



FOR IMMEDIATE RELEASE  
October 15, 2019

CONTACT: Stephanie Cuzino, Memory Care Director  
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### **ALZHEIMER'S ASSOCIATION CONNECTICUT CHAPTER OFFERS SUPPORT GROUPS FOR CAREGIVERS**

78 thousand people in Connecticut are living with Alzheimer's disease and there are 178 thousand caregivers in this state. Caring for a person with Alzheimer's disease can be challenging. Changes in the person's behavior as the disease progresses can lead to frustration and anxiety.

To help people who care for those with Alzheimer's or another form of dementia, the Alzheimer's Association Connecticut Chapter facilitates about 90 support groups around the state. One of the support groups is located in Newtown, where it meets at the Newtown Senior Center on the **THIRD WEDNESDAY** of each month from 1-2pm.

A support group offers caregivers a place to share, learn and feel welcomed. People talk about their experiences and offer suggestions to deal with topics including medical, legal, behavioral and financial problems. The trained group facilitator is there to listen, help guide the conversation and to provide information about resources in the community.

If you would like more information about Alzheimer's disease and related dementias and our support groups, call the Alzheimer's Association 24-hour helpline at 800-272-3900. The main office of the Alzheimer's Association Connecticut Chapter is located in Southington, with satellite offices located in Norwalk, Hamden and Norwich. The office number is 860-828-2828. Our website is [alz.org/ct](http://alz.org/ct).

Reach out. You do not have to go through this alone.

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#### **About the Alzheimer's Association**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's®.



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### **ALZHEIMER'S DISEASE SUPPORT GROUPS IN CONNECTICUT**

Every 65 seconds someone develops Alzheimer's in this country. There are 78 thousand people living with Alzheimer's disease in Connecticut and 178 thousand caregivers.

Caregiving takes a huge emotional, physical and financial toll on families. But you do not have to go through this journey alone.

The Connecticut Chapter of the Alzheimer's Association offers about 90 support groups throughout the state, including one in Newtown. It meets at The Newtown Senior Center from 1-2pm on the **THIRD WEDNESDAY** of each month. Support groups are judgement-free zones, where caregivers can vent, share, cry, learn and feel heard. The groups are led by trained volunteer facilitators who offer guidance and resources. All meetings are confidential.

If you would like more information about the Newtown Senior Center Caregiver Support Group and other services available to caregivers, reach out to the Alzheimer's Association Connecticut Chapter by calling the 24 Hour Helpline at 800-272-3900. Our website is [alz.org/ct](http://alz.org/ct). We are here for you.

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#### **About the Alzheimer's Association**

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## **Calendar Announcement**

Date: October 15, 2019

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### **ALZHEIMER'S DISEASE SUPPORT GROUP MEETINGS ANNOUNCED**

Caregiving is challenging. To help those who care for people living with Alzheimer's disease, the Alzheimer's Association Connecticut Chapter offers a support group in Newtown. It meets at the Newtown Senior Center from 1-2pm on the **THIRD WEDNESDAY** of each month. This group is led by a trained facilitator in a confidential environment. For more information on Alzheimer's Association support groups or services, contact the Alzheimer's Association 24 Hour Helpline at 800-272-3900 or visit [alz.org/ct](http://alz.org/ct).