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HEALTH & WELLNESS



CAUGHT BETWEEN GENERATIONS

with Dr. Merle Griff



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**April 20th 2017: Caregiver Decisions: How to
Keep Your Family Together and Ease Your
Stress**

How do you make good decisions for your elderly parents? How can you overcome burnout as a caregiver? Becky Feola, author of "The Eldercare Consultant," tells us the signs to look for when evaluating older adults and how we can make compassionate choices that honor our loved ones. Next, Elizabeth Ibrahim, director of Geriatric Care Management at SarahCare, explains how adult day health centers, combined with geriatric care management, can keep families together and ease caregiver stress.

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Featured Guests



Becky Feola

Becky Feola, owner of Assisted Living Advantage, learned the value of hard work at an early age and continues to put that work ethic to use to help families and individuals seeking the best assisted living for their loved ones.

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Elizabeth Ibrahim

Elizabeth Ibrahim is the Director of Geriatric Care Management at SarahCare

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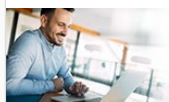
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