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:



Ashley Stockman

ADC Director
314.442.3245



Kristen Conard

ADC Asst.

Director

314.442.3261



Theresa (Terri)
Mines
Activity Director
314.442.3249

Cynthia Wyatt

Activity

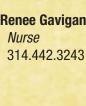
Assistant



Kathy Heitman Activity Assistant



Karen Stephenson Admin. Assist. 314.442.3248





Jenay Sneed

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 & 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



	N. S							
	Daily Ac	ly 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						

3:30pm Late Afternoon Activities

5:00pm Rest and Relaxation

3:15pm Snack

17	S	m	t	W	t	f	S
20	5	6	7		2 9	3 10	4
March						17	
<u>=</u>	19	20	21	22	23	24	25
Ĕ	26	27	28	29	30	31	

March 1-3		England				
W E D	10:30am 11am 11:30am 1pm	Exercise Cooking Club-Making English Scones/Football Toss English Spelling B Entertainment with Rob/ Parcheesi				
Z T H U	10:30am 11:15am 11:45am 1pm	Tai Chi Gardening Club/Wimbledon Style Tennis Ball Toss Relaxation Toss Entertainment with Dan Balsamo /English Tea Time				
3 F	10:30am 11am	Chair Yoga Black Jack/English Tea Pot Challenge/1:1 Music Therapy				

Visits

English Crossword

English Trivia
Shabbat

Music Therapy with Jamie/

11:30am

1pm

2pm







