

VOLUNTEER OPPORTUNITY

BE A FRIEND TO SOMEONE WITH MEMORY LOSS, JOIN A VOLUNTEER CARE TEAM!

Our Volunteer Care Teams help support families caring for loved ones with memory loss due to Alzheimer's or other forms of dementia by offering respite and friendship through social visits.

Some activities volunteers enjoy with their care partner (person with dementia):

- Looking through photo albums
- Listening to music
- Going for a ride in the car
- Simple card games
- Going out for coffee or a meal
- Sharing their memories
- Going for a walk

Our Volunteer Care Teams are made up of several volunteers who work together to support families in the community.

- No experience necessary
- You will be trained on the basics of dementia and how to interact with care partners
- Volunteers only provide non-medical, hands-off support
- Flexible schedule – give only the time you have
- You can be paired with another volunteer for visits
- Volunteers support each other during check-ins every 6 weeks

Social visits enrich the lives of people living with dementia as well as our volunteers and give caregivers a much-needed break to take care of themselves.



Mary Coleman, Volunteer Coordinator

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**Eddy Alzheimer's
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