

Dear Families and Caregivers,

The heat is on! And with dangerously high temperatures it is very important to know the potential impacts this can have on older adults. As we age we are more prone to heat stress, and we do not adjust as well to sudden changes in temperature. We are also more likely to take medications or have conditions that may impair the body's ability to regulate temperature or inhibit perspiration.

Warning signs of heat exhaustion may include: heavy sweating, paleness, cool and moist skin, muscle cramps, weakness, dizziness, headache, nausea or vomiting, fast and weak pulse, or fast and shallow breathing.

Prevention tips include: increasing fluid intake by drinking cool, nonalcoholic beverages regardless of activity level (avoid extremely cold liquids because they can cause cramps), wear lightweight clothing, ask the doctor about medications and recommended fluid intake levels, limit strenuous activities and make plans for indoor air-conditioned locations.

Any signs of severe heat stress can be a life-threatening emergency and you should immediately take the following actions: call for emergency medical assistance; get to a shady area; applying cool water via a tub, shower, hose, sponge or wet cloth and begin vigorously fanning until the body temperature drops to 101°–102°F. Please remember to stay cool and stay safe out there!

Enjoying a cool summer night stroll is appealing to beat the heat, but precautions must too be taken to ensure the safety of individual's with Alzheimer's or a related dementia who wanders and could become lost. MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency, no matter when or where the person is reported missing. Caregivers, citizens or emergency personnel can report that someone

is lost by calling the 24-hour emergency response line (1.800.625.3780) listed on the ID jewelry. Safe Return will notify the listed contacts, making sure the person is returned home. You can register for this service by visiting medicalert.org/safereturn, or call, 1.888.572.8566 for more information.

Welcome Kristen

I am pleased to announce that we have secured our new Assistant Director for the ADC Care Team, Kristen Conard. Kristen brings with her more than eight years of case management experience, as well as quality assurance and innovative program development expertise. Please join me in welcoming Kristen to The ADC and The J!

Thank you,
Ashley Stockman, Director



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, call 314-442-3248.
• 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:

- Tuesday: July 5 from 3:00 - 4:30pm
- Monday: July 11 and August 1 from 3:00 - 4:30pm
- Wednesday: July 20 and August 17 from 6:00 - 7:00pm

Supervision is available for your loved one during Monday meetings, by reservation only.

Please contact Ashley Stockman at 314-442-3245 for more info.



July 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

July 1

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31						

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 Shoe Tournament
FRI	11:30am Summer Spelling B
	1pm Music Therapy with Chrissy/Ludo
	2pm Shabbat

July 4 - 8

4	CLOSED	
MON	Independence Day	
5	10:30am	Intergenerational Music
	11am	Paws for the Cause Pet Therapy
TUE	11:15am	Exercise
	11:30am	Red White Blue & Toss Game/Patriotic Memory Game
	1pm	Music Therapy with Chrissy/Story Cubes
6	10:30am	Exercise
	11am	Golf Chipping Target
WED	11:30am	Gardening Club/Patriotic Trinket Box Memories
	1pm	Patriotic Style Entertainment with Joe Thompson and the Jazz Band/I Love America Bingo
7	10:30am	Tai Chi
	11:15am	Art Expressions/ Tennis Ball Toss
THU	11:45am	Movement Ball
	1pm	Entertainment With Dan Balsamo/Gears: a Physics Game
8	10:30am	Chair Yoga
	11am	Tic Tac Toe Toss/Uno
FRI	11:30am	Leisure Charades Challenge
	1pm	Music Therapy with Chrissy/Sort it Out
	2pm	Shabbat
Happy Birthday Tom C. (10th)		

July 11 - 15

11	10:30am	Intergenerational Music
	11am	Exercise
MON	11:30am	Triangle Toss/Reminiscence of Summer Drives on Route 66
	1pm	Entertainment with Stacy/ National Parks Memory Challenge
12	10:30am	Intergenerational Music
	11am	Exercise
TUE	11:30am	Gardening Club/Foot Ball Toss
	1pm	Music Therapy with Chrissy/ Sports Bingo
13	10:30am	Exercise
	11am	Creative Minds “Summer Recycling”/Bulls Eye Match
WED	11:30am	Horse Race Competition
	1pm	Entertainment with Cheryl Brown/What’s in the News? Game
14	10:30am	Tai Chi
	11:15am	Cooking Club/Washer Toss
THU	11:45am	Story Telling Ball
	1pm	Entertainment with Bob Callmeyer/Wii Games and iPad Technology
15	10:30am	Chair Yoga
	11am	Black Jack/Tennis Ball Toss
FRI	11:30am	Group Crossword
	1pm	Music Therapy with Chrissy/Chinese Checkers
	2pm	Shabbat

July 18 - 22

18	10:30am	Intergenerational Music
	11am	Exercise
MON	11:30am	Art Expressions
	1pm	Volleyball
	1:30pm	Name That Tune/Wheel of Fortune
19	10:30am	Intergenerational Music
	11am	Paws for the Cause
TUE	11:15am	Pet Therapy Exercise
	11:30am	Baseball Toss/Reminiscence of Summertime Games and Toys
	1pm	Music Therapy With Chrissy/The Senses Game
20	10:30am	Exercise
	11am	Croquet
WED	11:30am	Gardening Club/ Leisure Charades Challenge
	1pm	Entertainment with Joseph Garnier/Wii Games and iPad Technology
21	10:30am	Tai Chi
	11:15am	Creative Minds with Kathy/ Baggo
THU	11:45am	Relaxation Ball
	1pm	Entertainment With Chad Evans/Matinee Game
22	10:30am	Chair Yoga
	11am	Uno/ Shuffle Toss
FRI	11:30am	Summer Spelling B
	1pm	Music Therapy with Chrissy/Memory Enhancing Tiles
	2pm	Shabbat

July 25 - 29

25	10:30am	Intergenerational Music
	11am	Exercise
MON	11:30am	Baseball/What’s in the Bag?
	1pm	Men’s Club and Ladies Sodality Meeting
26	10:30am	Intergenerational Music
	11am	Exercise
TUE	11:30am	Bag Ball/Gardening Club
	1pm	Music Therapy with Chrissy/Grocery Shopping Game
27	10:30am	Exercise
	11am	Cooking Club “Making Homemade Ice Cream”/ Super Hoop Ball
WED	11:30am	Life Stories
	1pm	Entertainment with the Bryan Foggs/Ice Cream Parlor Game
	2pm	Summer Beach Party
28	10:30am	Tai Chi
	11:15am	Group Crossword/Pokeno
THU	11:45am	Reminiscence Ball Toss
	1pm	Entertainment Matt Davis/ Sequence States and Capitals
29	10:30am	Chair Yoga
	11am	Black Jack/Clothes Pin Drop
FRI	11:30am	Summer Trinket Box Memories
	1pm	Music Therapy with Chrissy/Penny Ante
	2pm	Shabbat
Happy Birthday Richard B. (30th) & Eugenio C. (30th)		