

**DODGE PARK REST HOME**



***Support Group Meeting  
For Spouse of Individuals with Dementia***

**Special Invitation**

Please join us for our monthly support group meeting with Elaine Kapperman, LICSW on Aug 2, Sep 6, Oct 4, Nov 1 and Dec 6, 2011 at 6:00pm.

*Light Supper will be provided!!!*



Please contact our office for RSVP at :

**To RSVP—Please call (508) 853-8180.**

*In fact, many caregivers and professionals who have been involved in support groups have reported numerous benefits, including a strong sense of belonging, and involvement with people who really care. It is not unusual for care giving group members to engage in commitments beyond the group, such as providing respite, transportation, and just "being there" for each other emotionally. In such groups, caregivers begin to discover that taking care of themselves is essential to the care giving role, important not only to the care "giver," but to the care "recipient" as well. Support groups provide caregivers with an opportunity to validate and express feelings, to discuss problems, and to share the positives of care giving as well.*

**The support group meeting is  
free and open for the public.  
(508) 853-8180**

**Dodge Park Rest Home and Day Club**

101 Randolph Road  
Worcester MA 01606