

# Caregiver

## Support Group for New Hope

In our world, in our own family, in our Church family, and in our community, we find ourselves and others becoming caregivers. As our parents age and live longer lives, the more we find that care is often needed by their children. We want our loved ones to be able to face this stage of their lives with dignity as they find they are not able to do the things they once did. Caregiving is a demanding responsibility that results in exhaustion physically, mentally, and emotionally. Often, there are also financial concerns. The purpose of the Caregiver Support Group at New Hope is to bring people together who are facing this challenge in order to share information and support one another.

Many of us began to realize last year just how many of us there are who are facing this challenge. We decided to meet and see if we could help each other out with our individual situations. We began meeting once a month and were surprised how many people there were who had valuable information to share. It did not matter if each person was facing problems currently or if someone had lost parents or

if someone could see the need for information in the future. Each and every one of us brought different information and knowledge of available resources to the group. This sharing of information was helpful and useful, and we discovered that we are not alone in the responsibilities that we have. Sometimes we talked about one persons issues. Sometimes we all shared. We discovered we could lean on each other and get fresh ideas from each other.

As the holidays approached we decided to not to meet again until 2017. We are there and plan to resume the meetings on March 5 at 4:00 in the afternoon. We will continue to meet on the first Sunday of the month for the next 3 months. We will discuss the convenience of this meeting time for the group. If you joined in before, please come back to continue to share. If you think that this group can be of help to you, please come and see if you can find help and support for your situation.

Another benefit to this group is that we are learning information to share with our children, so when they find themselves in our situation, they will be better prepared to face this challenge.

Pam Prevatte

**Meeting March 5 - 4:00PM**

**Meeting April 2 - 4:00 PM**

**Meeting May 7 - 4:00 PM**