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EMPOWERMENT



**Seniors STRAIGHT Talk**  
**New Shows Weekly**  
**October 21st 2019: Caregivers: Unsung Heroes**

Who are the caregivers? More than 40 million family caregivers across the U.S. provide unpaid assistance to aging parents, spouses and other loved ones. A 2017 Caring.com survey showed that nearly 40 percent of these caregivers commit to a schedule greater than 30 hours per week. Most caregivers currently work; 48% full time and 11% part time. Juggling family, work, and their loved ones care needs, caregivers are truly sandwiched in between these responsibilities. They are truly unsung heroes leaving little time for them to think of themselves. It is essential for caregivers to find effect

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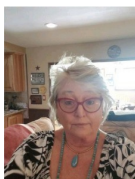
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**Featured Guest**



**Josette Quinn**

Josette Quinn is 62 years old and has been retired almost 10 years. She worked for Riverside County as a Health Educator and Program Coordinator.

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