

Dear Connections Families,

Please Complete our Survey

It's survey time again and we ask your help in completing our Annual Satisfaction Survey and Caregiver Burden Index. Your feedback is vital as we shape and grow our programming and services. Your responses enable us to accurately report on outcomes, objectives and areas for additional support to funding entities whose fiscal generosity and contributions help maintain the variety and quality of our programs.

Please submit your completed surveys back to the ADC by July 15 and please call with any questions, 314.442.3248.

Safety First

Enjoying a cool summer night stroll to beat the heat is appealing, but precautions must too be taken to ensure the safety of individuals with Alzheimer's or a related dementia who wanders and could become lost. MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency, no matter when or where the person is reported missing.

Caregivers, citizens or emergency personnel can report that someone is lost by calling the 24-hour emergency response line (1.800.625.3780) listed in the ID jewelry. Safe Return will notify the listed contacts, making sure the person is returned home. You can register for this service by visiting: www.medicalert.org/safereturn, or calling 1.888.572.8566 for more information.

Closed Independence Day

Just a friendly reminder that we will be **CLOSED on Wednesday, July 4**. We hope you and your family celebrate safely and have a wonderful day.


Thanks for being a part of our ADC family!

Ashley Stockman
Director
Adult Day at the J



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:
July 2 & August 6 **3:00 - 4:30pm**

Friday:
July 20 & August 17 **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
July 16 September 17
August 20 October 15

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
Director
314.442.3245



Kristen Conard
Assistant 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

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

July 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**

JEWISH COMMUNITY CENTER



July 2 - 6		
M O N	2	10:30am In-Gen Music 11am Patriotic Exercise 11:30am Patriotic Penny Toss/ Sequence States & Capitals 1pm Patriotic Art Expressions/I Love America Bingo 2pm Trivia
	3	10:30am In-Gen Music/ 11am Exercise 11:15am Cooking Club/Flag Relay/ Star-Spangled Banner Crossword/ /1:1 Music 1pm Therapy 2pm Music Therapy/Ludo 2:30pm Trivia Sm Group Music Therapy
	4	CLOSED Independence Day
	5	10:30am Tai Chi 11:15am National Park Yahtzee/ Horseshoe Tournament 1pm Music Performance with Rob Callmeyer/DUO TOUCH Pet Therapy 2pm Trivia
	6	10:30am Chair Yoga 11am Garden Club/Ring Fling/ Adapted Sport/1:1 Music Therapy 1pm Music Therapy/Uno 2pm Shabbat/Trivia 2:30pm Sm Group Music Therapy

July 9 - 13		
M O N	9	10:30am In-Gen Music 11am Exercise 11:30am Wheel of Fortune/Baggo 1pm Music Performance by Joe Garnier/C-Low 2pm Trivia
	10	10:30am In-Gen Music 11am Exercise 11:30am Lawn Darts/Spelling Bee/1:1 Music Therapy 1pm Music Therapy 2pm Trivia Happy Birthday Pearl W.
	11	Spire Volunteer Day
	12	10:30am Exercise/Walking Club 11am Garden Club/Volleyball/ Blackjack 12pm Lunch with Spire 1pm DUO TOUCH Pet Therapy/Art Expressions 2pm Trivia
W E D		
T H U		
F R I		

July 16 - 20		
M O N	16	10:30am In-Gen Music/Cardinal's Reminiscence League 11am Exercise 11:30am Baseball Toss/ 1pm Music Performance by Howard Bly/Pokeno 2pm Trivia
	17	10:30am In-Gen Music 11am Exercise 11:30am Leisure Charades/ Dominoes/1:1 Music Therapy 1pm Music Therapy 2pm Trivia 2:30pm Small Group Music Therapy
	18	10:30am Exercise/Walking Club 11am Washers/Scrabble 1pm DUO TOUCH Pet Therapy/ Creative Minds: Summer Vacation Reminiscence 2pm Trivia
	19	10:30am Tai Chi 11:15am Tic-Tac-Toe Toss/Kings-in- the-Corner 1pm Music Performance with Gary Sudin/Chinese Checkers 2pm Trivia
T H U		
F R I		

July 23 - 27		
M O N	23	10:30am In-Gen Music 11am Exercise 11:30am Shark Attack/Oceans Bingo 1pm Shark Week Special 2pm Trivia
	24	10:30am In-Gen Music 11am Exercise/1:1 Music Therapy 11:30am Can Jam/What's in the Bag? 1pm Music Therapy 2pm Trivia 2:30pm Small Group Music Therapy
	25	10:30am Exercise/Walking Club 11am Garden Club/Orbs Toss 1pm DUO TOUCH Pet Therapy/ Art Expressions 2pm Trivia
	26	10:30am Tai Chi 11:15am Bowling/Adult Coloring 1pm Music Performance by Matt Davis/Logo Challenge 2pm Trivia
T H U		
F R I		

July 30 - 31		
M O N	30	10:30am In-Gen Music 11am Exercise 11:15am Garden Club/Popcorn Toss/ Movement Ball 1pm Men's & Ladies' Clubs 2pm Trivia Happy Birthday Richard B.
	31	10:30am In-Gen Music 11:00am Exercise 11:15am Cooking Club/No Gravity Golf/1:1 Music Therapy 1pm Music Therapy 2pm Trivia 2:30pm Small Group Music Therapy
	TUE	

July		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				

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