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Local UVA Geriatrician Honored for Lifetime Achievements and Contributions to Health and Aging in Virginia

CHARLOTTESVILLE: SeniorNavigator is pleased to announce the recent renaming of its Institute for Innovations in Caregiving to *The Lindsay Institute for Innovations in Caregiving* in honor of Dr. Richard W. Lindsay, a local geriatrician who has made significant contributions to the health and aging fields in Charlottesville, throughout Virginia, and across the nation.

SeniorNavigator hosted a celebration on Thursday, September 11 at Pippin Hill Farm and Vineyard to formally launch its Institute for Innovations in Caregiving, a collaborative effort aimed at improving the health of caregivers. A surprise was announced to the honoree and the approximately 150 guests that the Institute was being renamed and would be forever known as *The Lindsay Institute for Innovations in Caregiving*.

“The SeniorNavigator board and staff are thrilled that Dr. Lindsay’s legacy of helping others and his commitment to serving caregivers will be carried forward through *The Lindsay Institute for Innovations in Caregiving*,” said John H. Hager, Chairman, SeniorNavigator Board of Directors. “We can think of a no-more fitting tribute to Dr. Lindsay, with the Institute leveraging great minds – both young and old – and combining them with cutting-edge technology to advance the health of caregivers.”

Guest speakers at the event included:

- The Honorable John H. Hager, Former Lieutenant Governor of the Commonwealth of Virginia & Chairman of the SeniorNavigator Board of Directors
- Diane Edgerton Miller, Family Friend of Dr. Lindsay
- James A. Rothrock, Commissioner, Virginia Department for Aging & Rehabilitative Services
- Jeffrey S. Cribbs, Sr., President & CEO, Richmond Memorial Health Foundation

- Dr. Milton T. Edgerton, Former Chairman & Founder of the Department of Plastic Surgery, University of Virginia
- Gordon J. Walker, Retired CEO, Jefferson Area Board for Aging and Project Consultant, Institute for Innovations in Caregiving

Dr. Richard W. Lindsay, for whom *The Lindsay Institute for Innovations in Caregiving* is named, is Professor Emeritus of Internal Medicine and Family Medicine at the University of Virginia Health System and founder and former Head of the Division of Geriatric Medicine at the University of Virginia Health System. Since retiring in 1999, he continues to teach medical students, serves on the UVA Medical School Admissions Committee, and is the Clinical Director of the Medical Academic Advancement Program developed to increase the number of minorities entering health careers. A true mentor, educator, and humanitarian, Lindsay serves on numerous boards and committees – all focused on improving the lives of older adults and caregivers.

Lindsay has spent his career dedicated to improving the health and wellness of seniors and caregivers. As a practicing geriatrician, he witnessed, first-hand, the significant toll that caregiving can have on the health and well-being of family caregivers who provide nearly 90% of all eldercare in Virginia. As Lindsay has previously stated, “a healthy caregiver is a better caregiver” -- leading him to co-found this Institute.

SeniorNavigator, a statewide non-profit health and aging organization, leads and manages the efforts of *The Lindsay Institute for Innovations in Caregiving*. The Institute will develop innovations – leveraging best practices and technology to preserve and improve the wellness of family caregivers with a special focus on caregivers of individuals with memory impairments. The Institute’s ultimate goal is to improve caregivers’ self-care and their ability to manage emotional stressors and tough decisions while bolstering their access to the latest technologies and community resources.

The Lindsay Institute for Innovations in Caregiving brings together partners through its esteemed Advisory Council to facilitate out-of-the-box collaboration among Virginia’s academic programs in aging as well as key Virginia-based service providers. This Council serves as the backbone of the Institute and its activities offering unique peer-to-peer connections – fostering new thinking and practices that might not otherwise be created. *The Lindsay Institute for Innovations in Caregiving* will soon host its inaugural “Caring for the Caregiver Hack” – providing students at Virginia colleges and universities with an engaging opportunity to create technology-based tools to support family caregivers, with a special focus on improving their physical or emotional health.

For more information about *The Lindsay Institute for Innovations in Caregiving* visit its website at CaregivingInnovations.org or contact SeniorNavigator at (804) 525-7728; toll-free 866-393-0957 or via email info@SeniorNavigator.org.

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SeniorNavigator, a statewide non-profit, provides free health and community support information and guidance to older adults, family caregivers, and health care professionals, supporting independence, dignity, and quality of life. Designed as an award-winning service model combining information technology with community-building, SeniorNavigator offers a ‘high-tech’ and ‘high-touch’ approach to healthy lifestyle and long term care support. Seniors, caregivers, and adults with disabilities can find vital services and information through its websites at SeniorNavigator.org and disAbilityNavigator.org.