

**Dear Families,**

I would like to extend my wishes for a very happy and healthy new year to you all. It has been an incredible and action packed year with the summer JCC Maccabi Games and the addition of our new IN program here in the ADC. Without any loss of momentum, we are excited to announce a few program enhancements that we will roll out in 2017. The JCA Charitable Foundation has generously increased its funding for Music Therapy, which will enable us to offer more one-on-one music therapy sessions with Chrissy, in addition to the weekly small and large group sessions. Music therapy is an integral part of our therapeutic programming, and we are truly grateful for the unwavering continued support of the JCA Charitable Foundation.

In an effort to better serve the community, our monthly Alzheimer's Association Caregiver Support Group meetings will be moving from Wednesday evenings to the first Monday (from 3-4:30pm) and third Friday (10-11:00am) of every month. The new schedule begins in February. As one of very few area support groups that offers supervised activities for loved ones, enabling caregivers to attend the group meetings, we have decided to adjust the meeting schedule so more families have the opportunity to access this unique service. Reservations are required, please call in advance.

**REMINDER:** The winter weather has settled in, and it is a great time to ensure that your loved one has a weather appropriate change of clothes here at the Center. Please be sure to write the person's name in their clothing, as well as in the coat they will wear to the program each day.

Again, thank you for supporting the J and for being part of our Adult Day Center Family. Happy Holidays to you all!

Ashley



## December Fun at 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 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: January 2 & February 6**  
3:00 - 4:30pm

**Wednesday: January 18: 6:00 - 7:00pm** (Final evening meeting)

**Friday: February 17**  
10:00 - 11:00am

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.

**Adult Day Center** the j  
Care for your whole family



## January 2017 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**

JEWISH COMMUNITY CENTER





January 2 - 6		
M O N	2	10:30am Intergenerational Music 11am Exercise 11:30am Clothes Pin Drop/What's in the Bag 1pm Volleyball 1:30pm Name that Tune/Wheel of Fortune  <i>Happy Birthday Yakov G. (1st)</i>
	3	10:30am Intergenerational Music 11am Exercise 11:30am Champion Throw/Reminiscence of Grandma's Kitchen and Winter recipes 1pm <b>Entertainment with Rob Callmeyer/Wii Games and iPad Technology</b>
	4	10:30am Exercise 11am Pokeno Toss 11:30am Gardening Club/Leisure Charades 1pm <b>Entertainment with Dan Balsamo/Shake Loose a Memory Game</b>
	5	10:30am Tai Chi 11:15am Cooking Club "Making Grandma's Chicken Noodle Soup"/Baggo 1pm <b>Music Therapy with Laura/ Kitchen Bingo</b>
	6	10:30am Chair Yoga 11am Black Jack/Foot Ball Toss 11:30am Football Spelling and Trivia Competition 1pm <b>Music Therapy with Laura/ Penny Ante</b> 2pm <b>Shabbat</b>  <i>Happy Birthday Sally Z. (8th)</i>

January 9 - 13		
M O N	9	10:30am Intergenerational Music 11am Exercise 11:30am Orbs Toss/Sport Bingo 1pm Therapeutic Drumming/ 1:30pm Checker Tournament Name That Tune with Keyboard/Puzzle Challenge  <i>Happy Birthday Gary W.</i>
	10	10:30am Intergenerational Music 11:15am Intergenerational Bowling/ Creative Minds with Kathy 1pm <b>Entertainment with the Young at Harp/Penny Ante</b>
	11	10:30am Exercise 11am Art Expressions/Horse Shoe Tournament 11:30am Group Crossword 1pm <b>Entertainment with Joseph Garnier/Name Five</b>
	12	10:30am Tai Chi 11:15am Gardening Club/Tennis Ball Toss 1pm <b>Music Therapy with Laura/ Memory Enhancing Tiles</b>
	13	10:30am Chair Yoga 11am Uno/Bag Ball 11:30am Winter Trinket Box Memories 1pm <b>Music Therapy with Laura/ National Park Yahtzee</b> 2pm <b>Shabbat</b>  <i>Happy Birthday Matt K. &amp; Bluma K.(14th)</i>

January 16 - 20		
M O N	16	10:30am Intergenerational Music 11am Exercise 11:30am Super Hoop Ball/Tell All 1pm Game <b>Entertainment with Howard Bly/Wii Games and iPad Technology</b>
	17	10:30am Intergenerational Music 11am Exercise 11:30am Gardening Club/Triangle Toss 1pm <b>Entertainment with Matt Davis/Life Stories</b>
	18	10:30am Exercise 11am Cooking Club/Bull's Eye 11:30am Throw 1pm Leisure Charades <b>Entertainment with Bryan Foggs/Buzz Word</b>
	19	10:30am Tai Chi 11:15am Creative Minds with Kathy/ Horse Race Competition 11:45am Number Ball Toss 1pm <b>Music Therapy with Chrissy/Capital States and Sequence</b>
	20	10:30am Chair Yoga 11am Black Jack/Winter Toss Challenge 11:30am Group Crossword 1pm <b>Music Therapy with Chrissy/Connect</b> 2pm <b>Shabbat</b>  <i>Happy Birthday Bill H.(21st)</i>

January 23 - 27		
M O N	23	10:30am Intergenerational Music 11am Exercise 11:30am Mini Champion Throw/ Winter Memory Challenge 1pm Men's Club/Ladies Club
	24	10:30am Intergenerational Music 11:15am Intergenerational Program with Legacy Woodworks/ Reminiscence Of Winter Train Rides 1pm <b>Music Therapy with Chrissy/The Great Train Game</b>
	25	10:30am Exercise 11am Basket Ball 11:30am Gardening Club/Shuffle Toss 1pm <b>Entertainment with Paul Hertenstein/Jumbo Chinese Checkers</b>
	26	10:30am Tai Chi 11:15am Art Expressions/Penny Toss Challenge 1pm <b>Entertainment with Anita Rosamond/National Park Memory Challenge</b>
	27	10:30am Chair Yoga 11am Uno/Ring Toss 11:30am Super Bowl Trivia Contest 1pm <b>Music Therapy with Chrissy/Parcheesi</b> 2pm <b>Shabbat</b>

January 30 - 31		
M O N	30	10:30am Intergenerational Music 11am Exercise 11:30am Golf Putting Green 1pm Parachute Fun/Creative Art 1:30pm and Coloring Competition Sing A Long
	31	10:30am Intergenerational Music 11am Exercise 11:30am Ring Fling/Gardening Club 1pm <b>Music Therapy with Chrissy/Snapple Word Challenge</b>  <i>Happy Birthday Brendan S.</i>

January		2017					
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	
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