

Time With Friends

A program for individuals experiencing early memory loss.

TIME WITH FRIENDS is a social program for adults experiencing mild memory loss. The program empowers and supports individuals by encouraging participants to establish new social networks, participate in mentally stimulating activities and enjoy outings into the community. Exercise and music therapy are offered alternate weeks.



Time With Friends

Thursdays
11:00 a.m.—3:00 p.m.

\$25 per session (includes lunch)

Program Guidelines:

Although a formal diagnosis of early memory loss is not required, incoming participants must be willing to acknowledge their memory loss, participate in group activities and complete an enrollment form. Potential participants are encouraged to contact the Program Coordinator prior to attending.

FIND OUT MORE

For more information about *AMONG FRIENDS* Adult Day Respite or *TIME WITH FRIENDS* call the Program Coordinator at 503-588-6303.

PROGRAM FEES ARE OFFSET BY THE FOLLOWING SPONSORS:



Douglas, Conroyd,
Gibb & Pacheco, PC



McGINTY BELCHER
& HAMILTON
PROTECTING YOU & THE ONES YOU LOVE

WAYS TO SUPPORT THESE PROGRAMS

If you or someone you know has been helped by these programs and you wish to express your gratitude and support for these programs now, and into the future consider a planned gift.

- Gifts of cash, property, stocks or bonds
- Memorial gifts
- Bequest in wills
- Charitable trusts

Planned gifts may take many forms and may be tax deductible. Please call 503-588-6303 for further information.

www.cityofsalem.net/Center50



Center50+

CITY OF SALEM

TWO PROGRAMS TO SERVE
CAREGIVERS AND INDIVIDUALS LIVING
WITH ALZHEIMER'S DISEASE

AMONG FRIENDS

Adult Day Respite Program

For individuals living with mild to moderate Alzheimer's disease and related dementia.



TIME WITH FRIENDS

For individuals experiencing early memory loss.

2615 Portland Road NE
Salem, OR 97301
Phone—503.588.6303

Among Friends Adult Day Respite

For individuals living with mild to moderate Alzheimer's disease and related dementias.

What is Respite? Respite care provides a temporary short term break from the emotional and physical stresses of caring for a loved one with Alzheimer's disease in the home.

What are the Benefits of Respite? Respite provides social opportunities for the participant, gives a caregiver time for themselves, and helps prevent caregiver burnout.

THE CAREGIVER

Are you caring for a family member or friend with Alzheimer's Disease or a related dementia? Who's taking care of you?

"Everybody needs a break sometime." The *AMONG FRIENDS* Respite Program offers caregivers a five-hour break on Tuesdays, Wednesdays, and/or Fridays.

*"You have thrown me a lifeline.
Thank you so much."
Shannon T.*

Our goal is to support caregivers and their loved ones living with dementia. We are here to help!

Center 50+ offers free education, resources and support for family caregivers: **Understanding Alzheimer's Disease** monthly seminars, **The Best Friends Approach to Alzheimer's Care**, and **Savvy Caregiver**. Contact the Respite Coordinator for the current education schedule.

THE PARTICIPANT



The *AMONG FRIENDS* Respite Program provides a caring, supportive, and safe environment for all participants. Included are mind stimulating activities, art therapy, exercise, music therapy, a nutritious lunch and snack. Activities are socially engaging, positive, and lighthearted. The program not only greatly benefits the caregiver, but the participant as well.

*"This place feels like an oasis.
Coming here makes me feel better."
Dot M.*

AMONG FRIENDS ADULT DAY RESPITE

Tuesdays, Wednesdays, and Fridays
11:00 a.m.—4:00 p.m.

The cost is \$50.00 per day for five hours of respite, including lunch and a snack.

- Payment options available
- Medicaid clients welcome

Each qualified participant will receive a complimentary pass for their first day.

THE PROCESS

The program coordinator will meet with potential participants and their caregivers during a home visit to determine if *AMONG FRIENDS* will benefit their loved one.

Participants must meet the following program guidelines:

- Able to participate in a structured activity environment.
- Limited behavioral issues: Non-violent, non-combative, managed wandering.
- Require minimal assistance with eating and respond to verbal cueing.
- Able to utilize restroom facilities with minimal assistance, respond to verbal cueing, and have managed incontinence.

