

Joan Lunden to Talk About Being a Caregiver at SilverSource Luncheon Wednesday in Darien

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A trusted voice in our homes for more than 30 years, award-winning journalist and author Joan Lunden will serve as guest speaker at the SilverSource Inspiring Lives Benefit Luncheon on Wednesday, Oct. 16 at Woodway Country Club in Darien.

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

[Lunden](#), co-host of Good Morning America on ABC from 1980 through 1997, has written 12 books, including co-authoring "Chicken Soup for the Caregiver's Soul: Family Caregivers," and hosted a four-part series on Retirement Living TV focused on family caregiving.

A mother of seven, Lunden will discuss her role as a "Sandwich Generation" caregiver — caring for her children and her aging mother simultaneously. Attendees will find support, encouragement and inspiration in Lunden's insights into the experience of caregiving for a loved one.

According to the latest report by the National Alliance for Caregiving, nearly 40 million Americans provide unpaid care to an adult. While we champion the benefits of providing care at home, little attention is paid to the needs of family caregivers who are often overwhelmed.

"Caregiving is a uniquely rewarding yet daunting role," said Kathleen Bordelon, SilverSource executive director. "SilverSource prioritizes support to caregivers as part of the many services we provide to older adults and their families."

Darienite

News for Darien

<https://darienite.com>

The event will honor the [Cingari family](#) for their active involvement in making Stamford a better place to live and work.

Proceeds will benefit seniors in need and [SilverSource](#) programs that ensure older neighbors keep a roof over their heads, with the heat and lights on, food on the table and the medical care they need.

If You're Going ...

- The luncheon begins at **12 noon**, Wednesday, Oct. 16, 2019
- **Tickets begin at \$150.** The event is expected to sell out, visit [this Web page](#) to register.
- You can also register at 11:30 a.m. at Woodway — but again, **the event is expected to sell out.**
- Woodway Country Club is at [540 Hoyt St.](#)
- A variety of **high-profile sponsorship opportunities** are also available.

SilverSource is grateful to event co-chairs Louse and Jerry Berkman, Maureen and Michael Cacace and Day and Gene Rubino for their leadership and dedication, and would like to thank generous sponsors Cacace, Tusch & Santagata, Day Pitney LLP, Sharon and Jack Feighery, Pitney Bowes, Stamford Health and media sponsor Stamford Magazine/Moffly Media.