

Dean Blandino on Family, Career, and the Sandwich Generation

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By Candace Dellacona

In this episode of The Sandwich Generation Survival Guide, host Candace Dellacona welcomes Dean Blandino, Fox Sports NFL and College Football Rules Analyst and former VP of NFL Officiating. Dean shares his journey from playing sports in New York to becoming an influential figure in sports officiating, offering insights into career pivots and balancing professional obligations with personal life. The discussion delves into his family dynamics, the challenges of being part of the 'sandwich generation,' and the importance of communication and planning in caregiving. Dean also highlights his approach to self-care and maintaining a positive outlook amidst the stresses of work and family responsibilities.