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Living to 100 Club Friday at 2 PM Pacific

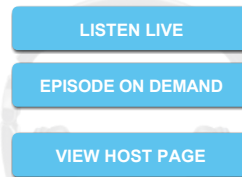
February 7th 2020: Encore Helping People Find Hope, Humor, and Heart in Caregiving

Today's guest is Elaine K Sanchez, caregiver speaker, co-founder of CaregiverHelp.com, a video-based support program for family and professional caregivers, and author of the unflinchingly honest and surprisingly funny book, Letters from Madelyn, Chronicles of a Caregiver. We will be talking about how to develop an Attitude of Creative Indifference toward caregiver anger, guilt, depression, grief, and dementia-related challenging behaviors, with a special emphasis on dealing with surprising and inappropriate dementia-related sexual behavior.



Tune in

Friday at 2 PM Pacific Time on
VoiceAmerica Health and Wellness
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Featured Guest



Elaine K Sanchez

Elaine Sanchez is the author of the unflinching honest and surprisingly funny book, Letters from Madelyn, Chronicles of a Caregiver.

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