



Caring for Caregivers

Lakes & Pines CAC Inc. is proud to offer a new respite care program at the Braham Event Center in Braham, MN.

WHO: Caregivers of a spouse, family member, neighbor, or a friend who require companion care but who are able to feed and toilet themselves and are not likely to be aggressive or violent.

WHAT: Respite care is an out-of-home respite program offering a change of environment for care receivers and temporary, short term relief for caregivers to do errands, have lunch or coffee with a friend, or to simply take time to relax and recharge while your care receiver enjoys time to socialize in a safe and caring environment.

WHEN: On the 2nd and 4th Thursday of every month from 1:00 pm to 4:00 pm at The Braham Event Center located at 655 8th St SW, Braham, MN 55006

Our typical day includes: Gentle exercise, brain-stimulating activities, crafts, conversation, and a snack.

Volunteers: Our program is designed to have a one-to-one ratio of volunteers to care receivers. Companion volunteers are needed, please consider the gift of your time to our community caregivers.

For more information, please contact Kelly G at Lakes & Pines CAC Inc.

(320) 364-9120 or

(800) 832-6082, extension 1902.

Email: kellyg@lakesandpines.org

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