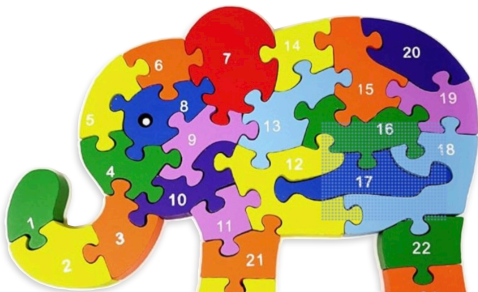


### Information and restrictions

- Participants must
  - Be in mild to moderate stages of dementia.
  - Be socially engaging, able to participate in activities
  - Ambulatory - wheel chairs, walkers are acceptable.
  - Able to self administer medications. Volunteers can remind, but not assist
  - Must be continent, or able to self address toileting needs
  - Must be able to feed themselves, staff may help cut foods, but not feed
- There is a \$50.00 per day recommended donation. *No one will ever be turned away due to financial reasons!*

**Support Group meeting**  
**1st and 3rd Mondays**  
**10:30**



**Starting 02/02/2026**

### Benefits of respite care

- **Care partner has the opportunity to:**
  - Rest
  - Set up appointments, doctor, dentist, hair
  - Social time with friends, lunch, movie, chit chat
  - Personal care - gym time, long bath, mental break
  - A voluntary support group meeting on first, third Mondays during respite
  - Just knowing that the respite time is 'my time'
- **Loved one with dementia**
  - Social time with old and new friends
  - Games, movement, laughing, fun
  - Time away from supervision of care partners, not being told what to do
  - No 'no's'!
- **Volunteers - this one is many times overlooked**
  - Change from day to day, out of the house
  - Social engagement, friends - old and new
  - Feeling of purpose
  - Discipleship

**Mondays**  
**10:00 - 2:00 PM**

### R Wave Respite

Aldersgate United Methodist Church  
1320 Umstead Road, Durham, NC 27712

Family Life Center - AUMC

For more information visit:  
[www.aldersgate.org/r-wave-respite](http://www.aldersgate.org/r-wave-respite)

## DEMENTIA CARE PARTNER Respite



### R Wave Respite

Aldersgate United Methodist Church  
1320 Umstead Road, Durham, NC  
27712

[RWaveRespite@Aldersgate.org](mailto:RWaveRespite@Aldersgate.org)  
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*Movement, crafts, games, music, friends, lunch*

### A sample day at R Wave Respite will be as follows:

- **10:00 - 10:45** - Welcoming, coffee and snacks, table assignments where the loved ones and volunteers will play games, work puzzles, do mentally stimulating construction projects.
- **10:50 - 11:15** - Light movement exercises, normally seated, physically appropriate
- **11:20 - 11:50** - Crafts, brain games, community service projects
- **12:00 - 12:30** - Hot lunch, served at table, social time
- **12:35 - 12:55** - Group games from table
- **1:00 - 1:30** - Movement, chair volleyball, seated hockey, fly swatter tennis
- **1:30 - 2:00** - Music, karaoke, dance, social time
- **2:00 PM** - Pick up by care partners

## R WAVE RESPITE

**R Wave Respite** is a new ministry hosted by Aldersgate United Methodist Church to address a growing need in our community, dementia support. Dementias, such as Alzheimer's, Frontal Temporal, and Parkinson's, are a growing concern in all of society. Dementia is not prejudicial, it affects all equally. Giving care to friends living with dementia is extremely taxing on the care partner. **R Wave Respite** offers weekly respite to those care partners that may feel burned out, **R Wave** is an acronym for Respite, Welcome, Accept, Volunteer, Enrich.

### SOCIAL ENGAGEMENT

#### OLD FRIENDS, NEW FRIENDS

Friendly competition in physically appropriate games

Music, singing, dancing



*Friends*

### MENTALLY STIMULATING

**GROUP GAMES** - JEOPARDY, MUSIC BINGO

**COMMUNITY PROJECTS** - SAMARITAN'S PURSE  
SHOEBOX CHRISTMAS

**Arts/Crafts** - Holiday wreaths, paper mache flower bouquets for sanctuary, pumpkin spice muffins



*Community Projects*

*Crafts*

### MOVEMENT

Light, appropriate, structured exercise

Movement games - chair volleyball, seated hockey, hand trampolines

Dancing encouraged



*Dancing and smiling*

*Seated competition - FUN*