

**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**

**Eddy Alzheimer's Services**

**Phone- 518-238-4167**

**Email: [mary.coleman@sphp.com](mailto:mary.coleman@sphp.com)**



**Scan with your photo app to learn more**



**Eddy Alzheimer's Services**

**ST PETER'S HEALTH PARTNERS**

**Member of Trinity Health**

This program is supported by Eddy Alzheimer's Services and grants from the New York State Department of Health.