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## **Essential “Tools for Caregivers” session offered by health and aging expert Robyn Golden, co-sponsored by Lincoln Park Village and Rush Generations**

**CHICAGO April 2, 2014** Robyn Golden, LCSW, Director of Health and Aging at Rush University Medical Center, Chicago, will share insights and practical expertise in a session titled “Tools for Caregivers: Helping Others and Yourself,” on Tuesday, April 15, from 1:00 to 2:30 p.m. The event will be held at The Gratz Center at Fourth Presbyterian Church, 126 E. Chestnut, Chicago (corner of Michigan Avenue).

“Tools for Caregivers” is co-sponsored by [Lincoln Park Village](#), a leader in the pioneering village movement that is changing the landscape of aging in America, and Chicago’s [Rush Generations](#), a clinically integrated network of physicians and hospitals working together to improve health through high quality, efficient health services.

Robyn Golden, director of older adult programs at Rush University Medical Center, has: served as the chair of the American Society on Aging; co-founded several coalitions, including the National Coalition on Care Coordination; served on more than a dozen appointments with national organizations; and published extensively. She is a recipient of the Leadership Award, an honor given by the American Society on Aging.

Golden’s insights couldn’t be more timely: More than 65 million people, 29 percent of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year, according to a 2009 [report](#) produced by the National Alliance for Caregiving in collaboration with AARP. These individuals spend an average of *20 hours per week* providing care for their loved one.

The April 15 session explores an array of topics relevant to every caregiver:

- How does caregiving change the nature of a relationship?
- What kind of self-care best nurtures caregivers?
- What strategies can be employed to manage the coordination of care?
- How does one manage care after a hospitalization?
- Which community resources, including Lincoln Park Village, can provide support for caregivers as they face the new set of challenges that their task requires?

To register for this free event, contact Lincoln Park Village at (773) 248-8700 or email [celebrate@lincolnparkvillage.org](mailto:celebrate@lincolnparkvillage.org). To see the event flyer, click [here](#).

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