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Joan Lunden to Speak Oct 16 at SilverSource Benefit Luncheon at Woodway Country Club in Darien

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Categories : [Charity Events and Opportunities](#), [Seniors](#)

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SilverSource invites you to save the date for their Inspiring Lives Benefit Luncheon featuring Joan Lunden. The event will take place on Wednesday, Oct. 16 at Woodway Country Club and will honor the Cingari Family.

— *an announcement from* [SilverSource](#)

Proceeds will benefit SilverSource EPIC programming for People in Crisis, Housing, Hunger, Healthcare and their Ride to Wellness program.

[Lunden](#) will discuss the demand for family members to serve as caregivers and share her own journey as a member of the Sandwich Generation providing long-distance caregiving for her mother while parenting her

young children.

An expert on the subject, Lunden co-authored *Chicken Soup for the Caregiver's Soul: Family Caregivers*, and hosted a four-part series on Retirement Living TV focused on family caregiving.

As some of Stamford's most engaged community leaders, the Cingari family will be honored for their active involvement in making Stamford a better place to live and work.

The event is expected to sell-out and a variety of sponsorship opportunities are available. Please contact Marianne Delaney, mdelaney@silversource.org or call 203-324-6584 x302.

To learn more about the event, visit [this Web page](#) on the SilverSource website.

SilverSource would like to thank event co-chairs Louse and Jerry Berkman, Maureen and Michael Cacace and Day and Gene Rubino for their leadership and dedication, and is grateful to media sponsor Stamford Magazine/Moffly Media.

About SilverSource

[SilverSource](#), founded in 1908, provides a safety net for older adults through individual assistance, case management, guidance and other direct services to improve the safety, health and quality of life for older residents of lower Fairfield County.

In addition, SilverSource is an information resource center and referral source for older adults and their families. SilverSource, Inc., a 501(c)3 non-profit organization, is located at 2009 Summer Street in Stamford, CT 06905. For more information call 203.324.6584.