

The Challenges of Navigating the Sandwich Generation with Vanessa Grigoriadis

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By Candace Dellacona

Candace Dellacona welcomes Vanessa Grigoriadis—acclaimed investigative journalist, co-founder of Campside Media, and host of the new podcast *So Your Parents Are Old*—to *The Sandwich Generation Survival Guide*.

Vanessa shares her personal journey into caregiving after her father's cancer diagnosis and caring for an aging parent, sparking a candid conversation about what it really means to be in the sandwich generation. From difficult financial and long-term care conversations to navigating memory loss, this episode pulls back the curtain on the emotional and logistical realities families face every day.

Raw, honest, and deeply relatable, this conversation highlights why proactive planning, community support, and open dialogue matter—and how podcasting has become a powerful tool for bringing these often-quiet conversations into the open.

To subscribe to Vanessa's podcast, *So Your Parents Are Old*, visit <https://join.campsidemedia.com/podcast>

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