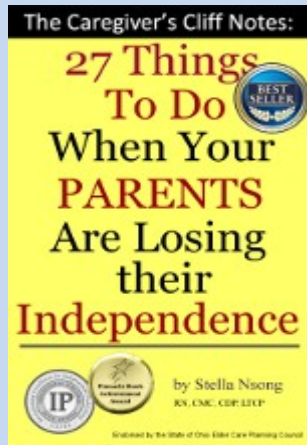


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The Caregiver's Cliff Notes:

**27 Things To Do
When Your Parents
Are Losing Their
Independence**

Stella Nsong, RN,
CMC, CDP, LTCP



Kirtland Ohio - Nurse entrepreneur, Stella Nsong, RN, CMC, CDP, LTCP and bestselling author will be a recipient of the 23rd annual Woman of Achievement Award on Sunday March 22nd 2015 at the Dr. Wayne L. Rodehorst Performing Arts Center at Lakeland Community College.

This momentous occasion will recognize Nsong for her endeavors in and to the business and health care community. She is building the bridge to transform America's elder care cliff through education, innovation and collaborative initiatives. Her best seller book the *Caregiver's Cliff Notes: 27 Things To Do When Your Parents Are Losing Their Independence* offers a road map to surviving caregiving and it shows what 76 million baby boomers need to know when it comes to caregiving for their aging loved ones.

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Over the last twenty years, Stella Nsong has worked in almost all branches of health care. In 1990 she won the gold medal for practical nursing in Georgia. In 2011, she was nominated the business woman of the year in Chesterland. In 2012, she was nominated for the platinum award in Care Management as well as the Professional of Note in Geriatric Medicine. In 2014 she won the pinnacle award in elder care and in 2015, became an amazon best seller. She writes a syndicated column titled *The Elder Care Cliff Report*. Today, she serves as the president of the CAREgiving Institute a 501c 3 organization and the Caregiver Relief Network whose mission is to help the nation build a bridge to transform the Elder Care Cliff. Proceeds of the national sales of the best seller will go to the Caregiver Relief Network, the only global membership community that helps family caregivers survive, thrive and make caregiving a gratifying experience.

For more information about the Caregiver Relief Network or to subscribe to her syndicated column, contact the RISING WOMAN Stella Nsong.

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