



# **FIRST** **SUNDAY**

**First Sunday is a respite program designed to support caregivers of loved ones with Alzheimer's disease and other progressive memory disorders.**

This program allows caregivers to spend an afternoon to themselves, away from the rigors of caregiving, while their loved one enjoys an afternoon of structured activities at St. Clare-Newport Adult Day Health Program.

The program will be staffed by St. Clare-Newport employees who are skilled in providing care to those with memory impairments. Activities may include: gardening, crafts, cooking or baking, Wii Sports, art, tai chi, yoga and many more.

**Offered in partnership by Catholic Social Services of RI and St. Clare-Newport.**

## **WHEN:**

March 4<sup>th</sup>

April 8<sup>th</sup>

May 6<sup>th</sup>

## **Where:**

St. Clare-Newport

309 Spring Street

Newport, RI 02840

## **Registration:**

Pre-registration is required at least one week in advance. Space is limited to 25 people.

Call St. Clare-Newport at (401) 849-3204 ext. 734 or 719.

## **Fees:**

First Sunday is offered at no cost with funding from the National Family Caregiver Support Program. Participants do not need to be enrolled at St. Clare- Newport.