

## WHAT IS RESPITE CARE?

- Provides time off for family members who care for dependent seniors.

*Family care partners have demanding tasks and often neglect their own health and well-being. Consequently, care partners need time off to relieve stress and prevent burn-out.*

- Provides a fun, stimulating social afternoon for dependent seniors in a safe and secure setting.

*Dependent seniors often feel lonely, bored and/or helpless. Socialization brings psychological and physical benefits.*

## WHO MAY PARTICIPATE?

**All inquiries are welcome.**

Most participating adults have early to moderate dementia and all members must meet Respite's Acuity Guidelines.

Medications **cannot** be brought to Respite Care.

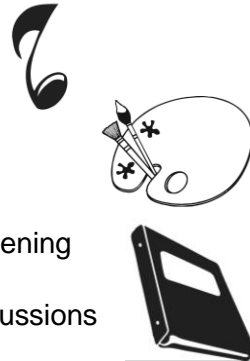
Attendance is limited to 12 members/day.

Participation is open to all faiths and non-faiths.

## WHAT HAPPENS AT RESPITE CARE?

Our enriching afternoon of socially, physically and psychologically engaging activities include:

- Music
- Arts and crafts
- Exercise
- Memory books
- Nutritious snack
- Educational talks
- Therapeutic gardening
- Games
- Reminiscing discussions



For each member, an "individualized activity plan" is developed.

## WHEN IS RESPITE CARE OPEN AND WHAT DOES IT COST?

11:45 a.m. to 5:00 p.m.

Monday thru Friday

\$50\*/day

\*Financial assistance may be available through the Peninsula Agency on Aging if means are limited. Additionally, a scholarship fund is available at Respite Care of WUMC.

## WHO CARES FOR MY LOVED ONE?

### STAFF TEAM

Respite's 1:3 staff to member ratio ensures a safe, person-centered program. Our compassionate team of screened, trained professionals are repeatedly recognized by families for their kindness and enthusiasm. Team members develop and lead activities. Respite Care is managed by a licensed professional nurse.

### VOLUNTEER TEAM

Respite Care includes an active group of talented volunteers who help maintain a dynamic program, working closely with staff daily.

## HOW DO I ENROLL?

An interview will be arranged with the care partner and the Respite candidate to ensure appropriateness. An enrollment packet will be provided and the day(s) you wish to attend will be discussed. Complete and return the enrollment packet. A current flu shot, tetanus shot and negative PPD test are required for attendance.

Call Carolyn Yowell, Executive Director (757) 229-1771 ext. 354 or Ellen D'Orsogna, RN, Manager ext. 116, to set up an interview or get more information.

## BOARD

Respite Care's volunteer advisory board consists of community leaders representing many faith communities including WUMC.

## CONTRIBUTIONS

Tax-deductible gifts payable to Respite WUMC are welcome! If you wish to designate your gift to the scholarship fund, include this on the memo line of your check.



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ADULT DAY SERVICES WITH



PAA provides aging services and supports in the greater Williamsburg area. (757) 345-6277

## MEMBER COMMENTS

*"I smile more when I come here."  
"I don't know where any of you came from, but we are a family."  
"It feels good to help each other."  
"I have belonged to a lot of clubs in my life, but this one is my favorite."*

## CARE PARTNER COMMENTS

*"Mom's respite days continue to be the very best days of her week and mine, too. It is so nice to know she is happy and engaged with such attentive caring people."  
"Dad loves the games, activities, and most of all the singing."  
"My only regret is not enrolling my wife sooner."  
"Can't think of any program that has increased my mother's self-esteem and feelings of belonging more."  
"My wife feels appreciated at Respite."  
"You are saving my sanity."*


ENHANCING THE QUALITY OF LIFE FOR  
CARE PARTNERS AND THEIR LOVED ONES



## RESPIRE CARE

OF

WILLIAMSBURG UNITED METHODIST CHURCH  
500 Jamestown Road  
Williamsburg, VA 23185 (757) 229-1771  
cyowell@williamsburgumc.org  
[www.williamsburgumc.org/let-us-help/respire-care](http://www.williamsburgumc.org/let-us-help/respire-care)

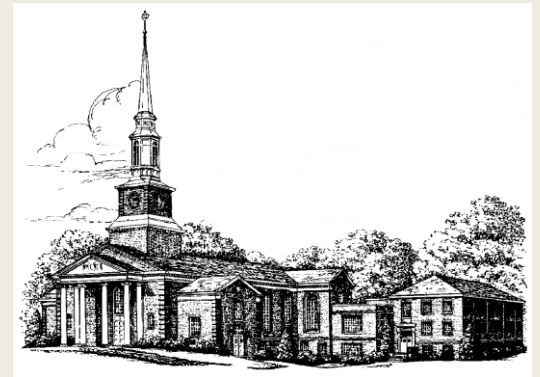
 Respite Care at Williamsburg UMC

March 2019

# RESPIRE CARE

**A Gift of Time  
To Care Partners of  
Dependent Seniors**

**A Gift of Social  
Engagement and  
Stimulating Activities  
For Their Loved Ones**



**Williamsburg  
United Methodist Church  
(757) 229-1771**