Dear Families,

Spring is on its way! Needless to say, with the overcast weather we had these past winter months, spring is a welcome change for your loved one. We are happy to report that our passport themed activities in February helped your loved one "travel" to Israel, Route 66, Canada and England, while providing special focus and motivation. We will continue the "journey" as we complete our passport travels in March by exploring new locations. We'll continue around the globe to Madagascar, Ireland and France as our concluding destination. By the end of the month we'll be ready for spring!

With nice weather around the corner this is a great time to better understand the importance of using structured therapeutic leisure activities for your loved one. Providing a consistent routine in a stimulating environment, much like we do at the ADC, is a key component when offering cognitive, physical, outdoor and creative activities. Using structured and personalized leisure strategies at home helps to ensure personal safety and can be quite beneficial. More importantly, engaging in routine activities can improve one's sense of purpose and self-worth, and can even decrease the occurrences of unwanted verbal or behavioral actions. If you are interested in a personalized leisure education kit for you and your loved one, or if you would like information about other community resources please contact me at 314.442.3249. The Activity Team and I are looking forward to enjoying a safe and engaging spring with your loved one at the ADC!

**Please note daylight savings time starts March 12. The effects of the time change on an individual with dementia can be noticeable. Being aware of the time change and adjusting one's schedule gradually can be helpful.*

Thanks for being a part of our ADC family!
Theresa "Terri" Mines, CTRS
ADC Activity Director

March 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 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: **March 6 and April 3 from 3:00 - 4:30pm**

Friday: **March 17 and April 21 from 10:00 - 11:00am**

Supervision is available for your loved one during 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

February 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

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

March 2017

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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	

March 1-3 England

1 WED	10:30am	Exercise
	11am	Cooking Club-Making English Scones/Football Toss
	11:30am	English Spelling B
	1pm	**Entertainment with Rob**/Parcheesi
2 THU	10:30am	Tai Chi
	11:15am	Gardening Club/Wimbledon Style Tennis Ball Toss
	11:45am	Relaxation Toss
	1pm	**Entertainment with Dan Balsamo**/English Tea Time
3 FRI	10:30am	Chair Yoga
	11am	Black Jack/English Tea Pot Challenge/1:1 Music Therapy Visits
	11:30am	English Crossword
	1pm	**Music Therapy with Jamie**/English Trivia
	2pm	**Shabbat**

March 6-10 Madagascar

6 MON	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Circle of Life Parachute Activity/Playing Mancala
	1pm	Madagascar Style Volleyball Demo
	1:30pm	Jungle Decorating/Jungle Wheel of Fortune
7 TUE	10:30am	Intergenerational Music
	11:00am	Exercise
	11:30am	Madagascar Jungle Toss/Rocks and Minerals from Madagascar
	1pm	**Music Therapy with Chrissy**/Madagascar Animal Trivia Game
8 WED	10:30am	Exercise
	11am	African Style Therapeutic Drumming/Jungle Gardening Club
	11:30am	Madagascar Trinket Box
	1pm	**Entertainment with Paul Hertenstein**/Jungle Art Contest
9 THU	10:30am	Tai Chi
	11:15am	Baggo/Artistic Expressions featuring African Animals
	11:45am	Movement Ball
	1pm	**Special Theater Presentation**/Wooden Games from Madagascar
10 FRI	10:30am	Chair Yoga
	11am	Uno/Bag Ball/Music Therapy Small Group and 1:1
	11:30am	Leisure Charades
	1pm	**Music Therapy with Jamie**/Madagascar Trivia
	2pm	**Shabbat**

March 13-17 Ireland

13 MON	10:30am	Purim Party and Play
	11am	Exercise
	11:30am	Washer Toss/Irish Reminiscence
	1pm	Gaelic Golf
	1:30pm	Sing A Long/Irish Word Challenge
14 TUE	10:30am	Intergenerational Music
	11am	Intergenerational Chair Yoga with Kelly/Creative Minds with Kathy
	11:30am	Shamrock Gardening Club/Shamrock Bulls Eye Toss
	1pm	**Music Therapy with Chrissy**/Shamrock Coloring Competition
		Happy Birthday Norman S.
15 WED	10:30am	Irish Style Music and Exercise
	11am	Gardening Club/Irish Champion Throw
	11:30am	Irish Trinket Box memories
	1pm	**Entertainment with Joe**/iPad Map Contest
16 THU	10:30am	Tai Chi
	11:15am	Cooking Club-Recipes from Ireland/Hurling Challenge
	1pm	**History of Irish Music with Entertainment by the Young at Harp**/Making Irish Flags
17 FRI	10:00am	Chair Yoga
	11am	Black Jack/Irish Toss Across/Music Therapy Small Group & 1:1
	11:30am	Irish Crossword
	1pm	**Music Therapy with Jamie**/Shake Loose a Memory Game
	2pm	**Shabbat**

March 20-24 France

20 MON	10:30am	Intergenerational Music
	11am	France Exercise Tribute
	11:30am	French Football Challenge/Finding France Challenge
	1pm	Ladies and Men's Club
21 TUE	10:30am	Intergenerational Music
	11:00am	Exercise
	11:30am	Eiffel Tower Toss Challenge/French Art Identification
	1pm	**Music Therapy with Chrissy**/Eiffel Tower Art Challenge
		Happy Birthday Carole C-H.
22 WED	10:30am	Exercise
	11am	The "French Open" Tennis Challenge
	11:30am	Gardening Club/Trunk from Paris Memories
	1pm	**Entertainment with Anita Rosamond**/Wii and iPad Technology
23 THU	10:30am	Tai Chi
	11:15am	French Cuisine Cooking Club/Super Hoop Ball
	1pm	**"Paris the City of Love" Entertainment by the St. Louis Strutters**/Paris Trivia Contest
24 FRI	10:30am	Chair Yoga
	11am	Uno/Shuffle Toss
	11:30am	The French Café Trivia Contest
	1pm	**Music Therapy with Jamie**/French Style Scrabble
	2pm	**Shabbat**

March 27-31 Celebrate Spring

27 MON	10:30am	Intergenerational Music
	11am	Exercise
	11:30am	Flower Pot Toss/Spring "What's in the bag?"
	1pm	**"Welcome Spring" by the St. Louis Audubon Society**/Spring Trivia
28 TUE	10:30am	Intergenerational Music
	11:00am	Exercise
	11:30am	Tic Tac Toe Toss/Reminiscence of Springtime
	1pm	**Music Therapy with Chrissy**/Penny Ante
29 WED	10:30am	Exercise
	11am	Artistic Expressions "Painting Spring Flower's"/Spring Horseshoe Tournament
	1pm	**Entertainment with Bryan Foggs**/Nature Bingo in the Garden
		Happy Birthday Robert M.
30 THU	10:30am	Tai Chi
	11:15am	Outdoor Gardening Club/Spring Daisy Hoop Shoot
	11:45am	Balloon Toss
	1pm	**Entertainment with Matt Davis**/Spring Plant Identification and Outdoor Walks
31 FRI	10:30am	Chair Yoga
	11am	Black Jack/Triangle Toss
	11:30am	Leisure Charades
	1pm	**Music Therapy with Jamie**/Bannagram
	2pm	**Shabbat**