MCj04257960000[1]**Family Caregivers:**

**Do you care for a family member with dementia?**

**Would you like a break to do errands, attend YOUR doctor appointments,**

**exercise, 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: Northtowns:

**1st Wednesday each month 1st Wednesday each month**

from 10:30 am - 2:30 pm at from 10:30 am - 2:30 pm at

**First United Methodist Church Trinity Old Lutheran Church**

**474 East Main St., Springville 3445 Sheridan Dr., Amherst**

Contact: Pastor Vonnie Vredenburg Contact: Sue Wloch 836-4868

592-7451

**2nd Wednesday each month 1st Saturday each month**

from 10:30 am - 2:30 pm at from 11am – 2 pm

**Hamburg United Methodist Church St. Gregory the Great RC Church**

**116 Union St., Hamburg 200 St. Gregory Ct., Williamsville**

Contact: Lisa Rood 941-5703 Contact: Melissa Byron 688-5678 ext. 339

**3rd Wednesday each month 3rd Monday each month**

from 10:30 am - 2:30 pm at from 4:30 pm – 7:30 pm

**Eden United Methodist Church Clarence Senior Center**

**2820 East Church St., Eden 4600 Thompson Rd., Clarence**

Contact: Kevin Karstedt 992-2248 Contact: Karla Madrid 633-5138

**4th Wednesday each month 3rd Friday each month**

from 10:30 am - 2:30 pm at from 1 pm – 5 pm

**Baker Memorial United Methodist Church C. Dee Wright Community Ministry Center**

**345 Main St., East Aurora 11 Church St., Akron**

Contact: Rev. Becky Naber Contact: Judy Lucas 491-2909

652-0500 ext.102

*Sponsored by Erie County Senior Services; 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.*