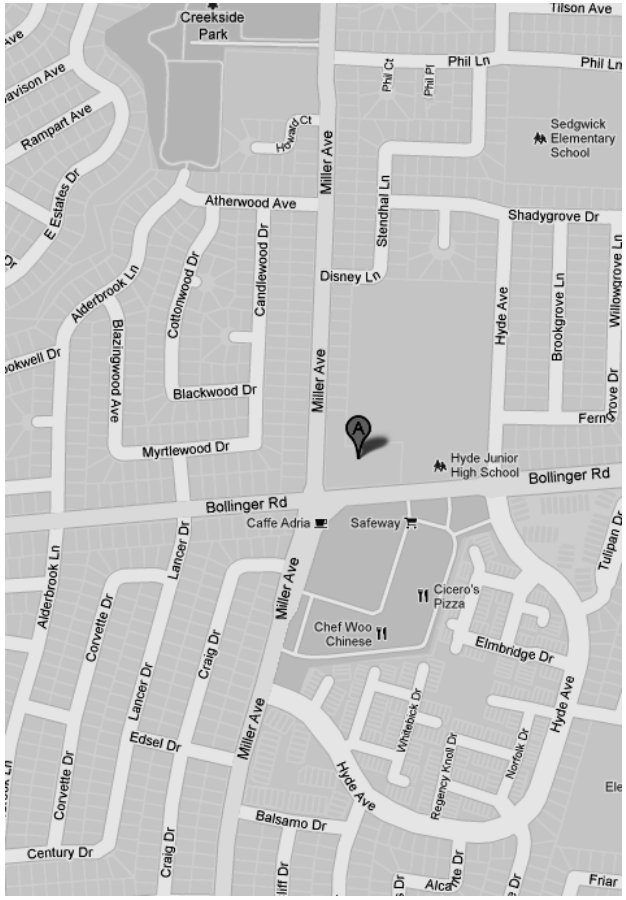
Caregiving is a uniquely human act with a history that spans centuries. It will touch almost everyone in the years ahead, whether they become caregivers or care recipients.

Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD.

- Leviticus 19:32

From Hwy 280 - Take the Wolfe Road exit South. Cross Stevens Creek Blvd. (Wolfe Road becomes Miller Ave). The Church is on the corner of Miller Avenue and Bollinger Road.



From Hwy 85 - Take the DeAnza Blvd. exit North. Turn right on Bollinger Road. The Church is on the corner of Miller Avenue and Bollinger Road.

Caregivers Support Group

at

West Valley Presbyterian Church

6191 Bollinger Road
Cupertino, CA 95014
www.wvpc.org
(408) 252.1365

The WVPC Caregiver Support Group will offer a time for sharing experiences, ideas, situations and frustrations one encounters in the role of caregiver. It is a “time out” for caregivers to take care of themselves while learning how to use community resources as well as more effective methods for coping with the demands of care giving. The goal of this group is to share practical, emotional and spiritual support as caregivers.

What is your caregiver personality?

Supportive: You are concerned about the physical well-being of your loved one. You provide appropriate personal care freely and respectfully while maintaining an emotional distance.

Warmly supportive: You are concerned about the physical as well as the emotional well-being of your loved one. You provide personal care freely and respectfully with compassion and love.

Occasionally over–involved: You are warmly supportive of your loved one but find yourself taking over certain aspects of the person’s life unnecessarily while sacrificing some parts of your own.

Often over-involved: You are warmly supportive but view care giving as a constant source of chores that you must perform at the expense of your own needs.

Usually over involved: You are warmly supportive but your actions are compromised by frantic preoccupation to attend to the person’s every conceivable need. You are devoting all of your personal time to providing care.

The Caregivers Support Group will meet from 6:30 until 8:00 P.M. in the WVPC Library, 6191 Bollinger Road, Cupertino, CA 95014.

The dates for 2011 are 9/20, 10/18 and 11/15 (third Tuesdays of the month).

For more information contact:

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Or
the Church office at
408.252.1365