

LAMORINDA ADULT RESPITE CENTER IS A VALUABLE COMMUNITY SERVICE, WHICH OFFERS COMPREHENSIVE AND EXEMPLARY SUPPORT TO THOSE IN NEED.

Lamorinda Caregivers Support Group



The Lamorinda Caregivers Support Group is open to family and friends of anyone with memory impairment. The group offers support for shared experiences, special topic presentations, and peer networking.

Facilitated by Ruth Pease, RN, MSN, EdD, the support group meets the first and third Tuesday of each month from 11:00 a.m. to 12:30 p.m. in the Fireside Room at Holy Shepherd Lutheran Church.

LAMORINDA ADULT RESPITE CENTER



HOW YOU CAN SUPPORT THE LARC

LARC is a privately funded, non-profit organization. We neither solicit nor receive government funding. LARC is able to provide this valuable community service through the generous contributions of our many supporters.

Your personal gift to LARC, matching funds, memorial gifts to a friend or family member, or bequests in your will create a lasting legacy and insure that LARC continues the mission of supporting families dealing with dementia.

We count on and appreciate all of our community supporters.

Won't you consider making a gift to LARC?

FINANCIAL SUPPORT

The Ernest and Lola Poll Trust
Orinda Community Foundation
Lafayette Community Foundation
St. Stephen's Episcopal Church
Joseph R. Parker Foundation
Aegis of Moraga
Moraga Women's Society
Orinda Women's Club
PG&E
Thrivent Financial for Lutherans
United Way of Silicon Valley
Holy Shepherd Lutheran Church
Private Donations and Memorials

LARC STAFF

Beth Montgomery, Executive Director
Cookie Ragen, Activity Director
Carolyn Bauer, Activity Leader
Chris Sully, Activity Aide



*Lamorinda Adult
Respite Center*

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Non Profit 94-1579884

Providing Activities for Adults with
*Alzheimer's or Related Dementias &
Respite for Caregivers*



A WARM, CARING ENVIRONMENT

WELCOME TO A PLACE WHERE YOU WILL BE COMFORTABLE LEAVING YOUR LOVED ONE.



What our caregivers say about our program . . .

- *The LARC program is excellent - and the 4 hours are a blessing.*
- *Dan loves this! Joanie loves This! Thanks!*
- *I am thrilled that we found out about LARC. Marc loves attending and looks forward to seeing all his friends. He loves the music and the visit of the animals. The time for me is a God-send and I cannot thank everyone enough!!!*
- *The program has been so wonderful for Lowell as well as me his wife. It gives him a wonderful period of time to interact with fellow attendees as well as the wonderful gals who keep all things going. I find "the free time" a respite for me as well. Thanks so much.*
- *Your program has been wonderful for Morgan, and he loves to come. Everyone has been so nice and always cheerful. We both appreciate it so much.*

Quote from Ted (a participant): "I'm so happy to be here. I'll sit anywhere you want."

ABOUT THE CENTER

Established in 1997 LARC is committed to treating our participants with the respect and dignity they deserve, in a warm and caring environment.



Hours:
Monday - Friday, 11:00 a.m to
3:00 p.m.

Fees:
\$60.00/day - the first day is
always FREE!

PROFESSIONAL ON-SITE STAFF

Alzheimer's and related dementias (Parkinson's, stroke, etc.) are on the rise and many families wish to care for their loved ones in their family homes. By providing stimulating activities for our participants and respite for their caregivers, LARC helps keep families living together longer. Stimulating, challenging, and interesting activities help to slow the decline of dementia and gives our seniors a better quality of life.



Besides our competent staff we have wonderful, trained volunteers who assist the daily activity leader. Families can relax knowing that their loved ones are being well cared for in a well staffed,



compassionate environment. In order to maintain the highest skill level and stay abreast of current "best practices," the staff and volunteers receive ongoing training and education.

ACTIVITIES OFFERED AT LARC



LARC participants enjoy daily activities, games, art, crafts, gardening projects, pet visits, inter-generational activities, chair exercises and yoga, daily live musical entertainment, and much joy and laughter. In addition, we offer a variety of community service projects. Recently our participants

made no-sew fleece blankets which were sent to wounded American soldier's in Afghanistan by the Soldiers' Angels group. These projects build self-esteem and show that our folks are still a vital and contributing part of society.

LARC celebrates several theme weeks per year (Luau, Circus, Holidays, etc.). Special inter-generational activities with our neighboring preschoolers (Oakland ZooMobile, circus clowns, sing-a-longs, crafts) add a wonderful dimension to the days of our participants as they relish the laughter and energy of the children.



Therapy pet visits engage and comfort our participants as they experience the unconditional love of a furry friend. Our pet visitors spark conversation and sharing of special memories.



LARC DAILY SCHEDULE

- **11:00 a.m. Arrival, Coffee, Introductions - Social interaction. Discussion and reflections honor the participants for who they are and what they know. Conversation is carefully balanced by a facilitator.**
- **11:15 a.m. Morning Activities - Word Games, Reading, Crafts, Art, Gardening. Sensory and Cognitive Stimulation are provided through carefully constructed group activities.**
- **12:15 p.m. Exercise - Chair Yoga, Aerobics, Weight Toning, Dance and Stretching**
- **12:30 p.m. Lunch - participants bring their own lunches. Beverages and snacks are provided.**
- **1:00 p.m. Entertainment - Musicians come daily onsite to share their talents at our Sing-a-long.**
- **1:45 p.m. Exercise Part II - Chair Basketball, Parachute Ball, Balloon Bop, Stretching**
- **2:00 p.m. Afternoon Activities - Games, Trivia, Crafts, Comedy Videos, Bingo. Sensory and Cognitive Stimulation are provided through carefully constructed group activities.**
- **3:00 p.m. Departure**