

Dear Families,

By the time April begins, another season of Cardinals baseball will be underway. At the same time, we are proud to announce our very own 2018 Cardinals Reminiscence League (CRL) schedule! Whether you are a proud St. Louis Cardinals fan, baseball enthusiast or a sports fanatic in general, then our CRL group will be a dream come true!

CRL is open to anyone who would like to meet with other baseball fans, test your sports knowledge, share stories and learn some of the storied history of our St. Louis Cardinals. Family members are encouraged to join in on the fun!

CRL is offered:  
Third Monday, monthly  
10:30am-12:00pm  
Staenberg Family Complex  
– Adult Day Center at the J



2018 Schedule

April 16	August 20
May 21	September 17
June 18	October 15
July 16	

**SAVE THE DATE**  
**Shedding Light on Alzheimer’s: The Journey Continues**  
Sunday, June 3 • 9:15am – 12:45pm  
Congregation Shaare Emeth (11645 Ladue Rd, 63141)  
This Jewish community education program is for caregivers and supporters of families facing Alzheimer’s disease, memory loss or dementia. Several topics are available and attendees will pre-register for two:

- Medical Updates by Dr. George Grossberg
- Navigating Stages of Care
- Caring for the Caregiver
- Maintaining Relationships and Being a Support
- Elder Law

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:

<b>Monday:</b>	
<b>April 2 &amp; May 7</b>	<b>3:00 - 4:30pm</b>
<b>Friday:</b>	
<b>April 20 &amp; May 18</b>	<b>10:00 - 11:00am</b>

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



**Cynthia Wyatt**  
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Assistant



**Renee Gavigan**  
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**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

Note:

- For schedule and/or transportation changes, call **314.442.3248**.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.

CONNECTIONS



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

**April 2018**  
**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**



April 2 - 6		
M O N	2	10:30am Intergenerational Music 11am Exercise/Walking Club 11:30am Clothes Pin Drop/Spill and Spell 1pm Wii Wheel of Fortune 2pm Trivia
	3	10:30am Intergenerational Music 11am Exercise 11:30am Memory Tiles/Baggo 1pm <b>Music Therapy w/Victoria</b> 2pm Trivia 2:30pm Sm Group Music Therapy
	4	10:30am Exercise/Walking Club 11am Garden Club/Football Toss 1pm Kings in the Corner/Golf 2pm Trivia
	5	10:30am Tai Chi 11:15am Staff Choice Bingo 1pm Volleyball/Scrabble Slam 2pm Trivia
	6	10:30am Chair Yoga 11am Blackjack/Baseball Bag Toss/1:1 Music Therapy 1pm <b>Music Therapy w/Anna Shabbat</b> 2pm Small Group Music Therapy 2:30pm  <i>Happy Birthday Richard C. &amp; Jordan C.</i>

April 9 - 13		
M O N	9	10:30am Intergenerational Music 11am Exercise/Walking Club 11:30am Washers/Draw a Bird 1pm Bowling 2pm Trivia
	10	10:30am Intergenerational Music 11am Exercise 11:15am Intergenerational Therapeutic Drumming/ Awkward Family Photo Game  1pm <b>Music Therapy with Victoria</b>  2pm Trivia 2:30pm Sm Group Music Therapy
	11	10:30am Exercise/Walking Club 11am Puzzles/iPad 1pm <b>Music Performance with Matt Davis</b> 2pm Trivia
	12	10:30am <b>YOM HASHOAH</b> Tai Chi 11:15am Garden Club/Golf 1pm Bocci Ball Outside 2pm Trivia
	13	10:30am Chair Yoga 11am Uno/Apples to Apples/ 1:1 Music Therapy 1pm <b>Music Therapy w/Anna/ Shabbat</b> 2pm Scrabble 2:30pm <b>Shabbat</b> Sm Group Music Therapy

April 16 - 20		
M O N	16	10:30am Intergenerational Music/ Cardinals Reminiscence 11am League 11:30am Exercise/Walking Club 1pm Shuffleboard Staff Choice/Bingo 2pm Trivia
	17	10:30am Intergenerational Music 11am Exercise 11:30am Garden Club/Mini Cornhole Toss 1pm <b>Music Therapy w/Victoria</b> 2pm Trivia 2:30pm Sm Group Music Therapy
	18	<b>YOM HAZIKARON</b> 10:30am Exercise/Walking Club 11am Horse Races 1pm Volleyball/Yahtzee 2pm Trivia
	19	<b>YOM HAATZMAUT</b> 10:30am Tai Chi 11:15am Rummikub/Rebound Skii Board 1pm Gravity Golf 2pm Trivia
	20	10:30am Chair Yoga 11am Blackjack/Smile Bean Bag Toss/Super Hoop Ball/ 1pm 1:1 Music Therapy 2pm <b>Music Therapy with Anna Shabbat</b> Small Group Music Therapy

April 23 - 27		
M O N	23	10:30am Intergenerational Music 11am Exercise/Walking Club 11:30am Follow Your Nose/Collapsing Cans 1pm Ladies and Men’s Club 2pm Trivia
	24	10:30am Intergenerational Music 11am Exercise 11:15am Intergenerational <b>Music Therapy w/Victoria</b> 1pm Trivia 2pm Sm Group Music Therapy  <i>Happy Birthday Thelma C. &amp; Jarod R.</i>
	25	10:30am Exercise/ Walking Club 11am Cooking Club 1pm Bowling 2pm Trivia
	26	10:30am Tai Chi 11:15am Visor Decorating/ iPad 1pm Will Family Feud 2pm Trivia
	27	10:30am Chair Yoga 11am Uno/Dog Bingo/1:1 Music Therapy 1pm <b>Music Therapy w/Anna/ Garden Cub</b> 2pm <b>Shabbat</b> 2:30pm Sm Group Music Therapy  <i>Happy Birthday Jim M.</i>

April 30		
M O N	30	10:30am Intergenerational Music 11am Exercise/Walking Club 11:30am Dominoes/Sing a Long 1pm <b>Music Performance with Bill Fornes</b> 2pm Trivia

April 2017						
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					

Daily Activities	
Morning	
7:30am	Early Morning Activities
9:30am	Breakfast
10:10am	Brain Boosters
12:15pm Lunch	
Afternoon	
2:00pm	Bus Dismissal and Reflection & Conversation
3:15pm	Snack
3:30pm	Ind./Small Group Sensory, Art & Leisure
5:00pm	Rest and Relaxation