

Dear Families,

Happy March Everyone!

I can't believe we are already heading into the third month of this year! We have lots of great activities planned this month. Hopefully, if the weather cooperates, we'll be able to get back outside on our garden patio. Stay tuned!

Kathy Will Be Missed

It is with sadness and excitement that I have to inform you that our wonderful Activity Assistant, Kathy Heitman, will be retiring at the end of February. Kathy has been a staple of the Adult Day Center for the past 12 years, being that familiar face for our participants depended on while other staff may have been transitioning. Her caring demeanor and hands-on approach always put her front and center with our clients, as they always came first. Whether art projects, music, interactive games, spending time on the patio, Kathy's concern was your loved one. Her presence also eased the transition from moving into our current location. She has truly left a lasting mark on our staff and clients. She worked tirelessly and with an altruistic heart every day at the ADC. She will be greatly missed, but we are very excited for her with what retirement holds in store. Her last day with the ADC will be February 28.



Celebrating Purim

On March 1, we will celebrate the festive and fun holiday of Purim. We're looking forward to the J's Early Childhood students coming through the ADC dressed up in their costumes in the annual intergenerational parade, along with a fun activity. We'll continue the celebration with a music performance and snacks in the afternoon. Clients are encouraged to dress up (as is the Purim tradition), as staff will take part in wearing costumes.

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:
March 5 & April 2 3:00 - 4:30pm

Friday:
March 16 & April 20 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



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		Rachel Goldmeier IN Program Assistant

IN Program

Brittany Fisher
IN Program Coordinator

Rachel Goldmeier
IN Program Assistant

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

Congratulations! We'll Miss You!



March 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

March 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

March2018						
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

T H U	1	10:30am 11am	Exercise Intergenerational Purim Activity
		1pm	Purim Party Music Performed by Joe Garnier
		2pm	Trivia
F R I	2	10:30am 11am	Chair Yoga Uno/Golf/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat
		2:30pm	Small Group Music Therapy

March 5 - 9

M O N	5	10:30am 11am	Intergenerational Music Exercise/Walking Club
		11:30am	Ring Toss/Adult Coloring
		1pm	Wii Games
		2pm	Trivia

T U E	6	10:30am 11am	Intergenerational Music Exercise
		11:30am	LCR Dice/iPad Games
		1pm	Music Therapy with Victoria
		2pm	Trivia
		2:30pm	Sm Group Music Therapy

W E D	7	10:30am 11am	Exercise/Walking Club Memory Tiles/Washer Toss
		1pm	Staff Choice Bingo
		2pm	Trivia

T H U	8	10:30am 11:15am	Tai Chi Garden Club with IN/ Rebound Skii Board
		1pm	Volleyball/Yahtzee
		2pm	Trivia

F R I	9	10:30am 11am	Chair Yoga Blackjack/Washer Toss/1:1 Music Therapy
		1pm	Music Therapy w/Anna
		2pm	Shabbat with Rabbi Larry
		2:30pm	Small Group Music Therapy

March 12 - 16

M O N	12	10:30am 11am	Intergenerational Music Exercise/Walking Club
		11:30am	Mini Corn Hole Toss/Blink
		1pm	Music Performance by Rekha Dravina
		2pm	Trivia

T U E	13	10:30am 11am	Intergenerational Music Exercise
		11:15am	Intergenerational Golf
		1pm	Music Therapy w/Victoria/
		2pm	Trivia
		2:30pm	Sm Group Music Therapy

W E D	14	10:30am 11am	Exercise/Walking Club Garden Club/Tic Tac Toe Toss
		1pm	Bowling
		2pm	Trivia
			<i>Happy Birthday Norman S.</i>

T H U	15	10:30am 11:15am	Tai Chi Scrabble Slam/Staff Choice
		1pm	Bingo
		2pm	Trivia

F R I	16	10:30am 11am	Sit and Stretch with Karli Uno/Horse Shoes/1:1 Music Therapy
		1pm	Music Therapy with Anna
		2pm	Shabbat with Linda
		2:30pm	Small Group Music Therapy

March 19 - 23

M O N	19	10:30am 11am	Intergenerational Music Exercise/Walking Club
		11:30am	Bingo
		1pm	Volleyball with IN
		2pm	Trivia

T U E	20	10:30am 11am	Intergenerational Music Exercise
		11:30am	Follow Your Nose/Bocci Ball
		1pm	Music Therapy with Victoria
		2pm	Trivia
		2:30pm	Sm Group Music Therapy

W E D	21	10:30am 11am	Exercise/Walking Club Poetry Club/Puzzles
		1pm	Therapeutic Drumming/Arts and Crafts with Rachel
		2pm	Trivia

T H U	22	10:30am 11:15am	Tai Chi Arts and Crafts Bird Feeders/ Shuffleboard
		1pm	Wii Games
		2pm	Trivia

F R I	23	10:30am 11am	Sit and Stretch with Karli Blackjack/Tic Tac Toe Toss/1:1 Music Therapy
		1pm	Music Therapy with Anna
		2pm	Shabbat with Rabbi Larry
		2:30pm	Small Group Music Therapy

March 26 - 30

M O N	26	10:30am 11am	Intergenerational Music Exercise/Walking Club
		11:30am	Garden Club/20 Questions
		1pm	Men's and Ladies Club
		2pm	Trivia

T U E	27	10:30am 11am	Intergenerational Music Exercise
		11:15am	Intergenerational Legacy Wood Works/Basketball
		1pm	Music Therapy with Victoria
		2pm	Trivia
		2:30pm	Sm Group Music Therapy

W E D	28	10:30am 11am	Exercise/Walking Club Adult Coloring/Patio Prep
		1pm	Bowling
		2pm	Trivia

T H U	29	10:30am 11:15am	Tai Chi Staff Choice/Clothes Pin Drop
		1pm	Spoons/Flip Flop Faces
		2pm	Trivia

F R I	30	10:30am 11am	Chair Yoga Uno/Cooking with IN/1:1 Music Therapy
		1pm	Music Therapy with Anna
		2pm	Shabbat
		2:30pm	Small Group Music Therapy