

# Friends Gathering Respite Care Ministry

Christ United Methodist Church  
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Friends Gathering Respite Care is a no fee ministry of Christ United Methodist Church run by volunteers. Participants must live at home or at an independent living facility in the Bryan/College Station area. Caregivers are welcome to attend the program. Friends Gathering provides mental stimulation and socialization opportunities for participants.

Respite care can be defined as an interval of rest or relief provided to a primary caregiver of a loved one who has been diagnosed with dementia or other debilitating disease. A regularly scheduled respite can ease the strain on caregivers and benefit persons with the disease by allowing them to socialize, exercise, and receive mental stimulation.

Friends Gathering is offered the first and third Thursdays of the month from 10:00 am until 1:00 pm at Christ United Methodist Church, College Station. The program consists of mentally stimulating activities (music, art, singing, small hands on projects, and speakers), light exercise, socialization, lunch, and a devotional.

All participants will undergo an assessment to determine their ability to participate in the respite program and will be monitored on an on-going basis to ensure the participant's needs are met by the program. Friends Gathering will have one to one care for participants with a trained volunteer during program hours unless participants are accompanied by a paid caregiver or do not require constant supervision.

Volunteers are needed to

- Sign in participants
- Partner with participants
- Lead
  - o Devotions
  - o Exercise
  - o Singing
  - o Activities
- Provide entertainment
- Prepare lunches
- Serve lunches