

Imagine caring for a family member or someone you love day after day, week after week, month after month...

Sound noble?.....Yes!

Rewarding?.....Sure!

TIRING?...ABSOLUTELY!

What is the best way to help a neighborhood caregiver?



*Become a **RESPITE** **VOLUNTEER!***

The word, “**respite**” means “temporary relief” and as a respite volunteer you could provide that much needed relief for someone in need.

Can you share just a couple of hours each month helping your neighbors?

Providing respite could mean giving the caregiver a break by helping with simple tasks or it could mean sitting with a person while the caregiver gets out for a break.

It’s not difficult to learn how to provide respite care but there are some things you should know. We provide training and ongoing support to give you the tools you need to have the best possible volunteer experience.

Are you ready to give it a try?

It’s easy. It’s rewarding. And best of all...It makes a difference!

People who do this are known as “caregivers” and they sometimes need a break!

You can help.

Only a few hours of your time each month can mean so much.

For more information
give us a call.

(651) 696-6882

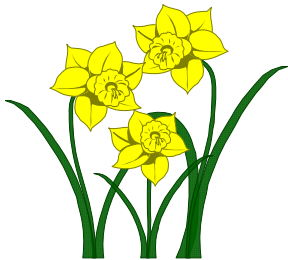
mgs@macgrovesniors.org

Providing respite is a
simple way to help
your senior neighbors



and their caregivers
stay in the homes they
cherish.

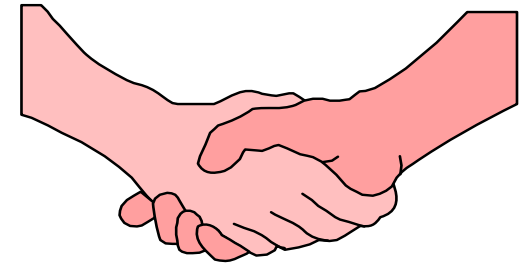
Give it a try and



watch a beautiful
friendship blossom.

Do you want to

MAKE
A
DIFFERENCE



IN SOMEONE'S
LIFE??

BE A RESPITE
VOLUNTEER