

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.*