

Happy New Year!

From our Adult Day at the J family to yours, we wish you all a happy and healthy New Year!

Thank you for being part of our J family!

Sincerely,
Brittany Simon
IN Program Coordinator



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.

2020 Meeting Information

SFC Arts & Education Building
4:30 – 5:30pm

Monday, January 20
Monday, April 13



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.

Additional funding for the IN Program has been provided by the generous support of The Miracle Makers Foundation, JCA Charitable Foundation, The J Associates, The Women’s Auxiliary for the Jewish Aged and Emerson.

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



Lexi Millman
IN Program
Assistant



Chris O'Brien
IN Program
Assistant



Cathy Connoley
Rec Program
Coordinator



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA



Karen
Stephenson
Admin. Assist.
314.442.3248

Field Trip Program Assistance

- If any guardians would like to help with any of our upcoming outings, **please contact Brittany (314.442.3249)** as soon as possible.

Schedules & Transportation

- For all schedule and transportation changes, please contact **Kristen (314.442.3261 or adc@jccstl.org)** as soon as possible.

Medical Updates

- For any medicine and/or treatment changes and any other pertinent participant medical information, **please contact Renee (314.442.3243)** immediately.

IN Program



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

January 2020
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

January 1 - 3

January 2020						
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	
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
4:00pm	Group Games/Projects

1	CLOSED	
WED		
2	9:30am 10:30am 1pm 3:30pm 4pm	Tai Chi STEAM Swimming /Resin Jewelry Project Laundry Skills Rainbow Snowflake Activity/Puzzles
THU		
3	10:30am 11:30am 1pm 3:30pm 4pm	Volunteering: Folding Towels/Exercise Social Etiquette Skills Cooking Club/ Basketball Cleaning Skills Conversation Starters

January 6 - 10

6	10:30am	Exercise /Fizzing Ice Experiment
MON	1pm	Painting with Ice/Speech Therapy/Conflict Resolution
N	3:30pm 4pm	Cleaning Skills Dance Exercise
7	10:30am 11am	Fine Motor Skills/Book Club Music Therapy/ Exercise
TUE	1pm 4pm	Outing: Bowling Return to The J
8	10:30am	Greeting/Exercise/Money Management
WED	1pm 3:30pm 4pm	Art Expressions/ Basketball /DUO Pet Therapy Cleaning Skills Zumba
9	9:30am 10:30am 1pm	Tai Chi STEAM Swimming /Hot Chocolate Experiment
THU	3:30pm 4:00pm	Laundry Skills Wii Games
10	10:30am	Volunteering: Folding Towels/Exercise
FRI	1pm 3:30pm 4pm	Snowflake Slime/ Basketball Cleaning Skills Ice Breaker Bingo

January 13 - 17

13	10:30am	Social Skills: Right Left Game
MON	11:15am	Exercise
N	1pm	Candy Cane Experiment/ Speech Therapy
	3:30pm 4pm	Cleaning Skills Dance Exercise
14	10:30am 11am	Reading Skills/Book Club Music Therapy/ Exercise
TUE	1pm	Swimming /Peppermint Water Experiment
	3:30pm 4pm	Laundry Skills Social Skills: M&M Game
15	10:30am	Greeting/Exercise/Money Management
WED	1pm	IN Market Project: Making Soap/DUO Pet Therapy
	3:30pm 4pm	Cleaning Skills Zumba
16	9:45am 10:30am 11am	Tai Chi Reading Skills Exercise
THU	1pm	Swimming /Roll a Monster Activity
	3:30pm 4:00pm	Laundry Skills Conversation Starters
17	10:30am	Volunteering: Folding Towels/Exercise
FRI	1pm 3:30pm 4pm	Cooking Club Cleaning Skills Frozen Pom Pom Activity

January 20 - 24

20	10:30am 11:15am	The Great Chain Race Reading Skills
MON	1pm	Exercise /Social Etiquette Skills
N	2pm 3:30pm 4pm	Buddify Cleaning Skills Dance Exercise
Happy Birthday Jimmy H. (19 th)		
21	10:30am 11am	Fine Motor Skills/Book Club Music Therapy/ Exercise
TUE	1pm	Swimming /Resin Jewelry Project
	3:30pm 4pm	Laundry Skills Conflict Resolution Skills
22	10:30am	Greet Gym Members/ Exercise/Safety Skills
WED	1pm	Winter STEAM Activity/DUO Pet Therapy
	3:30pm 4pm	Cleaning Skills Zumba
23	9:30am 10:30am	Tai Chi IN Market Prep: Making Candles/Exercise
THU	1pm 3:30pm 4pm	Swimming /iPad Learning Laundry Skills Roll a Snowman Activity
24	10:30am	Volunteering: Folding Towels/Exercise
FRI	1pm 2pm 3:30pm 4:00pm	Music Therapy/Independent Activity Social Etiquette Skills Cleaning Skills Wii/Puzzles

January 27 - 31

27	10:30am	Syrup Snow Candy Making/ Exercise
MON	1pm	STEAM: Cup Challenge/ Leadership Activity
N	3:30pm 4pm	Cleaning Skills Dance Exercise
28	10:30am 11am	Fine Motor Skills/Book Club Music Therapy/ Exercise
TUE	1pm	Swimming /Resin Jewelry Project
	3:30pm 4pm	Laundry Skills Conversation Starters
29	10:30am	Greet Gym Members/ Exercise/Safety Skills
WED	1pm	Art Expressions/DUO Pet Therapy
	3:30pm 4pm	Cleaning Skills Zumba
30	9:30am 10:30am	Tai Chi Safety Skills/Exercise
THU	1pm 3:30pm 4pm	Swimming /Board Game Laundry Skills Wii/Puzzles
31	10:30am 1pm	Volunteering: Folding Towels/Exercise
FRI	3:30pm 4pm	Art Expressions/Social Etiquette Skills Cleaning Skills Basketball