



Ask the Expert



Ann Cesafsky

LSW Case Manager, Freedom Home Care

Ask the Expert - Episode 5

Welcome back to our *Ask the Expert* series. This week, our interview is with with [LSW Case Manager Ann Cesafsky](#). Ann discusses how to manage grief and the changes it brings. Ann also touches on the effect COVID-19 is having on how we are able to find comfort and comfort others during times of grief.

Ann has almost a decade of experience in working with aging adults. She brings a passion for personalizing care based on a person's preferences and life experiences.

[Christine Nessler](#)

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