



Scattered: My Year As An Accidental Caregiver

Jana Panarites

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In November 2009 Jana Panarites was scrambling to make ends meet in LA. Her career spiraling out of control, she didn't think life could get any worse until she learned of her father's sudden death two days before Thanksgiving. She flew east for the funeral, and was forced to confront her future head-on at the sight of her devastated eighty-year-old mother. After living her entire adult life in LA and New York City, the second generation Greek-American decided to move back into her childhood home in Maryland--determined to save her career and her one remaining parent. In *Scattered: My Year As An Accidental Caregiver*, Panarites takes readers on an unvarnished, hair-raising journey of reinvention, inspired by love and a dwindling bank account. Her tale of attempting to advance her career while attending to medical appointments, household chores, and a flood of grief-related emotions raises issues of family loyalty, the strain of caregiving, resilience, and the repercussions of a romantic marriage for those left behind after death. Fast-paced, compelling, and filled with dark humor despite the seriousness of the subject, *Scattered* sheds a much-needed light on the plight of baby boomers everywhere, eager to thrive in their own lives but put to the test by aging parents--and often unprepared for what lays ahead.

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