

# The Goldstone Caregiver Center at Danbury Hospital

Whether you are caring for a parent, spouse, child, sibling or another person, odds are you have struggled physically, emotionally or spiritually at one time or another in that role. Recognizing that healthy self-care is an important part of the ability to care for someone else, the Goldstone Caregiver Center provides support in a variety of ways.

Located in Danbury Hospital's Buck Pavilion directly across from the main entrance, the Goldstone Caregiver Center is available to those who are the primary source of providing care for a family member or friend.

## Amenities

The Goldstone Caregiver Center amenities include:

- A comfortable place to rest, reflect and recharge
- Quiet rooms for respite or private conversation
- Kitchenette
- Computer workstations for internet or e-mail access, copier, telephones and fax
- Access to a library specializing in caregivers' resources

## Services

Available services at The Goldstone Caregiver Center include:

- Professional Counseling from a Licensed Clinical Social Worker
- Volunteer Caregiver Coaches trained to support families
- Support groups
- Educational programs
- End-of-life support
- Listings of community resources

## Programs

We invite those caregiving in the hospital or in the community and staff from all departments to attend caregiver center programs. All programs listed take place at the Goldstone Caregiver Center located at Danbury Hospital. New Milford and surrounding community members are also welcome to attend.

**Caregiver Support Group:** Being a caregiver can be incredibly rewarding. It can also be one of the most difficult and isolating times a person can go through. If you are caring for a family member and have ever experienced frustration, sadness, guilt or anxiety through your caregiving journey, you are not alone. Take the opportunity to meet other caregivers to share your experiences, and learn strategies to reduce your stress. Please RSVP to Miranda Dold, 203-739-7888 or [miranda.dold@wchn.org](mailto:miranda.dold@wchn.org), if you plan to attend either or both sessions.

**Grief Recovery Method® Grief Support Group:** This group meets for eight weeks and offers a step by step action program for moving beyond death, divorce, and other losses. Group members are expected to attend all sessions. To register or for further information contact Chaplain Beryl Knudsen, Certified Grief Recovery Specialist at 203-739-7135 or [beryl.knudsen@wchn.org](mailto:beryl.knudsen@wchn.org).

**Meditation:** Meditation has been shown to help decrease anxiety and stress, and promote a sense of well-being. Join Chaplain Noelle D'Agostino and/or Lynn Crager, Director of Spiritual Care and the Goldstone Caregiver Center, for a guided meditation for rest, renewal and reflection. All staff and visitors are welcome to attend. No sign-up necessary.

**Chair Yoga:** Yoga relieves stress, creates calmness in the mind and body while promoting improved overall health, well-being and strengthening of the immune system. Participants will be guided through relaxing breathing techniques and simple yoga poses and stretches while being seated in a chair. This program is facilitated by two volunteer Caregiver Coaches, Mary Ann Petrilena, 200-hour Yoga Alliance Certified Teacher, Certified Yoga for Cancer Instructor, and founder of Well Aligned Yoga and Liz Winson, 200-hour Yoga Alliance Certified Instructor and Licensed Physical Therapist. No experience required.

**Tai Chi: Moving for Better Balance:** Tai Chi: Moving for Better Balance is a research-based balance training, developed by Fuzhong Li, Ph.D., designed for older adults as well as anyone (of any age!) who is looking to strengthen their balance. This program moves the focus from its historical use as a martial art or recreational activity to promoting health by addressing common, but potentially debilitating, functional impairments/deficits. No experience required.

**Address:**  
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Danbury, CT 06810

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[goldstonecaregivercenter@wchn.org](mailto:goldstonecaregivercenter@wchn.org)  
Hours: Monday to Friday 9:00 am – 4:00 pm (except holidays)