

Dear Connections Families,

Updates and Info

As we head into the dog days of summer, I wanted to share some exciting staffing updates. First, I would like to welcome Cathy Connoley, CBMT, to the ADC team as our new Recreation Program Coordinator for our Connections Program! Cathy brings extensive experience in music therapy and activity planning for a variety of care settings. We are very excited to see her expertise in action beginning with our August programs. Cathy's innovative thinking, positive energy and enthusiasm for working with our participants are a few of many assets that she will bring to our team.

I would also like to formally welcome Caitlin Hennessy, our new Program Assistant for the IN Program, and Emily Goldberg PRN, Program Assistant for both IN and Connections.

Please join me in welcoming Cathy, Caitlin and Emily, and please stop by to say hello!


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:  **association®**

Monday:
August 6 & September 10 3:00 - 4:30pm

Friday:
August 17 & September 21 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

August 20 October 15
September 17

Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, Aging Ahead, 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.

To contact our staff:

Main Office. 314.442.3248



Ashley Stockman
Director
314.442.3245



Kristen Conard
Assistant Director
314.442.3261



Cathy Connoley
Rec. Program Coordintor
314.442.3247



Cynthia Wyatt
Activity Assistant



Connor Flood
Activity Assistant



Emily Godlberg
PRN Program Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Gavigan
RN
314.442.3243



Lucy Kiarie Kamau
RN



Jenay Sneed
CNA

Note:

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



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.

Connections

Socialization • Recreation • Support



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

August 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

| August 1 - 3 | | | | | | |
|------------------|---|---------|---|----|----|----|
| August | | | 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 | | | | | |
| WED | 1 | 10:30am | Exercise/Walking Club | | | |
| | | 11am | Bocci Ball/Bunco | | | |
| | | 1pm | DUO TOUCH Pet Therapy/Wii & iPad Choice | | | |
| | | 2pm | Trivia | | | |
| THU | 2 | 10:30am | Tai Chi | | | |
| | | 11:15am | Bingo/Mini Cornhole Toss | | | |
| | | 1pm | Music Performance by Rekha Dravina/Uno | | | |
| | | 2pm | Trivia | | | |
| FRI | 3 | 10:30am | Chair Yoga | | | |
| | | 11am | Blackjack/Washer Toss/1:1 Music Therapy | | | |
| | | 1pm | Music Therapy/Watermelon Party | | | |
| | | 2pm | Shabbat | | | |
| | | 2:30pm | Trivia/Sm Group Music Therapy | | | |

| August 6 - 10 | | |
|---------------|---|---|
| 6 | 10:30am 11am 1pm 1:30pm 2pm | Exercise Music Therapy w/ Mackenzie/Puzzles Music Performance by Joe Garnier National Root-beer Float Day Trivia |
| M O N | | |
| 7 | 10:30am 11am 1pm 2pm 2:30pm | Exercise Dominoes/Football Toss/ 1:1 Music Therapy Music Therapy /Rummikub Trivia Sm Group Music Therapy <i>Happy Birthday Manny A.</i> |
| T U E | | |
| 8 | 10:30am 11am 1pm 2pm | Exercise/Walking Club Garden Club/Champion Throw/Crossword DUO TOUCH Pet Therapy /Adult Coloring Trivia |
| W E D | | |
| 9 | 10:30am 11:15am 1pm 2pm | Tai Chi Golf/Scrabble Music Performance by Matt Davis/Refraze Trivia |
| T H U | | |
| 10 | 10:30am 11am 1pm 2pm 2:30pm | Chair Yoga Can Jam/Constellation Bingo/ 1:1 Music Therapy Music Therapy /National Banana Split Day Shabbat Trivia/Sm Group Music Therapy <i>Happy Birthday Matthew S. (11th)</i> |
| F R I | | |

| August 13 - 17 | | |
|----------------|--|---|
| 13 | 10:30am 11am 11:30am 1pm 2pm | In-Gen Music Exercise Name the Vinyl Record/Sensory Exploring with Cynthia Music Performance by Bill Forness Trivia |
| M O N | | |
| 14 | 10:30am 11am 11:30am 1pm 2pm 2:30pm | In-Gen Music Exercise Triangle Toss/Spill & Spell/ 1:1 Music Therapy Music Therapy /Blink Trivia Sm Group Music Therapy |
| T U E | | |
| 15 | 10:30am 11am 11:30am 1pm 2pm | Exercise/Walking Club Garden Club/Shuffleboard National Relaxation Day - Video DUO TOUCH Pet Therapy /Art Expressions Trivia <i>Happy Birthday Janet C.</i> |
| W E D | | |
| 16 | 10:30am 11:15am 1pm 2pm | Tai Chi Golf/Wheel-of-Fortune Music Performance by Rob Callmeyer/5 Card Poker Trivia/National Tell-A-Joke Day |
| T H U | | |
| 17 | 10:30am 11am 1pm 2pm 2:30pm | Chair Yoga 1969 Woodstock Reminiscence/Name-That-Tune 60's & 70's/ 1:1 Music Therapy Music Therapy /Blackjack Shabbat Trivia/Sm Group Music Therapy <i>Happy Birthday Dottie W. (19th)</i> |
| F R I | | |

| August 20 - 24 | | |
|----------------|--|---|
| 20 | 10:30am 11am 11:30am 1pm 2pm | In-Gen Music /Cardinal's Reminiscence League Exercise Lemonade's B-Day Patio Party/Baseball Toss Music Performance by Howard Bly/LCR Trivia |
| M O N | | |
| 21 | 10:30am 11am 11:30am 1pm 2pm | In-Gen Music Exercise LCR Dice Game/Clothes Pin Drop Volleyball/Parcheesi Trivia |
| T U E | | |
| 22 | 10:30am 11am 1pm 2pm | Exercise/Walking Club Pokeno/Super Hoop/Baggo IN-GEN DUO TOUCH Pet Therapy /Choice Trivia |
| W E D | | |
| 23 | 10:30am 11:15am 1pm 2pm | Tai Chi Garden Club/Gone Fishin' Music Therapy w/ Mackenzie/Blackjack Trivia |
| T H U | | |
| 24 | 10:30am 11am 11:30am 1pm 2pm 2:30pm | Hawaiian Luau Party Chair Yoga Flamingo Ring Fling/Cooking Club Pineapple Relay/ 1:1 Music Therapy Music Therapy /Luau Party Shabbat Trivia/Sm Group Music Therapy |
| F R I | | |

| August 27 - 31 | | |
|----------------|--|--|
| 27 | 10:30am 11am 11:30am 1pm 2pm | In-Gen Music Exercise Leisure Charades/Sensory Exploring w/ Cynthia Men's & Ladies Clubs Trivia <i>Happy Birthday Mike S.</i> |
| M O N | | |
| 28 | 10:30am 11am 11:30am 1pm 2pm 2:30pm | In-Gen Music Exercise Champion Throw/Oh Shoot/ 1:1 Music Therapy Music Therapy /Pic-to-Word Shabbat Trivia/Small Group Music Therapy |
| T U E | | |
| 29 | 10:30am 11am 1pm 2pm | Exercise Art Expressions/Ring Toss/Movement Ball DUO TOUCH Pet Therapy /Word Crossy Trivia |
| W E D | | |
| 30 | 10:30am 11:15am 1pm 1:30pm 2pm | SPIRE VOLUNTEER DAY Tai Chi Garden Club/Bowling Volleyball Blackjack/Singo Trivia <i>Happy Birthday Wayne T. & Rachel W.</i> |
| T H U | | |
| 31 | 10:30am 11am 1pm 2pm 2:30pm | Chair Yoga Cooking Club/Horseshoe Tournament/ 1:1 Music Therapy Music Therapy /National Trail Mix Day Party Shabbat Trivia/Sm Group Music Therapy <i>Happy Birthday Lorraine D.</i> |
| F R I | | |