

## *Enrollment*

The program and activities are designed for participants 60 years of age and older (some exceptions may be made).

Participants must be independent in the following:

- Ambulating
- Attending to their own bathroom needs
- Participating in social activities
- Feeding themselves

We require a completed medical examination from the participant's physician and a list of current medications.

Caregivers are invited to call and schedule a tour of the Respite Care Center prior to enrollment.



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

Call for enrollment

334-834-8990 334-834-4333 fax

For more information or to volunteer  
contact Daphne Johnston at  
[djohnston@fumcmontgomery.org](mailto:djohnston@fumcmontgomery.org).

## *Respite Care Ministry*

*Let us support you.*



*First United*  
METHODIST CHURCH  
MONTGOMERY, AL





## *Care for the loved one.*

- ☞ Trained professionals and volunteers provide supervision, lead activities, and serve a nutritious lunch.
- ☞ Participants have the opportunity to socialize with other while enjoying a variety of stimulation activities:
  - Music and Dance
  - Exercise
  - Bible Study
  - Arts and Crafts
  - Intergenerational Activities
  - Pet Assisted Therapy
  - Service Projects
- ☞ Enrollment is available at an affordable cost.
- ☞ Limited number of participants per session for personal attention by staff and volunteers.
- ☞ Participants may choose to come one or more days.

## *Care for caregivers.*

- ☞ Caring for a family member or loved one is gratifying, but it is also challenging. FUMC Repsite Care Ministry is designed to relieve the caregivers for free time so they can:
  - Run Errands
  - Take care of business
  - Relax
- ☞ Caregivers enjoy peace of mind knowing their loved ones are cared for in a safe and caring environment.
- ☞ Caregiver support groups meet the third Monday of each month from 11:00 a.m. until 1:00 p.m. in the Emmaus Room, located behind the sanctuary of FUMC.

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

-Matthew 11:28