

Dear IN Program Families,

Happy Spring to all!

Thank you all for the cooperation and support for our new fitness goals for participants. Please keep up with recording or syncing daily steps. I need a monthly report of everyone’s steps. This has been an excellent experience for our participants as we look forward to focusing more on overall health and wellness.

Welcome Students

Throughout May, we will be welcoming volunteer students from St. Joseph’s Academy for several weeks to help with various activities.

Our Bake Sale is Back!

Spread the word! This month, IN will be baking various delicious strawberry energy bites, healthy homemade granola bars, and more cupcakes for our **Spring Bake Sale** on May 15 & 16 from 3:30-5:30pm. We are looking forward to another successful sale for our participants to build money management skills. Come support the IN Program by purchasing an item from our delicious menu! IN will be selling a few handmade home décor items as well!

May Birthdays

Louis B. – 16th  
Victoria W. – 18th

Reminders

Please remember to bring in a doctor’s note so our staff can assist in applying sunscreen on our participants. Renee, our nurse, must have a doctor’s note on file and please put your name on the sunblock.

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

Any changes with transportation or daily schedules please call Kristen Conard at 314.442.3261 as soon as possible so we have the latest information.

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  
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 though 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

	<b>Ashley Stockman</b> ADC Director 314.442.3245		<b>Kristen Conard</b> ADC Asst. Director 314.442.3261
	<b>Brittany Fisher</b> IN Program Coordinator 314.442.3249		<b>Rachel Goldmeier</b> IN Program Assistant
	<b>Cynthia Wyatt</b> Activity Assistant		<b>Karen Stephenson</b> Admin. Assist. 314.442.3248
	<b>Renee Gavigan</b> Nurse 314.442.3243		<b>Jenay Sneed</b> CNA
	<b>Lucy Kiarie Kamau</b> RN		

**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

May 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**



May 1 - 4 Passport to Mexico Week

May		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	29	30	31				

TUE	1	10:30am	Exercise
		11:00am	<b>Music Therapy</b>
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Mexico Research Project
WED	2	10:30am	Greet Gym Members
		11:00pm	Exercise
		1:00pm	<b>Dance Lessons with Debbie Barash</b>
		2:30pm	Reflection Time
		3:30pm	IN-Gen Reading Activity with ECC
		4:00pm	Group Exercise: Dancing
THU	3	9:45am	Tai Chi
		10:30am	Social Etiquette Skills
		11:00pm	Let's Learn Española/ Colors of Mexico Activity
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Mexico Research Presentation
FRI	4	10:30am	Volunteering @ the J: Folding Towels
		11:15pm	Cooking Club: Sangria
		1:00pm	Exercise: Outside
		1:30pm	Cinco De Mayo Celebration
		2:00pm	Yoga/Buddify
		2:30pm	Reflection Time
		3:30pm	Swimming

May 7-11 National Herb Week

MON	7	10:00-12:00pm	<b>Speech Therapy</b>
		10:30am	In-Gen Music with ECC
		11:00pm	Garden Club: Name the Herb
		1:00pm	Exercise/Volleyball
		2:00pm	Money Management Skills
		2:30pm	Reflection Time
		3:30pm	Adaptive Sport Game
TUE	8	10:30am	In-Gen Music with ECC/ Spring Sale Project
		11:00am	<b>Music Therapy</b>
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Volunteering @ Covenant Place: Dinner Set up
WED	9	10:30am	Greeting Gym Members
		11:00am	Art Expressions: Pet Drawing
		1:00pm	<b>Duo TOUCH Pet Therapy</b>
		2:00pm	Science Activity: Tornado in a Jar
		2:30pm	Reflection Time
		3:30pm	Spring Sale Project: Cashier Skill Building
THU	10	9:45am	Tai Chi
		10:30am	Spring Bake Sale Project
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Mother's Day Poem Project
FRI	11	10:30am	Volunteering @ J: Folding Towels
		11:30am	Exercise/Garden Club
		1:30pm	Mother's Day Celebration
		2:00pm	Yoga/Buddify
		2:30pm	Reflection Time
		3:30pm	Swimming

May 14 - 18

MON	14	10:00-12:00pm	Speech Therapy
		10:30am	IN-Gen Music with ECC
		11:00am	Cooking Club with Connections Group : Making Hummus
		1:00pm	Spring Sale Project
		3:30pm	Group Game
TUE	15	10:30am	Yoga & Buddify in the Garden
		11:00am	Music Therapy
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:00pm	Spring Bake Sale & Set Up
WED	16	10:30am	Greeting Gym Members
		11:30am	Exercise/Golf
		1:00pm	Mock Spring Bake Sale & Set Up
		2:45pm	Reflection Time
		3:30pm	Spring Bake Sale
THU	17	9:45am	Tai Chi
		10:30am	Nature Walk
		11:00pm	Garden Club
		1:00pm	Swimming
		2:30pm	Reflection Time
		2:45pm	Volunteer @ Covenant Place: Dinner Set up
FRI	18	10:30am	Volunteering @ J: Folding Towels
		11:15am	Art Expressions: Scrapbooking
		1:00pm	Exercise/ Super Hoop Ball Activity
		2:00pm	Buddfy/Yoga
		2:30pm	Reflection Time
		3:30pm	Swimming

May 21 - 25

MON	21	10:30-12:00pm	Speech Therapy
		10:30am	In-Gen Music with ECC/CRL
		1:00pm	Outing: (Location: McDonnell Park) Nature Walk Activity
		4:00pm	Return back to center
			IPad Learning
TUE	22	10:30am	Exercise Bingo
		11:00am	Music Therapy
		1:00pm	Swimming
		2:30pm	Reflection Time
		2:45pm	Volunteer @ Covenant Place Dinner Set up
WED	23	10:30am	Greeting Gym Members
		11:30pm	Art Expressions: Garden Stepping Stones
		1:00pm	Duo TOUCH Pet Therapy
		2:00pm	Social Etiquette Skills
		2:30pm	Reflection Time
		3:30pm	Time Management Skills
		4:00pm	Dance Exercise
THU	24	9:45am	Tai Chi
		10:30am	Science Experiment
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Adaptive Sport Game
FRI	25	10:30am	Volunteering @J: Folding Towels
		11:00am	Exercise
		11:30am	National Wine Day: I love Lucy
		1:00pm	Garden Club/Art Expressions
		2:00pm	Buddfy/Yoga
		2:30pm	Volunteering @ Covenant Place: Dinner Set-Up
		4:00pm	iPad Learning

May 28 - 31

MON	28	<b>MEMORIAL DAY - ADC CLOSED</b>	
TUE	29	10:30am	Dice Exercise
		11:00am	<b>Music Therapy</b>
		1:00am	Swimming
		2:30pm	Reflection Time
		3:30pm	Volunteer @ Covenant Place Dinner Set up
WED	30	10:30am	Group Walk
		11:15pm	Garden Club
		1:00pm	<b>Duo TOUCH Pet Therapy</b>
		2:00pm	Exercise
		2:30pm	Reflection Time
		3:30pm	In-Gen Reading Session
		4:00pm	Dance Exercise
THU	31	9:45am	Tai Chi
		10:30am	Vocabulary/Spelling Challenge
		11:00pm	Meal Planning Series: Research a Recipe
		1:00pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Art Expressions: Jewelry Making

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