

Caregiver Connection

AREA AGENCY ON AGING OF SOMERSET COUNTY

“THERE ARE ONLY FOUR KINDS OF PEOPLE IN THE WORLD. THOSE WHO HAVE BEEN CAREGIVERS. THOSE WHO ARE CURRENTLY CAREGIVERS. THOSE WHO WILL BE CAREGIVERS, AND THOSE WHO WILL NEED A CAREGIVER.”

ROSALYN CARTER

Caregiver Support

We are excited to share with you all that we have been working hard to create ways to better support the Caregivers in our community.

We will be sending out quarterly newsletters that will be filled with encouragement, support and various different resources.

We will be hosting bi-monthly Caregiver Support Group get togethers that will include a resource within our community, a time for discussion and maybe even some fun!

Our desire with these newsletters and activities is to share ways we can help you, but also to hear from you. We would love to hear how we can better care for you as you care for those around you.

WHY CAREGIVER SUPPORT GROUPS ARE SO IMPORTANT?

RESEARCH SHOWS THAT SOCIAL SUPPORT IS A POWERFUL WAY FOR FAMILY MEMBERS TO FEEL LESS ALONE. GROUPS FOR CAREGIVERS OFFER A PLACE TO FEEL ACCEPTED AND HEARD, AS WELL AS A PLACE TO LEARN MORE ABOUT THE CHALLENGES FACING OTHERS.

A CAREGIVER SUPPORT GROUP CAN BE A SOCIAL OUTLET AND PLACE FOR CONNECTION. WHETHER YOU'RE ONLINE OR OFFLINE, SHARING EXPERIENCES, TRIUMPHS, AND DISAPPOINTMENTS WITH LIKE-MINDED PEOPLE ARE POWERFUL.

CAREGIVER SUPPORT GROUPS ARE ALSO A GREAT TOOL FOR COMING TOGETHER WITH OTHERS TO DISCOVER A SENSE OF COMMUNITY. WHEN CAREGIVERS CONNECT WITH OTHER GROUP MEMBERS, THE ENTIRE FAMILY ECOSYSTEM AROUND THEM CAN BENEFIT. IF CAREGIVERS CANNOT TAKE TIME FOR THEMSELVES, IT CAN LEAD TO A SITUATION THAT IS UNHEALTHY FOR BOTH THE CAREGIVER AND THOSE BEING CARED FOR.



-THE OPTION GROUP

UPCOMING CAREGIVER
SUPPORT GROUP DATES:

MARCH 18TH, 2026

MAY 20TH, 2026

HELD AT THE AREA AGENCY ON AGING IN
OUR LARGE CONFERENCE ROOM FROM
12:00PM - 2:00PM

IF YOU HAVE ANY QUESTIONS DO NOT
HESITATE TO CALL AT 814-443-2681

ATTENTION CAREGIVERS OF CHILDREN AGES 6-12



Register your child(ren) at **The Salvation Army's Camp Allegheny** located in Ellwood City, Pennsylvania! For just \$25, your child can enjoy 4 nights and 5 days of Christian-based, safe summer camp experiences filled with faith, fun, nature, activities, new friends, AND MORE! Sign up today!

June 22 - 26, 2026
WILDERNESS WEEK

Cost: \$25/week, \$10/week for each additional sibling

EARLY REGISTRATION IS OPEN!
salvationarmywpa.org/camp



Send a check or money order, made payable to: The Salvation Army
700 N. Bell Avenue, Carnegie, PA 15106, ATTN: Ben Borneman

PLEASE NOTE: Parents must submit their child's Food, Physical, Immunization and Insurance Card copy forms prior to the child's arrival. Fax forms to 1-412-297-4101. Forms will not be accepted during actual camp dates. For more information or for questions, contact Ellen Benedetto at (800) 454-1156.

Camp sessions are determined by your home zip code.
Go to our website www.salvationarmywpa.org/camp,
click on "Enroll A Camper" and follow the prompts.
Questions, call Melissa @ 814-445-9232



DOING THE MOST GOOD

UPCOMING:

ON MARCH 18TH WE WILL BE HAVING OUR FIRST CAREGIVER SUPPORT GROUP MEETING OF 2026. THIS MEETING WILL BE PARTICULARLY SPECIAL AS WE INTRODUCE THE PA CAREKIT, AN EXCELLENT RESOURCE PROVIDED BY THE COMMONWEALTH OF PENNSYLVANIA SPECIFICALLY FOR CAREGIVERS. THE PA CAREKIT IS DESIGNED TO SUPPORT AND EMPOWER CAREGIVERS BY OFFERING ESSENTIAL TOOLS, INFORMATION, AND GUIDANCE TO HELP MANAGE THEIR RESPONSIBILITIES MORE EFFECTIVELY.

“NO TWO CAREGIVING JOURNEYS ARE THE SAME. ONE DAY, YOU’RE SIMPLY HELPING OUT. THE NEXT, YOU’RE JUST HOLDING EVERYTHING TOGETHER. PA CAREKIT IS A COLLECTION OF TOOLS, INFORMATION, AND SUPPORT TO HELP YOU LEARN MORE, PLAN AHEAD, OR CATCH YOUR BREATH. IT’S HERE TO SUPPORT YOUR ROLE, YOUR TIME, AND YOUR NEEDS - BECAUSE CAREGIVING RARELY COMES WITH INSTRUCTIONS.

-PA CAREKIT

**THANK YOU FOR ALL YOU DO FOR OUR COMMUNITY
EACH OF YOU ARE APPRECIATED AND ALL YOUR
HARDWORK DOES NOT GO UNNOTICED**

**TO CHANGE HOW TO RECEIVE THIS NEWSLETTER
(EMAIL OR MAIL) EMAIL:
WEBMASTER@SOMERSETAAA.ORG**

**ANY QUESTIONS, COMMENTS OR CONCERNS CALL:
814-443-2681**