

WHAT IS RESPITE

Respite care is the provision of short term, temporary relief to those who are caring for family members at home. In addition to providing a gift of time for caregivers, respite care provides an opportunity for socialization and intellectual stimulation for frail adults.

WHO NEEDS RESPITE

Approximately 80% of the care of frail older adults is provided within the home by family members. Caregivers provide this care with great joy; however, it can be overwhelming. Respite care provides a temporary break from the exhausting challenges faced by family caregivers. It strengthens the ability of families and primary care providers to continue providing quality home based care.

Respite allows caregivers an opportunity to:

- Keep an appointment
- Take a nap
- Grocery shop or visit with a friend
- Enjoy volunteer activities or work outside the home

THE DIRECTOR

Sherri Fox will serve as the director of FBC ARC. A Johnston County resident of 14 years, she has worked in Johnston County and is an active member of First Baptist Church. Sherri has a passion for older adults and experience in caring for her own mother in her home for ten years before she died at 98 years of age. She will be a loving, caring and compassionate director and comes with much enthusiasm about serving in this capacity.



FBC ARC MISSION STATEMENT

To enhance the quality of life for frail adults and their caregivers through specialized respite care. We are passionately committed to making a difference in the community by providing socialization, intellectual stimulation and emotional support for participants and their family members.

HOW CAN I BE INVOLVED?

Your Time

Volunteers are an integral part of the FBC ARC program. Volunteers may serve as many days/weeks as they choose. Some volunteers may plan to be present for occasional activities. Training is provided and required for all volunteers.

Your Gifts

Like all non-profit organizations, FBC ARC operates on a shoestring budget. Tax deductible contributions to support ARC are gratefully accepted.

Share the Word

Many folks would benefit from respite care. Share a brochure with someone you know.

**Contact Sherri Fox
for more information or
to schedule a trial day
for your loved one.
Phone 919-934-9771**

**Email: arc@fbcsmithfield.org
Mailing Address: 202 S. 4th St.
Smithfield, NC 27577**



OUR STORY

Early in 2009, First Baptist Church, Smithfield was able to acquire the building across the street (the former Smithfield Herald). The goal was to turn it into a Ministry Center. Extensive renovation has taken place and in September 2012, we opened a beautiful new facility to house many ministries for our church and community!

Part of our dream/vision process led us to begin a dialogue with the Baptist Retirement Homes of North Carolina regarding Adult Respite Care needs in our community and county. In our renovations, we dedicated and designed an area that could house such a program. With direction and assistance from the Baptist Retirement Homes, we are now planning to open our doors for ARC (Adult Respite Care) in August 2013.



FBC ARC Board of Directors

Kay Carroll, Charles Mast, Leah Thorndyke, Steve Burgess, Sherri Fox, Anesha Johnson, Lee Colbert.

First Baptist Church Adult Respite Care



**A ministry providing
Adult Respite Care
in a group setting**

THE ARC DAY

The FBC ARC day program operates in the Ministry Center of First Baptist Church, Monday and Thursday from 10:00 a.m. – 2:00 p.m. It is located directly across 4th St. from the First Baptist Church Sanctuary.

The ARC Program will provide assistance to as many as 12 adults each day. Participants will enjoy:

- Bible Study
- Music & Crafts
- Physical Exercise
- Stimulating Games
- Recreational Activities
- Morning Snack
- Nutritious Lunch

FBC ARC

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