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Offit Kurman's Candace Dellacona Explores Caregiving and Creativity with Renowned Author Kate Feiffer on 'The Sandwich Generation Survival Guide' Podcast

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In a recent episode of The Sandwich Generation Survival Guide podcast, Offit Kurman's Candace Dellacona sits down with Kate Feiffer, a celebrated author, illustrator, and editor, for an engaging and heartfelt discussion. Kate, whose diverse career spans television production in Boston and writing on Martha's Vineyard, shares the deeply personal journey that inspired her latest novel, *Morning Pages*.

The conversation navigates the complex challenges faced by the Sandwich Generation—adults juggling the demands of caring for aging parents while raising their own children. Kate opens up about her mother's early stages of dementia and how this experience paralleled the struggles of her novel's protagonist, Elise. Together, Candace and Kate delve into themes of invisibility, self-discovery, and the cathartic power of writing.

As the episode unfolds, listeners gain insight into the broader societal issues surrounding aging, the importance of friendships among older women, and the significance of maintaining one's identity amidst the chaos of caregiving. Candace concludes the episode with a powerful reminder of the value of community and support for those in the Sandwich Generation.

Kate Feiffer's candid and often humorous reflections provide both comfort and validation to those navigating similar life challenges, making this episode a must-listen for anyone facing the unique dynamics of this generation.

To listen to Season 2, Episode 2, "Author Kate Feiffer's Journey Through Caregiving, Creativity, and Her Book "Morning Pages," [click here](#).

For more information on Kate Feiffer, visit www.katefeiffer.com.

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