



*He who dwells in  
the shelter of the  
Most High will  
rest in the  
shadow of the  
Almighty*

*Psalms 91:1*

# *GRACE ARBOR*

*The  
Congregational  
Respite Program  
of  
First United  
Methodist Church  
Lawrenceville*

*Grace Arbor*  
395 West Crogan Street  
Lawrenceville, GA 30046  
770-963-0386, ext. 126

*I would like more information about Grace Arbor*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Mail to:  
Grace Arbor  
395 West Crogan Street  
Lawrenceville, GA 30046

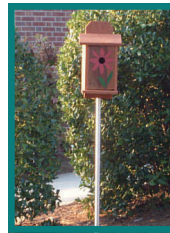
**Grace Arbor**, the Congregational Respite Program of First United Methodist Church of Lawrenceville, has a place for you! Our mission is to meet the social, spiritual, physical and emotional needs of older adults with memory impairment, as well as those of their caregivers. Our program offers interactive social activities that stimulate and enhance the quality of life of the participants, and our goal is to provide a safe and caring environment that brings many elements of creativity into a day program's schedule. Spiritual therapy, gardening, singing, art, children, pets, community entertainment and service opportunities, assisted by trained, caring volunteers, will ensure that your loved one has a positive and loving experience. We engage in intergenerational activities and our schedule includes regular visits and participation with the First United Methodist Church's preschool and PMO children; many of the church's youth join our participants in our quarterly dances, featuring big bands.

### **Caregivers' Support Group**

A support group for caregivers is held every other Tuesday from 1:30-3:00PM in the Parlor, providing the opportunity to share questions and concerns with one another under the guidance of a trained counselor.

### **Sample Daily Schedule**

- **10:00am:** Participants arrive; morning coffee and snack
- **10:30am:** Devotional with sharing and hymns accompanied by a pianist
- **11:15am:** Morning exercise—body & mind
- **12:00 noon:** Lunch
- **1:00pm:** Afternoon activities, including armchair games, gardening, cooking, pet therapy, art, service projects and outside entertainment
- **2:00pm:** Afternoon sing-along & dancing, accompanied by musicians
- **3:00pm:** Participants leave for home



Our participants feel the deep need to give back to the community, so we provide opportunities for service:

- **Bluebird Box Ministry**—we make and decorate bluebird boxes, which are given to anyone who makes a \$100 donation to the Hope Clinic.
- **Pillow Stuffing**—we stuff small, colorful pillows, which are given to patients at Children's Healthcare of Atlanta.
- **Birthday Bags**—we fill gift bags with treats and small gifts to show appreciation for the teachers at Lawrenceville Elementary School.



### **Days & Hours of Operation:**

Monday, Tuesday, Thursday & Friday, 10am-3pm. Closed major holidays.

### **Cost:**

\$42.00/day

### **Admission Requirements:**

Initial phone interview, followed by an onsite interview with the director. \$40 registration fee due upon acceptance into the program.

### **Staff Profile:**

**Robin Dill, Director**, is a trained Stephen Minister, certified by the Alzheimer's Association in Alzheimer's Care, is trained in Montessori-Based Dementia Programming, and holds a certificate for Professional Development in Gerontology. Robin's manual, *Walking With Grace*, was written to assist churches in implementing and launching congregational respite ministries and Grace Arbor serves as a mentor and model for other Congregational Respite Programs

**Cindy Leake, Assistant Director**, has a certificate from the Alzheimer's Association and is trained in Alzheimer's care.

**All staff are trained in CPR/First Aid.**

**Volunteers** are trained through the Alzheimer's Association, as well as receiving onsite training and continuing education.

### **Contact:**

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