**What is the difference in a paid staff rather than 15 committed trained volunteers?**

A mix of professional and volunteer staffs makes a great program. With mostly volunteers, however, Respite is able to serve more participants than we could with a paid staff. In addition, a volunteer staff allows for more members of our community and supporting churches and synagogues to have the opportunity and rewards of participating in Respite. And, perhaps most importantly, in Respite, the relationships are so personal and strong between volunteers and participants you cannot tell who is a volunteer and who is a participant.

Often times our participants have been great volunteers in our community and have lost their ability to give back to others due to memory loss. At Respite, we pair people with someone they can help giving our friends a sense of accomplishment.

There are many 1:1 activities and conversations that stimulate and motivate everyone involved. Our trained volunteers are flexible and trained on building self-esteem amongst our friends. There are many ways to be involved in Respite as a volunteer. For information contact Daphne Johnston at [djohnston@fumcmontgomery.org](mailto:djohnston@fumcmontgomery.org)

**Those volunteering in 2016:**