



Lake Sunapee Region  
VNA & HOSPICE

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# GOOD DAY RESPITE PROGRAM



An adult day program serving individuals with mild to moderate memory loss or dementia and supporting their caregivers. Operated and staffed by Lake Sunapee Region VNA & Hospice.

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# Would you enjoy a day off?

Good Day Respite staff and volunteers provide caregivers with precious time off while loved ones are cared for in a safe, supportive, interactive environment.

- Socialization and stimulation
- Games, crafts, cooking
- Music and singing
- Special guests
- Healthy snacks and lunch

Interview required to determine eligibility for program.

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## Two locations:

**Kearsarge Good Day Respite Program**  
Kearsarge Community Presbyterian  
Church, New London  
Mondays and Thursdays  
10:00 a.m. – 3:00 p.m.

**Upper Valley Good Day Respite Program**  
Lebanon United Methodist Church,  
Lebanon  
Fridays 10:00 a.m. – 3:00 p.m.

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Contact Lake Sunapee Region  
VNA & Hospice  
603-526-4077  
[www.lakesunapeevna.org](http://www.lakesunapeevna.org)

*Serving Grafton, Merrimack and  
Sullivan counties of New Hampshire.*