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.



Ashley Stockman ADC Director 314.442.3245

Kristen Conard ADC Asst. Director 314.442.3261



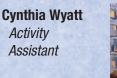




Goldmeier IN Program Assistant

314,442,3248





Karen Stephenson Admin. Assist. 314.442.3248



Renee Gavigan Nurse 314.442.3243



Jenav Sneed CNA



Lucy Kiarie

RN

Kamau

Note:

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



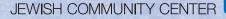
N Program



A program of the Adult Day Center

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 iccstl.org



May 1 - 4 Passport to Mexico Week						
	May	2018				
	s m	twtfs				
		1 2 3 4 5				
	67	8 9 10 11 12				
	13 14	15 16 17 18 19				
	20 21	22 23 24 25 26				
	27 28	29 30 31				
1	10:30am					
-	11:00am	17				
T U	1:00pm	Swimming Reflection Time				
U E	2:30pm 3:30pm	Mexico Research Project				
	•					
2	10:30am 11:00pm	Greet Gym Members Exercise				
W	1:00pm	Dance Lessons with				
Ε	Dehhie Barash					
D						
	3:30pm	IN-Gen Reading Activity				
		with ECC				
	4:00pm	Group Exercise: Dancing				
3	9:45am	Tai Chi				
_	10:30am	Social Etiquette Skills				
T H	11:00pm	Let's Learn Española/ Colors of Mexico Activity Swimming				
Ü	1:00pm					
	2:30pm	Reflection Time				
	3:30pm	Mexico Research				
		Presentation				
4	10:30am	Volunteering @ the J:				
		Folding Towels				
F	11:15pm	Cooking Club: Sangria				
R	1:00pm	Exercise: Outside				
	1:30pm	Cinco De Mayo Celebration				
	2:00pm	Yoga/Buddify				
	2:30pm	Reflection Time				
	3:30pm	Swimming				
		5				

Иа	y 7-11 N	ational Herb Week	
7	10:00-	Speech Therapy	
	12:00pm		
Μ	10:30am	In-Gen Music with ECC	
0 N	11:00pm	Garden Club: Name the	
N		Herb	
	1:00pm	Exercise/Volleyball	
	2:00pm	Money Management Skills	
	2:30pm	Reflection Time	
	3:30pm	Adaptive Sport Game	
8	10:30am	In-Gen Music with ECC/	
Ŭ	loloodiii	Spring Sale Project	
Т	11:00am	Music Therapy	
Ŭ E	1:00pm	Swimming	
E	2:30pm	Reflection Time	
	3:30pm	Volunteering @ Covenant	
		Place: Dinner Set up	
9	10:30am	Greeting Gym Members	
	11:00am	Art Expressions: Pet	
W		Drawing	
E D	1:00pm	Duo TOUCH Pet Therapy	
U	2:00pm	Science Activity: Tornado	
		in a Jar	
	2:30pm	Reflection Time	
	3:30pm	Spring Sale Project:	
		Cashier Skill Building	
10	9:45am	Tai Chi	
	10:30am	Spring Bake Sale Project	
T	1:00pm	Swimming	
H U	2:30pm	Reflection Time	
Ŭ	3:30pm	Mother's Day Poem	
		Project	
1	10:30am	Volunteering @ J: Folding	
		Towels	
F	11:30am	Exercise/Garden Club	
R I	1:30pm	Mother's Day Celebration	
	2:00pm	Yoga/Buddify	
	2:30pm	Reflection Time	
	3:30pm	Swimming	

M	ay 14 - 18		1	Ма	y 21 - 25	
14 M 0 N	10:00- 12:00pm 10:30am 11:00am 1:00pm	Speech Therapy IN-Gen Music with ECC Cooking Club with Connections Group : Making Hummus Spring Sale Project		21 M 0 N	10:30- 12:00pm 10:30am 1:00pm 4:00pm	Speech Therapy In-Gen Music with ECC/CRI Outing: (Location: McDonnell Park) Nature Walk Activity Return back to center IPad Learning
15 T U E	3:30pm 10:30am 11:00am 1:00pm 2:30pm 3:00pm	Group Game Yoga & Buddify in the Garden Music Therapy Swimming Reflection Time Spring Bake Sale & Set Up		22 T U E	10:30am 11:00am 1:00pm 2:30pm 2:45pm	Exercise Bingo Music Therapy Swimming Reflection Time Volunteer @ Covenant Place Dinner Set up
16 W E D	10:30am 11:30am	Greeting Gym Members Exercise/Golf Mock Spring Bake Sale & Set Up Reflection Time Spring Bake Sale		23 W E D	10:30am 11:30pm 2:00pm 2:30pm 3:30pm 4:00pm	Greeting Gym Members Art Expressions: Garden Stepping Stones Duo TOUCH Pet Therapy Social Etiquette Skills Reflection Time Time Management Skills Dance Exercise
17 T H U	 9:45am 10:30am 11:00pm 1:00pm 2:30pm 2:45pm 	Tai Chi Nature Walk Garden Club Swimming Reflection Time Volunteer @ Covenant Place: Dinner Set up		24 T H U 25	9:45am 10:30am 1:00pm 2:30pm 3:30pm 10:30am	Tai Chi Science Experiment Swimming Reflection Time Adaptive Sport Game Volunteering @J: Folding
18 F R I	10:30am 11:15am 1:00pm 2:00pm 2:30pm 3:30pm	Volunteering @ J: Folding Towels Art Expressions: Scrapbooking Exercise/ Super Hoop Ball Activity Buddfy/Yoga Reflection Time Swimming		F R I	11:00am 11:30am 1:00pm 2:00pm 2:30pm 4:00pm	Towels Exercise National Wine Day: I love Lucy Garden Club/Art Expressions Buddfy/Yoga Volunteering @ Covenant Place: Dinner Set-Up iPad Learning

	Ма	y 28 - 31	
-	28 M 0 N		MEMORIAL DAY - Adc Closed
	29 T U E	10:30am 11:00am 1:00am 2:30pm 3:30pm	Dice Exercise Music Therapy Swimming Reflection Time Volunteer @ Covenant Place Dinner Set up
	30 W E D	10:30am 11:15pm 1:00pm 2:00pm 2:30pm 3:30pm 4:00pm	Group Walk Garden Club Duo TOUCH Pet Therapy Exercise Reflection Time In-Gen Reading Session Dance Exercise
	31 T H U	9:45am 10:30am 11:00pm 1:00pm 2:30pm 3:30pm	Tai Chi Vocabulary/Spelling Challenge Meal Planning Series: Research a Recipe Swimming Reflection Time Art Expressions: Jewelry Making
	Dai	ly Activit	ies

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				