

RESPIRE

care

Winter 2026

Newsletter



WILLIAMSBURG UMC
Social Program for Adults
Time Off for Care Partners

Williamsburg UMC
500 Jamestown Road,
Williamsburg VA,
23185
757-920-5538



Oh, What Fun! Christmas Party and Festival of Carols!



Respite members, care partners, staff, volunteers, and Board members enjoyed good food, fellowship, music, and visits from Santa and his Elf at the annual Christmas Party.



Carols, choirs, orchestra, and organ music brought true joy to all in attendance at this beautiful concert. We want to thank Music Arts Director, Lou-Anne Smith, and all the musicians who contributed to the program that day. Following the concert, Respite held an open house showcasing our inviting room, decorated with artwork created by our members over the past year. We welcome anyone interested in learning more about the program to contact Respite Director Ellen Bushman at RespiteDirector@williamsburgumc.org to set up a visit.



RESPIRE CARE 2026 WINTER NEWSLETTER

WELCOME OUR NEW BOARD MEMBERS

The Respite Care Board is always busy behind the scenes. This dedicated team includes 12 amazing volunteers, our Executive Director, and Pastoral Liaison. From organizing fundraising efforts and connecting with the community to overseeing finances and approving program policies, the board wears many hats. They support the Director in hands-on ways, from hanging pictures and stuffing gift bags to jumping in wherever help is needed. We're grateful for their energy, heart, and willingness to pitch in!



Our four new board members exemplify the heart and special experiences all board members bring to the team. L. to R. Deacon Bill Westerman heads the J.O.Y. ministry at St. Bede's, which serves homebound seniors. Cheryl Corvello is the care partner representative and brings years of administrative and executive search experience. Nancy Cantu has 30 years of experience in senior care. Skip Ferebee's father was a Respite Care member, and Skip is the Chief Administrative and Strategy Officer at the YMCA, focusing on marketing and sales. We are thrilled to have them on the team!

williamsburgumc.org/respire-care

RESPITE CARE 2026 WINTER NEWSLETTER

Staff participate in Medical Emergency and CPR Training

The safety and security of our members is a top priority for all of us at Respite Care. While Respite is a social program and is not medically licensed, staff are trained to handle situations until EMS arrives if necessary. The care team receives ongoing training on handling the types of situations most likely to arise during program hours.

Staff recently participated in a session on Medical Emergency procedures, focusing on falls, heart attack, loss of consciousness, and choking. The session was led by Ginger Palmore, our previous Onboarding Consultant and Respite Board member. Being CPR and First Aid Certified, a retired Police Officer, and a retired Security Officer with the Federal Government, Ginger has real-life experience with similar situations and did a great job conducting tabletop exercises, preparing Respite Care employees to jump into action when the time comes for them to do so in a time of emergency.



CPR Training in February

All Respite care staff maintain current CPR certifications and receive review training at least every 2 years. The course in February will cover recognizing emergencies such as cardiac arrest and choking, the basics of CPR and AED use, as well as choking relief techniques.

While we prioritize the safety and comfort of our members, remember that our staff are not physicians. Participation in our program acknowledges that health issues may arise, for which we will provide immediate care and contact emergency services, but we cannot guarantee against adverse outcomes.

Please make sure your loved one's medical information and emergency contacts are up to date in our program records.

Dementia Support Group

2nd Tuesday of
every month from
3:30-4:30pm in
Room 174

For caregivers taking care of loved ones with various forms of dementia. You don't have to travel this journey alone. Please join us for information and support.



INVEST IN A LEGACY OF COMPASSION

Dear Friends and Supporters, In every community, there exists a unique space where compassion meets action. For many in our community, that space is found within the Respite Care Center at Williamsburg United Methodist Church. Our center serves as a lifeline for dependent seniors and their caregivers, offering stimulating activities, essential social engagement, and a comforting environment. Every dollar contributed to our cause directly impacts the well-being of our members, fostering a culture of compassion and dignity. But we can't do it alone.

Why Your Support Matters

- Continuity: Consistent quality care for our senior members
- Expansion: Broaden our range of activities and outreach programs
- Resources: Acquire updated materials and equipment to better serve our members
- Accessibility: Financially assist families who cannot afford the cost of care

When you invest in the Respite Care Center, you're not merely donating; you're becoming a part of a legacy of compassion that enriches the lives of both the elderly and their loving caregivers.

Ways to Give

- One-Time Donation
- Monthly Contributions
- Sponsor an Event or Activity
- Sponsor a Scholarship

Make your tax-deductible donation today and take the first step in becoming a part of our vibrant and loving community! With heartfelt gratitude, *The Respite Care Center Team*

Online Donations:
Scan QR code with
your phone camera
or follow the below
link:

tinyurl.com/givetorespite



DONATE BY MAIL:

Mail your check to
**United Methodist
Church Respite Program**
500 Jamestown Road,
Williamsburg, VA 23185

Questions: Ellen Bushman Executive Director, Respite Care 757-920-5538