

Dear IN Program Families,

Happy New Year!

January Fun

- On January 14 at 11:15am, IN has been invited to a wonderful lunch at the Missouri Athletic Club for enhancing socialization within the community. If you would like to attend, but have to switch days this week, please contact Kristen (314.442.3261) immediately.

Reminders

- Speech Therapy remains on Wednesdays between 1-3pm. Andee, our speech therapist, provides service for both one-on-one and group sessions. She delivers to me a yearly progress report, which I will send home in the binders for our parents.
- If you would like to inquire about how your loved one's speech is progressing and contact her directly, please contact me for her information.
- Any changes to transportation or daily schedules please contact Kristen (314.442.3261).
- Any extra or new clothing kept in the front cabinets need to be labeled with the participant's name.
- For those signed up to have an action tracker, make sure to record your steps every day. I will continue to distribute new fitness sheets in the binders for tracking purposes. Please contact me with any questions.

Looking forward to another fun month!

Brittany Fischer
IN Program Coordinator
Adult Day at the J



Parent Focus Groups

Our quarterly Focus Group is intended to provide families/parents of the IN Program an opportunity to connect and share resources with each other.

2019 Meeting Dates

Monday, April 15

Monday, August 12

Monday, December 16

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
Director
314.442.3245



Kristen Conard
Assistant
Director
314.442.3261



Brittany Fisher
IN Program
Coordinator
314.442.3249



Rachel Goldmeier
IN Program
Assistant



Caitlin Hennessy
IN Activity
Assistant



Cathy Connoley
Activity
Assistant



Cynthia Wyatt
Activity
Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA

Note:

- For schedule and/or transportation changes, call 314.442.3261.
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee**.

IN Program



A program of the
Adult Day at the J
Care for your whole family

January 2019
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



January 1 - 4

January 2019

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		

1	CLOSED	Happy New Year!
TUE		
2	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise Pet Therapy/Art Expressions: Glitter Snow Globes Basketball Reflection Time Independent Living Skills Group Game
3	9:45am 10:30am 11:15am 1pm 2:30pm 3:30pm 4pm	Tai Chi Science Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
4	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering @ the J: Folding Towels Exercise Music Therapy/Meal Planning Series I Reflection Time Independent Living Skills Group Game

January 7 - 11

7	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4pm	IN-Gen Music/Social Etiquette Skills Book Club Exercise Time Management Skills/ Review Goals Reflection Time Independent Living Skills Group Game
8	10:30am 11am 1pm 2:30pm 3:30pm 4pm	IN-Gen Music/Social Etiquette Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
9	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise Pet Therapy/Art Expressions: Glitter Snow Globes Adaptive Sport: Ping Pong in the Gym Reflection Time Independent Living Skills Group Game
10	9:45am 10:30am 11:15am 1pm 2:30pm 3:30pm 4pm	Tai Chi Science Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
11	10:30am 11:30am 1pm 2pm 2:30pm 3:30pm 4pm	Volunteering @ the J: Folding Towels Exercise Music Therapy/Meal Planning Series II Health & Wellness Skills: Budify Reflection Time Independent Living Skills Group Game

January 14 - 18

14	10:30am 11pm	Social Etiquette Skills Outing: Luncheon @ the Missouri Athletic Club
15	10:30am 11am 1pm 2:30pm 3:30pm 4pm	IN-Gen Music/Organization Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
16	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4:00pm	Greeting Gym Members Exercise Pet Therapy/Art Expressions: Glitter Snow Globes Adaptive Sport: Ping Pong in the Gym Reflection Time Independent Living Skills Group Game
17	9:45am 10:30am 11am 1pm 2:30pm 3:30pm 4:00pm	Tai Chi Graphic T-Shirt Design Exercise Swimming Reflection Time Independent Living Skills Group Game
18	10:30am 11am 1pm 1:30pm 2:30pm 3:30pm 4:00pm	Volunteering @ the J: Folding Towels Exercise Music Therapy/Meal Planning Series III Graphic T-Shirt Design Reflection Time Independent Living Skills Group Game

January 21 - 25

21	10:30am 11:00am 1pm 2pm 2:30pm 3:30pm 4:00pm	IN-Gen Music/Social Etiquette Skills Book Club Exercise STEAM Activity Reflection Time Independent Living Skills Group Game
22	10:30am 11am 1pm 2:30pm 3:30pm 4pm	IN-Gen Music/Organization Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
23	10:30am 11:15am 1pm 2pm 2:30pm 3:30pm 4pm	Greeting Gym Members Exercise Pet Therapy/Art Expressions: Glitter Snow Globes Adaptive Sport: Ping Pong in the Gym Reflection Time Independent Living Skills Group Game
24	9:45am 10:30am 11am 1pm 2:30pm 3:30pm 4:00pm	Tai Chi Graphic T-Shirt Design Exercise Swimming Reflection Time Independent Living Skills Group Game
25	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4:00pm	Volunteering @ the J: Folding Towels Exercise Meal Planning Series: Cooking Club Adaptive Sport: Racket Ball Reflection Time Independent Living Skills Group Game

January 28 - 31

28	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4:00pm	IN-Gen Music/Social Etiquette Skills Book Club Exercise STEAM Activity Reflection Time Independent Living Skills Group Game <i>Happy Birthday Brittany!</i>
29	10:30am 11am 1pm 2:30pm 3:30pm 4:00pm	IN-Gen Music/Organization Skills Exercise Swimming Reflection Time Independent Living Skills Group Game
30	10:30am 11am 1pm 2pm 2:30pm 3:30pm 4:00pm	Greeting Gym Members Exercise Pet Therapy/Art Expressions: Glitter Snow Globes Adaptive Sport: Ping Pong in the Gym Reflection Time Independent Living Skills Group Game
31	9:45am 10:30am 11am 1pm 2:30pm 3:30pm 4:00pm	Tai Chi Science Exercise Swimming Reflection Time Independent Living Skills Group Game

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
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