



March 2026 EPISODE SUMMARIES

Coffee With America – Episode 609 (Week of March 7 - March 13)

This week on an all-new Coffee with America, host Sasha Rionda shares smart tips for planning an affordable spring break getaway, with insider advice on visiting Myrtle Beach without breaking the budget. Plus, important health conversations as we recognize Colorectal Cancer Awareness Month, National Nutrition Month, MS Awareness Week, and National Kidney Month — with expert guidance on prevention, early detection, and healthier living. And, a look inside the gripping real-life documentary *Man on the Run*, exploring a global story of money, power, and deception.

Coffee With America – Episode 610 (Week of March 14 - March 20)

On this all-new episode of Coffee with America, host Sasha Rionda explores the latest smart technology designed to make everyday life easier— from home upgrades to tools that support wellness and access to affordable medications. Plus, simple tips to help you achieve a Hollywood-inspired look at home, and we highlight several brands Americans trust most. We also celebrate Women’s History Month with a look at the trailblazing women who helped shape Chicago, offer helpful advice for navigating tax season, and learn how the American Red Cross is giving blood donors valuable health insights with free A1C screenings.

Coffee With America – Episode 611 (Week of March 21 - March 27)

This week on an all-new *Coffee with America*, host Sasha Rionda shares simple ideas to refresh your home and daily routine for spring with tips from design expert Lauren Makk. Plus, inspiring stories of service and support — including a program pairing veterans with life-changing service dogs and a milestone event raising funds for multiple sclerosis research. We also talk about healthcare access and the financial realities of a colorectal cancer diagnosis, preview a new comedy series exploring family and politics, and hear about the powerful true story behind the film *The Optimist*.