

Important Message from the Nurse,

With hotter days approaching, it is critical to remain hydrated and keep cool. Severe dehydration can be fatal and is a common cause of hospitalization. Older adults cannot handle the heat as well because they don't sweat as effectively and have weaker circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound that risk, as can certain medications – especially diuretics and those that are prescribed for hypertension and Parkinson's disease.

Signs and symptoms of dehydration include:

Headaches, dry mouth, thick saliva, dizziness, sleepiness, thirst, irritability, cramping, flushed face, weakness, dizziness, difficulty passing urine or reduced amounts that are dark yellow, constipation, confusion, lethargy, poor skin elasticity, fainting/decreased consciousness, lack of urine output, shrunken eyes, moist, cool arms and legs, rapid and faint pulse, low blood pressure, rapid breathing, convulsions and a bloated stomach.

- Safety tips for avoiding dehydration and keeping cool:**
- Drink appropriate amounts of fluids, water or non-alcoholic, caffeine-free beverages and avoid sugary drinks.
 - Eat hydrating foods like cucumber, radishes, watermelon and strawberries. They contain at least 90% water.
 - Wear appropriate clothing. Don't forget to bring summer type clothing for our ADC bins!
 - Avoid being in the sun for long periods of time and use protective sunscreen. **We MUST have a doctor's order for this to be applied to the skin.**
 - Close curtains and blinds when leaving to keep your home cooler.

Heat related illness can be a life threatening
MEDICAL EMERGENCY – CALL 911



Stay hydrated and keep cool!
Renee Gavigan, RN
Adult Day at the J

SAVE THE DATE
Sunday, June 3, 2018 • 9:15am – 12:45pm
Congregation Shaare Emeth (Ballas & Ladue)
Shedding Light on Alzheimer's: The Journey Continues
Listen to guest speakers; you choose two from several topics.

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: **alzheimer's association®**
Monday:
June 4 & July 2 3:00 - 4:30pm
Friday:
June 15 & July 20 10:00 - 11:00am

Supervision is available for your loved one during Monday meetings, by reservation.

Questions/RSVP: Kristen Conard
314.442.3261 • kconard@jccst.org



2018 Group Information
Mondays • 10:30am – 12pm

Meeting Dates		
June 18	August 20	October 15
July 16	September 17	

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
 Cynthia Wyatt Activity Assistant	 Connor Flood Activity Assistant
 Karen Stephenson Admin. Assist. 314.442.3248	
 Renee Gavigan Nurse 314.442.3243	 Jenay Sneed CNA
 Lucy Kiarie Kamau RN	

IN Program

 Brittany Fisher IN Program Coordinator	 Rachel Goldmeier IN Program Assistant
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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
Socialization • Recreation • Support



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

June 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

June 1

June 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

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

1	10:30am	Chair Yoga
	11am	Ring Fling/Can Jam/Blackjack/1:1 Music Therapy
F	1pm	Music Therapy w/Anna
R	2pm	Shabbat/Trivia
I	2:30pm	Sm Group Music Therapy

June 4 - 8

4	10:30am	In-Gen Music
	11am	Cooking Club: Frozen yogurt/Ladder Golf
M	1pm	Therapeutic Drumming
O	1:30pm	Ice Cream Social
N	2pm	Trivia
Happy Birthday Lorraine S.		

5	10:30am	In-Gen Music/Exercise
	11am	World Environment Day: Recycling Paper/Bubble Bash
T	1pm	Music Therapy with Victoria
U	2pm	Trivia
E	2:30pm	Sm Group Music Therapy

6	10:30am	Exercise/Walking Club
	11am	Garden Club/Orbs/Movement Ball
W	1pm	Music Performance by Matt Davis/Choice
E	2pm	Trivia
D		

7	10:30am	Tai Chi
	11:15am	Sensory Match/No Gravity Golf
T	1pm	Volleyball/Memory Stretch/Adult Coloring
H	2pm	Trivia
U		

8	10:30am	Chair Yoga
	11am	Art Expressions: Build-A-Plane/Shuffle Putt/1:1 Music Therapy
F	1pm	Music Therapy with Anna
R	2pm	Shabbat/Trivia
I	2:30pm	Sm Group Music Therapy

Happy Birthday Rosalyn E.(9th)

June 11 - 15

11	10:30am	In-Gen Music
	11am	Exercise/Walking Club
M	11:30am	Spill & Spell/Clothes Pin Drop
O	1pm	Music Performance by Dan Balsamo
N	2pm	Trivia

12	10:30am	In-Gen Music
	11am	Scrabble SLAM/Hole-in-One
T	1pm	Music Therapy with Victoria
U	2pm	Trivia
E		Happy Birthday Anna C.

13	10:30am	Exercise/Walking Club
	11am	Garden Club/Bowling
W	1pm	DUO TOUCH Pet Therapy/Lucky Dog
E	2pm	Trivia
D		

14	10:30am	FLAG DAY
	11:15am	Tai Chi
T		Flag Cup Challenge/I Love America Bingo
H	1pm	Sequence States & Capitals/Flag Relay
U	1:30pm	Name the Flag
	2pm	Trivia
Happy Birthday Devin H.		

15	10:30am	Chair Yoga
	11am	Hole-in-One/Texas Hold'em/1:1 Music Therapy
F	1pm	Music Therapy with Anna
R	1:30pm	Father's Day Celebration
I	2pm	Shabbat/Trivia
	2:30pm	Sm Group Music Therapy

Happy Birthday Ed D. (17th)

June 18 - 22 Celebrating National Camping Month

18	10:30am	In-Gen Music/Cardinal's Reminiscence League
	11am	Exercise/Walking Club
M	11:30am	Baseball
O	1pm	Music Performance by Howard Bly/Sorry
N	2pm	Trivia
Happy Birthday Laverne M.		

19	10:30am	In-Gen: Campfire Storytelling
	11am	Exercise
T	11:15am	Noodle Darts/C-Low
U	1pm	Music Therapy with Victoria
E	2pm	Trivia
	2:30pm	Small Group Music Therapy

20	10:30am	International Picnic Day
	11am	Exercise/Walking Club
W		Garden Club/Camping
E	12pm	Bloopers
D	1pm	Outdoor Picnic
	2pm	DUO TOUCH Pet Therapy/Oh Shoot
		Trivia

21	10:30am	Tai Chi
	11:15am	Cooking Club: No Bake S'mores/Nature Bingo
T	1pm	Music Performance with Cheryl Brown
H	1:30pm	1st Day of Summer Celebration
U	2pm	Trivia

22	10:30am	Chair Yoga
	11am	Art Expressions: Stick Art/Cornhole Toss/1:1 Music Therapy
F	1pm	Music Therapy with Anna
R	2pm	Trivia
I	2:30pm	Small Group Music Therapy

June 25 - 29

25	10:30am	In-Gen Music
	11am	Champion Throw/Safety Catch/Ocean Bingo
M	1pm	Men's & Ladies Club
O	2pm	Trivia
N		

26	10:30am	In-Gen Music
	11:15am	Kings in the Corner/Horse Races
T	1pm	Music Therapy with Victoria
U	2pm	Trivia
E		Small Group Music Therapy

27	10:30am	Exercise/Walking Club
	11am	Garden Club/Water Gun Race
W	1pm	Duo: TOUCH Pet Therapy/Pokeno
E	2pm	Trivia
D		

28	10:30am	Tai Chi
	11:15am	Wii Sports/BIG Soccer
T	1pm	Music Performance by Gary Sudin
H	2pm	Trivia
U		

29	10:30am	Chair Yoga
	11am	Art Expressions: Windsocks/Chipping Target/Baggo/1:1 Music Therapy
F	1pm	Music Therapy with Anna
R	2pm	Trivia
I	2:30pm	Small Group Music Therapy