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Candace Dellacona Empowers Sandwich Generation Women with Legal Strategies in The Legal Intelligencer

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Candace Dellacona, a principal and shareholder in the firm's Estates and Trusts Practice Group, was recently featured in *The Legal Intelligencer* discussing how women in the Sandwich Generation can manage the complex and demanding dual caregiving roles they often face. In her article, Dellacona addressed the unique challenges these women encounter, including emotional, logistical, and financial strains, while also highlighting practical legal strategies to help them thrive.

Women in the Sandwich Generation—responsible for both aging parents and children—often struggle to balance their caregiving duties, their careers, and their own well-being. Dellacona outlined how this juggling act can lead to significant burnout and stress.

"The challenges can feel overwhelming, but with the right tools in place, women can protect their families and find balance," Dellacona wrote. She emphasized the importance of strategic planning and self-care, which can enable women to protect themselves and their families.

[Click here to read the full article \(subscription required.\)](#)

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