

Dear Families,

We hope everyone has had a wonderful start to 2019. As you know we're hitting the heart of winter, and the weather can get extremely frigid. Please make sure your loved ones are dressed warm and that their names or initials appear in all coats, jackets, hats, scarves, gloves, etc. We want everyone to keep warm when they head out in the evening.

If your loved one uses our bus service, please make sure their path to the bus is clear and ice free. This includes driveways, walkways, etc. If our driver arrives and the walkway is not clear, he may not be able to provide transportation, in which case we will notify the primary contact.

Closing

The **Center will be closed on Monday, February 18** for a **Staff Professional Development Day**. We want to continue to bring you the most skilled, compassionate, and knowledgeable staff possible. This is where your feedback is vital, as we take this opportunity to improve and identify the things we do well and those we want to do better.

Stay warm!
Thank you for being part of our J family!

Ashley Stockman
Director, Adult Day at the J



Art with our Early Childhood friends



Support Groups

The J/Alzheimer's Association Support Group meets at the Adult Day Center at the J, in the Staenberg Family Complex – Arts & Education Building.



Upcoming meetings:

Monday:
2/4 & 3/4 3:00 - 4:30pm

Friday:
2/15 & 3/15 10:00 - 11:00am

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

Questions/RSVP: Kristen Conard
314.442.3261 • kconard@jccstl.org



Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, Aging Ahead, 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.

To contact our staff:

Main Office 314.442.3248



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Kristen Conard
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Cathy Connoley
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Cynthia Wyatt
Activity
Assistant



Emily Jolly
Activity
Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Butler
RN
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**.



Adult Day at the J welcomes adults of all faiths. Medicaid is accepted and additional financial assistance is available to those who qualify. The program is licensed by the state of Missouri.

Connections

Socialization • Recreation • Support



A program of the
Adult Day at the J
Care for your whole family

February 2019
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



February 1

February							2019	
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							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				

Daily Activities

Morning

8:00am Coffee Talks/Table Activities
 9:30am Breakfast
 10:00am Brain Boosters

12:15pm Lunch

Afternoon

2:00pm Reflection/Conversation
 2:30pm Bus Dismissal
 3:15pm Snack
 3:30pm Small Group & Independent Leisure

1	10:30am	Chair Yoga
	11am	Jewish Music Therapy/Tar Grip Throw
F	11:30am	Name That Store/Walking Club
R	1pm	Music Therapy/Independent Reading of Choice
I	2pm	Shabbat
	2:30pm	Trivia & Super Bowl Preview
	3:30pm	Kings in the Corner/Jenga

February 4 - 8

4	10:30am	In-Gen Music/Mandala Mondays
M O N	11am	Modern Chair Dance
	11:30am	Football Toss
	1pm	Sing with Cathy/BUNCO
	2pm	Trivia
	2:30pm	Movie Matinee: <i>The Greatest Showman</i>
	4pm	Table Tennis/Conversation Ball
5	10:30am	In-Gen Music/Wii Games
	11am	Exercise
T U E	11:30am	Basketball/Garden Club
	1pm	Music Therapy
	2pm	Trivia
	2:30pm	Relaxation Group/Table Games
	4pm	Word Games <i>Happy Birthday John G.</i>
6	10:30am	Exercise
	1:00am	Cooking Club: Kosher Dips Make & Taste/Conversation Catch
W E D	1pm	Live Music by Matt Davis/Therapy Dog Visits
	2pm	Trivia
	2:30pm	Binge Worthy Wednesday/Walking Club
	3:30pm	Upbeat News
	7	10:30am
	11:15am	Indoor Golf Games
T H U	1pm	Art Expressions: Make Sidewalk Chalk for ECC/Sing with Cathy
	2pm	Trivia
	2:30pm	Carol Burnett Show
	4pm	Balloon Challenge/Table Games
	8	10:30am
	11am	Jewish Music Therapy/Adapted Sports
F R I	11:30am	Walking Club/Ring Toss
	1pm	Music Therapy
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Bullseye Match/Independent Reading

February 11 - 15

11	10:30am	In-Gen Music/Independent Crossword Puzzles
M O N	11am	Modern Chair Dance
	11:30am	Poker/Adapted Sports
	1pm	Live Music by John Scott
	2pm	Trivia
	2:30pm	Table Games
	4pm	Bingo
12	10:30am	In-Gen Music/Travel Video
	11am	Exercise
T U E	11:30am	Adapted Sport/Cooking Club: Fresh Dipped Pretzel Sticks
	1pm	Music Therapy
	2pm	Abraham Lincoln Trivia
	2:30pm	Magazines & I-Pads
	4pm	Farkle/Chicken Soup for the Soul <i>Lincoln's Birthday</i>
13	10:30am	Exercise
	11am	Intergenerational Art/Horseshoes
W E D	11:30am	Word Games
	1pm	DUO Touch Therapy
	1:30pm	Sing with Cathy
	2pm	Trivia
	2:30pm	Binge-Worthy Wednesdays/Walking Club
	4pm	Upbeat News
14	10:30am	Tai Chi
	11:15am	Blackjack/Cornhole Toss
T H U	1pm	Gardening/Documentary: <i>History of St. Louis</i>
	2pm	Trivia: Famous Couples
	2:30pm	Chicken Soup for the Soul/I-Pads
	4pm	Oh Shoot!/Card Scrabble
	15	10:30am
	11am	Jewish Focused Music Therapy/Bowling
F R I	1pm	Music Therapy/Mural Coloring
	2pm	Shabbat
	2:30pm	Trivia
	4pm	Quirkle/Skip Bo

February 18 - 22

18	Closed for Staff Development		
M O N	<i>Happy Birthday Norma V.</i>		
	19	10:30am	In-Gen Music/Wii Games
		11am	Exercise
	T U E	11:30am	Cooking Club: Make "Puppy Chow"/Adapted Sport
		1pm	Music Therapy/Independent Word Searches
	2pm	Trivia	
	4pm	Spare Time Dice Bowling	
20	10:30am	Exercise	
	11am	Winter Carnival	
W E D	1pm	DUO Touch Therapy	
	1:30pm	Classic Car Reminisce/Garden Club	
	2pm	Trivia	
	2:30pm	Binge-Worthy Wednesdays/Walking Club	
	4pm	Upbeat News <i>Happy Birthday Dorothy W.</i>	
21	10:30am	Tai Chi	
	11:15am	Pokeno/Adapted Sports	
T H U	1pm	Volleyball	
	2pm	Spring Training Trivia	
	2:30pm	Word Games	
	4pm	Table Games	
	22	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Shuffleboard	
F R I	1pm	Music Therapy	
	2pm	Shabbat	
	2:30pm	Trivia	
	4pm	Conversation Catch/Magazines	

February 25 - 28

25	10:30am	In-Gen Music/Wii Games
	11am	Modern Chair Dance
M O N	11:30am	Washers
	1pm	Men's Club & Ladies Club
	2pm	Trivia
	2:30pm	Relaxation Video
	4pm	Table Games
26	10:30am	In-Gen Music/Mandalas
	11am	Exercise
T U E	11:30am	Creative Expressions: Fresh Flower Arranging/Bag Ball Toss
	1pm	Music Therapy
	2pm	Trivia
	4pm	Upbeat News
	27	10:30am
	11am	Intergenerational Art/Adapted Sport
W E D	11:30am	Name That Sound
	1pm	DUO Touch Therapy Dogs
	1:30pm	Real or Fake Headlines
	2pm	Trivia
	2:30pm	Walking Club/Magazine Time
	4pm	Binge Worthy Wednesday
28	10:30am	Tai Chi
	11:15am	Super Hoop Ball/Gardening
T H U	1pm	Live Music by Anita Marie/Independent Word Searches
	2pm	Trivia
	4pm	Table Games