

Edison Senior Center to Host Two South Asian Support Groups

In many South Asian households caregiving is seen as a loving duty. For others, it is simply family tradition — expected with no questions asked and none needed. Often caregivers have found that caring for another person takes a lot of time, effort, and work done in addition to juggling the demands of a full-time job, parenting children and respecting cultural norms. It is not uncommon for caregivers to find themselves having to balance conflicting feelings of hope and purpose and anger, frustration and resentment in their role.

The Edison Senior Center, 2963 Woodbridge Avenue, in conjunction with BrightStar Home Care, will host two South Asian Support Groups; ***Coping With Aging South Asian Family Members*** and ***Caring for Your Aging South Asian Spouse***.

Each support group will be an open forum which will allow participants an opportunity to voice specific needs and concerns related to caregiving. Participants will be able to share caregiving tips and resources while learning how to access services and programs available to them on a state, county and local level. We invite you to share your successes, your challenges, your ideas, needs and suggestions with other South Asian families caring for loved ones.

The ***Coping with Aging South Asian Family Member Support Group*** will meet monthly on the First Tuesday of the Month beginning Tuesday, May 7 from 6 to 8 pm and will be facilitated by Karen Hidalgo Castro, LCSW, MSW, MPH, Rehab. Social Worker from JFK Johnson Rehabilitation Institute.

The ***Caring for Your Aging South Asian Spouse Support Group*** will meet monthly on the Third Wednesday of the Month beginning Wednesday, May 15 from 2 to 4 pm and will be facilitated by Saswati Chakraborty, CSW, MBA, PMP, CDP, Case Manager at Monroe Village/Village Point Rehabilitation & Healthcare.

Additional volunteer professionals attending each session will be Reeta Aggarwal, CDP, Owner of BrightStar Homecare and Judi Gillingham, CDP, NJ SHIP Counselor, Assistant Director for Aging, Division of Senior Citizen Services, Township of Edison.

For directions to the Edison Senior Center or questions related to the South Asian Support Groups, please call the Edison Senior Center at 732-248-7345 Monday through Friday between the hours of 9am and 4pm