

Volunteer

There are numerous volunteer opportunities with the Recess Memory Care Program

- * Serve as a companion and assist with activities
- * Assist with set-up and clean up
- * Play keyboard for sing-alongs
- * Lead art or craft class
- * Help serve lunch
- * Assist in the Recess office

If you have time and talent to share with the Recess Program, please contact

Pat Flowers at:

205-933-3723



Recess Respite Program

A Ministry of Independent Presbyterian Church

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INDEPENDENT
PRESBYTERIAN CHURCH
BIRMINGHAM, ALABAMA 35205
IPC-USA.ORG



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Care for Participants

Recess provides fun and fellowship for people with mild to moderate memory loss. Trained staff and volunteers lead activities, provide companionship and supervision, and have lunch together.

Participants enjoy socializing while taking part in activities such as:

- Daily devotional
- Music
- Dance
- Exercise
- Visual arts and Crafts
- Group games
- Story-telling and reminiscing

Participants may choose to attend Tuesday or Thursday from 10:00am to 2:00pm. Enrollment is available at an affordable cost.



Care for Caregivers

Caregivers receive a break each week to

- Run errands
- Visit with friends
- Care for themselves
- Rest

Caregivers may choose to participate in a monthly support group to share ideas and concerns with other caregivers and to learn of helpful resources from professionals in dementia care.

Caregivers receive peace of mind knowing that their loved ones are being cared for in a happy, safe environment.

Enrollment

To qualify for enrollment in Recess, each participant must be able to:

- * Ambulate independently or with the assistance of a cane, walker, or rollator
- * Attend to restroom needs unassisted
- * Participate in social activities
- * Feed themselves

For more information please contact:

Pat Flowers

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pflowers@ipc-usa.org

