

LAMORINDA ADULT RESPITE CENTER




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





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



HOW YOU CAN SUPPORT 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
Rossmoor Rotary Foundation
Orinda Community Foundation
Lafayette Community Foundation
Orinda Parks and Recreation
Moraga Movers
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, Director
Cookie Ragen, Activity Director
Carolyn Bauer, Activity Leader
Chris Sully, Activity Aide
Mary Nelson, Activity Aide
Kay Nakajima, Activity Aide



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:
\$70.00/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.



A WARM, CARING ENV

WELCOME TO A PLACE WHERE YOU WILL BE C



What caregivers say about



- *I am greatly appreciative of the staff. I had a LARC in their life. Thank you so much for the care. The time I spend at LARC are very meaningful.*
- *The LARC program is excellent.*
- *I am thrilled that we found a place to go. I look forward to seeing all his friends. The time for me is a God-send.*
- *Your program has been wonderful. The time I spend here has been so nice and always enjoyable.*

Participant Dan says "I am always amazed at your ability to take s

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.

ENVIRONMENT

COMFORTABLE LEAVING YOUR LOVED ONE.

about our program . . .

... of all you do. I wish every memory impaired person lives. In my view, you guys are the Gold Standard. For the good times you provide Mom. The hours she spends are very happy ones.

... excellent - and the 4 hours are a blessing.

... I find out about LARC. Marc loves attending and looks forward to the visits. He loves the music and the visit of the animals. Thank you so much and I cannot thank everyone enough!!!

... wonderful for Morgan, and he loves to come. Everyone is so cheerful. We both appreciate it so much.

... such good care of all of us without making us feel embarrassed."



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

Lamorinda Caregiver Resources

Caregiver Coffee...A Caring Conversation

Meets every Tuesday from 11:00-12:30
At Holy Shepherd Lutheran Church / LARC
433 Moraga Way, Orinda 925-254-3465

The Alzheimer's Association Caregiver Support Group

This facilitated group meets the 1st Tuesday of each month from 11:30-1:00 and the 3rd Monday of each month from 1:30 - 3:00 at the Alzheimer's Association office
3675 Mt. Diablo Blvd., Lafayette 925-284-7942



*Lamorinda Adult
Respite Center*

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