

Dear IN Participants and Families,

I am thrilled and sincerely grateful for the opportunity to serve your loved ones! For my first month as the Program Coordinator, I am planning an action-packed schedule filled with new activities and fun enhancements to our programming.



On March 9, the Saint Louis Zoo will be coming to the J and presenting on animal communication! Then, on March 30, we will go to Equine-Assisted Therapy in Wildwood from 10:30am-12:30pm! We will get to groom the horses and participate in a service project.

As it gets warmer, we will begin taking advantage of our outdoor spaces, so please remember to bring a light jacket. *Please remember to label all jackets and clothing items with your loved one's name or initials!* I am so excited for all the fun and learning this month!

If any parents or family members are interested in joining our group as a volunteer, or for any questions, please reach out to me at amillman@jccstl.org or 314.442.3249.

March Announcements

- Remember to take home lunch boxes each night and any other personal items

Thank you,

Lexie Millman
IN Program Coordinator



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.

2020 Meeting Information

SFC Arts & Education Building
4:30 – 5:30pm
Monday, April 13



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.

Additional funding for the IN Program has been provided by the generous support of The Miracle Makers Foundation, JCA Charitable Foundation, The J Associates, The Women's Auxiliary for the Jewish Aged and Emerson.

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:

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Schedules & Transportation

- For all schedule and transportation changes, please contact **Kristen (314.442.3261 or adc@jccstl.org)** as soon as possible.

Medical Updates

- For any medicine and/or treatment changes and any other pertinent participant medical information, **please contact Renee (314.442.3243)** immediately.

Field Trip Assistance

- If any guardians would like to help with any of our upcoming outings, **please contact Lexi (314.442.3249)** as soon as possible.

IN Program



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

March 2020 Recreation Calendar & News

Stenberg Family Complex
Arts & Education Building
2 Millstone Campus Drive
St. Louis, MO 63146
p 314.442.3248 • f 314.872.7189



March 2 - 6

2	10:30am	IN-Gen Music/Reading Skills – Dr. Seuss/ <i>Green Eggs & Ham</i>
M O N	11am	Exercise
	1pm	Speech Therapy/Dr. Seuss Craft
	2pm	How 2: Conflict Resolution
	3:30pm	Cleaning Skills
	4pm	Dance Exercise

3	10:30am	IN-Gen Music/Fine Motor Skills/Book Club
T U E	11am	Music Therapy/Exercise
	1pm	Swimming /Sun Catchers
	3:30pm	Laundry Skills
	4pm	Peach Blossom Discussion

4	10:30am	Money Management
	11:00am	Greeting Gym Members/ Exercise
	1pm	DUO Pet Therapy/Honor Flight Letters
	3:30pm	Cleaning Skills
	4pm	Zumba

5	9:45am	Tai Chi
	10:30am	Team Building – I/You/We
	1pm	Swimming /Monet Art Discussion
	3:30pm	Laundry Skills
	4pm	Wii Sports

6	10:30am	Volunteering @ the J/ Exercise
	1pm	Music Therapy/Cooking Club – PB&J Fruit Tacos
	2:15pm	Shabbat
	2:30pm	Basketball
	3:30pm	Cleaning Skills
	4pm	20 Questions

March 9 - 13

9	10:30am	Soap Experiment – STEAM/ Time Change Discussion
M O N	11am	Exercise
	1pm	St. Louis Zoo Presentation
	3:30pm	Cleaning Skills
	4pm	Dance Exercise

10	10:30am	Fine Motor Skills– Making Fish/Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Under the Sea Craft
	3:30pm	Laundry Skills
	4pm	Conversational Starters

11	10:30am	Greeting Gym Members/ Exercise
W E D	1pm	DUO Pet Therapy/How 2: Set Goals
	2pm	Fluffy Rainbow Slime
	3:30pm	Cleaning Skills
	4pm	Zumba

12	9:45am	Tai Chi
	10:30am	Writing Skills – Pen Pal Letters
	11:15am	Photography Club/ Masterpiece Coloring
T H U	1pm	Swimming /Planting Flowers for NATIONAL PLANT A FLOWER DAY
	3:30pm	Laundry Skills
	4pm	Basketball

13	10:30am	Volunteering @ the J/ Exercise
F R I	1pm	Music Therapy/I Am Lucky Craft
	2:15pm	Shabbat
	2:30pm	Social Skills
	3:30pm	Cleaning Skills
	4pm	Team Word Search

March 16 - 20

16	10:30am	IN-Gen Music/Skittles Rainbow Activity
M O N	11:15am	Exercise
	1pm	Hygiene Skills/STEAM Flower Activity
	3:30pm	Cleaning Skills
	4pm	Zumba

17	10:30am	Book Club/Reading Skills
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Pot of Gold Fine Motor Craft
	3:30pm	Laundry Skills
	4pm	Team Crossword

18	10:30am	Greeting Gym Members/ Exercise/Money Management
W E D	1pm	DUO Pet Therapy/Egg Drop-STEAM
	2pm	Rock Your Socks – Design Session
	3:30pm	Cleaning Skills
	4pm	Zumba

19	9:45am	Tai Chi
	10:30am	First Day of Spring - Sprout House Activity
	1pm	Swimming /Hobby Exploration – Flower Arranging
T H U	2pm	Rock Your Socks – Design Session
	3:30pm	Laundry Skills
	4pm	Yoga

20	10:30am	Volunteering @ the J/ Exercise
F R I	1pm	Music Therapy/Cooking Club – Fro-Yo Fruit Bites
	2:15pm	Shabbat
	3:30pm	Cleaning Skills
	4pm	Wii Sports

March 23 - 27

23	ROCK YOUR SOCKS FOR DOWN SYNDROME AWARENESS DAY	
M O N	10:30am	IN-Gen Music/Men's and Ladies Club
	11:15am	Exercise
	1pm	Speech Therapy/Rock Your Socks Activity
	3:30pm	Cleaning Skills
	4pm	Dance
Happy Birthday Matt D.!		

24	10:30am	Fine Motor/Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Caterpillar Craft
	3:30pm	Laundry Skills
	4pm	Wildlife Discussion

25	10:30am	Self-Regulating Activity – Partner Painting
W E D	11:15am	Greeting Gym Members/ Exercise
	1pm	DUO Pet Therapy/ Carnivorous Creatures
	3:30pm	Cleaning Skills
	4pm	Zumba

26	9:45am	Tai Chi
	10:30am	Fly Swatter Art/Pen Pal Letters
	1pm	Swimming /Make an Umbrella Challenge
T H U	3:30pm	Laundry Skills
	4pm	Leadership Skills – What Leadership Means

27	10:30am	Volunteering @ the J/ Exercise
F R I	1pm	Music Therapy/What Kind of Animal Are You?
	2pm	Basketball /Learn with Rufus – Social Skills
	2:15pm	Shabbat
	3:30pm	Cleaning Skills
	4pm	Adaptive Sport

March 30 - 31

30	10:00am	Equine-Assisted Therapy Trip
M O N	1pm	Music Therapy/Q-tip Daisy's
	2pm	Social Etiquette/Basketball
	3:30pm	Cleaning Skills
	4pm	Dance

31	10:30am	Fine Motor/Book Club
T U E	11am	Music Therapy/ Exercise
	1pm	Swimming /Blow Paint Project
	3:30pm	Laundry Skills
	4pm	Hygiene Skills



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	Reflections/Bus Dismissal
3:15pm	Snack
4:00pm	Group Games/Projects