

Family Caregivers: Do you care for a family member with dementia?

**Would you like a break to do errands, exercise,
attend YOUR doctor appointments,
go to lunch with a friend, or just RELAX?**



There are now several "Respite" Programs in Erie County available at **NO CHARGE!**

Trained volunteers provide fun, one-on-one, stimulating, supervised activities including games, crafts, pet therapy, gentle exercise, music/singing and lunch or snacks for your loved one while you take a much deserved break. **ALL** are welcome!

FREE Respite Programs for the Memory Impaired in Erie County

Southtowns:

1st Wednesday each month

from 10:30 am - 2:30 pm at
First United Methodist Church
474 East Main St., Springville
Contact: Barb Blesy 592-7451

2nd Wednesday each month

from 10:30 am - 2:30 pm at
Hamburg United Methodist Church
116 Union St., Hamburg
Contact: Lisa Rood 941-5703

3rd Wednesday each month

from 10:30 am - 2:30 pm at
Eden United Methodist Church
2820 East Church St., Eden
Contact: Kevin Karstedt 992-2248

4th Wed. & 2nd Thurs. each month

from 10:30 am - 2:30 pm at
Baker Memorial United Methodist Church
345 Main St., East Aurora
Contact: Michele Engasser
652-0500 ext.102

3rd Thursdays each month

from 10:30 am – 2:30 pm at
St. David's Episcopal Church
3951 Seneca St, West Seneca
Contact: Barb Bracco 674-4670

Northtowns:

1st Wednesday each month

from 10:30 am - 2:30 pm at
Trinity Old Lutheran Church
3445 Sheridan Dr., Amherst
Contact: Sue Wloch 836-4868

1st Saturday each month

from 11am – 2 pm
St. Gregory the Great RC Church
200 St. Gregory Ct., Williamsville
Contact: Lee Zach 688-5678 ext. 339

3rd Monday each month

from 4:30 pm – 7:30 pm
Clarence Senior Center
4600 Thompson Rd., Clarence
Contact: Karla Madrid 633-5138

3rd Friday each month

from 1 pm – 5 pm
C. Dee Wright Community Ministry Center
11 Church St., Akron
Contact: Judy Lucas 491-2909

4th Wednesday each month

from 1:30 – 5:30 pm at
Golden Age Center
3278 Whitehaven Rd., Grand Island
Contact: Jennifer Menter 773-9682

*Sponsored by Erie County Senior Services, DOH; volunteers are trained by the Alzheimer's Association.
Please call the contact person for each program to register or for more information.
ALL are welcome to participate in any or all the programs.*