

Dear IN Families,

Happy Spring to all!

April Highlights

Throughout April, IN will be doing practice runs of various delicious, kosher recipes in preparation for our **May Bake Sale**. We will be making healthy granola bars, protein bars, more yummy cupcakes, decorative plates, flower pens and more! Our **May Bake Sale** will be on May 15 & 16 from 3-5:30pm. We are looking forward to another successful sale to help our participants build their money management skills.

On April 12, we'll visit Laumeier Sculpture Park for a fun, full day of photography. Participants should dress comfortably and weather-appropriately. We'll enjoy lunches packed by Kitchen J, but if anyone would rather bring his or her own lunch, please let me know by April 4.

We will head to the Little Bit Foundation to volunteer on April 20. This non-profit organization serves and advocates for impoverished children in the St. Louis area. IN will be making packages for children to be sent to St. Louis area. This is a wonderful volunteer opportunity to build new skills and meet new faces in our community!

Reminders

As the weather gets warmer, we will be doing more outdoor activities. This includes lots of walking, so please be sure to wear or bring comfy shoes each day! Before you know it we will be back in the outdoor pool twice a week.

Any transportation or daily schedule changes, contact Kristen Conard at 314.442.3261. We want to make sure our team has updated information. Please leave a message if calling after hours.

April Birthdays

Happy Birthday to Jordan & Jarod!

Looking forward to another great month!

Sincerely,  
Brittany Fischer,  
IN Program Coordinator



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**.

IN Program



A program of the  
**Adult Day Center** the j  
Care for your whole family

April 2018  
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





<b>April 2 - 6</b>		
<b>M O N</b>	<b>2</b>	10:00-12:00pm <b>Speech Therapy</b>
		10:30am In-Gen Music with ECC
		11:00am Art Expression: Artist Trading Cards Activity
		1:00pm Exercise
		2:00pm Social Etiquette Exercise
		2:30pm Reflection Time
		3:30pm Adaptive Sport
<b>T U E</b>	<b>3</b>	10:30am In-Gen Music with Early Childhood
		11:00am Music Therapy
		1:00pm Swimming
		2:30pm Reflection Time & Buddify
		3:30pm Spring Sale Project
<b>W E D</b>	<b>4</b>	10:30am Greet Gym Members
		11:00am Exercise
		1:00pm Spring Sale Project
		2:30pm Reflection Time
		3:30pm IN-Gen Reading Activity with ECC
		4:00pm Group Exercise: Dancing
<b>T H U</b>	<b>5</b>	9:45am Tai Chi
		10:30am Exercise Ball Activity
		11:30am Greet Gym Members
		1:00pm Swimming
		2:30pm Reflection Time
		3:30pm Spring Sale Project
<b>F R I</b>	<b>6</b>	10:30am J Volunteering: Folding Towels
		11:00am Exercise
		1:00pm Dancing Raisins Experiment
		2:00pm Yoga Fun Activity
		2:30pm Reflection Time & Buddify
		2:45pm Volunteering @ Covenant Place: Dinner Set up

<b>April 9 - 13</b>		
<b>M O N</b>	<b>9</b>	10:00-12:00pm Speech Therapy
		10:30am In-Gen Music with Early Childhood
		11:00am Art Expressions
		1:00pm Exercise
		2:30pm Reflection Time
		3:30pm Spring Sale Project
<b>T U E</b>	<b>10</b>	10:30am In-Gen Music with ECC
		11:00am Music Therapy
		1:00pm Swimming
		2:30pm Reflection Time
		3:30pm Money Management Skills
		4:00pm Group Game
<b>W E D</b>	<b>11</b>	10:30am Tie Dye Paint Pouring on Canvas Activity with STL ARCH
		1:00pm Exercise
		2:00pm Safety Skills
		2:30pm Reflection Time
		3:30pm Adaptive Sport
<b>T H U</b>	<b>12</b>	9:45am Tai Chi
		10:30am Outing: Laumeier Sculpture Park
		1:00pm Swimming
		2:30pm Reflection Time
		3:30pm iPad Learning
<b>F R I</b>	<b>13</b>	10:30am J Volunteering: Folding Towels
		11:00am Exercise
		1:00pm Odd Science Experiment
		2:00pm Yoga Fun Activity
		2:30pm Reflection Time
		3:30pm Volunteering @ Covenant Place: Dinner Set-up

<b>April 16 - 20</b>		
<b>M O N</b>	<b>16</b>	10:00-12:00pm Speech Therapy
		10:30am IN-Gen Music with ECC
		11:00am Art Expressions: Mini Shrines
		1:00pm Exercise
		2:00pm Social Etiquette Exercise
		2:30pm Reflection Time
		3:30pm Adaptive Sport
<i>Happy Birthday, Jordan!</i>		
<b>T U E</b>	<b>17</b>	10:30am N-Gen Music with ECC
		11:00pm Music Therapy
		1:00pm Swimming
		2:30pm Reflection Time & Buddify
		3:30pm Money Management Skills
<b>W E D</b>	<b>18</b>	10:30am Greeting Gym Members
		11:00am Exercise
		1:00pm Spring Sale Project
		2:30pm Reflection Time
		3:30pm Reading Skills
		4:00pm Group Exercise
<b>T H U</b>	<b>19</b>	9:45am Tai Chi
		10:30am Lave Lamp Science Experiment
		1:00pm Swimming
		2:30pm Reflection Time
		3:30pm Group Game
<b>F R I</b>	<b>20</b>	10:30-12:00pm Outing: Volunteering with Little Bit Foundation
		1:00pm Music Therapy with Connections
		2:00pm Yoga Fun Activity
		2:30pm Reflection Time
		3:30pm Swimming with Rachel

<b>April 23 - 27</b>		
<b>M O N</b>	<b>23</b>	10:00-12:00pm Speech Therapy
		10:30am In-Gen Music with ECC
		11:00am Art Expressions: Personal Mantras
		1:00pm Exercise
		3:30pm Adaptive Sport
<b>T U E</b>	<b>24</b>	10:30am IN-Gen Music with ECC
		11:00am Music Therapy
		1:00pm Swimming
		2:30pm Reflection Time and Buddify
		3:30-4:30pm Spring Sale Project
		<i>Happy Birthday, Jarod!</i>
<b>W E D</b>	<b>25</b>	10:30am Greeting Gym Members
		11:00am Exercise
		1:00pm Spring Sale Project
		2:30pm Reflection Time
		3:30pm IN-Gen Reading Activity with ECC
		4:00pm Group Exercise: Dancing
<b>T H U</b>	<b>26</b>	9:45am Tai Chi
		10:30am Spring Sale Project
		1:00pm Swimming
		2:30pm Reflection Time
		3:30pm Money Management Skills
<b>F R I</b>	<b>27</b>	10:30am J Volunteering: Folding Towels
		11:00am Exercise
		1:00pm Candy Nerd Science Experiment
		2:00pm Yoga Fun Activity
		2:30pm Reflection Time
		2:45pm Volunteering @ Covenant Place: Dinner Set-up

<b>April 30</b>		
<b>T H U</b>	<b>30</b>	10:00-12:00pm Speech Therapy
		10:30am IN-Gen Music with ECC
		11:00am Art Expressions: Mandalas
		1:00pm Exercise
		2:00pm Social Etiquette Exercise
		2:30pm Reflection Time
		3:30pm Adaptive Sport

<b>Daily Activities</b>		
<b>Morning</b>		
	8:30-9:30am	Coffee Talks/Table Activity
	9:30am	Breakfast
	10:00am	Review Schedule/Set Expectations
<b>12:15pm Lunch</b>		
<b>Afternoon</b>		
	2:00pm	Independent Living Skills
	3:15pm	Snack
	4:00pm	Group Games/Projects

<b>April</b>						
<b>2018</b>						
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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					