

Dear Families and Caregivers,

By now, most of you have heard that our Assistant Director, Elaine, will soon be leaving the J. We are so thankful for all of the great work and support she has provided the Adult Day Center at the J. Please join me in congratulating Elaine and wishing her luck with her new and exciting position at Washington University!

This month you will receive our annual satisfaction survey. Your feedback is very important. It helps us to better understand what we are doing well and to identify opportunities where we can make improvements. My highest priority is to ensure we are providing the best possible care to your loved ones. Please watch for the survey in your mail within the next few weeks, and thank you in advance for your response!

I am excited to announce that we will have an UMSL Gerontology student, Carly Vogel, joining us this summer to complete her practicum course. Carly will assist us with daily programs and activities, and will also help with coordinating our monthly Cardinals Reminiscence League meetings. Welcome, Carly!

I would also like to take this opportunity to express our sincere gratitude to the members of the J Associates for their generous donation in support of our transportation services.

Upcoming Highlights

Shedding Light: A Jewish Perspective
Sunday June 5 • 9am – 12pm

Join the ADC, along with the Alzheimer’s Association and St. Louis Rabbinical Association, to discuss Judaism, Jewish life and Alzheimer’s at the Shedding Light event at The J. The program will feature presentations from: Rev. Rabbi Richard Address, D. Min., Founder and Director of Jewish Sacred Aging and Dr. George Grossberg, MD, Professor, Department of Neurology and Psychiatry at Saint Louis University.

Saint Louis University – Rapid Geriatric Assessments
Wednesday June 29 • 1 – 3pm

In partnership with Saint Louis University’s Geriatric Education Center (GEC) and the Alzheimer’s Association St. Louis Chapter, the ADC will host free Geriatric Screenings for anyone age 65 years or older. The screening will include assessment of frailty, nutrition and cognitive function. If you or a family member is interested in participating, contact the ADC at 314-442-3248 for information and to RSVP.

Cardinals Reminiscence League
Monday, June 27 • 10:30am – 12pm at the J
(Staenberg Family Complex)
FREE – Please RSVP to Ashley at 314-442-3245

Thank you for being a part of our program!

Ashley Stockman, MSW
Director, Adult Day Center at the J



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 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.

To contact our staff:

Main Office. 314-442-3248



Ashley Stockman
ADC Director, 314-442-3245



Theresa (Terri) Mines
Activity Director
314-442-3249



Cynthia Wyatt
Activity Assistant



Renee Gavigan
Nurse
314-442-3243



Jenay Sneed
CNA



Kathy Heitman
Activity Assistant



Karen Stephenson
Admin. Assist.
314-442-3248



Marcia Ponzar
Nurse
314-442-3243

Note:
• For schedule and/or transportation changes, contact Elaine.
• For all medicine changes, treatments and any other pertinent medical information, contact Renee.

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:

Monday: June 6 and July 5 from 3:00 - 4:30pm
Wednesday: June 15 and July 20 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.



June 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



June 1 - 3

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	Exercise
	11am	Golf Chipping Target
W	11:30am	Ring Toss/Making
E		Homemade Lemonade
D	1pm	Entertainment with Dan
		Balsamo/Name Five

2	10:30am	Tai Chi
	11:15am	Gardening Club/Horse Races
T	11:45am	Movement Ball
H	1pm	Entertainment with Paul
U		Hertenstein/Penny Ante

3	10:30am	Chair Yoga
	11am	Black Jack/Bulls Eye Match
F	11:30am	Summer Leisure Charades
R	1pm	Music Therapy with with
I		Chrissy/Connect
	2pm	Shabbat

June 6 - 10

M O N	6	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Horse Shoe Tournament/ Reminiscence of Summertime Vacations
		1pm	Volleyball
		1:30pm	Garden Party

T U E	7	10:30am	Intergenerational Music
		11am	Paws for the Cause
			Pet Therapy
		11:15am	Exercise
		11:30am	Baseball Challenge/Creative
			Minds with Kathy
		1pm	Music Therapy with
			Chrissy/Ludo

8	10:30am	Exercise
	11am	Gardening Club/ Champion Throw
W		
E	11:30am	Group Crossword
D	1pm	Entertainment with Howard Bly/Missouri Jingo

9	10:30am	Tai Chi
	11:15am	Art Expressions "Painting Bird Feeders"/Washer Toss
T		
H	11:45am	Beach Ball Banter
U	1pm	Entertainment with Bill Forness/Kings in the Corner
		<i>Happy Birthday Rosalyn E.</i>

F R I	10:30am	Chair Yoga
	11am	Triangle Toss/Uno
	11:30am	Leisure Charades Challenge
	1pm	Music Therapy with Chrissy/Spill N' Spell
	2pm	Shabbat

June 13 - 17

13	10:30am	Exercise
	11am	Orbs Toss/Shavuot Style
M		Cooking Club
O	11:30am	Summer Spelling B
N	1pm	Men's Club/Ladies Sodality Meeting

Shavout

T U E	10:30am	Exercise
	11am	Bocce Ball
	11:30am	Super Hoop Ball/ Reminiscence of the Good Old Summer Time
	1pm	Music Therapy with Chrissy/Boggle

15	10:30am	Exercise
	11am	Golf Putting Green
W	11:30am	Group Crossword/Pokeno
E	1pm	Entertainment with Cheryl
D		Brown/Dominos

16	10:30am	Tai Chi
	11:15am	Gardening Club/Baseball
T		Toss
H	11:45am	Relaxation Ball
U	1pm	Entertainment with Matt Davis/Animal Sound Lotto

17	10:30am	Chair Yoga
	11am	Black Jack/Tennis Ball Toss
F	11:30am	Summer Leisure Charades
R	1pm	Music Therapy with
I		Chrissy and Honoring
		Father's Celebration/
		Garden Walks
	2pm	Shabbat

*Happy Birthday Ed D. &
Laverne M. (18th)*

June 20 - 24

MON	20	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Shuffle Toss/Summer
			Life Stories and "Tell All"
			Memories
		1pm	Entertainment with Rob Callmeyer/Wii Games and iPad Technology

T U E	10:30am	Intergenerational Music
	11am	Paws for the Cause Pet Therapy
	11:15am	Exercise
	11:30am	Creative Minds with Kathy/ Tic Tac Toe Toss
	1pm	Music Therapy With Chrissy/The Great Train Game

22	10:30am	Exercise
	11am	Gardening Club/Horse Shoe
W		Tournament
E	11:30am	Group Crossword
D	1pm	Entertainment with Bryan Foggs/"Match Em"

23 T H U	10:30am	Tai Chi
	11:15am	Cooking Club “Making Homemade Ice Cream”
	1pm	Entertainment with Joseph Garnier/Ice Cream
	2pm	Parlor Game Summer Ice Cream Social

24 F R I	10:30am	Chair Yoga
	11am	Uno/Football Toss
	11:30am	Challenging Our Senses with Garden Herbs
	1pm	Entertainment with Papa Wright and Kathy/Ocean
	2pm	Bingo
		Shabbat

June 27 - 30

M O N	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Art Expressions "Painting Floral Vases"/Baggo
	1pm	Therapeutic Drumming/ Checker Tournament-Puzzle Challenge
	1:30pm	Sing-A-Long

28	10:30am	Intergenerational Music
	11am	Exercise
T	11:30am	Clothes Pin Drop/What's in
U		the Bag?
E	1pm	Music Therapy with Chrissy/Sequence States and Capitals

29	10:30am	Exercise
	11am	Baseball
W	11:30am	Ring Fling/Garden
E		Scavenger Hunt
D	1pm	Entertainment with Young at Harp/Baseball Bingo

30	10:30am	Tai Chi
	11:15am	Bag Ball/Gardening Club
T	11:45am	Beach Ball Banter
H	1pm	Patriotic Style
U		Entertainment with Stacy and Sterling/Wii Games and iPad Technology

june 2016

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