

# Tight Knit™

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The Ralph C. Wilson, Jr. Foundation

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### **Ralph C. Wilson, Jr. Foundation Releases Content Series on Family Caregiving**

*Tight Knit*, a new documentary and podcast series, shines a light on family caregivers and their loved ones in Southeast Michigan and Western New York.

**Detroit, MI/ Buffalo, NY** (August 4, 2020) -- Today, the [Ralph C. Wilson, Jr. Foundation](#) launched *Tight Knit*, a new documentary and podcast series, which in its first season spotlights the many rewards and challenges of being a family caregiver. Through two short documentaries and eight podcast episodes featuring interviews with caregivers and the loved ones they care for from Southeast Michigan and Western New York, *Tight Knit* explores the complexity and joy involved in providing care to a family member.

Caring for an older family member or loved one is a common, but often hidden, responsibility most Americans will face at some point in their lives. By the end of 2020, an estimated 117 million older Americans will require assistance of some kind. To find that help, many rely on a loved one -- a spouse, daughter, son, grandchild, or friend -- for care. Currently, there are more than 41 million people in the United States providing unpaid care for older adults, many providing care on top of holding jobs and other responsibilities, yet many don't self-identify as a caregiver.

*Tight Knit* opens a door into the day-to-day lives of caregivers and their family members and reveals the unique challenges and rewards that come with caregiving. From displaying the struggles of juggling work, social, and care responsibilities as a millennial caregiver, to showing the humor and grace that comes from taking care of an elderly family member, *Tight Knit* uncovers the pain and joy that accompany caregiving and illuminates the community and resources available to these selfless individuals.

"When I was first approached to participate in *Tight Knit* and tell my story about caring for my mom, I was hesitant," said **Roger Young, who appears in one of the *Tight Knit* documentaries, "Today Was A Good Day."** "But then I thought to myself, will it help somebody? After all, caregiving is all about helping someone else. I hope that sharing our story will help other families like ours find peace and joy amid this journey."

"Caregivers are crucial to all of our communities, whether they are family members providing support in the home or health care providers working on the front lines of the COVID-19 pandemic," said **David O. Egner, president and CEO, Ralph C. Wilson, Jr. Foundation.** "Through projects like *Tight Knit*, the Ralph C. Wilson, Jr. Foundation is committed to providing

support to caregivers in all forms, from elevating the importance of this role, to strengthening caregiving networks, to investing in the providers who help navigate this complex responsibility.”

“Serving as a caregiver is a complex but common responsibility,” said **Amber Slichta, Vice President of Programs, Ralph C. Wilson, Jr. Foundation**. “For family caregivers, having access to community and support is essential. *Tight Knit* helps to provide that sense of community through storytelling and spotlights the different approaches or resources that can help along the journey of being a caregiver or care partner.”

The Ralph C. Wilson, Jr. Foundation is hosting digital premiere events in to celebrate the launch of *Tight Knit* for community members in Southeast Michigan and Western New York:

**Tuesday, August 4th, 10:00 AM ET:** Digital premiere and panel discussion of the documentary featuring a Buffalo mother-daughter duo, “Enid & Mami.” [RSVP link](#).

**Thursday, August 6th, 1:00 PM ET:** Digital premiere and panel discussion of the documentary following three Detroit families, “Today Was A Good Day.” [RSVP link](#).

To learn more and access the documentaries and podcasts, visit [www.tightknit.org](http://www.tightknit.org).

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**About the Ralph C. Wilson, Jr. Foundation:** The Ralph C. Wilson, Jr. Foundation is a grantmaking organization dedicated primarily to sustained investment in the quality of life of the people of Southeast Michigan and Western New York. The two areas reflect Ralph C. Wilson, Jr.’s devotion to his hometown of Detroit and greater Buffalo, home of his Buffalo Bills franchise. Prior to his passing in 2014, Mr. Wilson requested that a significant share of his estate be used to continue a life-long generosity of spirit by funding the Foundation that bears his name. The Foundation has a grantmaking capacity of \$1.2 billion over a 20-year period, which expires January 8, 2035. This structure is consistent with Mr. Wilson’s desire for the Foundation’s impact to be immediate, substantial, measurable and overseen by those who knew him best. For more information, visit [www.rcwjrf.org](http://www.rcwjrf.org).

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