



FOR IMMEDIATE RELEASE
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WMC offers lunch-and-learn for caregivers of elderly

FRANKLIN, Tenn. – Millions of Americans spend on average \$300 and more than 40 hours every month to provide care for an elderly parent, spouse or friend, according to U.S. government figures. Many of them, however, are unaware of the availability of support services.

Williamson Medical Center will offer guidance for caregivers of people age 65 and older during a lunch-and-learn presentation focusing on the availability of resources and programs that can be used by health care professionals, family and friend caregivers, and seniors themselves.

The hour-long presentation will be at noon Thursday, Aug. 25, in Williamson Medical Center Meeting Rooms A, B and C. Jane Young, program director at the Greater Nashville Regional Council, Area Agency on Aging and Disability, will be the featured speaker, and there will be time for questions.

“Being the primary caregiver for an elderly parent or spouse can be a difficult job,” Young says. “There is support and a variety of federal and state resources available to caregivers; they just have to know where to look.”

The free lunch-and-learn is open to the public. Reserve a space by calling WMC’s Employee Assistance Program at 615.435.5300 and leaving your name and phone number. Reservation deadline is Tuesday, Aug. 23. Attendees should bring their lunch if they wish to eat during the presentation.

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit www.williamsonmedicalcenter.org.

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