

How You Can Support the LARC Mission

If you are looking for ways in which you can provide a caring and generous tribute to your community, consider making a gift to Lamorinda Adult Respite Center. Many people have designated LARC as a memorial to a family member or a friend. You might consider leaving a gift as a bequest in your will. It is one of the simplest ways for you to create a lasting legacy, while benefiting the many participants with dementia that are served at LARC.

Please know that we count on your gifts and interest in our mission as one of our greatest blessings. You have our deepest thanks.

Financial Support

Grants

Y & H Soda Foundation
John Muir/Mt. Diablo Community Health Fund
The Joseph R. Parker Foundation

Gifts

Moraga Women's Society
Orinda Women's Club

Matching Funds

Thrivent Financial for Lutherans
United Way Silicon Valley

Private Donations & Memorials

Lamorinda Adult Respite Center is an outreach ministry of Holy Shepherd Lutheran Church.



**Providing
Activities for Adults
with Alzheimer's
or other Related
Dementias
&
Respite for Caregivers**

925-254-3465

OUR PROGRAM

WORKSHOPS



Doris selects which soap she will wrap as a gift. Soap making and other extensive workshops provide the participants age-appropriate therapy, as well as enjoyment and confidence in trying and completing something new.

PROJECTS



Volunteers and participants create Halloween gift bags for the Holy Shepherd Preschool children.

EXERCISES



Ellen enjoys daily Yoga. Here she relaxes into a chest expansion stretch. She also enjoys guided meditation.

CELEBRATIONS

Our four-day Luau is an annual tradition. Fresh orchids,



live entertainment, food displays and live foliage create a mini-paradise getaway. A new adventure awaits our



participants each day as the luau site is redecorated—ending with an aloha-oi ceremony.

Are you caring for an adult with Memory Loss?

Lamorinda Adult Respite Center can help you . . .



There are proven therapeutic benefits for persons with dementia who participate in a supportive and interactive adult day care program designed to meet the needs of older adults. The participant eats better, sleep patterns improve and an overall sense of safety, security and well-being is achieved.

Caring for a relative with Alzheimer's Disease or a related dementia is a commitment many families fulfill each day. Lamorinda Adult Respite Center supports those families seeking to help a loved one remain happy, active, safe and living at home for as long as possible and also providing the caregiver with many hours of needed respite.

The center's paid staff and its caring staff of trained volunteers work to promote the highest level of quality in our supervised activities, intended to foster dignity and self-worth in the participants. By understanding the changing needs of each participant, we help your family member enjoy each day. In order to maintain the highest skill level and stay abreast of current "best practices," the staff and volunteers receive ongoing training and education.

What Others Say About Us

Janice Greene says, "My mother, who is in the beginning stage of Alzheimer's, loves the singing, and all the activities in the day care center. She really enjoys getting out and socializing during the three days a week she attends. For me, it is wonderful to know she's happy and well taken care of while my husband and I have free time to do errands, catch up on paper work, or just enjoy ourselves."

Emily Marley, administrator at Casa de Gracia, sends two residents of her Orinda board and care facility to LARC. "They get such personalized attention plus a wide variety of activities, which helps supplement what we do at our place. Jack organizes activities in which everything moves along at a good pace, but doesn't overwhelm the participants. He has a real talent for drawing the guests out and getting them to talk. People with these problems are often withdrawn, but he has them telling about "the olden times" and what their lives were like then, as well as what's happening in the world today."

Lamorinda Caregiver Support Group

1st & 3rd Tuesday, 11:00 a.m.—12:30 p.m.
Holy Shepherd Lutheran Church

Meetings are for family and friends of anyone with memory impairment. Special topics and peer networking. Facilitator is Ruth Pease, RN, MSN, EdD. For additional information call 925-254-3465.



About the Center

The Lamorinda Adult Respite Center opened in 1997 to meet the community's need for a supervised adult day care center for adults with memory loss. We invite you to make an appointment to observe the program or to bring your loved one for a free day. Lisa Milburn, Adm. Coord., states "We see how much it helps the caregivers when they can drop their loved ones off in a place they know is safe, caring, and stimulating. We consider each client special and make every effort to see that their particular needs are met."

Hours

Mon. through Thurs. 11:00 a.m.— 3:00 p.m.

Location

Holy Shepherd Lutheran Church
433 Moraga Way, Orinda, CA 94563

Program Fee

\$40.00/day—the first day is always FREE.
Financial assistance based on need is available.

Lunch

Participants bring a bag lunch.
Beverages and snacks are provided.

Staff

Lisa M. Milburn, M.P.H.
Administrative Coordinator
Jack Richards, Activity Coordinator
Jill Kuykendal, Daily Activity Leader
925-254-3465
FAX 925-254-3526
E-mail: larc@holyshepherd.org

STATE LICENSED
ADULT DAY PROGRAM
Facility Number 079200127

LARC Daily Schedule

11:00 a.m. Arrival, Coffee, Introductions

Participants are welcomed with warm greetings, and coffee talk ensues! Social interaction is the lifeblood of LARC, and all share in the conversations and smiles as they check in with the group.

11:15—12 noon Morning Activities

Sensory and cognitive stimulation are provided through carefully constructed group activities. Participants may try their skills at acting for the first time, lend a hand in a charity drive, or try something new such as art of bonsai, partner interviews, or topic discussion.

12 noon—Exercise

Chair yoga, aerobics, weight toning, dance and stretching

1:00—1:45 p.m. Entertainment

Musicians come onsite to share their talents.

1:45 p.m. Exercise, Part II

35 chair-based stretch exercises

2:00—3:00 p.m. Activities

Our Discussion & Reflection groups honor the participants for who they are, and what they know. Conversation is carefully balanced by a facilitator. All participants benefit when they feel confident, have environmental awareness, and an honored perspective.

