

New Alzheimer's Caregiver Support Group Started With Evening Meetings

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SilverSource is proud to announce a new Caregiver Support Group for individuals caring for a loved one with Alzheimer's disease or related dementias in the Fairfield County area.

— an announcement from SilverSource

The group will be held at 6 p.m. on the third Monday of each month at SilverSource, located at 2009 Summer Street, 3rd floor in Stamford.

The newly formed group is led by Nicol Rupolo, owner of ComForCare Home Care Services and Maria Scaros, executive director of The Greens At Greenwich. Both women are certified Alzheimer's Association support group leaders.

The need is great. According to Alzheimer's Association's statistics, 77,000 people aged 65 and older are diagnosed with Alzheimer's disease in Connecticut, and 5.7 million are living with Alzheimer's in the country.

“We started this group because we felt there was a need not being met,” said Rupolo. “There are a number of support groups that meet during the day, but there aren’t many for caregivers who work or cannot leave their care person during the day.”

The group focuses on the self-care of the caregiver, creating a community of support. Topics such as family issues and medical concerns arise, as well as a sharing of resources.

SilverSource is happy to host this important resource for the community,” said Kathleen Bordelon, Executive Director of SilverSource. “It’s important to focus on one’s own health, caring for a loved one is difficult to achieve when you are running on empty.”

“We’re grateful to SilverSource for making the space available to us,” said Scaros. “SilverSource is a resource for the community, it just makes sense to be in a place that is like-minded and supportive to caregivers.”

For additional information, contact Nicol Rupolo at nicol@comforcare.com or Maria Scaros at mscaros@thegreensatgreenwich.com.