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Home Care Assistance Book, *Happy to 102*, Named Winner of the Aging Category in the Sixth Annual National Indie Excellence Awards

Judged by independent book industry experts including publishers, writers and editors, The National Indie Excellence Awards celebrate overall literary excellence

(Palo Alto, CA – June 18, 2012) [*Happy to 102: The Best Kept Secrets to a Long and Happy Life*](#) was named Winner of the Aging Category in the prestigious National Indie Excellent Awards. Authored by a respected team of senior care experts, Dr. Kathy N. Johnson, Dr. James H. Johnson and Lily Sarafan, the book focuses on the factors – diet, exercise, active social ties, mental stimulation and sense of purpose – that contribute to lifespan and quality of life. With an emphasis on aging in place with in-home care, *Happy to 102* unlocks the secrets to longevity and inspires individuals to live happier, healthier lives at any age. This is the first of four books in the [Home Care Assistance](#) senior wellness book series, praised by industry experts as a valuable resource that helps individual navigate the challenges of aging, caregiving and personal health. Other books in the series include *The Handbook of Live-In Care: A Guide for Caregivers* and *From Hospital to Home Care: A Step by Step Guide for Providing Care to Patients Post-Hospitalization*. The fourth book in the series will be announced at Home Care Assistance’s 2012 Annual Convention at the end of June in Washington, D.C.

“Our mission at Home Care Assistance is to change the way the world ages and our book series contributes to the movement,” said Lily Sarafan, co-author and President of Home Care Assistance. “We are deeply honored that *Happy to 102* has been recognized as the recipient of this prestigious award.”

The National Indie Excellence Awards are judged by independent experts from all aspects of the indie book industry, including publishers, writers, editors, book cover designers and professional copywriters. They select award winners and finalists based on overall excellence of presentation. Based in Los Angeles, California, the competition is open to all English language books including small presses, university presses, independent publishers and self-published authors. Works published in 2009, 2010 and 2011 were eligible for consideration in what the committee called the most competitive climate in the awards’ history.

“We appreciate you. We applaud you. And we thank you for your great work. You are contributing to making independent publishing a great sector in the literary community,” said Ellen Ried, President of the National Indie Excellence Book Awards.

For more information about Home Care Assistance please visit www.homecareassistance.com or call 1-866-454-8346.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2012 Franchise500® Company, Home Care Assistance has received numerous industry awards including *Entrepreneur's* Fastest-Growing Franchises and *Franchise Business Review's* Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com or franchise.homecareassistance.com.