



Agewyz Media Group LLC

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Agewyz Media was founded in December 2014 to raise awareness in the media about the plight of caregivers in the US and to promote healthy aging across the generations. Company founder Jana Panarites believes that by sharing positive stories and having frank conversations about aging—a subject often framed in negative terms or ignored altogether—we can draw attention to the capacity of individuals to face life with vigor, and shed light on the magnitude of the issues facing our rapidly aging nation. In her weekly podcast series Jana engages with individuals caring for a loved one as well as experts in the field of aging. In these lively conversations ideas are sparked, information shared, and stories told—of setbacks, triumphs, and unwavering courage. Jana’s memoir *Scattered: My Year As An Accidental Caregiver* captures her own journey of caregiving in the midst of grief and career transition. Through the book and in conversations online and in-person, she aims to inspire individuals, help them feel less isolated, and provide them with tools and resources to make every moment in life count, at every age and even under the most difficult of circumstances.

About the Founder

Jana Panarites was born in Washington, DC to Greek-American parents with an infectious zest for life. Her father was an opera-loving lawyer; her mother a homemaker and freelance writer. In her childhood family trips were frequent and often included her grandparents, which Jana is convinced cultivated her tendency to care about and for her elders.

Her professional experience runs the gamut, from working in network television production on the East and West Coasts and waiting tables in New York City while writing screenplays, to managing the needs of high net-worth clients as a criminal litigation paralegal at the LA law firm Bird, Marella. Between her 12-hour days in television production and her graveyard shifts as a paralegal at the NY law firm Skadden, Arps, Jana has punched every available hour on the time clock. Her television experience includes work on the NBC documentary series *The Human Animal* hosted by Phil Donahue; the Emmy-Award winning *Agnes, the Indomitable DeMille* (PBS); *The Kennedy Center Honors* (ABC); *The 44th Annual Tony Awards* (CBS); and *The Muppets Celebrate Jim Henson* (CBS).



Jana believes her innate optimism and hard-knocks training in New York and LA, where she juggled the needs of the famous, the not-so-famous and the infamous, has given her the ability to take on just about anything life throws at her with grace, humility, and an iron backbone.

Author, speaker, podcaster and caregiving guru Jana Panarites is a graduate of the University of Vermont, where she earned a Bachelor of Arts degree in Communications; and the University of Southern California, where she earned a Master’s in Public Diplomacy, a joint degree from the Annenberg School of Communications & Journalism, and the School of International Relations.