2018 dates. Hope to see you all there.

Schedule Changes
Please report any transportation changes or updates to daily schedules with Kristen Conard (314.442.3261). We want to make sure we are always up to date. **If you call after hours**, please leave a message with your schedule update. Thank you.

Winter Weather Protocol
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 center. **If the bus arrives and the walkway has not been cleared, our driver will not be able to transport the participant and will notify the primary contact listed of this cancellation.**

Looking forward to another great month full of fun activities!

Sincerely,
Brittany Fischer,
IN Program Coordinator at the J



Parent Focus Groups

Quarterly Focus Groups are intended to provide parents and families of IN Program participants an opportunity to connect and share resources with each other.

Quarterly Meeting Dates

April 9
August 13
December 18

Meeting Time: 4:30-5:30pm

Meetings are held in the SFC Arts & Education Building



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		Rachel Goldmeier IN Program Assistant

	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**.



February 2018
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

February 1 - 2

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
3:30pm Group Games/Individual Projects



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

F R I	2	10:30am	Volunteer @ the J: Folding Towels
		11:00am	Exercise: Inside Track or Machine
		1:00pm	Social Etiquette Activity
		2:00pm	Shabbat Service or Individual Project
		3:00pm	Volunteering @ Covenant Place: Dinner Set Up

February 5 - 9

M O N	5	10:00-12:00pm	Speech Therapy
		10:30am	In-Gen Music with Early Childhood
		1:00pm	Photojournalism Activity
		2:30pm	Reflection Time
		3:30pm	Adaptive Sport Game

T U E	6	10:30am	Dice Game Exercise
		11:00am	Music Therapy
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	IN-Gen Game with Connection Program

W E D	7	10:30am	Greet Gym Members
		11:00am	Exercise: Inside Track
		1:00pm	Science Experiment
		2:30pm	Reflection Time
		3:30pm	IN-Gen Reading Activity with ECC

T H U	8	9:45am	Tai Chi
		10:30am	Meal Planning Series: Research and Choose Recipe
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Wii & iPad Activity

F R I	9	10:30am	Volunteering: Folding Towels
		11:00am	Track: Inside Track
		1:00pm	Money Management Activity
		2:00pm	Shabbat Service or Individual Project
		2:30pm	Volunteering @ Covenant Place: Dinner Set Up

February 12 - 16

M O N	12	10:00-12:00pm	Speech Therapy
		10:30am	In-Gen Music with Early Childhood
		1:00pm	Three Building Blocks Activity
		2:30pm	Reflection Time
		3:30pm	Adapted Sports

T U E	13	10:30am	Buddify Activity
		11:00am	Music Therapy
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	IN-Gen Game with Connection Program

W E D	14	10:30am	Outing: TBD Act of Kindness Project
		1:00pm	Laundry & Cleaning Skills
		2:00pm	Meal Planning Series: Budget & Grocery List
		2:30pm	Reflection Time
		3:30pm	IN-Gen Game with Connection Program

T H U	15	9:45am	Tai Chi
		11:00am	Art Expressions
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Social Etiquette Activity

F R I	16	10:30am	Volunteering: Folding Towels
		11:00am	Exercise: Inside Track
		1:00pm	Safety Skill Activity
		2:00pm	Shabbat Service or Individual Project
		2:30-4:00pm	Volunteering @ Covenant Place Dinner Set Up

February 19 - 23

M O N	19	ADC CLOSED	

T U E	20	10:30am	Buddify Activity
		11:00pm	Music Therapy
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Volunteering @ Covenant Place Dinner Set Up

W E D	21	10:30am	Outing: Volunteering @ Food the Pantry
		1:00pm	Science Experiment
		2:30pm	Reflection Time
		3:30pm	IN-Gen Game with Connection Program

T H U	22	9:45am	Tai Chi
		10:30am	Meal Planning Series: Cooking
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Group Game: Domino Activity

F R I	23	10:30am	Volunteering: Folding Towels
		11:00am	Outing: Pulitzer Foundation Trip
		2:30pm	Reflection Time
		3:30pm	Individual Project

February 26 - 28

M O N	26	10:00-12:00pm	Speech Therapy
		10:30am	In-Gen Music with Early Childhood
		1:00am	Nutrition Activity
		2:30pm	Reflection Time
		3:30pm	Adaptive Sport

T U E	27	10:30am	Dice Game Exercise
		11:00pm	Music Therapy
		1:00pm	IN Activity Presents :Tai Chi (PAC Room)
		2:30pm	Reflection Time
		3:30pm	IN-Gen Game with Connection Program

W E D	28	10:00am	Greeting Gym Members
		11:00am	Exercise: Inside Track
		1:00pm	Art & Crafts: Create IN Recipe Book
		2:30pm	Reflection Time
		3:30pm	IN-Gen Reading Activity with ECC

