

**Dear Adult Day Center Families,**

It is with great pride and enthusiasm that I write this introduction as the newly appointed Director of the Adult Day Center at the J. My experience and passion is centered on providing quality services to people with disabilities and aging seniors within our community. We have an incredible team of devoted professionals here, which I am thrilled to have the opportunity to be a part of. Along with staff, I will work hard to continue the ADC's legacy of success by building strong relationships with our families, participants, staff and community partners. Please feel free to stop in and say hello during your next visit, my door is always open.

I also wanted to share a few exciting program updates with everyone. With spring just around the corner our Activity Director, Theresa (Terri) Mines, Recreation Therapist, will be tailoring upcoming activities to focus on the changing of the seasons. Cynthia, our horticulture therapy expert, will be taking our horticulture program to the next level with a vertical vegetable garden project that will serve as a unique tool for our participants to explore innovative gardening techniques. Additionally, Kathy will be implementing a new "Creative Minds" program, which will incorporate poetry, science discovery, reminiscence and other cognitive stimulation activities into our daily programs. I would also like to welcome our new Music Therapist, Chrissy Renick, MT-BC, from Midwest Music Therapy Services. Chrissy uses a wide variety of musical instruments to demonstrate her creative and dynamic ability to positively engage our participants during her sessions.

With many new developments underway, I anticipate an exciting year as we continue to expand on the strength-based and evidence-based therapy models utilized to develop our daily programming activities. We will keep you abreast of our progression as we cultivate our therapeutic techniques, which enable us to have engaging and meaningful daily activities for each of our participants.

In partnership,  
**Ashley Stockman, MSW**  
**Director, Adult Day Center at the J**



# SAVE THE DATE

**Shedding Light on Alzheimer's:  
A Jewish Perspective**  
**Sunday, June 5th - 9:00am – 12:00pm**  
**Jewish Community Center -  
2 Millstone Campus Drive**  
Register online at [alz.org/stl](http://alz.org/stl) or call 800-272-3900;  
walk-ins are welcome  
*Co-sponsored by the Alzheimer's Association, St. Louis Rabbinical Association and the Adult Day Center at the J*

## Artists at Work in the ADC



## Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, the Mid-East Area Agency on Aging (MEAAA), 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 religious beliefs 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.

## To contact our staff:

<b>Main Office.</b> . . . . .	314-442-3248
 <b>Ashley Stockman</b> ADC Director 314-442-3245	 <b>Elaine Most</b> Assistant Director & Caseworker 314-442-3261
 <b>Theresa (Terri) Mines</b> Activity Director 314-442-3249	 <b>Kathy Heitman</b> Activity Assistant
 <b>Cynthia Wyatt</b> Activity Assistant	 <b>Karen Stephenson</b> Admin. Assist. 314-442-3248
 <b>Renee Gavigan</b> Nurse 314-442-3243	 <b>Marcia Ponzar</b> Nurse 314-442-3243
 <b>Jenay Sneed</b> CNA	<b>Note:</b> <ul style="list-style-type: none"><li>For schedule and/or transportation changes, contact <b>Elaine</b>.</li><li>For all medicine changes, treatments and any other pertinent medical information, contact <b>Renee</b>.</li></ul>

## Support Groups

The J/Alzheimer's Association Support Group meets at the Adult Day Center at the J, located in the Staenberg Family Complex – Arts & Education Building. Upcoming meetings are:  
**April 4 and May 2 from 3:00 - 4:30pm**  
**April 20 and May 18 from 6:00 - 7:00pm**  
Supervision is available for your loved one during Monday meetings, by reservation only.  
Please contact Elaine Most at **314-442-3261** for more info.



# April 2016 Therapeutic 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](http://jccstl.org)





April 1

april 2016						
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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	
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	Late Afternoon Activities
5:00pm	Rest and Relaxation
1	10:30am Chair Yoga
	11am Black Jack/Horse Races
F	11:30am April Fool's Day Activity and What Am I Activity?
R	1pm Music Therapy with Chrissy/Cribbage
I	2pm Shabbat
April Fool's Day	

April 4 - 8

4	10:30am Intergenerational Music
	11am Exercise
M	11:30am Horse Shoe Tournament/Creative Minds-Poetry Writing
O	1pm Music Therapy/Listening Lotto with Outside Sounds
N	
5	10:30am Exercise
	11am Paws for the Cause Pet Therapy
T	11:15am Gardening Club/Bag Ball
U	1pm Music Therapy with Chrissy
E	1:15pm Buddies at Work
6	10:30am Intergenerational Music
	11am Washer Toss/Cooking Club "Making Home Made Ice Cream"
W	11:30am Group Crossword
E	1pm Entertainment with Dan Balsamo/Ice Cream Parlor Game
D	
7	10:30am Exercise/Golf Putting Green
	11am Tai Chi
T	11:45am Relaxation Ball Toss
H	1pm Entertainment with the "Young at Harp"
U	1:15pm Intergenerational Program
8	10:30am Chair Yoga
	11am Tic Tac Toe Toss/Uno
F	11:30am Leisure Charades Challenge
R	1pm Spring Fashion Show/Garden Walk
I	2pm Shabbat

April 11 - 15

11	10:30am Exercise
	11am Gardening Club/Baseball Toss
M	11:30am Sharpening your Senses Game
O	1pm Men's Club with David/Ladies Sodality Meeting
N	
12	10:30am Intergenerational Music
	11am Exercise
T	11:30am Clothes Pin Drop/Reminiscence of Spring
U	Cleaning and Wash Day
E	1pm Music Therapy with Lauren/Follow the Letter Game
13	10:30am Exercise
	11am Art Expressions/Super Hoop Ball
W	11:30am Spring Spelling B
E	1pm Entertainment with Bill Forness/Scrabble
D	
14	10:30am Intergenerational Music
	11am Tai Chi
T	11:45am Reminisce Ball Toss
H	1pm Entertainment with Bob Callmeyer
U	1:15pm Intergenerational Program
15	10:30am Chair Yoga
	11am Black Jack/Baggo
F	11:30am Group Crossword
R	1pm Music Therapy with Chrissy/Checker Tournament
I	2pm Shabbat

April 18 - 22

18	10:30am Intergenerational Music
	11am Entertainment with Howard Bly/American Trivia Game
M	1pm Volley Ball Tournament
O	1:30pm Name That Tune/Puzzle Challenge
N	
19	10:30am Exercise
	11am Paws for the Cause Pet Therapy
T	11:15am Gardening Club/Orbs Toss
U	11:45am Webster's Game of Word Racing
E	1pm Music Therapy with Chrissy
	1:15pm "Buddies at Work"
Happy Birthday Gwen M.	
20	10:30am Intergenerational Music
	11am Exercise
W	11:30am Cooking Club "Sharing Passover Recipes"/Triangle Toss
E	1pm Entertainment with Bryan Fogs/Life Stories Game
D	
21	10:30am Croquet
	11am Tai Chi
T	11:45am Story Telling Ball Toss
H	1pm Entertainment with Joseph Garnier
U	1:15pm Intergenerational Program
22	10:30am Chair Yoga
	11am Uno/Tennis Ball Toss
F	11:30am Garden Walks with Earth Day Project
R	1pm Music Therapy with Chrissy/Nature Bingo
I	2pm Shabbat
Happy Birthday Thelma C. (24 <sup>th</sup> )	
Erev Passover	

April 25 - 29

25	10:30am Exercise
	11am Gardening Club/Ring Toss
M	11:30am Trinket Box Memories and Life Stories
O	1pm Entertainment With Bob Callmeyer
N	1:30pm Wii Games & iPad Technology
26	10:30am Intergenerational Music with Rabbi Brad's Passover Presentation
	11am Exercise
T	11:30am Shuffle Putt/Reminiscence of Spring Time Memories
U	1pm Music Therapy/Memory Enhancing Tiles
E	
27	10:30am Exercise
	11am Art Expressions "Water Color Flowers"/Champion Throw
W	11:30am Flower Pot Challenge
E	1pm Broadway Musical
D	Style Entertainment by Cheryl Brown/Who Am I?-Biography Game
28	10:30am Intergenerational Music
	11am Tai Chi
T	11:45am Balloon Toss
H	1pm Entertainment with Matt Davis
U	1:15pm Intergenerational Program
29	10:30am Chair Yoga
	11am Horse Shoe Tournament/Black Jack
F	11:30am Spring Word Challenge
R	1pm Music Therapy with Chrissy/Capital and States Sequence Game
I	2pm Shabbat
Passover 7 <sup>th</sup> Day	