



Caregiver News – 11/2022



How to Find a Caregiver Support Group That's Right for You

<https://www.aarp.org/caregiving/life-balance/info-2021/support-groups.html?intcmp=AE-CAR-R5-C3-CORONA>

In-person or online, communities can offer valuable help.

If caring for a loved one leaves you frustrated and angry at times, that's normal — but you don't have to go it alone.

A good caregiver support group can be a lifeline, providing a place — in person, on the phone or online — to share feelings confidentially, make friends, get help navigating the health care system and learn from others who have walked a similar path. Amid the [COVID-19 pandemic](#), many groups have moved on to video meeting platforms like Zoom.

The benefits for family caregivers are well documented: "Decades of research show that social support helps people cope," says psychologist and [AARP caregiving expert Barry J. Jacobs](#). "Caregivers often can't speak openly with family members about their emotional reactions, and a support group provides a relative degree of anonymity."

There are support groups run by faith institutions, medical centers, disease associations, [adult day care centers](#), social service agencies, and by businesses for their employees, among other entities. Some are for people caring for loved ones with specific medical conditions; others aim to serve caregivers in general. And help from caregiving communities is widely [available online](#).

Types of support groups to consider

Condition-specific groups. There are groups for people caring for loved ones with [Alzheimer's and dementia](#); [cancer](#); heart disease and stroke; [mental illness](#); neurodegenerative diseases like muscular dystrophy and ALS; and many other conditions. Check the websites of major disease charities or contact their chapters to find support groups near you.

Groups targeting different kinds of caregivers. These might bring together people in specific caregiving situations and relationships, such as military caregivers or adult children caring for elderly parents. There are also groups based on demographic affinity — for example, for LGBTQ caregivers, Spanish speakers or [millennials](#).

Peer-led support groups. The [Well Spouse Association](#), a national support organization for people caring for spouses, facilitates a network of support groups around the country, all run by volunteers. "We've been in their shoes, and we can share," says Dorothy Saunders, the association's former copresident and a caregiver for more than 40 years. "Someone may be thinking, I'm really losing my patience. I'm always at his beck and call. That's normal."

Groups led by a trained facilitator. A social worker, psychologist or member of the clergy can help keep the discussion on track and stop one person from monopolizing the conversation. Facilitators can also steer participants toward useful educational programs with elder law or legal aid attorneys, [adult day care](#) providers and other professionals.

Online and telephone caregiver groups. These groups can offer priceless support to people who can't travel to a face-to-face meeting (or who prefer not to during the pandemic) or need to talk to someone during off-hours. Though you give up opportunities for local networking and face-to-face contact, research has found that online groups provide the same positive effects as in-person groups when it comes to emotional support and validation.

Support groups for young caregivers. Children are an often-overlooked subset of the family caregiver population. There are more than you may suspect: The [2020 "Caregiving in the U.S." report](#) from AARP and the National Alliance for Caregiving estimates that more than 3.3 million people under age 18 in the country are providing care to an adult recipient.

Caregiver education groups. Some caregivers may worry that the very idea of accepting "support" means others will judge them to be struggling. A more appealing option might be "caregiver education groups," at which invited speakers address relevant topics, such as stress management or dealing with Medicare. There are typically discussions among attendees after the presentation, through which caregivers still gain support.

Support groups: Overcoming objections

AARP columnist, psychologist and caregiving expert **Barry J. Jacobs** offers insights on why some caregivers shy away from support groups.

Of the thousands of caregiver support groups run by churches, senior centers, hospitals and disease-specific organizations, too few fully achieve their potential. What prevents more such groups from succeeding?

It has to do, in part, with the reluctance of the caregivers themselves. Here are some typical caregiver reactions to referrals to support groups and possible ways of seeing things differently.

"I don't feel comfortable talking in groups." There's no requirement for group members to pour out their hearts. Many people benefit simply from listening to other people's stories and perspectives, and from learning new approaches to their own caregiving situations.

"I'm doing fine. I don't need support." This may be true for a caregiver at a given time. That doesn't mean it will remain true as caregiving goes on for months and years. Support groups give caregivers ideas for sustaining themselves in order to continue coping well.

"How can I get to a support group when I'm so busy taking care of my loved one?" Many organizations try to address this objection by providing simultaneous caregiver and care-recipient groups or activities in different rooms.

Another convenient alternative is online support groups that caregivers can access from the comfort of their own homes, as their schedule allows.



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This program is supported by Senior Resources – Agency on Aging with Title III funds made available under the Older American's Act.

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Tips for finding a group that fits

Get out of your comfort zone. Caregiver support groups are underutilized, often because people think they don't have the time or feel self-conscious about speaking about personal subjects with strangers. As Jacobs puts it, "There are a lot of introverts in this world." Try to push yourself through your resistance and take the plunge.

Search online. Enter your zip code or city at the federal government's [Eldercare Locator](#) to find the nearest Area Agency on Aging and other state and local services for seniors and caregivers. Disease organizations such as the [Alzheimer's Association](#) and [CancerCare](#) often offer tools to find in-person and online support.

Find out what the format is. Does the group have a facilitator? Some have a trained leader; others don't. You may prefer one approach over the other. And ask about the group's confidentiality policy. You'll want one that follows Las Vegas-style rules: What's said in the group stays in the group.

Know that most groups are free to join. "I would be wary if a fee is being charged," says John Schall, chief executive officer of [Caregiver Action Network](#), a national organization working to improve the lives of the nation's 53 million unpaid family caregivers. Some, though, may ask you to join their organization and pay dues. That's the case with the nonprofit Well Spouse Association, which charges membership dues of \$30 a year but offers reduced fees to caregivers with financial hardships.

Keep an open mind. Don't dismiss a support group just because it's not perfectly targeted to you, especially if you don't have many options in your area. (And don't assume you need to belong to a congregation or have sought care at a medical center to join a caregiver group there. Call first if you're concerned, but most likely they'll welcome you.) Most caregivers face similar challenges — [emotional stress](#), [financial pressure](#) and [navigating the health care system](#), to name a few. A well-run, general caregiver group may meet your needs just fine.

The important thing is to find a space where you can share stories, feelings and advice with people who can relate and won't judge. Knowing that you are not alone can make a world of difference.

A sampling of caregiver support groups

Caregivers can find peer support in all sorts of settings, from meeting rooms at community centers to Facebook groups and [online forums](#) with thousands of active users. Here are some places to connect with support groups serving particular caregiving communities or the larger caregiver population.

Alzheimer's and Dementia: [Alzheimer's Association](#) | [Alzheimer's and Dementia Resource Center](#) | [Dementia Caregivers Support Group](#) | [Latino Alzheimer's and Memory Disorders Alliance](#) | [Memory People](#)

ALS: [ALS Association](#)

Cancer: [American Cancer Society](#) | [CancerCare](#) | [National Cancer Institute](#)

General: [AARP Family Caregivers Discussion Group](#) | [Caregiver Action Network Care Community](#) | [Caregivers Hub Support Group](#) | [Caring for Elderly Parents](#)

Heart Disease and Stroke: [American Heart Association](#)

LGBTQ: [Family Caregiver Alliance](#); [LGBTQ Community Support](#)

Mental Health: [Mental Health America](#) | [Courage to Caregivers](#)

Military: [Hidden Heroes](#) | [Military and Veteran Caregiver Network](#) | [Veteran Caregiver](#)

Spouses: [Well Spouse Association](#)

10 Ways to Manage Sundown Syndrome

<https://www.aarp.org/caregiving/health/info-2017/ways-to-manage-sundown-syndrome.html>

How dementia caregivers can soothe anxiety in the evening

If your loved one has [Alzheimer's disease or dementia](#), you may be seeing changes in their behavior in the late afternoon or early evening — a phenomenon known as sundown syndrome, sundowners or sundowning.

What are the signs of sundown syndrome?

According to the Alzheimer's Association, as many as 20 percent of people with Alzheimer's experience sundown syndrome. When your loved one has dementia (and some other conditions, as well), the approach of sundown can trigger sudden emotional, behavioral or cognitive changes. These might include:

- Mood Swings • Anxiety • Sadness • Restlessness • Energy Surges • Increased Confusion
- Hallucinations • Delusions

These may lead in turn to [challenging behaviors](#) like pacing, rocking, screaming, crying, disorientation, resistance, anger, aggression — or even violence. Many people experiencing sundown syndrome feel the urgent need to go somewhere or do something, but they can't always explain why.

For some, the behavior soon abates; for others it continues for hours. Some even flip their sleep schedules so they are wide awake all night and sleepy during the day.

What triggers sundown syndrome?

There are many theories about why sundowning happens, and the triggers seem to vary among people with dementia. For some, sundowning may be triggered by the dimming light and a sense that it's time to change activities or "go home." Evening and darkness may also tap into fears of being unsafe and insecure.

Other factors may include fatigue, hunger, thirst, pain or discomfort, or hormonal changes that occur as the sun goes down.

Whatever the cause, seeing their loved ones with these symptoms can be a nightmare for family members.

In what stage of dementia does sundowning occur?

Sundowning can occur at any stage of dementia, although many families observe the behaviors primarily in the middle stages of dementia and then subsiding as the disease progresses.

We first noticed sundown syndrome in my dad, who had Alzheimer's, when he was in the disease's moderate stage. Questions or observations that were occasional for most of the day — "What's the plan?" "What should I be doing?" "We'd better get going!" — became more frequent, and more urgent, around 5 or 6 in the evening. As the disease progressed, his symptoms improved, and I believe that's at least in part due to a variety of techniques we used regularly to treat and manage sundowners.

What are the ways to treat, manage and reduce sundown syndrome?

1. **Observe and minimize triggers.** Watch for fatigue and other things that seem to spur on sundowning behaviors. Afternoon transitions and activities that you consider normal can be anxiety-producing for your loved ones.

For example, does the household get chaotic and noisy as people get home from work? Does the TV get switched to something loud or intense, like a crime show or the news? Is there a lot of cross talk during mealtimes? Is there a caregiver shift change?

Watch, too, for [nutritional triggers](#) and adjust eating and drinking schedules. Cut back on caffeine and sugar, which can be too stimulating, and limit liquids later in the day, as they can cause increased toileting needs.
2. **Maintain routines and structure activity.** Maximize activity earlier in the day and minimize napping (especially if your loved one isn't sleeping well at night). Try to avoid challenging, stressful tasks around dusk and at night. Keep to a regular daily routine — there's security in the familiar.
3. **Simplify surroundings and [adjust the sleep environment](#).** Too much sensory stimulation can cause anxiety and confusion, worsened by changing light. Try to minimize physical, visual and auditory clutter in your loved one's bedroom.

At night, keep the room calm and comfortable for sleeping (experts often suggest a temperature between 60 and 67 degrees), and dark (try light-blocking curtains or an eye mask, plus dim night-lights for safe navigation). Evaluate your loved one for sleep disturbances such as [sleep apnea](#).
4. **Validate and distract.** Simply trying to reason with someone in the midst of sundowning probably won't work. Instead, try to validate your loved one's feelings (even if they don't make sense to you) to let them know you are listening. Try to draw them away from troubling thoughts and anxieties by diverting or redirecting attention to favorite activities, foods, animals and people.

For example, maybe they are soothed by watching a favorite TV show, taking a walk, snuggling with a pet or reminiscing. My dad loved *The Lawrence Welk Show*; we would give him TV earphones to amplify the volume and limit other sounds. It was almost always an effective distraction.
5. **Adjust light exposure.** Some experts theorize that our hormones and body clocks are regulated by exposure to light, and too little exposure throws us off. If adequate exposure to direct sunlight isn't possible, try a light box and use bright lights in the room.

As it gets dark outside, increase indoor lighting. In the winter, when days got shorter, I would often turn on the bright back porch lights outside our dining-room window, which helped prevent Dad from thinking it was already bedtime.
6. **Play music and calming sounds.** We [used music throughout the day](#) for Daddy — instrumental music as he woke up, sing-along favorites or show tunes to activate him, and calming music when sundowning set in. I recommend trying solo piano or classical guitar, or creating a "relaxation" or "spa music" channel on a music app such as Pandora, Spotify or Amazon Prime Music.

If Dad got anxious at sundown, my sister and I started singing his favorite songs and he would join in — a great diversion. Playing nature sounds like rain or ocean waves all night, or just white noise, helped him fall asleep and slumber longer.
7. **Use essential oils.** Lavender, rose, ylang-ylang, chamomile, blue tansy, frankincense and other essential oils can be soothing. If you want to encourage waking up and staying active during the day, try bergamot, jasmine, peppermint, rosemary or citrus such as grapefruit, lemon or orange. Test which scents your loved one responds to.

Essential oils also can be used in various ways, including for aromatherapy. (We used lavender oil in a diffuser for Dad, but you can also use it to scent a cotton ball, or mix it with water and spray it in the air.) Consult with a doctor or other professional to ensure you are using essential oils safely, whether topically or as aromatherapy. They can be potent, so be sure to use appropriate amounts and dilutions.
8. **Give healing touch.** Never underestimate the value of a hand or foot massage to relax tense muscles and increase feel-good hormones. For example, when Dad was at the height of sundowning, we prepared a warm footbath with herbs and essential oils and soaked and massaged his feet about an hour before his sundowning generally started, which eased him through the transition incredibly well.

He always loved having his head rubbed and scratched, so doing that immediately calmed him. He also got a professional massage once a week, which helped on an ongoing basis. A loving hug or holding hands can be physically calming and emotionally reassuring for your loved ones, breaking the cycle of anxiety.
9. **Try complementary medicine.** For example, traditional Chinese medicine (TCM) involves acupuncture, Tui na massage, Chinese medicinal herbs and other techniques. Acupuncture has been used to treat anxiety and depression for many generations and is increasingly being accepted by Western medicine. I started taking Dad for acupuncture to help with grief, depression and anxiety and was pleased with how it relaxed him; he continued with TCM for the last five years of his life. The sessions would start with a short Tui na massage to calm him (very important), and he generally slept through the treatment. Because his primary sundowners behaviors were anxiety-based, the acupuncture and TCM medicinal herbs his doctor prescribed helped ease them. Talk with your loved one's doctor about this option, and find a traditional Chinese medicine doctor who understands dementia.
10. **Use herbs, supplements and medications wisely.** Ask the doctor about medications that might help with symptoms, such as anti-anxiety drugs and antidepressants. Be sure to ask about and monitor possible side effects; for some people with dementia, sedating drugs can cause the opposite effect (this happened to my dad). A geriatric psychiatrist is an excellent resource.

Also ask about herbs and supplements, such as lemon balm, valerian, chamomile, kava and holy basil. There are many supplements that claim to be calming and stress reducing, including [melatonin](#), magnesium, and B, C and E vitamins. Some research studies have indicated that taking melatonin at night can lessen sundowners behaviors. Ask your loved one's primary doctor or dementia-focused practitioner about the use and dosage of melatonin and other supplements.

Managing sundown syndrome requires creativity, flexibility, empathy and strong observational skills as we try to determine what triggers our loved ones and how to address the behaviors. No two people with dementia are exactly alike, so be prepared to test different approaches and treatments. Some may not work, but others will. Successes might be temporary or intermittent. But even a little bit of success can greatly ease your loved one's anxieties, as well as your own stress.

Connecticut Energy Assistance Program

Who is Eligible:

Your household may be eligible for CEAP if each of you can answer YES to the following questions. As a reminder, your household includes every person who lives in your home (including your children, spouse, grandparents, roommates, etc.)

- Are you a Connecticut resident?
- Do you or anyone in your household meet one of the following guidelines?
 - If you or any person in your household receive any of the following benefits: Supplemental Nutrition Assistance Program (SNAP), Temporary Family Assistance (TFA/TANF), Supplemental Security Income (SSI), State Supplemental for the Aged, Blind, and Disabled (State Supp), Refugee Cash Assistance, or
 - Your annual household income falls at or below the income levels (i.e. 60% of the state's median income)

Household Size: 1 2 3 4 5 6 7 8

Annual Income: \$39,761 \$51,996 \$64,230 \$76,465 \$88,699 \$100,933 \$103,227 \$105,521

How It Works:

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes. Basic benefits towards your heating bill range between \$250 to \$600 depending on your income level, household size and whether there is a vulnerable member in the household. These benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional fuel deliveries.

CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment and water heater(s).

The program is administered by Connecticut's Department of Social Services in partnership with local Community Action Agencies (CAAs) throughout the state.

Access Community Action Agency (Access) | www.accessagency.org

Greater Willimantic | 1315 Main Street, Willimantic, CT 06226 | 860-450-7400

Greater Danielson | 231 Broad Street, Danielson, CT 06239 | 860-412-1600

cathy.whitehead@accessagency.org

Community Renewal Team (CRT) | www.crtct.org

Greater Middletown | 44 Hamlin Street, Middletown, CT | 860-347-4465

crtenergyapplication@crtct.org

Thames Valley Council for Community Action, Inc. (TVCCA) | www.tvcca.org

New London | 83 Huntington Street, New London, CT 06320 | 860-425-6681

Norwich | 401 West Thames, Norwich, CT 06360 | 860-425-6681

ess@tvcca.org



OPEN ENROLLMENT

2023 Medicare Part D Open Enrollment Events

All events have Zoom and In-Person Appointments available.
Appointments are **REQUIRED**.

November 14, 2022

Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540

November 16, 2022

East Lyme Senior Center
37 Society Road
Niantic, CT 06357
860-739-5859

November 18, 2022

Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

November 19, 2022

Senior Resources
19 Ohio Avenue
Norwich, CT 06360
860-887-3561

December 2, 2022

Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

December 5, 2022

Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540



**Are you 65 and living
on a fixed income?**

**Are you under 65, disabled
and living on a fixed income?**

**You may qualify for benefits to help pay your
Medicare premiums, prescription drugs, food,
heating costs and more!**



**Contact Senior Resources
Benefits Enrollment Center**

**Our Benefits Counselors will screen and provide
application assistance for various programs.**

**Call now to schedule your Benefits screening!
860-887-3561 ext. 132**

Alzheimer's and Dementia Support Groups

Groton Senior Center

102 Newtown Road, Groton
Tomi Stanley (860)441-6785 or TStanley@groton-ct.gov
2nd Monday of every month, 10:00 – 11:00 a.m.
www.alz.org to learn more about caregiver programs

Alzheimer's Association – CT Chapter

2nd Thursday of the month, 1:30 – 2:30 p.m.
Quinebaug Valley Senior Center
69 South Main Street, Brooklyn
Kathy Demers (860)377-6416 kdemers48@gmail.com
Jean Ann Moore (860)208-2673 jamorre@snet.net

Hartford HealthCare Center for Healthy Aging

Virtual Dementia Caregivers Support Group
Call (860)972-6338 and enter 19623# when prompted
Mondays at 10:00 a.m.
Tuesdays at 3:00 p.m.
Wednesdays at 10:00 a.m.
Fridays at 2:00 p.m.
Questions email: Adrienne.DeVivo@hhchealth.org

Hartford Healthcare Windham Hospital

Alzheimer's Caregivers Group
3rd Wednesday of every month, 10:00 a.m.
Johnson Room, 3rd Floor, Windham Hospital
For information call: (860)456-6785

Chestelm Health and Rehabilitation Center

534 Town Street, Moodus
3rd Wednesday of the month, 4:00 p.m.
To register contact Marie Sola
(860)873-6555 or recreation@chestelm.com

Mind Matters, LLC

801 Poquonock Road, Groton
2nd Tuesday of every month, 6:30 – 7:30 p.m.
Contact: robin@mindmatters@gmail.com

Griswold Senior Center

Dementia Caretaker Support Group
Every 2 weeks on Thursdays via Zoom
To register call: (860) 376-2604

LiveWell Dementia Specialists

Virtual Meetings 2nd & 4th Wednesday of the month: 3:30 – 5:00 p.m.
<https://livewell.org/project/virtual-care-partner-support-group/>

Caregiver Support Groups

Mansfield Senior Center

303 Maple Road, Mansfield

Yamil Figueroa (860)487-9875 figueroay@mansfieldct.org

2nd Tuesday of each month, 3:30 - 4:30 p.m.

Quinebaug Valley Senior Center

69 South Main Street, Brooklyn

Kathy (860)377-6414 or Jean Ann (860)208-2673

2nd Thursday of the month, 1:30 – 2:30 p.m.

VNA Caregiver Support Group

Madison Senior Center

For information contact Amanda: (203)245-5627

29 Bradley Road, Madison

3rd Tuesday of the month, 11:00-12:30 p.m.

Proof of vaccination required for this activity at time of registration

Zoom Support Group

Every Wednesday 2:00 – 3:00 p.m.

For information contact Molly: (203) 584-0051

Middlesex Health

2nd Wednesday of the month, 1:00 – 2:30 p.m.

Please contact Joan Perkins, LCSW

(860)358-2037 or joan.perkins@midhosp.org

Lawrence and Memorial Hospital

L & M Hospital, Conference Room 3

1st Tuesday of the month, 4:00 – 5:30 p.m.

Contact: Carol Vara, MSW or Mary Sweeney

(860)442-0711 x 2483 or x 2078

Grandparents Raising Grandchildren Support Groups

Senior Resources Agency on Aging

Sally Huck, Caregiver Program Coordinator

(860)887-3561 x126

Rose City Senior Center

8 Mahan Drive, Norwich

Last Tuesday of each month, 9:00 a.m.

Eastern CT Area – Mansfield

Janit Romayko (860)569-1978, Call to Register

Big Y Mansfield, 141 Storrs Road, Mansfield Center

2nd Wednesday of each month, 9:15 a.m.

United Services - Kinship Support Group

Plainfield Area

Lori Bergstrom, Prevention Services Manager

(860)412-8665 lbergstrom@usmhs.org

United Services, 303 Putnam Road, Wauregan

2nd Tuesday of each month, 5:00 – 6:30 p.m.

Bereavement Support Groups

Middlesex Hospital

Virtual/Online Session

Every 2 weeks on Tuesday, 5:30 – 7:00p.m.

Register online at <https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration>

The Estuary

Bereavement Group

Micaela Finnegan (860)388-1611 x204

Montville Senior Center

12 Maple Avenue, Uncasville

Every Friday, 3:00 – 4:00 p.m.

Sign Up at (860)848-0422

Brian's Healing Hearts

Loss of Spouse or Partner Support Group

1st and 3rd Wednesday of each month

6:30 – 8:00 p.m.

2nd and 4th Wednesday

10:00 – 11:30 a.m.

<https://brianshealinghearts.org/resources/grief-support-programs/>
or call (860)451-8354

Center for Hospice Care

Bereavement Counseling

227 Dunham Street, Norwich

(860)848-5699 Toll Free 1(877)654-4035

Day Kimball Healthcare

Evening Bereavement Group, 5:00 – 6:00 p.m.

Day Bereavement Group 12:00 – 1:00 p.m.

Registration Required

Suzon Warner (860)928-0422 x7316

Parkinson's Disease Support Groups

Windham Hospital Family Healthcare Center

5 Founder Street, Willimantic, 2nd floor conference room

2nd Wednesday of every month, 1:00 – 2:00 p.m.

1(855) HHC-HERE to Register

A support session for patients, family, and caregivers will be followed by
30 minutes of LSVT Loud activities

CT Parkinson's Disease Working Group

Grace Evangelical Lutheran Church

1055 Randolph Road, Middletown

3rd Saturday of the month, 10:00 a.m. – 12:00 p.m.

Most meeting are virtual at this time.

Call (860)704-9519

Email: martha.jaffe@cpwg.org

Day Kimball Healthcare

Parkinson's Disease Monthly Support Group

For information contact:

Victor Gregoire (860)774-6143

Hartford Healthcare

Parkinson's Living Room Online Support Group

4th Friday of the month, 1:00 p.m.

For information call (860)870-6385

<https://hartfordhealthcare.org/file%20library/services/pdfs/cfmdc-pd-living-room-flyer.pdf>

Lawrence and Memorial Hospital

Windham Fall Estates, Activity Room, Groton

3rd Wednesday of the month, 1:00 – 3:00 p.m.

Contact: Donna Weissman (860)536-1020

Diabetes Groups

Live Well with Diabetes

6-Week Workshop

Learn how to better manage your ongoing health condition.

To register contact Lori Rygielski

(860)887-3561 x 127 or lrygielski@seniorresourcesec.org

Hartford HealthCare Windham Hospital

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1st Wednesday of every month, 1:00 p.m. or 6:00 p.m.

Call to register 1(855) HHC-HERE

Lawrence and Memorial Hospital

Joslin Diabetes Center affiliate at L & M Hospital

For location and time contact: Joslin (860)444-3366

Substance Abuse Groups

Nar-Anon

"Steps" to Serenity" Support Group

For Information go to www.naranonctma.org

Or Contact (860)377-8309

Al-Anon

Al-Anon Face Alcoholism

For Information go to www.ctalanon.org

Or Contact 1(888)825-2666



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Account Name: Your first and last name

Invoice Number: Cash for Causes



Mail to: 19 Ohio Avenue, Norwich, CT 06360 - or - Contact: Erica (860) 887-3561 x 110



We hope you find this month's edition of our Caregiver of Children newsletter informative.

Senior Resources currently produces a monthly caregiver of children newsletter. We are looking for feedback on any ideas you may have for future editions.

Please contact Sally Huck with any ideas/suggestions or if you wish to be removed from our mailing list.

Sally Huck: SHuck@seniorresourcesec.org or 860 887-3561 x 126.

To read previous editions of this newsletter please visit:
www.SeniorResourcesEC.org/stay-informed/grandparent-newsletter