

Dear Adult Day Center Families,

It's that time of year once again...
FLU SEASON is here! Be Prepared,
Immunize!



Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and is contagious. Research shows that the best way to prevent the flu is by getting vaccinated each year. Places to go for your flu shot: always check with your family physician's office and see if they have the shots available, or you can go to any Take Care Clinic at a Walgreen's near your home, or a BarnesCare. And please remember, if your loved one is displaying any flu symptoms they need to stay at home until they are no longer contagious.

I would like to welcome Claudia Golliday, RN to the ADC team as our new Monday Nurse. Claudia brings with her extensive nursing experience in Home Health, Hospital and Long Term Care settings. Please join me in welcoming Claudia, and feel free to stop in and say hello on a Monday!

Our activity team has been busy planning and preparing our activity calendar. We have a Creative Minds with Kathy "Mock Election" activity planned for the eighth, a special celebration in observance of Veteran's Day on the eleventh, as well as several Thanksgiving themed activities throughout the month.

Please note the Adult Day Center will be closed on Thanksgiving Day, Thursday, November 24 and on Friday, November 25.

Thank you for being a part of our program!

Ashley Stockman, Director



Fall Activites



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 though 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



Kristen Conard
ADC Asst.
Director
314.442.3261



Theresa (Terri)
Mines
Activity Director
314.442.3249



Kathy Heitman
Activity
Assistant



Cynthia Wyatt
Activity
Assistant



Karen
Stephenson
Admin. Assist.
314.442.3248



Renee Gavigan
Nurse
314.442.3243



Jenay Sneed
CNA

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:

Monday: November 7 & December 5

3:00 - 4:30pm

Wednesday: November 16 & December 21

6:00 - 7:00pm

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

Contact Ashley Stockman at **314.442.3245** to RSVP or for more information.



November 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



A group of residents are seated in a common area. In the foreground, a woman in a red shirt and a woman in a white shirt are seated, both using metal walkers. Other residents are visible in the background, some wearing hats. The room has wooden paneling and tables with blue cloths.

W E D	2	10:30am	Exercise
		11am	Cooking Club/Horseshoe
			Tournament
		11:30am	Pumpkin Pass and Fall
			Memories
		1pm	Entertainment with Dan Balsamo/Kings in the Corner

4	10:30am	Chair Yoga
	11am	Black Jack/Tic Tac Toe Toss
F	11:30am	Group Crossword
R	1pm	Music Therapy with
I		Chrissy/Penny Ante
	2pm	Shabbat

Happy Birthday
Marian H.

MON	7	10:30am	Exercise
		11am	Shuffleboard
		11:30am	Ring Fling/Reminiscence of the "Home Front" and John Phillip Sousa's Music
		1pm	Entertainment with Stacy/ Yahtzee
		3pm-	<i>Caregiver Support Group</i>
		4:30pm	<i>Meeting</i>

9	10:30am	Exercise
	11am	Golf Putting Green
W	11:30am	Gardening Club/Name That
E		Tune
D	1pm	Entertainment with Joe
		Garnier/Wii Games and iPad
		Technology

11	10:30am	Exercise
	11am	Uno/Football Toss
F	11:30am	Patriotic Toss
R	1pm	Veteran's Day Patriotic
I		Music with Chrissy/I Love
		America Bingo
		Veteran's Day Celebration
	2pm	Shabbat

Veteran's Day

M O N	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Gardening Club/Clothes Pin Drop Toss
	1pm	Therapeutic Drumming/Checkers and Dominos Tournament
	1:30pm	Puzzle Fun/Sing-a-long

16	10:30am	Exercise
	11am	Bull's Eye Toss/Creative
W		Minds with Kathy
E	11:30am	Group Crossword
D	1pm	Entertainment with Bob
		Callmeyer/Capital States
		and Sequence
	6pm-7pm	<i>Caregiver Support Group</i>
		<i>Meeting</i>

F	10:30am	Chair Yoga
R	11am	Black Jack/Tennis Ball Toss
I	11:30am	Leisure Charades
	1pm	Music Therapy with
		Chrissy/Chinese Checkers
	2pm	Shabbat

MON	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Toss Challenge/Thanksgiving
		Memory Challenge
	1pm	Volleyball
	1:30pm	Horse Races/Thanksgiving
		Wheel of Fortune

23	10:30am	Exercise
	11am	Art Expressions/Super Hoop Ball
W		
E	11:30am	Thanksgiving Trinket Box
D		Memories
	1pm	Entertainment with Paul/ Thanksgiving Jingo

25 CLOSED Thanksgiving Holiday

**F
R
I**

M O N	28	10:30am	Intergenerational Music
		11am	Exercise
		11:30am	Ring Toss/Sense-n-Smell Activity
		1pm	Men's Club/Ladies Club
<p><i>Happy Birthday Phillip M. (10/27)</i></p>			

W E D	10:30am	Exercise
	11am	Shuffle Board
	11:30am	Gardening Club/Group
		Crossword
	1pm	Entertainment with Bryan Foggs/Wii Games and iPad Technology

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			

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