

Sandra W. Haymon, Ph.D. – Biography-2010

Dr. Sandra W. Haymon, a licensed Psychologist, is a renowned expert and speaker on aging and caregiving issues. She is the author of two books: *Baby Boomers—Sandwiched Between Retirement & Caregiving* (2009, Tate Publishing) and *My Turn: Caring for Aging Parents & Other Elderly Loved Ones – a Daughter's Perspective* (1996, Magnolia Productions).

Her latest book: *Baby Boomers—Sandwiched Between Retirement & Caregiving* is based on Dr. Haymon's personal experience of having nowhere to turn and everything to learn when her own parents needed care. This experience motivated her to combine her personal experiences with extensive research to provide others with the answers she wished had been available to her. *Baby Boomers* is a complete reference guide which addresses retirement concerns, as well as the medical, legal, financial, and emotional issues associated with the elderly and their caregivers. It includes: a complete *Resource List* of over 250 organizations that provide information and help for the elderly; a *Red Flag Checklist* intended to help caregivers assess their loved ones' true level of functioning in order to determine whether they are *safe* living alone; a *Feelings Checklist* to help caregivers identify, normalize and validate their feelings, and a glossary of terms used by medical and legal professionals.

Dr. Haymon's work has been endorsed by the State of Florida Department of Elder Affairs; the Florida Health Care Association; the Alzheimer's Resource Center; the NeuroScience Center in Tallahassee, Florida; and the Georgia Alzheimer's Association as well as by many other organizations and medical professionals.

Dr. Haymon has been featured on numerous television and radio shows including ABC's *Good Morning America-Sunday*, CBS's *Late, Late Night with Tom Snyder*, WTBS, Turner Broadcasting and WAGA in Atlanta, GA; Solutions USA—Los Angeles, CA; K-III TV—Corpus Christie, TX; WTOG-TV—Savannah, GA; WFSU—Public Television and WCTV—Tallahassee, FL, CNN—KHNR radio—Honolulu, HI; Radio America—Boston, MA; KVVV radio—Las Vegas, NV; and WCHY radio—Savannah, GA. She was also featured in *U.S. News and World Report* magazine on the topic of eldercare, and her article entitled *Parenting Your Parents—As Well As Your Kids—the Sandwich Generation* was featured in *Tallahassee Parent Magazine* (Summer, 1997).

Dr. Haymon, a candidate for the National Speakers Association-AZ, has presented at Annual Conferences for the American Society on Aging, the Georgia Hospital Association, Georgia Hospital Volunteers, and the Florida Health Care Association. She has provided seminars for more than 100 organizations including: Florida State University, Valdosta State University, the State of Florida Department of Elder Affairs, the Florida Council on Aging, the Marine Corp Logistics Base, Albany, GA, the Neuro-Science Center, Tallahassee, FL, and numerous HealthSouth Rehabilitation Hospitals. She has also conducted seminars for several organizations in Chennai, India including: Sundaram Medical Foundation, S.I.E.T. College, and Help Age India.

Dr. Haymon presently offers seminars, workshops and keynote addresses across the United States and Canada on the issues of Elder Care, Retirement and Work Addiction. In her Caregiver/Retirement seminars she addresses personal concerns such as: denial, medical choices, legal decisions, living arrangements, assistance programs, emotional issues, end-of-life concerns, and saying goodbye before and after the death of a loved one. She also includes a plethora of retirement options, financial information, and ways to avoid taxes and probate.

Dr. Haymon earned her doctorate in *Counseling Psychology and Human Systems* from Florida State University. She holds a master's degree in *Counseling and Human Development* and a bachelor's degree in *Psychology* from Troy State University, where she graduated Magna Cum Laude. While at FSU, she developed the first testing instrument that identifies workaholics (*Work Attitude Scale*), and conducted the first empirical research in the U.S. on work addiction. Her research was cited in more than 20 major newspapers in the United States and Canada. Dr. Haymon is a member of *Who's Who of American Women*, *Outstanding Young Women in America*, and *Who's Who among Students in American Universities and Colleges*.

Dr. Haymon resides in Marana, Arizona with her husband. She enjoys reading, hiking, biking, and traveling. She and her husband climbed to Mt. Everest Base Camp a few years ago, and in 2009 they trekked to the summit of Mt. Kilimanjaro. When describing herself she states, with much pride, "I am truly a *baby boomer in every respect and count it a blessing to have been born into such an amazing generation of people at the most incredible and wonderful time in the history of the world. We are the great producers, and we will continue to be productive—even if it is called retirement.*" ####