

Dear IN Program Families,

I hope everyone is staying warm and cozy as we head into the heart of winter. Please make sure your loved one is bundled up appropriately when he/she comes to join us, especially if we might be leaving the J for an eventful field trip.

JDAIM

One of the highlight in February is Jewish Disability Awareness and Inclusion Month (JDAIM)! JDAIM is a unified effort among Jewish organizations worldwide to raise awareness and foster inclusion of people with disabilities and those who love them. We will be raising awareness all month with our Bake Sale on February 7 and 8, from 3-5pm, at the J, down the hall from the fitness entrance. Look for our flyers soon! Spread the word!

Winter Carnival

On February 20, IN will convert the ADC into a Winter Carnival! We will prepare by making decorations and creating fun, interactive games. IN will also help staff, set-up, and break down the event.

Program Reminders

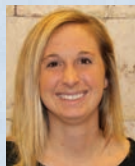
- Our indoor swimming continues on Tuesdays & Thursdays. Please note we are swapping days and will swimming on Wednesday, February 6 instead of on February 5 due to our special music entertainment.
- Any changes to transportation or daily schedules please contact Kristen Conard @ 314.442.3261.
- Please make sure your loved always has an extra set of clothing on site. All extra or new clothing needs to be labeled.
- All IN participants now have a blue draw string bag to keep their personal items and swim suit. All bags are labeled to help staff keep track of everyone's suits. We appreciate if everyone uses these bags for your swimming needs. Please also take home any extra oversized bags or backpacks.

Closing

The Center will be closed on Monday, February 18 for a staff Professional Development Day. Our staff is looking forward to the opportunity to improve and enhance our skills.

Looking forward to another fun month!

Brittany Simon
IN Program Coordinator
Adult Day at the J



Please note I also have a new email address:
bsimon@jccstl.org

Parent Focus Groups

Our quarterly Focus Group is intended to provide families/parents of the IN Program an opportunity to connect and share resources with each other.

2019 Meeting Dates

Monday, April 15

Monday, August 12

Monday, December 16

Meeting Time: 4:30-5:30pm

Meetings are held in the SFC Arts & Education Building



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.

The Adult Day Center 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.



IN Program

To contact our staff:

Main Office 314.442.3248



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Admin. Assist.
314.442.3248



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA

Note:

- For schedule and/or transportation changes, call **314.442.3261.**
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee.**

IN Program



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

February 2019
Recreation Calendar & News

Stoenberg Family Complex
Arts & Education Building
2 Millstone Campus Drive
St. Louis, MO 63146

p 314.442.3248 • f 314.872.7189



February 1

February 2019

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		

Daily Activities

Morning

8:30-9:30am	Coffee Talks/Table Activity
9:30am	Breakfast
10:00am	Review Schedule/Set Expectations

12:15pm Lunch

Afternoon

3:15pm	Snack
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1	10:30am	Volunteering @ J: Folding Towels
F	11:15am	Exercise
R	1pm	Cooking Club
I	2pm	Basketball
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game

*Jewish Disability Awareness
& Inclusion Month*

February 4 - 8

4	10:30am	Money Management Skills
	11:15am	Exercise
	1pm	Bake Sale Project
M	2:30pm	Reflection Time
O	3:30pm	Independent Living Skills
N	4pm	Group Game

5	10:30am	IN-Gen Music/Bake Sale Project
T	11am	Music Therapy/Exercise
U	1pm	Music Entertainment: George Hinds 50-80s Biggest Hits
	2:30pm	Reflection Time
	3:30pm	Bake Sale Project

6	10:30am	Greeting Gym Members
	11:15am	Exercise
W	1pm	Pet Therapy/Bake Sale Project
E	2pm	Money Management Skills
D	2:30pm	Reflection Time
	3:45pm	Reading to ECC
	4:30pm	Adaptive Sport: Bowling

7	9:45am	Tai Chi
	10:30am	Bake Sale Project
T	11:15am	Exercise
H	1pm	Swimming
U	3-5pm	Bake Sale Event

8	10:30am	Volunteering @ the J: Folding Towels
F	11am	Exercise
R	1pm	Bake Sale Project
I	2pm	Social Etiquette Skills
	3-5pm	Bake Sale Event

February 11 - 15

11	10:30am	Reading Skills
	1pm	Exercise
M	2pm	Conflict Resolution Activity
O	2:30pm	Reflection Time
N	3:30pm	Independent Living Skills
	4pm	Adaptive Sport

12	10:30am	IN-Gen Music
	11am	Music Therapy/Exercise
T	1pm	Swimming
U	2:30pm	Reflection Time
E	3:30pm	Independent Living Skills
	4pm	Group Game

13	10:30am	Greeting Gym Members
	11am	Exercise
W	1pm	Pet Therapy/Art Expressions
E	2pm	Money Management Skills
D	2:30pm	Reflection Time
	3:30pm	Reading to ECC
	4:00pm	Adaptive Sport: Bowling

14	9:45am	Tai Chi
	10:30am	STEAM Activity
T	11:15am	Exercise
H	1pm	Swimming
U	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game

15	10:30am	Volunteering @ the J: Folding Towels
F	11:15am	Exercise
R	1pm	Art Expressions: Prepare for Winter Carnival
I	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Adaptive Sport

February 18 - 22

18	ADC Closed	
M		
O		
N	<i>Happy Birthday Luke W.!</i>	

19	10:30am	IN-Gen Music
	11am	Music Therapy/Exercise
T	1pm	Swimming
U	2:30pm	Reflection Time
E	3:30pm	Art Expressions: Prepare for Winter Carnival

20	10:30am	Set-up Winter Carnival
	11am	Winter Carnival with Connections
W	1pm	Pet Therapy/Art Expressions
E	2pm	Money Management Skills
D	2:30pm	Reflection Time
	3:30pm	Reading to ECC
	4pm	Adaptive Sport: Bowling

21	9:45am	Tai Chi
	10:30am	Science
T	11:15am	Exercise
H	1pm	Swimming
U	2:30pm	Reflection Time
	3:30pm	Food Box Volunteer Project
	4pm	Group Game

22	10:30am	Volunteering @ the J: Folding Towels
F	11:15am	Exercise
R	1pm	Food Box Volunteer Project
I	2pm	Social Etiquette Skills
	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4pm	Group Game

February 25 - 28

25	10:30am	Reading Skills
	1pm	Exercise
M	2pm	Safety Skills
O	2:30pm	Reflection Time
N	3:30pm	Independent Living Skills
	4:00pm	Adaptive Sport

26	10:30am	IN-Gen Music
	11am	Music Therapy/Exercise
T	1pm	Swimming
U	2:30pm	Reflection Time
E	3:30pm	Independent Living Skills
	4:00pm	Group Game

27	10:30am	Greeting Gym Members
	11am	Exercise
W	1pm	Pet Therapy/Art Expressions
E	2pm	Money Management Skills
D	2:30pm	Reflection Time
	3:30pm	Reading to ECC
	4:00pm	Adaptive Sport: Bowling

28	9:45am	Tai Chi
	10:30am	STEAM Activity
T	11:15am	Exercise
H	1pm	Swimming
U	2:30pm	Reflection Time
	3:30pm	Independent Living Skills
	4:00pm	Group Game