



NEWS RELEASE

CARING FOR MOM AND DAD: WHERE TO BEGIN
WomansDay.Com Publishes Article Written By Steve Everhart

DANA POINT, CA, September 22, 2008 – WomansDay.Com recently published an article by Senior's Choice president and founder Steve Everhart. The article, entitled [*Caring for Mom and Dad: Where to Begin*](#), offers practical information and advice about caring for an aging parent, as well as tips and resources for family caregivers.

Covering a wide array of topics – including fall prevention at home, tips for safe driving, medication management, smart shopping, healthy meals, senior-friendly kitchens, family caregiver education and support groups, taking care of yourself and bringing in dependable outside help – this article serves as a fitting example of the vast body of senior care expertise offered by Steve Everhart and available through his organization, The Senior's Choice.

The article can be viewed by clicking on the link below.

www.womansday.com/Content/Health/Caring-for-Mom-and-Dad-Where-to-Begin

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