

Experience • Dedication • Expertise • Compassion

Adult Day Center Professional Staff Includes:

- Registered Nurse
- Certified Nurse's Assistant
- Certified Therapeutic Recreation Specialist
- Master's Level Social Worker
- Extensively Trained and Degreed Professional Staff
- Professionally Trained Drivers

A Safe and Secure Space

- WanderGuard® System to optimize independence and autonomy
- Specialized interior design for a calming and welcoming environment
- Indoor and outdoor walking paths for maximized independence
- Fully accessible facility, equipped with hand rails and seven adapted restrooms



**Are you a caregiver?
You could be at risk of...**

- Increased occurrences of depression and anxiety
- Physical health decline and decreased ability to manage self-care
- Intensified family stress that can lead to premature aging
- Higher mortality rate than non-caregivers of the same age



Connections at the Adult Day Center

Staenberg Family Complex
2 Millstone Campus Drive
St. Louis, MO 63146

ads@jccstl.org

p 314.442.3248

f 314.872.7189

Monday – Friday

7:30am – 6:00pm

The Adult Day Center at the J welcomes adults of all religious beliefs 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.

Additional funding: Mid-East Area on Aging (MEAAA) under the provisions of the 1966 Older Americans Act, the State of Missouri Medicaid Program, Missouri Department of Mental Health and Department of Veterans Affairs.



Connections

Socialization • Recreation • Support



**Arrange a visit today
314.442.3248**

jccstl.com/adc

A Program of the
Adult Day Center the j
Care for your whole family

Services for Your Loved One

- Help maintain independent living through cost-effective, community-based care
- Specialized programming for cognitive, social and physical engagement
- Individualized care planning and care management consultation available
- Professional nursing services for medication, health and personal care support
- Freshly served kosher meals including breakfast, lunch and snack
- Daily door-to-door transportation service (where available)
- Monthly caregiver support groups

“My mom has more focus on getting up and being on a schedule. She has more time to let us know what she did and is enjoying her days!” ~ M.S.

Peace of Mind for the Caregiver

- Your loved one is with a professionally trained staff and supportive group program
- Experience a reduction in stress
- Respite from caregiving responsibilities
- Support groups and other educational opportunities
- Trusted referral sources for other areas of your loved one’s care
- Freedom to maintain your own job and/or other responsibilities

We Go Above and Beyond Other Programs

- Escorted, door-to-door transportation (where available)
- Freshly prepared kosher meals, including breakfast, lunch and snacks meeting USDA guidelines for adults over 60
- Physical, occupational and speech therapy services available on site
- Secure, community-based setting
- Sensory Garden with two outdoor patios, equipped with a walking path for expanded activity exercise opportunities
- Intergenerational activities with children ages 2-10
- Daily exercise and adapted sports activities
- Daily medication administration
- Bathroom assistance and personal care support
- Shower assistance (optional)
- Licensed by the State of Missouri as an Adult Day Health program

“I feel he is with people who care, so I’m very relaxed about leaving my husband.” ~ E.K.



Arrange a visit today: 314.442.3248



A Day in the Adult Day Center May Include

- Daily modified group exercises including Tai Chi or Yoga
- Live musical entertainment
- Music therapy and pet therapy
- Cognitively stimulating large and small group games and activities
- Reminiscence programs aimed at practicing memory recall and communication skills
- Therapeutic art and gardening activities
- Technology skill building using iPads and the Nintendo Wii™
- Socialization, group discussion and more!

**Recipient of 2017 Award of Excellence
in recognition of Outstanding and Innovative
Delivery of Adult Day Services
from the Missouri Adult Day Services Association**

“[The Adult Day Center] keeps us focused and able to do all other necessities to make life easier and more enjoyable.” ~ M.S.