

Aging for All with Rebecca Adelman

keywords

senior living, family partnerships, risk management, dignity of risk, culture change, healthcare, elder care, expectations management, community support, education

summary

In this episode of Aging For All, hosts Jen Yanez Pryor and Andrea Price welcome Rebecca Adelman, an attorney and entrepreneur dedicated to enhancing senior living and healthcare. The conversation explores the critical role of family partnerships in senior care, the concept of dignity of risk, and the cultural shifts necessary in senior living communities. Rebecca shares her insights on how to navigate transitions in care, emphasizing the importance of communication and education for families. The episode concludes with practical advice for families to advocate for their loved ones during these transitions.

takeaways

- Family members play a crucial role in the care of their loved ones.
- Understanding the dignity of risk is essential in senior living.
- Communication between families and care providers leads to better outcomes.
- Cultural shifts in senior living are necessary for person-centered care.
- Education and training must be embedded in communities for lasting change.
- Families should ask about resources available for their involvement.
- Creating a support network for loved ones is vital during transitions.
- Families need clarity on what they are looking for in care.
- Dignity and autonomy should be prioritized in care settings.
- The journey of care is a shared experience between families and providers.

Jen Yanez Pryor (00:01)

Hello and welcome to Aging For All. We're your hosts, Jen Yanez-Pryor.

Aging For All (00:06)

And I'm Andrea Price. Thank you all so much for joining us today.

Jen Yanez Pryor (00:10)

Today, our special guest is Rebecca Adelman. Rebecca is an esteemed attorney and entrepreneur with deep-seated commitment to enhancing senior living and healthcare. Based in Memphis, Tennessee, she founded Adelman firm in 2001, establishing it as a Women's Business Enterprise National Council certified all women law firm. For over 35 years, her firm has specialized in healthcare, insurance defense, employment and business litigation.

focusing particularly on long-term care providers and their insurers, both regionally and nationally. Rebecca's innovative approach to claims and risk mitigation led her to develop the PRISM model, a proactive claims management strategy that has transformed risk mitigation services for senior living insurance companies. Her roles also include serving as an arbitrator for the American Health Lawyers Association and as an ambassador for Bridge the Gap, an innovative

aimed at educating and influencing the future of senior housing and services. In 2021, Rebecca launched GuidePath LLC, an expectations and risk management certification program that has redefined education and training in the senior living industry. GuidePath was the winner of the 2025 Aspect Award for Skilled Nursing New Brand Launch.

Guide Path not only focuses on risk mitigation and quality of care, but also encompasses a range of solutions for process improvement and compliance across the continuum of senior care. These solutions are designed to fundamentally shift how care providers understand and manage resident and family expectations at transitions in care and create partnership with families which improve quality and reduce risk.

As a national speaker and thought leader, Rebecca is recognized for her expertise in culture change and senior living and enterprise risk management models. Her presentations on managing expectations and improving risk strategies in healthcare have had a transformative impact. Her efforts have earned her numerous accolades, including the top 10 empowering women leaders in 2023 by CIO views and the American assisted living nursing associations inaugural

Ethel Mitty Hart Award for her contributions to nurses and senior living. Rebecca also hosts a monthly senior living empower hour, a complimentary webinar focused on enterprise risk management, innovative solutions and senior living along the continuum of care and includes special guests for all areas in the industry. The webinar won the 2025 aspect award for skilled nursing radio, audio podcast. Beyond her professional pursuits,

Rebecca's passion for education and community support inspired her to found a nonprofit Montessori school, which emphasizes peace, education, and community empowerment. Rebecca's diverse talents enable her to advocate effectively for transformative care and senior living on a global scale. Fun facts, Rebecca is a certified NBA player agent and fluent in French. Hi, Rebecca. Thank you for joining us.

Rebecca Adelman (03:24)
Gosh,

I should have edited that, right? Sorry.

Jen Yanez Pryor (03:27)
Very interesting stuff!

Rebecca Adelman (03:29)

my goodness, we'll find something in there that's useful to you and your amazing listeners on Aging For All. So thank you so much for having me.

Aging For All (03:38)

Yes, thank you so much for joining us and congratulations on all of your success and your most recent success, the Aspect Award for Skilled Nursing, new business. So congratulations on all of your accomplishments. And we were happy to read your bio, so thank you. So one thing that I find really fascinating about your work is the partnership you mentioned with, or Jen mentioned with families.

Rebecca Adelman (03:52)

Thank you so much.

Well.

Aging For All (04:07)

and why it's important for improving quality of care and risk reduction through these partnerships. Can you tell us a little bit more about Guide Path and why partnering with families is important?

Rebecca Adelman (04:20)

Yeah, I just, it really is a topic, a subject that's so critically important because I feel like for all of us, are always important times. And particularly in senior living, transitioning from home to a new community and a new home isn't just our, you know.

isn't just our loved one making that transition, right? It's a transition for everyone. It's a transition for family members. It's a transition for friends. There's so many dynamics at work when we decide to choose a different home for extended care and a different living. So I think what I have found over time,

in my work as a lawyer and representing senior living for all these years and so many families I've talked to and who are typically like in the middle of a conflict, right, is what I've learned is that so many of the, so much of the confusion or emotional impact on families when their loved one is moving to a new place to live,

is because they really don't have a defined role, right? So they're living a certain way for all these decades. Maybe it's a family member who's been caring for this person, their loved one. Maybe they're just a friend. Maybe they're someone, it doesn't really matter what role they have. They've been in that role for decades, typically. So when it comes time for there to be a transition, because that role is sort of undefined, it creates confusion.

and a whole array of emotions. And I think that what I've learned is and what is reflected in my work, including our guide path solutions and our certification program and our education for families, is that by helping families understand that they are actually the key, they're like the key that unlocks everything for.

for caregivers in a new community, they're the key that unlocks all the knowledge about their loved one, right? They're the ones who know their loved one best. We're just sort of coming into a certain chapter of a life book, right? So I think that our work, my work here at the law firm, my work with Guide Path has really been focused on that, about creating a more defined role for people

for the family members, for friends, for extended family, for chosen family. And when our loved ones are moving to a new place to live in our senior living communities, whether that's an actual skilled nursing facility, assisted living, whether it's memory care, I think that that's it. know, really empowering families to really understand, like they hold the keys to and have all the knowledge. So we want them to be our partners in care.

in caring. So that's a real key, a core of our work. And I'm sure we can all understand that it doesn't matter if you're, you know, where you are on the age spectrum, you really understand what I'm talking about. Everyone will shake their head who's listening to you and say, yeah, I can see that. I can feel that.

Jen Yanez Pryor (07:54)

Absolutely. Just in my amount of time that I've spent working in assisted living, you know, I've, I've observed a lot of different ways that families kind of show up and it often feel felt to me that they were kind of a, an afterthought almost, cause there's the community so focused on the resident, you know, providing person centered care that they, sometimes forget that part of that includes the family members.

Rebecca Adelman (08:20)

Yeah.

Jen Yanez Pryor (08:21)

And I've had people ask me like, well, know, so and so keeps coming and they want to do something, but they're asking me, how do I visit better with my loved ones? How do I help them? What can I do? And I think there's a lot of ambiguity around, you know, what's quote unquote allowed, right? When we have somebody who's moved into these more regulated environments, right?

Rebecca Adelman (08:48)

Yeah. And the great point about regulated environments, I think people forget that, you know, really they're moving home to a new home. Like it's their home. We're thinking of it as sort of like, you know, a clinical setting maybe. And maybe even family members are thinking, this is more clinical, you know.

there's probably rules, but really your loved one's moving to a new home. And we visit them, we bring them stuff, we hang out with them. And I really do feel that that has just been such a missing piece. And of course, from my legal side, when I ask families questions like, why are you suing our...

why are you suing our sister living? Why are you suing our skilled nursing? Why are you suing us? And they will say, well, I really just didn't know what to expect. I didn't know what, what I didn't know. And now there was a, you know, my, my mom fell and she broke her hip or my mom was found outside the community or, and so I couldn't get any answers. I didn't know. I mean, it really is just more confusion than then

somehow transforms into a deep-seated emotion, whether it's guilt or anger or whatever it might be, resentments. Things come up if we don't just have to be very transparent on the front end and say, you know, here is your role. Your role is a partner. We want you here all the time. There are no rules about visiting.

Come whenever you want. Come, let us work with you and you are part of our care team, you know? But I also think to your point,

I think our staff are really trained because we are in a regulated environment. Our staff are trained to like documentation and schedules and care delivery, you know, delivering care and

you know, make sure it's person centered. So we're checking boxes and going through lists, not to anyone's fault or to blame. I think it's just, in some ways it's a very systemic issue. And so to overcome those obstacles or those barriers, you really have to kind of step back and zoom out and see like really what's happening. And so we're either making a decision as a family that our loved one needs to be safer. Our loved one needs to have more attention.

have care needs that we just can't care for at home or at home they're not safe or whatever it is. Like you know we as the providers as the you know the new home need to account for all that and I think it's such a magical beautiful opportunity right for us to be able to say wow you know you're not your loved one you're not

losing your loved one to our community, like you're gaining a bunch of new families and you're growing your family, right? I love that. To me, that's kind of how I see it, you know, and, but I think you're right, Jen, about, know, just sort of like the impact of regulations on things. So good, great points.

Aging For All (11:58)

And I think, Rebecca, you have spoken to a heart matter. I think when we do go into these facilities, we have loved ones in facilities, we see it as a facility, so to speak. But what you're doing and what you've described is more of a human connection, the person-centered care.

Can you talk to our listeners a little bit about how you see that improving care and reducing risk in these environments?

Rebecca Adelman (12:24)

Yeah, I mean, you know, to me, the more information about a person's life before they came to us, their habits, their likes, the things they don't like, their patterns, their history, their relationships, all that information that comes from the family helps us deliver better care.

It helps us ask the question about what matters. What matters to you? What matters to, we can ask that question of the person we're caring for or our new family member, our new resident, or we can ask that of the family. What matters to your mom?

What matters to your dad? And they may say, well, what really matters is they used to be in a book club and they couldn't do it anymore. It doesn't really matter what the specifics are. It's really about staying super curious about what matters to everyone in our communities. So for that, when we empower our staff,

to have more information about what matters, then they become more invested, right, in the lives of the person as opposed to just the care of the person, which then ultimately in a more holistic environment results in a better outcome or better care. And I think too, just communication always results in better outcome, more transparent, more open communication, being able to empower staff to know how to.

you know, respond when a family member comes in and has a concern or has a question, whatever it might be, or the resident has a concern or question. From a risk perspective, I think that understanding that, and this is a really important piece of the work I'm doing and I'm really developing right now, is around the dignity of risk. And there's some beautiful work out there around the dignity of risk. And

You know, we think about living, living just has inherent risks. You wake up and you don't really know. And we do our very best to, you know, ourselves mitigate risks. But when you're living in a communal environment or you are, you know, your health may be declining or cognition may be declining. We sort of live in an environment where, you know, safety first. And don't get me wrong.

I'm all about safety. I'm all about keeping our folks safe. But I'm also really all about independence and autonomy and dignity. And, you know, I could give you a, I can give you myriad examples of how we want to protect people from falling or protect people from, you know, a certain event or protect people from losing weight or gaining weight or

protect people from whatever it might be because of some regulatory requirement too, but because we think like, know, safety, someone will get upset if something, you know, if there's a safety issue, but we leave out the fact that there's some dignity of like living, right? If someone

wants to take a risk in their lives and they live with us in our senior living community, in our assisted living community,

Like there's a certain dignity of like an autonomy to like being able to go to the, the restroom yourself, you know, like, you know, well, don't go unless you press the call, like don't go unless someone's here with you. Don't go. It's like, I don't really want you here. Right.

Jen Yanez Pryor (16:06)
Yeah, right.

Rebecca Adelman (16:08)
do we navigate that? How do we promote autonomy, right? But at the same time, recognize that certain things have risk and there's a certain kind of dignity that we have to protect also. People's rights to say yes or no, I don't want to eat that, I do want to eat that, I want a little extra of this, I don't want to see so and so, but I do want to see so and so. There's all sorts of decisions. There's thousands of decisions that we make every day.

just because we're in assisted living doesn't mean or skilled nursing doesn't mean we don't make those decisions anymore. We don't lose that when we go right. But what does happen is we need to educate the people around us to listen and to understand and to have a culture.

around this idea of dignity of risk. I think this is a really important topic. And so this idea of risk, and you can't really prevent all risk. Living has risk. You get your car and you go drive, whether you're 85 or whether you're 25, there's some risks associated with it. What can we do to sort of mitigate risks? What kind of conversations can we have? What kind of interventions can we put in place? But it is stripping us of our complete independence and our autonomy.

So I think there's like a little spectrum in there that we need to be very aware of. And so the more communication we have, the more partnership we have. The more we define like what is a good outcome. A good outcome may be a happy resident who doesn't want to use her assistive device.

That may be the outcome, the happy outcome. Somebody who just doesn't want to get up out of bed at eight o'clock in the morning just because they did that when they lived at home. Instead, they want to sleep a little longer and stay up a little later and binge some Netflix. You know what I mean? Why does that change? Because we've moved into a as just a living community.

being able to discuss that and really understand and get the information so that we we are responsible for helping create that balance between the dignity of aging right but also creating a safe environment that hopefully we can mitigate some risk but we can't you know you can't stop people from living you know they're until they're not living anymore

Jen Yanez Pryor (18:29)
yet.

Aging For All (18:32)

Right.

Jen Yanez Pryor (18:32)

Right. Yeah. No,

I appreciate this dignity of risk. That's a great phrase. I love that. And I think, you know, this whole conversation weighing autonomy against safety, right? That's been the biggest, you know, challenge I think I've seen a lot of people struggling with because it's like, well, I want to allow them to just do whatever they want. I don't want to get involved with it, you know, any, but

Also as a healthcare provider, I'm held to whatever licensing standards and standards of care. And so it's a struggle between my professional self and maybe what my heart is telling me. And so it's hard.

Rebecca Adelman (19:05)

standard.

Yeah, yeah.

It is, it's, but you know, just these conversations, aging for all, and this platform is an opportunity for us to begin in raising awareness around it, know. Dignity of risk just as a, know, anecdotally, but importantly, dignity of risk goes back to like the 70s. And this idea that folks who had mental and physical

Jen Yanez Pryor (19:33)

Absolutely.

Rebecca Adelman (19:47)

limitations, right? People who had to, you know, who were, you know, just had all sorts of physical limitations. You know, they were really our, you know, our laws and the rights were really took a long time to develop around them. And, you know,

Maybe someone didn't wanna be like, in an institution somewhere, but wanted to be living in the general community and was willing to take certain risks, even though they were specially abled. So this concept of dignity of risk, there's some brilliant minds that are doing this kind of work out there and I'm just sort of adapting it to senior living. But it started a long time ago, this idea that we all have certain dignity, but like,

We wake up when we have risk to take. How do we help each other? And Jen, and I mean, this conversation is a beginning. People who are listening can now think to themselves, I can promote dignity and independence and autonomy and freedom. mean, real, it's a right, it's a freedom.

you're still free just because you live somewhere else and you're being cared for, you still have freedom and you still have the right to be free. And so how do we balance that? And I think it's a big responsibility for us, you know, and a great responsibility. think there's a, again, working with family, partnering, like there's that whole, that intersection of, you know, talking to the family, like, you know, your mom wants to do this when she likes to go every day out to the Rose Garden, vaping,

smoking, whatever she wants to do. She loves doing that. Well, I don't want her to do that. I don't want her to smoke. don't want her. It's like, well, sorry. Like she likes that. And she has the right to do that. I know you don't want her to smoke. It's probably bad for her health, but there's a world we live in and she has the right to take the risks. She's living now. We're not going to leave her alone out there.

Right? We're going to supervise and we're going to do things, but we're not going to take your mom's cigarettes away. We're not going to take a certain book she likes to, you know, that it just imagine when you see a gen, you guys see it all day, every day, all the time. So I think this is really important because what's driving a family isn't necessarily the fact that they want necessarily, they do always want what's best for their loved one, but they might be driven by

emotions like if she falls I'm gonna feel terrible that she was out there you know doing x y and z or she gets she has you know some

you know, lung problem and she whatever it might be, you name it. And I think we have to work with the families with, you know, and really explore with the families like I know this might make you feel a certain way, but let's take a look at it from the perspective of your loved one. What can we do to help you feel better?

Aging For All (22:47)
Good.

Rebecca Adelman (22:50)
and really understand this idea of risk taking versus safety. And getting them in the conversation is really, really important. So, yeah.

Aging For All (23:02)
Absolutely. And your work,

the work is really important because it's about culture change too, both for the organizations that you all serve and for our community as a whole. Thinking about this is really not a part of our culture right now. So how do you have a, how do you work with, with facilities for instance, around this cultural shift? Because it is a cultural shift we're talking about in this.

Rebecca Adelman (23:29)

Yeah, it is. And it's just so timely, our conversation. So, you know, again, culture change in our space has been senior living has been around for, and there are some great pioneer, in fact, pioneer network, there are several different organizations out there that have been sort of pioneering culture change, you know, person centered, person driven care, person directed living.

and have developed great tools, great resources for culture change, but there have been like a, you know, a, there have been a, you know, lot of barriers and obstacles to culture change, some of which are really sort of education and training and, and the fact that, you know, you know, the, the regulations really aren't designed

around this sort of more holistic approach. know, person-centered care, while we all know that it's, the person is at the center of everything when we're caring for them. You know, it just made it into the regulations probably about 10 years ago, right? So the way we work with folks is, particularly with Guide Path, is to sort of begin with understanding sort of some of the key components of culture change.

Communication and languaging is really key. So we've got a couple of modules that are around empathic leadership, trauma-informed care, my relationship with Paige Hector, who does a lot of work in nonviolent communication. She's one of our subject matter experts with Guide Path.

Compassionate communication, Understanding, you know, what goals of care really means. These are some of our other education modules and some of our training. Palliative care, you know, what is palliative care in our world? You know, you think of palliative care and you could conjure up all sorts of ideas if you really don't understand that it really is just the relief from suffering, right?

It's not necessarily like, know, palliative care comes in when everything else fails. It's, you know, some people live with chronic pain. Some people need palliative support, right, while they're in their senior living community. So the way we are, you know, trying to overcome the barriers to culture change that really are transformative, sustainable culture change is by presenting sort of a, again, a more holistic approach.

to partnerships in care, identifying sort of the core principles we think are the horticulture change, which really is like communication and involving the family. And our program, Guide Path, is really a brilliant certification program. I hope folks go check it out and you get a resource to them so they can check us out. communities that are Guide Path certified that go through the training and education.

really come out the other side with actionable commitment plans. I think that's, and I'm sure you too can attest to this, and many of the folks who are listening to Aging for All that, you know, there are so many amazing resources out there that can help us learn and grow and get educated about the important.

you know, shifting culture in senior living. But what usually happens and what we found is when the education and training is over, I kind of call it suitcase culture. You know, you've got two or three people that say in your community, you go and they take a course on culture change. Well, then they leave because turnover is a root is reality. So then, you know, that social worker or that

D.O.N. or that administrator just packs up their knowledge and they take it put in their suitcases and they go and the larger community really hasn't had access to it. So part of our Guide Path program which is really kind of was the sort of the key differentiator I think that for us.

is that with each of the modules, the Guide Path team, the group that's taking the training, then has to meet and have a sort of a navigated conversation around a case study or something going on, something that we've presented to them as like a work group. And then they have to develop their own for their community, a commitment plan, a community commitment plan in order to complete that module. That is the process improvement. That does take the Compassionate Communication module.

They create something for their community that then goes back out into the community that stays with the community forever. So if someone on the team leaves and someone who took the GuidePam training leaves, the learnings then become weaved and become embedded into the community because culture change takes some time. And if the folks who are getting the training and the education leave and it isn't really about your community that has the culture change, but it's like individual people.

then really you don't stand a chance to have sustained and transformative change. So we've developed the program so that the education and the training has to be sent back out into the community through these commitment plans. And you commit to it. You can't finish the module and you can't get signed off on to finish the module and become fully certified until you've finished a commitment plan. And the beautiful thing is, that it's really unique to your community. So community one, their needs,

as it relates to empathic leadership might be different than in other communities so they can design these commitment plans, these process improvement plans unique for their communities. So that's really what we're doing and it's just been a great journey and of course you know that in senior living we all have our own personal stories. So I've been training in the sort of the components of Guide Path really might.

most of my legal career expectations management and working with communities. But Guide Path is sort of the scaling of that, right? And it all came from, you know, my father's own, I was with my father during his journey through dementia and took care of him until he passed on and transitioned into a different form. And when he died, I thought to myself, you know, I'm...

educated in this space. But boy boy I didn't know what to do when my dad was dying. I didn't know what to do when my dad you know when his dementia progressed. Like how is it that 35

years I've committed to this and like I don't know what to do. And it occurred to me that it really doesn't matter how much education and training you have. It's really experiential and I wanted to make sure that I created a sort of something that people could

like me, like anyone would have his resources and could know that if they go to a guide pass certified community that the people there have been trained to really understand about care partnerships and about. So that's really why, you know, my dear father is looking down right now, just, you know, happy to meet you too, by the way. And appreciates, appreciates all because he was my greatest teacher, you know.

all my greatest lessons were from him. So thank you for letting me share that story because we all have our own personal stories in Senior Living, don't we?

Jen Yanez Pryor (31:04)

Yes, thank you. Thank you for sharing that story. I do have one more question. You kind of looped back around to the whole family side of things there toward the end with your own experience. And I'm curious, what advice do you have for family members, friends, so that they can advocate for themselves in these transitional times, so that they make sure that they remain members of their loved ones' team?

Aging For All (31:04)

Thanks.

Rebecca Adelman (31:33)

is a great question. So here's what I would do. Let's pick three things, three important takeaways. One, I would say if it's not an urgent transition in care, right? Like you're not going from the hospital, like it's planned, it's called planned. If your family's planning to have your loved one.

and your loved ones, know, transitioning, that when you're out there touring, selecting, making choices, that you ask the question. Be very forthright about it and very transparent. What resources do you have for family members? Do you have a family partnership? Like one of the things I do in our communities is I think it's a great idea.

that other families, unlike at an open house, you get matched up and have sort of like adoption, you know?

one family can adopt a family coming in so that they can then work together. Maybe their loved one has similar conditions or similar likes or whatever. But you know, what do you have? What kind of resources do you have in place? What kind of programs do you have in place? What can I do in terms of like the culture here to be involved and be on the care partnership team? Like just ask what they have. If they say, wow, that's a really good idea. We don't have anything.

I think it'd be really difficult to start something. Like you really kind of want to go somewhere where the culture has adopted some sort of embracing of family members, like full on, you know, at least has it on their radar. I would also ask if there is a family council, do you have a family and a resident council here?

that we can be involved in, right? Family councils are really, really important. If they say, yeah, we have one, but it's not very active, then you can, know, then that informs you, then you can make choices around a family council. And then I think that, you know, number three, these are in no particular order, but I think number three is kind of like an inside job. Number three would be, and it might be number one,

is making sure your family, whether it's your chosen family, or maybe your mom or your dad has like buddies that are going to be the ones who are there more often than not than you even, right?

or friends, maybe it's a faith based community, whatever it is, you go and create that village before and just meet with those key people, meet with your loved ones, key support team and say, what is it that we're looking for? Like make your own, make sure you have clarity about what you're looking for.

and about getting that input from other people who know your loved one from your loved one. Getting that kind of input will inform you even more about what you're looking for when you go somewhere to try and select a new home for your loved one. So I'd say that's actually number one is the inside job. How about that?

Aging For All (34:45)

Rebecca, you have shared both valuable information and practical information that listeners of all ages can take. I can incorporate things myself. So thank you so much for sharing. Your presence means a lot and also your sharing means a lot to us. So thank you.

Rebecca Adelman (35:06)

Well, you guys just are amazing and Aging4all is in VCU and all the things that you're doing is such a...

Jen Yanez Pryor (35:06)

Yes.

Rebecca Adelman (35:13)

important platform for raising awareness and just you know having a place for people to go for really good resources. So you guys are just so I'm just so privileged and I'm proud of you guys. So you know it's a we are in an environment that is no it's not easy. Most of our days are challenging so we need to really keep each other supported and inspired. So you guys do that every day. I'm so I'm so happy for you and so grateful.

Jen Yanez Pryor (35:40)

Thank you. Thank you so much. I have learned so much. I could talk to you all day, but.

Rebecca Adelman (35:47)

We will,

tell me and I'll send you some resources too. I'll send you some cool resources and if you want to post those, I just got some really new really cool resources in from a program I went to. I'll send those to you too and if you ever need resources or you're folks at VCU, I kind of have a little different perspective on things so just always reach out and just consider me one of your partners, okay?

Jen Yanez Pryor (35:50)

Excellent, yep.

Excellent.

Absolutely. All right. Well, thank you, Rebecca, for joining us. I want to thank all of our listeners as always. Thank you for tuning in.

Aging For All (36:11)

someone else.

And please join us next time for another episode of Aging For All.