

SilverSource, Inc.  
2009 Summer Street  
Stamford, CT 06905

**FOR IMMEDIATE RELEASE**

**Alzheimer's Caregiver Support Group Held At SilverSource**

STAMFORD, Conn. (October 9, 2018) 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. The group will be held at 6:00pm on the 3rd Monday of each month at SilverSource, located at 2009 Summer Street, 3<sup>rd</sup> floor in Stamford, CT.

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 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](mailto:nicol@comforcare.com) or Maria Scaros at [mscaros@thegreensatgreenwich.com](mailto:mscaros@thegreensatgreenwich.com).

**Image to accompany this release:** Maria Scaros, Nicol Rupolo.jpg

**Caption:** SilverSource is proud to announce a new Caregiver Support Group for individuals caring for a loved one with Alzheimer's disease or related dementias, led by Maria Scaros (left) and Nicol Rupolo.

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SilverSource, founded in 1908, advocates for older adults and provides case management, emergency financial assistance, guidance and other direct services to improve the safety, health and quality of life for older adults in lower Fairfield County CT. In addition, SilverSource is an information resource center and referral source for older residents and their families. SilverSource, Inc., a 501(c) 3 non-profit organization, is located at [2009 Summer Street](https://www.silversource.org) in Stamford, CT 06905. For more information visit [www.silversource.org](http://www.silversource.org) or call 203.324.6584.

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