**FOR IMMEDIATE RELEASE**

**Date:** October 20, 2021

**Author Nadine Roberts Cornish and Chef Lisa Givens, Brought Home Flavor**

**to Denver in Celebration of National Gumbo Day.**

*Local Author of the “Caregivers Gumbo” book series, and Denver-based Chef, talked comfort food for the caregiver soul and a new book cookbook honoring family caregivers.*

**DENVER, CO** – On October 12, National Gumbo Day, local Author [Nadine Roberts Cornish](https://tcgcares.com/founder/) and award-winning local [Chef Lisa Givens](https://www.gourmetaway.net/) teamed up to talk about family caregiving, their new cookbook honoring the family caregiver, of course, making gumbo.

Roberts Cornish and Givens are proud, born-and-raised New Orleans, who combined have lived in Denver for nearly 30 years. Gumbo has served as a staple of memories, celebration, and loss for both of them. “Like music is the soundtrack of our lives, food is the sensory memory,” said Chef Lisa. “The taste, smell,

and texture of food can be extraordinarily evocative, bringing back memories not just of eating food itself but also of place and setting.”

Chef Lisa Givens (l) and Nadine Roberts Cornish(r) made gumbo, talked about family caregiving, and a new book on National Gumbo Day.

Gumbo is a stew that originated in southern Louisiana in the 18th century. “Just as the word gumbo often means a mix of cultures, the dish itself is a blending of culinary traditions of different cultures—West African (from which the name gumbo may derive), Choctaw, French, Spanish, German, and Filipino,” said Roberts Cornish.

Roberts Cornish and Chef Givens whipped up gumbo and discussed why family caregiving, just like gumbo, is complex, multifaceted, and at its best when it's shared in the community. As a bonus, they announced the third book in the caregiver's gumbo series titled *"Recipes in My Gumbo,"* a cookbook of favorite recipes and stories from family caregivers inspired by their journey as a caregiver to a loved one. The cookbook will be released in Fall 2022.

A clip from Chef Lisa Givens (l) and Nadine Roberts Cornish(r), 2020 Video Celebration of National Gumbo Day.

To watch Chef Lisa and Nadine’s 2020 gumbo-making video in its entirety, [click here.](https://www.facebook.com/nadine.robertscornish/videos/10207821996505436)

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**ABOUT THE AUTHOR**

[Nadine Roberts Cornish (CSA)](https://tcgcares.com/founder/) is a Gerontologist, healthcare consultant, renowned author, and speaker. She is the founder of [*The Caregiver’s Guardian*](http://www.tcgcares.com/), a Denver Colorado-based consulting service that supports, encourages, and advocates for the family caregiver. Nadine is the author of *Tears In My Gumbo (2016)* and *Prayers In My Gumbo(2019)*, the first two books in the caregiver's gumbo series that speak personally and passionately to the caregiver's journey. Additionally, Nadine is the founder of [The 101030 Campaign](https://tcgcares.com/the-101030-campaign/), an annual event held in November that honors and highlights the caregiver journey. For more information visit, tcgcares.com.

**ABOUT THE CHEF**

[Chef Lisa Givens](https://www.gourmetaway.net/pages/home), Executive Personal Chef and owner of Gourmet Away. Chef Lisa shares her love

through food with people who don't want to cook, don't have time to cook, or can't cook for themselves. In 2018, Chef Lisa was named Personal Chef of the Year by the United States Personal Chef Association. When she is not cooking, Chef Lisa is a mentor and community volunteer and always seeking new knowledge that can enhance her life and others in her family and the community. For more information, visit gourmetaway.net.