Dear IN Program Families,

July Highlights:

July 2

IN will be creating fun Independence Day decorations for the upcoming July 4 celebration. On July 3, IN will join the Connections program, and celebrate Independence Day together! Wear red, white, and blue on the third and show how patriotic you can be!

July 13

A group of volunteer students will be joining the IN program as we work on a garden, and art project together.

July 25

IN has a volunteer outing with the NCJW (National Council of Jewish Women). The NCJW is hosting their annual Back to School event, which provides new school clothing and supplies to those in need. Everyone will need to be arrive no later than 8:15a so we can be on our way by 9:00am sharp. I will be ordering breakfast and lunch to go for our group, therefore please let me know by July 6, if your loved one will or will not be attending.

REMINDERS

Each participant receives a monthly food menu in their binder. Please go over the menu with your loved one and if there is a meal that does not sound appetizing, you're welcome to bring a substitute meal that day.

Make sure to label any extra clothing items, bags and sunblock. All IN participant items will be kept safely in the front inside cabinets. Remind your loved one that they need to keep extra items and all bags up front. Our activity rooms are constantly be used by other J programs, and we do not always remain in the one room throughout the day. Thank you for your cooperation.

For any changes with transportation or daily schedules please call Kristen Conard at 314.442.3261. If calling after hours, please leave a message.

Looking forward to another great month full of fun activities!

Stay cool out there!

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 Monday, August 13 Monday, December 17

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.

Director



Ashley Stockman 314.442.3245

Kristen Conard Assistant Director 314.442.3261







Rachel Goldmeier IN Program Assistant

314.442.3248



Cvnthia Wvatt Activity Assistant



Connor Flood Activity Assistant



Renee Gavigan Nurse 314.442.3243

Jenav Sneed CNA





Karen Stephenson Admin. Assist. 314.442.3248

Note:

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



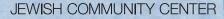
N Program



A program of the Adult Day Center

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



July 2 - 6				Jul	y 9 - 13	
2 M 0 N	10am- 12pm 10:30am 11:00am 1:00pm 1:45pm 2:30pm 3:30pm 4:30pm	Speech Therapy IN-Gen Music with ECC Art Expression Exercise: Lean & Clean Activity Money Bingo Activity Reflection Time/Break Adaptive Sport Game Choice		9 M 0 N	10am- 12pm 10:30am 11:00am 1:00pm 1:45pm 2:30pm 3:30pm 4:30pm	Speech Therapy IN-Gen Music with ECC Art Expression Exercise Bingo Buddify Reflection Time Adaptive Sport Game Choice
3 T U E	10:30pm 11:00am 1:00pm 1:30pm 2:30pm	Social Etiquette Activity / IN-Gen Music with ECC Music Therapy / Track Swimming 4th of July Celebration with Connections		10 T U E	10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	IN-Gen Music with ECC Music Therapy/ Track Swimming Reflection Time/Break Science Activity Choice
	3:30pm	Reflection Time/Break Card Game		11	10:30am	Spire Volunteer Day Exercise: Lean and Clean
	4:30pm	Choice		W E D	11:00am 11:30am	Garden Club Volleyball/Volunteer: Food
4 W	ADC Closed	Happy Independence Day		U	1:00pm 2:00pm	Operation Duo Touch Pet Therapy / Art Expressions Reflection Time/Break
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D 5	9:45am	Tai Chi	1		3:30pm 4:30pm	Buddify Choice
	9:45am 10:30am 11:00am 1:00pm 2:30pm 3:30pm	Morning Group Meal Planning Series: I Research/Decide on a Recipe Exercise: Lean & Clean Activity Reflection Time/Break		12 T H U	4:30pm 10:30am 11:00am 1:00pm 2:30pm	Choice Yoga with Brittany/Buddify Meal Planning Series: II Create a Budget/Money Activity Exercise: Lean & Clean Activity Reflection Time/Break
5 T H	10:30am 11:00am 1:00pm 2:30pm	Morning Group Meal Planning Series: I Research/Decide on a Recipe Exercise: Lean & Clean Activity		T H	4:30pm 10:30am 11:00am 1:00pm	Choice Yoga with Brittany/Buddify Meal Planning Series: II Create a Budget/Money Activity Exercise: Lean & Clean Activity
5 T H	10:30am 11:00am 1:00pm 2:30pm 3:30pm	Morning Group Meal Planning Series: I Research/Decide on a Recipe Exercise: Lean & Clean Activity Reflection Time/Break Science Activity		T H	4:30pm 10:30am 11:00am 1:00pm 2:30pm 3:30pm	Choice Yoga with Brittany/Buddify Meal Planning Series: II Create a Budget/Money Activity Exercise: Lean & Clean Activity Reflection Time/Break Science Activity

Jul	y 16 - 20			Jul	y 23 - 27	
16	10am-	Speech Therapy	1	23	10am-	Speech Therapy
M O N	12pm 10:30am 11:00am 1:00pm 1:45pm 2:30pm 3:30pm 4:30pm	IN-Gen Music with ECC Art Expression Exercise: Lean & Clean Activity Safety Skill Activity Reflection Time/Break Adaptive Sport Game Choice		M O N	12pm 10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	IN-Gen Music with ECC Greeting Gym Members Volunteer Group Reflection Time/Break Adaptive Sport Game Choice
17 T U E	10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	IN-Gen Music with ECC Music Therapy / Track Swimming Reflection Time/Break Science Activity Choice		24 T U E	10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	IN-Gen Music with ECC Music Therapy/ Track Swimming Reflection Time/Break Science Activity Choice
18 W E D	10:30am 11:30am 1:00pm 4:00pm	Greeting Gym Members/ Exercise Outing: Brunswick Bowling Return to Center		25 W E D	9am-1pm 1:30pm 2:00pm 2:30pm 3:30pm 4:00pm	Volunteer Outing Return to center Exercise: Machine or Track Reflection Time Buddify Choice
19 T H U	9:45am 10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	Tai Chi Morning Group Meal Planning Series: III Cooking Exercise: Lean & Clean Activity Reflection Time/Break Science Activity Choice		26 T H U	9:45am 10:30am 11:00am 1:00pm 2:30pm 3:30pm 4:30pm	Tai Chi Morning Group Social Etiquette Skills Exercise: Lean & Clean Activ Reflection Time/Break Science Activity Choice
20 F R I	10:30am 11:00am 1:00pm 2:45pm 3:30pm	Volunteering @ the J: Folding Towels Exercise: Machine or Track Swimming Reflection Time/Break Board Game		27 F R I	10:30am 1:00pm 2:45pm 3:30pm 4:00pm	Swimming Art Expressions Reflection Time/Break Board Game Choice

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	9.0	30am E	Diear	last							

10:00am Review Schedule/Set Expectations

12:15pm Lunch

Afternoon

3:15pmSnack4:00pmGroup Games/Independent Living
Skills & Projects

Activity