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Best Selling Author D.G. Fulford To Shed Light on Boomer Caregivers' Role

Fulford to Deliver Humorous and Hopeful Message About Living Deliberately

OLATHE, Kan. — It's common today for millions of baby boomers to fulfill the role of caregiver and companion for their aging, and sometimes widowed, loved ones. Bestselling author D.G. Fulford understands what it's like to be a "designated daughter." On July 24, she'll share her heartwarming story about how she found the "bonus years" with her mother to be their best through a free event sponsored by Santa Marta, a new faith-based senior living community in Olathe, Kan.

"Anyone who has helped reconcile their loved one's bank statements, picked up their prescriptions from the pharmacy, or called each day to see how their night went, will find D.G.'s presentation to be encouraging and enlightening," said Mari Ann Laricks, senior living counselor for Santa Marta. "We know guests will walk away from D.G.'s talk with renewed spirits and a better understanding of how to care for both their loved ones and themselves."

During Fulford's free talk to area seniors and their adult children, she'll share stories about her relationship with her mother, Phyllis Greene, in their refreshing and inspiring new book, *Designated Daughter: The Bonus Years with Mom*. Fulford will read excerpts from their book and divulge a humorous and hopeful message about living deliberately.

Fulford's presentation, sponsored by The Plaza Health Services at Santa Marta, will be on Thursday, July 24, beginning at 6 p.m. at the Santa Marta community, located at 13800 W. 116th Street in Olathe. Seating is limited, and reservations are requested by calling (913) 906-0990. The first 50 people who R.S.V.P. will receive a complimentary copy of *Designated Daughter: The Bonus Years with Mom*, courtesy of The Plaza at Santa Marta.

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“Moving, sensitive and honest, D.G. will speak to the joys and privileges of bringing generations together,” said Laricks. “She’ll emphasize to adult children how the ‘bonus years’ aren’t just for your parents. They’re for you, too.”

Fulford is the bestselling author of several books, including the classic *To Our Children’s Children*, which she wrote with her brother, Bob Greene; and *Things I’d Love You to Know*, the companion fill-in journal to *Designated Daughter*. She also cofounded TheRememberingSite.org, which makes it easy for anyone to write, archive, share and publish their life story.

Santa Marta, located at 13800 W. 116th Street in Olathe, Kan., across from St. Thomas Aquinas High School, is sponsored by the Archdiocese of Kansas City in Kansas. The community’s 45-acre campus provides adults age 62-plus with a unique lifestyle experience and a variety of residential options, including 138 spacious apartment homes and The Villas at Santa Marta, 24 Tuscan-inspired private homes located in an exclusive setting on the grounds of Santa Marta. Residents enjoy a full range of services and amenities, such as maintenance-free living, restaurant-style dining, heated underground parking, a chapel, library, arts and crafts studio, and a fitness and aquatic center.

Santa Marta recently opened The Plaza Health Services, which provides three levels of care, including 32 assisted living apartments, 16 memory support suites and 32 skilled nursing suites. As a Life Care community, The Plaza’s services are available both as part of the continuum of care for Santa Marta’s residents, and also for outside residents on a private-pay basis. More information about The Plaza Health Services at Santa Marta is available by calling Mari Ann Laricks at (913) 323-7107, or by visiting www.SantaMartaRetirement.com.

The Archdiocese of Kansas City in Kansas is comprised of 21 counties in northeastern Kansas, covering more than 12,500 square miles. The Archdiocese serves more than 180,000 Catholics through its agencies, departments, parishes, schools and institutions.

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Editor’s Note: *Members of the media are welcome to attend D.G. Fulford’s presentation. Reporters interested in arranging private interviews with D.G. Fulford and/or a representative from Santa Marta should contact Brandi Towns by calling (913) 754-2384 or emailing btowns@glynndevins.com.*