

Dear IN Program Families,

**New Family Member!**



With great excitement, it is my pleasure to announce the birth of Sage Daniel Simon, son of Brittany (Fischer) and Jake Simon! Sage joined the world Friday, July 12 at 5:58am, weighing in at 7 lbs. & 13 ounces and 21 3/4 in. long. Brittany and Sage are both doing great, and are hoping to come by for a visit very soon! Congrats & Mazel Tov to the Simons!

**Coming in August**

IN has two outings this month: If any parents would like to join us and help out, please contact Ashley or Kristen.

On **August 30** IN will lead an inter-generational story time activity at the Daniel Boone branch of the St. Louis County Library (300 Clarkson Road, Ellisville)! We will leave at 9am and be back at the J by 12:15pm. For meal count accuracy, please let Kristen know by August 26 if you are planning to eat breakfast at the ADC.

**Reminders**

- **Sunscreen:** A physician order is required for sunscreen to be used at the Center, or you must apply it before arriving each day.
- **Transportation/Schedule Changes:** please contact Kristen Conard @ 314.442.3261

**Closures:**

- **September 2 – Labor Day**
- **September 30 – Rosh Hashanah**

Sincerely,  
Ashley Stockman  
Director, Adult Day at the J



**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 Information**

SFC Arts & Education Building  
4:30 – 5:30pm

Monday, August 12  
Monday, October 7  
Monday, December 16



**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.

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



**Ashley Stockman**  
*Director*  
314.442.3245



**Kristen Conard**  
*Assistant Director*  
314.442.3261



**Brittany Simon**  
*IN Program Coordinator*  
314.442.3249



**Rachel Goldmeier**  
*IN Program Assistant*



**Caitlin Hennessy**  
*IN Program Assistant*



**Cathy Conoley**  
*Rec Program Coordinator*



**Renee Butler**  
*RN*  
314.442.3243



**Jenay Sneed**  
*CNA*



**Karen Stephenson**  
*Admin. Assist.*  
314.442.3248



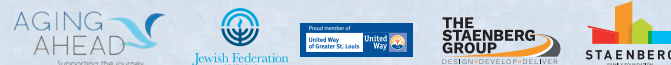
A program of the  
**Adult Day at the J**  
Care for your whole family

**August 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**

**Note:**

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



jccstl.org





## August 1 - 2

August 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	29	30	31

### Daily Activities

#### Morning

8:30-9:30am Coffee Talks/Table Activity  
9:30am Breakfast

10:00am Review Schedule/Set Expectations

#### 12:15pm Lunch

#### Afternoon

2:30pm Reflection Time  
3:15pm Snack  
4:00pm Group Games/Projects

<b>1</b>	9:45am	Tai Chi
	10:30am	STEAM: Aqua Sand
<b>T H U</b>	11:15am	Shark Attack/Ocean Sensory Exploration
	1pm	<b>Swimming</b> /Sensory Gardening
	3:30pm	Independent Living Skills: Laundry

<b>2</b>	10:30am	<b>Volunteering: Folding Towels</b>
<b>F R I</b>	11am	<b>Exercise</b>
	1pm	Cooking Club: Cake Pops
	2pm	Shabbat/Job Seeking Power-Hour
	4pm	Table Tennis/Table Games

## August 5 - 9

<b>5</b>	10:30am	<b>Volunteering: Garden of Eden</b>
<b>M O N</b>	11:30am	IN Newsletter Project/ Frisbee Golf
	1pm	Herbal Tea Class/Art Expressions
	2pm	Fun with Feelings
	2:30pm	Independent Living Skills: Safety
	4pm	<b>Zumba</b>

<b>6</b>	10:30am	IN-Gen Music/Reading Skills
	11am	Music Therapy/Summer Sale Prep
<b>T U E</b>	1pm	<b>Swimming</b>
	2pm	Root Beer Float Social
	3:30pm	Independent Living Skills: Laundry
	4pm	Typing Skills

<b>7</b>	9:30am	Speech Therapy
	10:30am	<b>Greeting Gym Members/ Exercise</b>
<b>W E D</b>	1pm	Art Expressions/ <b>DUO Therapy Dogs</b>
	2:30pm	Conflict Resolution
	3:30pm	Independent Living Skills: Organization
	4pm	<b>Dance Exercise</b>

<b>8</b>	9:45am	Tai Chi
	10:30am	STEAM
<b>T H U</b>	11:15am	Adapted Sports/Fruit Kabobs
	1pm	<b>Swimming</b>
	3:30pm	Independent Living Skills: Laundry
	4pm	Wii/Adult Coloring

<b>9</b>	10:30am	<b>Volunteering: Folding Towels</b>
<b>F R I</b>	11:15am	<b>Exercise</b>
	1pm	IN Newsletter Project
	2pm	Shabbat/Job Seeking Power-Hour
	3:30pm	Independent Living Skills: Cleaning
	4pm	Disney Scene-It <b>Happy Birthday Matthew S. (11<sup>th</sup>)</b>

## August 12 - 16

<b>12</b>	10:30am	<b>Volunteering: Garden of Eden/CRL</b>
<b>M O N</b>	1pm	Cooking Club: Banana Split Day
	2pm	Art Expressions
	4pm	<b>Zumba</b>

<b>13</b>	10:30am	IN-Gen Music/ Writing Skills: Tell a Joke
<b>T U E</b>	11am	Music Therapy/Box Meal Kits
	1pm	<b>Swimming</b>
	3:30pm	Independent Living Skills: Laundry
	4pm	Group Game: Hands Down

<b>14</b>	9:30am	Speech Therapy
	10:30am	<b>Greeting Gym Members/ Box Meal Kit</b>
<b>W E D</b>	1pm	Duo Therapy Dogs/Music Therapy
	3:30pm	Inter-Generational Games: Disney Scene It!
	4pm	<b>Dance Exercise</b>

<b>15</b>	9:45am	Tai Chi
	10:30am	<b>Used Book Sale</b>
<b>T H U</b>	1pm	<b>Swimming</b>
	3:30pm	Independent Living Skills: Safety
	4pm	Bingo/Adult Coloring

<b>16</b>	10:30am	<b>Volunteering: Folding Towels</b>
<b>F R I</b>	11am	<b>Exercise</b>
	1pm	<b>Woodstock Live with Ro Anderson</b>
	2pm	Shabbat/Job Seeking Power-Hour
	3:30pm	Independent Living Skills: Cleaning
	4pm	Adaptive Sport

## August 19 - 23

<b>19</b>	10:30am	<b>Volunteering: Garden of Eden</b>
<b>M O N</b>	1pm	<b>Exercise</b>
	2pm	Tying Knots Activity
	2:30pm	Social Etiquette Skills
	3:30pm	Independent Living Skills: Organization
	4pm	<b>Zumba</b>

<b>20</b>	10:30am	IN-Gen Music/Writing Skills
	11am	Music Therapy/Exercise
<b>T U E</b>	1pm	<b>Swimming</b>
	3:30pm	Independent Living Skills: Laundry
	4pm	Computer Skills/Puzzle Activity

<b>21</b>	9:30am	Speech Therapy
	10:30am	<b>Greeting Gym Members/ Summer Sale Prep</b>
<b>W E D</b>	1pm	DUO Therapy Dogs
	1:30pm	Let's Make S'mores/Sensory Relax
	2pm	Independent Living Skills: Time Management
	4pm	<b>Dance Exercise</b>

<b>22</b>	9:45am	Tai Chi
	10:30am	STEAM
<b>T H U</b>	11:15am	Hygiene Skills
	1pm	<b>Swimming</b>
	3:30pm	Independent Living Skills: Laundry
	4:00pm	Wii/Adult Coloring

<b>23</b>	10:30am	<b>Volunteering: Folding Towels</b>
<b>F R I</b>	11am	<b>Exercise</b>
	1pm	Music Therapy
	2pm	Shabbat/Job Seeking Power-Hour
	3:30pm	Independent Living Skills: Cleaning
	4pm	Adaptive Sport

## August 26 - 30

<b>26</b>	10:30am	<b>Volunteering: Garden of Eden</b>
<b>M O N</b>	1pm	Summer Sale Prep
	2pm	Independent Living Skills: Cleaning Skills
	4pm	<b>Zumba</b>

<b>27</b>	10am	IN-Gen Music/Writing Skills
	11am	Music Therapy/Sensory Activity
<b>T U E</b>	1pm	<b>Swimming</b>
	2:30pm	Summer Sale Prep

<b>28</b>	9:30am	Speech Therapy
	10:30am	<b>Greeting Gym Members/ Exercise</b>
<b>W E D</b>	1pm	Money Management Skills/ DUO Therapy Dogs
	2pm	<b>Summer Sale</b>

<b>29</b>	9:45am	<b>Tai Chi</b>
	10:30am	STEAM Activity
<b>T H U</b>	11:15am	Social Etiquette Skills
	1pm	<b>Summer Sale</b>

<b>30</b>	9am	<b>Outing: Daniel Boone Library</b>
<b>F R I</b>	12pm	Return to Center
	1pm	<b>Exercise</b>
	2pm	Shabbat/Job Seeking Power-Hour
	3:30pm	Independent Living Skills: Cleaning
	4pm	Adaptive Sport