

Dear IN Program Families,

Our third Bake Sale was a success! IN earned \$415! Words can't even describe how proud we are of the participants. They all worked so hard to complete this goal. I received wonderful compliments during the sale on how great everything looked and tasted! Great job to all of the participants and thank you to all the families who helped support this amazing sale!



Our IN family will next be working on props, signs and fun games for our upcoming carnival! On September 13 at 10:30am we'll host our Early Childhood friends. Both IN & Connections will offer up a fun carnival, including games, a popcorn machine, face painting and more! We'd love to have you join us, or contact me if you'd like to volunteer.

REMINDERS

- Any changes with transportation or daily schedules please call Kristen Conard at 314.442.3261, so we can make sure our team has updated information.
- Anytime you bring in extra/new clothing to keep in the front cabinets make sure the tags are labeled with participants names.
- For those who signed up to have an action tracker, please make sure to record your steps on a daily basis. I will continue to distribute new fitness sheets in the binders for tracking purposes. Please reach out to me with any questions.

Looking forward to another great month full of fun activities!

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 Date
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, 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.

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. 314.442.3248

	Ashley Stockman <i>Director</i> 314.442.3245		Kristen Conard <i>Assistant Director</i> 314.442.3261
	Brittany Fisher <i>IN Program Coordinator</i> 314.442.3249		Rachel Goldmeier <i>IN Program Assistant</i>
	Caitlin Hennessy <i>IN Activity Assistant</i>		Cathy Connoley <i>Activity Assistant</i>
	Connor Flood <i>Activity Assistant</i>		Cynthia Wyatt <i>Activity Assistant</i>
	Renee Butler <i>RN</i> 314.442.3243		Lucy Kiarie Kamau <i>RN</i>
	Jenay Sneed <i>CNA</i>		Karen Stephenson <i>Admin. Assist.</i> 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**.

IN Program



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

September 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

September 3 - 7		
3	ADC Closed- Labor Day	
M O N		
4	10:30am 11am 1pm 2:30pm 3:30pm 4pm	In-Gen Music Music Therapy Swimming Reflection Time Independent Living Skills Gym
T U E		
5	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise DUO TOUCH Pet Therapy/ Art Expressions Social Etiquette Skills Reflection Time Independent Living Skills Dance Exercise
W E D		
6	9:45am 10:30am 1pm 2:30pm 3:30pm 4pm	Tai Chi Newsletter Project Swimming Reflection Time Independent Living Skills Group Game
T H U		
7	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Garden Club/Meal Planning Series I: Research Recipe Shabbat Reflection Time Independent Living Skills Gym
F R I		

September 10 - 14		
10	ADC Closed- Rosh Hashanah	
M O N		
11	10:30am 11am 1pm 2:30pm 3:30pm 4pm	In-Gen Music Music Therapy Swimming Reflection Time Independent Living Skills Gym
T U E		
12	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise DUO TOUCH Pet Therapy/ Art Expressions Social Etiquette Skills Reflection Time Independent Living Skills Dance Exercise
W E D		
13	9:45am 1pm 2:30pm 3:30pm 4pm	Tai Chi/Carnival Day Swimming Reflection Time Independent Living Skills Group Game
T H U		
14	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Meal Planning Series II: Create Budget/Money Management Skills Shabbat Reflection Time Independent Living Skills Gym
F R I		

September 17 - 21		
17	10:30am	In-Gen Music/Cardinal's Reminiscence League
M O N	11am	Peer Relationship Activity
	1pm	Exercise
	2pm	Science
	2:30pm	Reflection Time
	3:30pm	Independent living Skills
	4pm	Group Game
18	10:30am	In-Gen Music/Cardinal's Reminiscence League
T U E	11am	Music Therapy
	1pm	Swimming
	2:30pm	Reflection Time
	3:30pm	Nutrition Activity-Eating Well
	4:00pm	Group Game
19		ADC Closed- Yom Kippur
W E D		
20	9:45am 10:30am 1pm 2:30pm 3:30pm 4pm	Tai Chi Newsletter Project Swimming Reflection Time Independent Living Skills Group Game
T H U		
21	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Meal Planning Series II: Create Budget/Money Management Skills Shabbat Reflection Time Independent Living Skills Gym
F R I		

September 24 - 28		
24	10:30am 11am	In-Gen Music Meal Planning Series III: Cooking
M O N	1pm	Exercise
	2pm	Science
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game
25	10:30am 11am 1pm 2:30pm 3:30pm 4:00pm	In-Gen Music Music Therapy Swimming Reflection Time Independent Living Skills Gym
T U E		
26	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise DUO TOUCH Pet Therapy/ Art Expressions Writing Skills Reflection Time/Organization Activity Independent Living Skills Dance Exercise
W E D		
27	9:45am 10:30am 1pm 2:30pm 3:30pm 4pm	Tai Chi Newsletter Project Swimming Reflection Time Independent Living Skills Group Game
T H U		
28	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering: Folding Towels Exercise Stress Management/ Conflict Resolution Skills Shabbat Reflection Time Independent Living Skills Gym
F R I		

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Daily Activities

Morning

8:30-9:30am

Coffee Talks/Table Activity

9:30am

Breakfast

10:00am

Review Schedule/Set Expectations

12:15pm

Lunch

Afternoon

3:15pm

Snack

4:00pm

Group Games/Independent Living Skills & Projects

