

Dear IN Families,

Bake Sale is a Hit!
I would like to thank everyone for the wonderful support during our bake sale! We sold out and earned \$421.80! We are so proud of our participants and the success of their first-ever sale!



From the beginning steps of researching cupcake recipes, to baking and decorating, and then making creative signs to help sell, the participants had an overall positive and rewarding experience. From my view, it was heartwarming to see the confidence everyone gained through this experience. Our next goal is to make and sell protein bars for both gym members and people in the community. We'll be working on this throughout the next couple of months.

REMINDERS
Focus Groups, Cubbies & Transportation
Please join us for the next Parent Focus Meeting on April 9 at 4:30pm. I will be going over new information regarding participants' fitness goals and how I will document and communicate them on a weekly basis.

With spring right around the corner, now is the time to make sure cubbies are cleaned out, which means gloves and hats can head home. Please make sure everyone has an extra pair of shorts and a t-shirt for spring and summer activities. As it gets warmer, we will be doing more activities outside. Sometimes the most fun activities can be the messiest!

If you have any changes to transportation or daily schedules, please call Kristen Conard at 314.442.3261, so we can make sure our team has updated information. If you are calling after hours, please leave a message. Thank you!

Looking forward to another great month!

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



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**.



March 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**

March 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
4:00pm	Group Games/Projects

March 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			

1	10:30am	Group Exercise with Connections
T H U	11:00am	Purim Celebration
	1:00pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Group Game

2	10:30am	Volunteer @ the J: Folding Towels
F R I	11:00am	Exercise
	1:00pm	Science Experiment
	2:00pm	Shabbat Service or Individual Project
	2:30-4:00pm	Volunteering @ Covenant Place: Dinner Set Up

March 5 - 9

5	10:00-12:00pm	Speech Therapy
M O N	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expression
	2:30pm	Reflection Time
	3:30pm	Meal Planning Series: Research a Recipe

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

7	10:30am	Greet Gym Members
W E D	11:00am	Exercise: Inside Track
	1:00pm	Woodshop Activity
	2:30pm	Reflection Time
	3:30pm	IN-Gen Reading Activity with ECC
	4:00pm	Group Exercise with Inclusion Department

8	9:45am	Tai Chi
T H U	10:30am	Dice Exercise
	11:15am	Art Expression
	1:00pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Group Game

9	10:30-12:00pm	Paint Rocks Project with Volunteer Group
F R I	1:00pm	Volunteering: Folding Towels
	2:00pm	Shabbat Service or Individual Project
	2:30-4:00pm	Volunteering @ Covenant Place: Dinner Set Up

March 12 - 16

12	10:00-12:00pm	Speech Therapy
M O N	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expressions
	1:00pm	Exercise
	2:30pm	Reflection Time
	3:30pm	Adapted Sports

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

14	10:30am	Greeting Gym Members
W E D	11:00pm	Science Experiment
	1:00pm	Sensory Activity
	2:30pm	Reflection Time
	3:30pm	Meal Planning Series: Grocery List
	4:00pm	Group Exercise

15	9:45am	Tai Chi
T H U	10:30am	Art Expressions
	11:00am	Tea Research Project
	1:00pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Social Etiquette Activity

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

March 19 - 23

19	10:00-12:00pm	Speech Therapy
M O N	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expressions
	1:00pm	Volleyball with Connections
	3:30pm	Meal Planning Series: Decide on a Recipe/ Money Skills
	4:00pm	Group Puzzle Activity

20	10:30am	Buddify Activity
T U E	11:00pm	Music Therapy
	1:00pm	Swimming
	2:30pm	Reflection Time
	3:30pm-4:30pm	Tea Research Presentation

21	10:30am	Greeting Gym Members
W E D	11:00am	Exercise
	1:00pm	Therapeutic Drumming & Art Expressions
	2:30pm	Reflection Time
	3:30pm	IN-Gen Game with Connection Program

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

23	10:30am	Volunteering: Folding Towels
F R I	11:00am	Exercise
	2:00pm	Reflection Time
	2:30-3:30pm	Volunteering @ Covenant Place Dinner Set Up

March 26 - 30

26	10:00-12:00pm	Speech Therapy
M O N	10:30am	In-Gen Music with Early Childhood
	11:00am	Art Expressions
	1:00pm	Exercise
	2:30pm	Reflection Time
	3:30pm	Adaptive Sport

27	10:30am	Dice Game Exercise
T U E	11:00pm	Music Therapy
	1:00pm	Tie Dying Activity
	2:30pm	Reflection Time
	3:30pm	IN-Gen Game with Connection Program

28	10:00am	Greeting Gym Members
W E D	11:00am	Exercise: Inside Track
	1:00pm	Meal Planning Series: Trip to the Grocery Store
	2:30pm	Reflection Time
	3:30pm	IN-Gen Reading Activity with ECC
	4:00pm	Group Exercise

29	9:45am	Tai Chi
T H U	10:30am	Meal Planning Series: Cooking
	1:00pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Group Game

30	10:15am	Volunteering: Folding Towels
F R I	11:00am	Cooking Club with Connections
	1:00pm	Exercise
	2:00pm	Reflection Time
	2:30-4:00pm	Volunteering @ Covenant Place Dinner Set Up