



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

DAY AWAY..... A Social Respite Day Care Program
P.O. Box 37, Bristol, NH 03222

November, 2015

Over 15 million Americans provide unpaid care, day after day, for loved ones with Alzheimer's disease or other dementia. One in eight older Americans has Alzheimer's. Since New Hampshire's population is among the oldest of the 50 states, it's likely that you know someone affected. But did you realize that 80% of the home care provided to those seniors is delivered by family members?*

Because of the daily strain, there comes a time when the caregivers need care themselves because they are overwhelmed with the constant needs of their loved ones. Where can they turn?

Thankfully, serving the lakes region community, there is a place that supports both the caregiver and those suffering from advancing age dementia. **Day Away** is a social daycare program that gives a much-needed break to caregivers, while their loved ones enjoy a day of supervised, safe stimulation. Open to adults in the early stages of dementia, **Day Away** is held on Thursdays from 9AM to 3PM at Our Lady of Grace Chapel in Bristol.

Shirley Kelleher from Alexandria says about her sister-in-law, ***"It's astonishing on her difference in going to Day Away. She used to be combative; now she looks forward to it. The social interaction is so good for her. She is so much more alert and active now. The relief for me is unbelievable. I look forward to Thursday when I can visit my grandchildren in Concord or just do chores. It's much needed respite for me - six hours that I don't have to worry about her. I know she's in good hands."***

At **Day Away**, trained volunteers and an on-site director, Sandra Coleman, BSN, RN provide one to one supervision for participants. The day is filled with failure-free activities and much joy for both the participants and volunteers.

Jane Picanso cares for her husband at their home in Bristol. ***"Day Away lets me go grocery shopping alone or just be alone! I can make my appointments that day. I don't worry about his wandering. Our daughter has noticed a difference in me, and he knows it's "his time alone" as well, which gives him a sense of independence. Now he keeps his own calendar so he can count the days until he goes again."***

To help as many families as we can, **Day Away** charges participants a modest fee. But this is not enough to cover the professional resources needed for a quality program. Would you help us keep the program affordable for everyone? There are two ways to help: volunteer and make a donation to our non-profit organization. Just \$25 will provide 1 day of activities and meals for a local senior, and 1 day of respite for the caregiver! Your contribution will help us care for our elders and the ones who care for them every day.

To make a donation, make your check payable to **Day Away** and mail it to Day Away Program PO Box 37, Bristol, NH 03222. To volunteer and for more information, contact Fran Olson at 603-774-6828 or by email to franeolson@gmail.com Thank you for your help.

Sincerely,
Fran Olson

*Alzheimers Association 2012 facts and figures