

Press Release

FOR IMMEDIATE RELEASE

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https://drive.google.com/file/d/1FNMax_jMcCOXJmNvbvaYJQDyt5xEuti2/view?usp=sharing

San Diego, CA – January 8, 2025 – Launching January 16th, 2025, the new podcast "Moving Mom and Downsizing Dad: A Gen Xer's Guide to Helping Our Aging Parents and Navigating Life" offers an indispensable resource for Gen Xers balancing the demands of midlife and aging parents. Hosted by Chris Spade, this groundbreaking series delivers expert insights, practical advice, and heartfelt stories to help listeners face the complexities of senior care, housing transitions, and financial planning.

The first episode premieres on **January 16th, 2025**, and will tackle the essential steps for decluttering and preparing family homes for downsizing. Future episodes will explore topics including:

- Aging in place through strategic home renovations
- Building wealth using 1031 exchanges
- Choosing the right in-home care providers
- Selecting nursing homes and care facilities
- Exploring reverse mortgage options

Chris Spade, a probate specialist and real estate expert, was inspired to create the podcast after navigating similar challenges with friends and family. "This isn't just a podcast—it's a lifeline for Gen Xers stepping into the role of caregiver and advocate for aging parents," says Spade. "We cover everything you need to know, from tough financial decisions to planning ahead so families can avoid crisis mode."

Listeners can tune in weekly to gain actionable insights, hear from expert guests, and feel empowered to make informed decisions. The podcast aims to foster a sense of community and provide resources for every stage of the caregiving journey.

For more information, call Chris Spade at 619-818-2992

About Chris Spade:

Chris Spade is a real estate expert, probate specialist, and host of "Moving Mom and Downsizing Dad." Spade's mission is to help families navigate the financial, emotional, and logistical challenges of senior care and housing transitions.

