

IN Program in March

March Highlights

- **Wednesday, March 6:** IN will be going to the St. Louis Science Center for fun, exploration activities.
Note: we will leave the J at 10am and return by 2:30pm. If you need to switch a day for your loved one to join us, **contact Kristen by Monday, March 4, 314.442.3261**. We will provide a lunch of sun butter and jelly sandwiches with a few side items prepared by Kitchen J. If anyone would rather bring lunch, let me know in advance. We can't wait!
- **Thursday, March 14:** We will volunteer at the Jewish Federation to benefit the Jewish Family & Children's Service Chaplaincy Program and Meals on Wheels. We will head over at 10am and return for lunch.
- **Thursday, March 21: World Down Syndrome Awareness Day** raises awareness and honors people who have Down Syndrome. Show your support by wearing fun and colorful socks!
- **Monday, March 25:** IN will volunteer at the Jewish Food Pantry. We will be leave at 9:45am and return for lunch. Please make sure your loved one has eaten breakfast this morning.

Reminders

- Any changes to transportation or daily schedules please contact Kristen Conard @ 314.442.3261, kconard@jccstl.org
- Please make sure your loved always has an extra change of clothing here. All clothing needs to be labeled with the participant's name or initials.
- All IN participant now have a labeled blue draw string bag for his/her personal items and swim suit. Please use your bag to help conserve space and remove any extra oversized bags or backpacks.



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.

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. 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 Simon
IN Program Coordinator
314.442.3249



Rachel Goldmeier
IN Program Assistant



Caitlin Hennessy
IN Program Assistant



Cathy Connoley
Rec Program Coordinator



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA



Karen Stephenson
Admin. Assist.
314.442.3248



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

March 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

Note:

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

March 1

March 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

Daily Activities	
Morning	
8:30-9:30am	Coffee Talks/Table Activity
9:30am	Breakfast
10:00am	Review Schedule/Set Expectations
12:15pm	Lunch
Afternoon	
2:30pm	Reflection Time
3:15pm	Snack

1	10:30am	Volunteering @ the J: Folding Towels
FRI	11am	Reading Skills
	1pm	Cooking Club: No Bake Strawberry & Blueberry Cheesecake/Adult Coloring
	2pm	Shabbat
	3:30pm	Exercise
	4:30pm	Card Game /Adult Coloring

March 4 - 8

MON	4	10:30am	IN-Gen Music/Reading Skills
		11am	Exercise
		1pm	Art Expressions
		2pm	Safety Skills
		3:30pm	Independent Living: Money management skills
		4:30pm	Adaptive Sport: Ring Toss/iPad skills
TUE	5	10:30am	IN-Gen Music/Exercise
		11am	Music Therapy/Science
		1pm	Swimming
		3:30pm	Reading to ECC
		4pm	Adaptive Sport: Golf or iPad Skills
WED	6	10:30am	Greeting Gym Members/Exercise
		1pm	Speech Therapy/Pet Therapy
		2:30pm	Reflection Time
		3:30pm	Independent Living: Cleaning Skills
		4pm	Card Game or Adult Coloring Dance
THU	7	9:45am	Tai Chi
		10:30am	Volunteer Group
		1pm	Swimming
		3:30pm	Independent Living: Listening skills
		4pm	Adaptative Sport: Bowling or iPad Skills
FRI	8	10am	Outing: Saint Louis Science Center
		3:30pm	Independent Living: Organization skills
		4pm	Exercise Bingo

March 11 - 15

MON	11	10:30am	IN-Gen Music/Reading skills
		11am	Exercise
		1pm	Art Expressions
		2pm	Basketball
		3:30pm	Independent Living: Money management skills
		4pm	Adaptive Sport: Ring Toss/iPad skills
TUE	12	10:30am	IN-Gen Music/Exercise
		11am	Music Therapy/Science
		1pm	Swimming
		3:30pm	Reading to ECC
		4:00pm	Volunteer Food Box Project
WED	13	10:30am	Greeting Gym Members/Exercise
		1pm	Art Expressions/Pet Therapy/Speech Therapy
		2pm	Basketball
		3:30pm	Independent Living: Cleaning skills
		4:00pm	Dance/Adult Coloring
THU	14	10am	Outing: Purim Volunteer Event
		1pm	Swimming
		3:30pm	Independent Living: Organization skills
		4:00pm	Group puzzle/Tic Tac Toe Toss
FRI	15	10:30am	Volunteering@ the J: Folding Towels
		11am	Cooking Club: Yogurt Parfait
		1pm	Music Therapy/Adult Coloring
		2pm	Shabbat
		3:30pm	Independent Living: Listening skills
		4:00pm	Adaptive Sport: Golf

March 18 - 22

MON	18	10:30am	IN-Gen Music/Reading Skills
		11:15am	STEAM Activity
		1pm	Exercise
		2:30pm	Reflection Time
		3:30pm	Independent Living: Money management skills
		4:00pm	iPad skills/Adaptive Sport: Ring Toss
TUE	19	10:30am	IN-Gen Music/Exercise
		11am	Music Therapy/Safety Skills
		1pm	Swimming
		2:30pm	Reflection Time
		3:30pm	Reading to ECC
		4pm	Volunteering Food Box Project
WED	20	10:30am	Greeting Gym Members/Exercise
		1pm	Art Expressions/Pet Therapy/Speech Therapy
		2pm	Basketball
		3:30pm	Independent Living: Stress Management
		4pm	Card Game/Adult Coloring Erev Purim
THU	21		Rock your socks in support of World Down Syndrome Awareness Day!
		9:45am	Tai Chi
		10:30am	Exercise
		11:15am	Sock Activity
		1pm	Swimming
		3:30pm	Independent Living: Cleaning skills
		4pm	Adaptive Sport: Tic Tac Toe/Adult Coloring Purim
			Happy Birthday Matthew D!
FRI	22	10:30am	Volunteering @ the J: Folding Towels
		11am	Purim Celebration
		1pm	Cooking Club: Turtle Milkshakes/Adult Coloring
		2pm	Shabbat
		3:30pm	Independent Living: Organization skills
		4pm	iPad skills/Adaptive Sport

March 25 - 29

MON	25	10:30am	Volunteering @ Jewish Food Pantry
		1pm	Exercise
		2pm	Conflict Resolution Activity
		3:30pm	Independent Living: Money Management skills
		4:00pm	Adaptive Sport: Ring Toss/iPad skills
TUE	26	10:30am	IN-Gen Music/Exercise
		11am	Music Therapy/Social
		1pm	Etiquette Skills
		3:30pm	Swimming
		4:00pm	Reading to ECC
			Group Puzzle
WED	27	10:30am	Greeting Gym Members/Exercise
		1pm	Art Expressions/Pet Therapy/Speech Therapy
		2pm	Yoga
		3:30pm	Independent Living: Stress Management
		4:00pm	Card Game/Adult Coloring
THU	28	9:45am	Tai Chi
		10:30am	Exercise/Science
		1pm	Swimming
		2pm	Basketball
		3:30pm	Independent Living: Cleaning Skills
		4:00pm	Adaptive Sport: Golf
FRI	29	10:30am	Volunteering@ the J: Folding Towels/Exercise
		11am	Reading Skills
		1pm	Cooking Club: Healthy Pizza
		2pm	Bagels/Adult Coloring
		3:30pm	Shabbat
		4:30pm	Exercise
			Card Game /Adult Coloring