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The Kathryn Zox Show
Wednesday at 7 AM Pacific
June 13th 2018: Ep. 1: Senior Caregiving and
Ep. 2: Motherhood

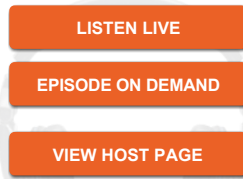
Kathryn interviews senior care expert and social worker Jody Gastfriend, author of "My Parent's Keeper: The Guilt, Grief, Guesswork, and Unexpected Gifts of Caregiving". With life expectancy almost double what it was a 100 years ago, we're at a point in history when people 85 years and over make up the largest growing demographic in the US. Gastfriend shares her guide to caring for aging family members by providing advice, vignettes and a compassionate approach to helping family caregivers find gratification in their new role. Kathryn also interviews Laura Jean Baker, award-winning author

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Featured Guests



Jody Gastfriend

Jody Gastfriend has been a social worker for more than thirty years and is Vice President of Senior Care for Care.com, the world's largest online marketplace for finding and managing family care.

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Laura Jean Baker

Laura Jean Baker is that rare combination of poet, journalist, chronicler, philosopher, and humorist, writing where mental health, crime, and family intersect.

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