

Dear Families,

February is **International Recreational Therapy Month**

This Year's Theme:
My Ability is Stronger Than My Disability

As a Recreation Therapist, we are taught to look for individual strengths and build programming that highlights the individual's strengths. At the ADC, we strive for strength-based programming to allow each individual to maximize their participation based on their individual abilities.

DID YOU KNOW?
Recreation therapists, also referred to as therapeutic recreation specialists, provide treatment services and recreation activities for individuals with disabilities or illnesses. Using a variety of techniques, including arts and crafts, gardening, animals, sports, games, dance and movement, drama, music, and community outings, therapists improve and maintain the physical, mental and emotional well-being of their clients.

Therapists help individuals reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively so that they can enjoy greater independence and reduce or eliminate the effects of their illness or disability. In addition, therapists help people with disabilities integrate into the community by teaching them how to use community resources and recreational activities.

REMINDERS:
Monday, February 19 – CLOSED for Staff Training Day

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:
February 5 & March 5 3:00 - 4:30pm
Friday:
February 16 & March 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		Rachel Goldmeier IN Program Assistant
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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**.

Adult Day Center the j
Care for your whole family



**February 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**

February 1 - 2

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

February 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			

T H U	1	10:30am	Tai Chi
		11:15am	Washer Toss/Scrabble
		1pm	Nature Bingo
		2pm	Trivia
F R I	2	10:30am	Chair Yoga
		11am	Uno/Staff Choice/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat
		2:30pm	Small Group Music Therapy

February 5 - 9

M O N	5	10:30am	Intergenerational Music
		11am	Exercise/Walking Club
		11:30am	Mental Fitness/Ring Toss
		1pm	Volleyball
		2pm	Trivia
			Happy Birthday John G.
T U E	6	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Bocci Ball/Garden Club
		1pm	Music Therapy w/Victoria/ Yahtzee
		2pm	Trivia
W E D		2:30pm	Sm Group Music Therapy
	7	10:30am	Exercise/ Walking Club
		11:15am	Bingo/Mini Cornhole Toss
		1pm	Music Performance by Howard Bly
		2pm	Trivia
T H U	8	10:30am	Tai Chi
		11:15am	Gone Fishing/Creative Minds with Kathy
		1pm	Bowling
		2pm	Trivia
F R I	9	10:30am	Chair Yoga
		11am	Blackjack/Washer Toss/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat with Rabbi Larry
		2:30pm	Small Group Music Therapy

February 12 - 16

M O N	12	10:30am	Intergenerational Music
		11am	Exercise/Walking Club
		11:30am	Baseball Trivia/Pitching Toss
		1pm	Garden Club/Arts and Crafts
T U E		2pm	Bird Feeder
			Trivia
	13	10:30am	Intergenerational Music
		11am	Therapeutic Recreation Intro w/Karli
		11:15am	Intergenerational Drumming w/Karli/Bingo
W E D		1pm	Music Therapy w/Victoria/ Boggle
		2pm	Trivia
		2:30pm	Sm Group Music Therapy
	14	10:30am	Exercise/ Walking Club
		11am	Cooking Club Chocolate Fondue/Super Hoop Ball
T H U		1pm	Wii Baseball/Puzzles
		2pm	Trivia
	15	10:30am	Tai Chi
		11:15am	Follow your Nose/Horse Shoes
F R I		1pm	Music Performance by Matt Davis
		2pm	Trivia
	16	10:30am	Chair Yoga
		11am	Uno/Staff Choice/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat
		2:30pm	Small Group Music Therapy

February 19 - 23

M O N	19	CLOSED	Staff Training
T U E	20	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Dominoes/Football Toss
		1pm	Music Therapy w/Victoria/ Rummikub
		2pm	Trivia
W E D		2:30pm	Sm Group Music Therapy
	21	10:30am	Exercise/Walking Club
		11am	Bocci Ball/Bunco
		1pm	Art Expression/Gravity Golf
T H U		2pm	Trivia
	22	10:30am	Tai Chi
		11:15am	Garden Club/Champion Throw
		1pm	Wii Game Staff Choice/ Yahtzee
F R I		2pm	Trivia
	23	10:30am	Chair Yoga
		11am	Blackjack/Smile Bean Bag Toss/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat
		2:30pm	Small Group Music Therapy
			Happy Birthday Mary M.(24th)

February 26 - 28

M O N	26	10:30am	Intergenerational Music
		11am	Exercise/Walking Club
		11:30pm	Garden Club/Sing-A-Long
		1pm	Men's and Ladies Club
T U E		2pm	Trivia
	27	10:30am	Intergenerational Music
		11am	Exercise
		11:15am	Intergenerational Golfing/ Puzzles
		1pm	Music Therapy w/Victoria/ Scrabble
W E D		2pm	Trivia
		2:30pm	Sm Group Music Therapy
	28	10:30am	EREV PURIM
		11am	Exercise/Walking Club
			Adult Coloring/Creative Minds with Kathy
		1pm	Volleyball
		2pm	Trivia

