

## Day Away

## Our Mission

## Enjoy A Day Away!

### Respite for Family/Caregivers

Day Away is a great way for caregivers to take a break. Day Away is designed to provide a safe and comfortable atmosphere for our participants to help maintain their independence, encourage socialization, be mentally stimulated and remain active. We want to lighten your load. Trained volunteers and a RN director are here to provide 1-1 supervision for your loved one. The day passes quickly and is filled with activities and much joy for both the participants and volunteers. Day Away is nondenominational and open to all families and caregivers who feel the need for respite and relief from constant care and responsibility.

Our mission is to provide a period of respite for the caregivers of all eligible individuals in the early stages of Alzheimer's disease or a related type of dementia by providing a social daycare program.



Forget Me Not

Do you have a loved one that is suffering from Alzheimer's Disease or another type of dementia? Is their care dependent on you?



**We can help you and your loved ones!**



### Our Wish List

- Portable picnic table with folding seats
- Easy-Up 12x12 foot Canopy
- Wet wipes (for sensitive skin)
- Vinyl tablecloths (flannel-backed)
- 108 to 120 inches long
- Small pots for flowers
- Seasonal gifts
- Prizes for games
- Sugar-free candy

Day Away is a non-profit program funded by a modest participant fee. We are dependent on volunteers and memorials; we honor gifts and other donations. If you would like to be a part of Day Away we would love your help. Your time and/or gift to Day Away would be greatly appreciated.

Donations can be sent to:  
Day Away  
P.O. Box 37  
Bristol, NH 03222

Day Away is a dementia-specific program for those with memory loss diseases. We socialize, exercise, play games, and take care of your loved ones during the day so that you can enjoy them at night.



I will never forget you...  
Isaiah 49:16



Day Away is a day care program for adults with early stages of Alzheimer's disease or related dementias. It is held on Thursdays from 9:00 a.m. – 3:00 p.m. in Simard Hall at Our Lady of Grace Chapel in Bristol, NH. The fee is \$25 per day and includes lunch and a craft project.

Those eligible to participate must:

- Walk without assistance, use of cane or walker is acceptable
- Be able to participate in a social setting
- Use the bathroom without assistance
- Live at home with caregivers
- Able to self-administer medications

# Day Away

Sponsored by  
Holy Trinity Parish and  
Supported by Newfound Area of  
Churches

Please call us at  
(603) 744-6828 or contact Fran at  
[franeolson@gmail.com](mailto:franeolson@gmail.com)

Day Away  
Our Lady of Grace Chapel  
Simard Hall  
17 West Shore Road  
Bristol, NH 03222

[www.holytrinityparishnh.org](http://www.holytrinityparishnh.org)

[www.respiteforcaregiverdayaway.wordpress.com](http://www.respiteforcaregiverdayaway.wordpress.com)

[www.facebook.com/DayAwayBristolNH](https://www.facebook.com/DayAwayBristolNH)

### ***A Typical Day at Day Away:***

- Participants and their volunteer companion gather for coffee and discussion about their life
- Time is spent completing an adult-worthy craft
- Time is allotted for low impact, chair aerobic exercises, ballroom dancing and games
- At noon a nutritious lunch is prepared and served
- In the afternoon, the participants may play BINGO, sing along to oldies music, play putt putt or toss bean bags, then gather for light refreshments.

