

Typical Day (9:00 a.m.-3:00 p.m.)
includes:

- A quiet and relaxing environment
- Conversations with other caregivers
- Exploration of various ways of finding peace and a selection from the following:

- | | |
|-----------------------|-------------------|
| Music | Poetry |
| Art | Journaling |
| Relaxation Techniques | Photography |
| Massage* | Home cooked meals |
| Raiki* | Aroma Therapy |
| Tai Chi | Dancing |
| Yoga | Healthy Eating |

*Ask about fees



"This was the most inspirational and meaningful time that I have ever had while involved in caregiving."

Mercy Respite Options:

1. Family caregivers and Professional caregivers—full day
2. Grandparents Raising Grandchildren—full day
3. Inter-faith communities—full day respite and train the trainer at inter-denominational locations

Schedule:

- Welcome and Opening Prayerful Meditation/
Journaling
- Healthy Eating, Healthy Living
- Yoga
- Music—instrumental or vocal
- Home cooked meal
- Aroma therapy or Art
- Photography or Dancing
- Conversations with caregivers
- Closing Prayerful Meditation

Eight different themes are available supporting mind, body and spirit



A ministry of the
Sisters of Mercy

Fees:

Family Caregiver

\$70 (sliding scale fee)

Massage—separate fee

15 minutes—\$15

30 minutes—\$30

60 minutes—\$50

Professional Caregiver—Special Package

Grandparents Raising Grandchildren and Inter-faith Communities

Negotiable Fee

Please make check payable to:

Sisters of Mercy
Mercy Respite for Caregivers

Please mail registration and check to:

Mercy Respite for Caregivers
435 East Henrietta Road
Rochester, NY 14620

For additional information:

Telephone: 585-271-0760
Email: mercyrespite@frontiernet.net
Website: www.caregiverrespite.org

Gift Certificates Available

Cancellation Policy

50% refund with 24 hour notice

Mercy Respite for Caregivers

— REGISTRATION FORM —

Name

Address

City/State/Zip

Telephone

Cell Phone

Email

Date Attending

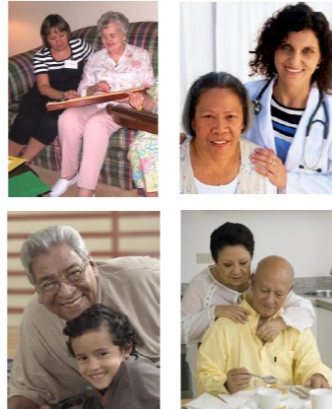
Please mail registration and check to:

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Rochester, NY 14620

Mind...Body...Spirit

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435 East Henrietta Road
Rochester, New York 14620
Phone: 585.271.0760
Email: mercyrespite@frontiernet.net

Mercy Respite For Caregivers



Caring for a loved one?
Need a break or some
time off?

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435 East Henrietta Road
Rochester, New York 14620
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mercyrespite@frontiernet.net
www.caregiverrespite.org

What is a caregiver?

A person caring for another.

What is respite?

Temporary break or relief

What is Mercy Respite for Caregivers?

The program is designed for primary caregivers, spouses, adult sons and daughters, relatives, friends, inter-faith communities, staff, and volunteer and professional caregivers, as well as grandparents raising grandchildren.



"I was able to relax with other caregivers and feel connected to one another's caregiving and experiences."

Make Time For You

Mission

Mercy Respite for Caregivers offers a multi-program approach of mind, body, spirit, to meet the needs of family and professional caregivers, grand-parents raising grandchildren, and inter-faith communities.



"Always wonderful to be reminded of taking time out, stretching, breathing, praying. Thank you for all that you do for caregivers."

Mercy Respite Center Goals

- Reduce caregiving stress
- Help caregivers with their own self-care
- Nurture and support the life of the caregiver
- Provide a restful and relaxing environment
- Assist in deepening the caregivers' spiritual journey—mind, body and spirit.