

Relief for Caregivers

Volunteers Needed. REST Program



This program trains volunteers to provide temporary short-term relief for caregivers. The idea is to provide overworked caregivers with a little free time to do errands or go to appointments or shopping or anything that they need to give them a break from the strains associated with being an in-home caregiver.

If you are interested in this program, please contact

our REST program coordinator:

**Contact Judith Bromley at: (845) 338-2980
or
(845) 559-5656**