



Gather Together

Respite Program

Starting
This Fall!

Navigating the world of caregiving can be very overwhelming, but you don't have to do it alone.

Overview and Purpose

The HACC Respite Program offers vital breaks for caregivers, supporting them with needed relief. This initiative is designed to give caregivers the opportunity to focus on their physical, mental, and spiritual well-being while knowing that their loved ones are being cared for in a safe and nurturing environment. By participating in the program, caregivers can take time to recharge and address their personal needs, with the assurance that their family members are engaged in meaningful activities and receiving attentive care.

Caregiver Support and Well-Being

Enrollment in the HACC Respite Program ensures that respite care is provided in a positive atmosphere, where participants experience comfort, safety, and companionship during their stay. Both staff and volunteers are trained to deliver personalized and attentive support, which guarantees a smooth transition into respite care for caregivers and their loved ones.



Supporting our community

The HACC Respite Program will serve participants twice each month, with sessions scheduled for four hours of care per visit starting in 2027.

This Fall we will begin with once a month.

Maximum Number Served: 4 to 10 participants.

“Our mission is to sustain an inclusive, welcoming center that connects and supports all generations”



Gather Together

Respite Program

Volunteer Participation

Volunteers play a crucial role in the successful operation of the HACC Respite Program. To maintain a safe environment, All volunteers will undergo comprehensive training to ensure they are well-prepared to provide high-quality support. The onboarding process for volunteers includes completing a Volunteer Intake form, agreeing to the Confidentiality Policy, providing In Case of Emergency information, submitting Volunteer Respite Consent, and maintaining an up-to-date Volunteer Schedule. Volunteers will build meaningful relationships with participants, who may eventually graduate from HACC Respite as their diagnosis progresses and move on to their next level of care. This transition can be challenging, and supportive resources are available for volunteers to help navigate this process.

Activities and Engagement

Participants in the HACC Respite Program are invited to take part in a variety of engaging activities, creative projects, and brain-stimulating exercises. These activities promote a welcoming and inclusive atmosphere, are facilitated by volunteers, and are designed to ensure that each participant enjoys a positive and enriching experience during their respite care session.

Examples of HACC Programs

- ADRC Lunch Program
- BINGO and Games
- Walking Path and Fitness Programs
- Beginner Line Dancing
- Live Music and Entertainment
- Community Crafts and Art Programs
- Brain Games and Activities

If you're a caregiver, you already know how much heart and effort goes into the role. Whether you're caring for a parent with dementia, supporting a spouse through a chronic illness, or checking in daily on an aging neighbor, caregiving is deeply meaningful – but also incredibly demanding.

“You can’t pour from an empty cup.” Taking time to refill your cup is an act of strength — not weakness.



Gather Together

Respite Program

How to Know When It's Time for a Break

Many caregivers wait too long before seeking help, often believing they should “power through” no matter how difficult things become. But caregiving is a marathon, not a sprint. Ignoring the signs of burnout can lead to serious health consequences for both you and your loved one.

Here are some signs that it may be time to schedule a break:

- You feel emotionally worn out or numb
- You're experiencing symptoms like headaches, frequent illness, or insomnia
- You find yourself becoming impatient, irritable, or overwhelmed by small things
- You've pulled away from friends, hobbies, or activities you once enjoyed
- You feel guilty about wanting time to yourself
- You've thought, “I just can't do this much longer”

If any of this sounds familiar, please know you are not alone — and that help exists. Taking a break doesn't mean you're giving up. It means you care deeply enough to ask for support.

Real-Life Respite: What It Looks Like

You don't have to plan a week-long vacation or leave town to benefit from respite care. A half a day away twice a month can have a significant impact on your well-being. The key is consistency — building in breaks before you reach your limit. *By enrolling your loved one in **an adult day enrichment program** twice a month,* they can have a change of scenery and social interaction while you catch up on errands, rest, or enjoy a quiet moment to yourself. Take a walk, go to a movie, or meet a friend for lunch. Respite care gives you the freedom to be more than just a caregiver — to be yourself again, if only for a little while.



RCAW
Respite Care Association
of Wisconsin



Dementia Friendly
Community
LA CROSSE COUNTY



HOLMEN AREA
COMMUNITY CENTER



MAYO CLINIC



Gather Together

Volunteers Needed

The HACC is launching the Gather Together Respite Program, and we are looking for caring, dependable volunteers to join us.

Volunteers will provide one-on-one support and companionship to participants living with mild cognitive impairment (MCI) and early onset dementia. Your presence can help participants stay socially engaged, enjoy meaningful activities, and feel connected in a welcoming community setting.

Volunteer Commitment

Once or Twice a month on First and Third Wednesdays from 10:00 am – 2:00 pm (4 hours per shift)

September Training

Volunteer training will begin in September and will prepare you to feel confident and comfortable supporting participants in the Gather Together program.

What You'll Do

Volunteers may spend time visiting with participants, participating in activities, offering encouragement, and providing friendly one-to-one companionship and support.

Activities and Engagement

Gather Together Respite Program volunteers provide one-on-one support and encourage participants to take part in a variety of engaging activities, creative projects, social opportunities, and brain-stimulating exercises. Activities are designed to promote connection, independence, confidence, and a sense of belonging while creating a welcoming and inclusive environment.

Volunteers could do these things with participants at the Center:

- ADRC Lunch Program
- BINGO and other games
- Walking Path and fitness programs
- Live music and entertainment
- Community crafts and art programs
- Brain games and dementia-friendly activities

Who We're Looking For

We welcome volunteers who are patient, compassionate, dependable, and comfortable spending time with adults experiencing memory loss. No specialized experience is required—training and guidance will be provided.

Give Four Hours. Make a Lasting Connection. Join Gather Together!

For more information or to volunteer, please contact:

Amy Brezinka, HACC Program Director at 608-399-1870 or programs@holmencc.org

"People will forget what you said, but they will never forget how you made them feel." – Maya Angelou