



Wellness
VOICEAMERICA™

*This show
broadcasts every
Thursday at 7AM Pacific on
VoiceAmericaHealth.com

About The Host

As President of Bright Days Home Care, an agency that provides in-home care to seniors, I live and breathe matters pertaining to seniors. I have a Masters in Public Health from the Joseph A. Mailman School of Public Health at Columbia University. My focus was on health promotion and disease prevention, where we examined the determinants to successful health outcomes for people.

I got into senior care for several reasons. Firstly, I have experience in dealing with elderly family members that were not able to care for themselves. They needed help in-home and with negotiating the plethora of decisions and choices they were facing. My aim is to make navigating senior care a simpler and less challenging prospect for seniors and their families. I want to provide the best quality care, while also serving as a resource.

The other reason I am in this business is because of my grandmother, Shirley Wright. She is a dear friend. She is my role model and the matters that matter to her figure prominently in my life.

About The Show

Senior Matters is the authority on matters relating to seniors. The focus of the show is to examine various issues and concerns for an aging population. We discuss issues ranging from long-term care insurance options, in-home care, moving to a facility or senior community, legal matters, and healthy lifestyles. We want to empower our listeners with information on a wide array of the issues that they may confront, while also highlighting the solutions. We want to provide simple straightforward tools and suggestions to our listeners, demystifying the process of getting older. While the show is about serious matters, we deliver the information in a heartfelt and accessible manner. Tune in to Senior Matters, broadcasting live every Thursday at 7 AM Pacific Time on the VoiceAmerica Health and Wellness Channel.



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