

## 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: **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  
Coordinator  
314.442.3247



**Cynthia Wyatt**  
Activity  
Assistant



**Connor Flood**  
Activity  
Assistant



**Emily Godberg**  
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** <sup>the j</sup>  
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
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

**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

<b>1</b>	10:30am	Exercise/Walking Club
	11am	Bocci Ball/Bunco
<b>WED</b>	1pm	<b>DUO TOUCH Pet Therapy/Wii &amp; iPad Choice</b>
	2pm	Trivia

<b>2</b>	10:30am	<b>Tai Chi</b>
	11:15am	Bingo/Mini Cornhole Toss
<b>THU</b>	1pm	Music Performance by Rekha Dravina/Uno
	2pm	Trivia

<b>3</b>	10:30am	Chair Yoga
	11am	Blackjack/Washer Toss/1:1 <b>Music Therapy</b>
<b>FR I</b>	1pm	<b>Music Therapy/Watermelon Party</b>
	2pm	Shabbat
	2:30pm	Trivia/Sm Group Music Therapy

**August 6 - 10**

<b>6</b>	10:30am	Exercise
	11am	Music Therapy w/ Mackenzie/Puzzles
<b>MON</b>	1pm	Music Performance by Joe Garnier
	1:30pm	National Root-beer Float Day
	2pm	Trivia

<b>7</b>	10:30am	Exercise
	11am	Dominoes/Football Toss/1:1 <b>Music Therapy</b>
<b>TUE</b>	1pm	<b>Music Therapy/Rummikub</b>
	2pm	Trivia
	2:30pm	Sm Group Music Therapy
		<i>Happy Birthday Manny A.</i>

<b>8</b>	10:30am	Exercise/Walking Club
	11am	Garden Club/Champion Throw/Crossword
<b>WED</b>	1pm	<b>DUO TOUCH Pet Therapy/Adult Coloring</b>
	2pm	Trivia

<b>9</b>	10:30am	<b>Tai Chi</b>
	11:15am	Golf/Scrabble
<b>THU</b>	1pm	Music Performance by Matt Davis/Refrase
	2pm	Trivia

<b>10</b>	10:30am	Chair Yoga
	11am	Can Jam/Constellation
<b>FR I</b>	1pm	Bingo/1:1 <b>Music Therapy Music Therapy/National Banana Split Day</b>
	2pm	Shabbat
	2:30pm	Trivia/Sm Group Music Therapy

*Happy Birthday Matthew S. (11<sup>th</sup>)*

**August 13 - 17**

<b>13</b>	10:30am	<b>In-Gen Music</b>
	11am	Exercise
<b>MON</b>	11:30am	Name the Vinyl Record/Sensory Exploring with Cynthia
	1pm	Music Performance by Bill Forness
	2pm	Trivia

<b>14</b>	10:30am	<b>In-Gen Music</b>
	11am	Exercise
<b>TUE</b>	11:30am	Triangle Toss/Spill & Spell/1:1 <b>Music Therapy Music Therapy/Blink</b>
	1pm	<b>Music Therapy/Blink</b>
	2pm	Trivia
	2:30pm	Sm Group Music Therapy

<b>15</b>	10:30am	Exercise/Walking Club
	11am	Garden Club/Shuffleboard
<b>WED</b>	11:30am	National Relaxation Day - Video
	1pm	<b>DUO TOUCH Pet Therapy/Art Expressions</b>
	2pm	Trivia
		<i>Happy Birthday Janet C.</i>

<b>16</b>	10:30am	<b>Tai Chi</b>
	11:15am	Golf/Wheel-of-Fortune
<b>THU</b>	1pm	Music Performance by Rob Callmeyer/5 Card Poker
	2pm	Trivia/National Tell-A-Joke Day

<b>17</b>	10:30am	Chair Yoga
	11am	1969 Woodstock
<b>FR I</b>		Reminiscence/Name-That-Tune 60's & 70's/1:1 <b>Music Therapy Music Therapy/Blackjack</b>
	1pm	<b>Music Therapy/Blackjack</b>
	2pm	Shabbat
	2:30pm	Trivia/Sm Group Music Therapy

*Happy Birthday Dottie W. (19<sup>th</sup>)*

**August 20 - 24**

<b>20</b>	10:30am	<b>In-Gen Music/Cardinal's Reminiscence League</b>
	11am	Exercise
<b>MON</b>	11:30am	Lemonade's B-Day Patio Party/Baseball Toss
	1pm	Music Performance by Howard Bly/LCR
	2pm	Trivia

<b>21</b>	10:30am	<b>In-Gen Music</b>
	11am	Exercise
<b>TUE</b>	11:30am	LCR Dice Game/Clothes Pin Drop
	1pm	Volleyball/Parcheesi
	2pm	Trivia

<b>22</b>	10:30am	Exercise/Walking Club
	11am	Pokeno/Super Hoop/Baggo
<b>WED</b>	1pm	<b>IN-GEN DUO TOUCH Pet Therapy/Choice</b>
	2pm	Trivia

<b>23</b>	10:30am	<b>Tai Chi</b>
	11:15am	Garden Club/Gone Fishin'
<b>THU</b>	1pm	Music Therapy w/ Mackenzie/Blackjack
	2pm	Trivia

<b>24</b>		<b>Hawaiian Luau Party</b>
	10:30am	Chair Yoga
	11am	Flamingo Ring Fling/Cooking Club
<b>FR I</b>	11:30am	Pineapple Relay/1:1 <b>Music Therapy Music Therapy/Luau Party</b>
	1pm	<b>Music Therapy/Luau Party</b>
	2pm	Shabbat
	2:30pm	Trivia/Sm Group Music Therapy

**August 27 - 31**

<b>27</b>	10:30am	<b>In-Gen Music</b>
	11am	Exercise
<b>MON</b>	11:30am	Leisure Charades/Sensory Exploring w/ Cynthia
	1pm	Men's & Ladies Clubs
	2pm	Trivia
		<i>Happy Birthday Mike S.</i>

<b>28</b>	10:30am	<b>In-Gen Music</b>
	11am	Exercise
<b>TUE</b>	11:30am	Champion Throw/Oh Shoot/1:1 <b>Music Therapy Music Therapy/Pic-to-Word</b>
	1pm	<b>Music Therapy/Pic-to-Word</b>
	2pm	Shabbat
	2:30pm	Trivia/Small Group Music Therapy

<b>29</b>	10:30am	Exercise
	11am	Art Expressions/Ring Toss/Movement Ball
<b>WED</b>	1pm	<b>DUO TOUCH Pet Therapy/Word Crossy</b>
	2pm	Trivia

<b>30</b>		<b>SPIRE VOLUNTEER DAY</b>
	10:30am	Tai Chi
	11:15am	Garden Club/Bowling
<b>THU</b>	1pm	Volleyball
	1:30pm	Blackjack/Singo
	2pm	Trivia
		<i>Happy Birthday Wayne T. &amp; Rachel W.</i>

<b>31</b>	10:30am	Chair Yoga
	11am	Cooking Club/Horseshoe Tournament/1:1 <b>Music Therapy Music Therapy/National Trail Mix Day Party</b>
<b>FR I</b>	1pm	<b>Music Therapy/National Trail Mix Day Party</b>
	2pm	Shabbat
	2:30pm	Trivia/Sm Group Music Therapy
		<i>Happy Birthday Lorraine D.</i>