

Monday,
November 7, 2011
5:00pm-9:00pm



Generations of Indian Valley presents.....



The Sandwich Generation includes people who care for their aging parents while supporting their own children.....

Are you simultaneously handling concerns for your children and your aging parents? Then you're an official member of The Sandwich Generation! Come to an informative and helpful series of seminars to be held at Generations of Indian Valley just for you. For just \$15, you can attend your choice of three seminars hosted by professionals in their fields and designed to help you handle the balancing act of being the meat between the bread!

Included in your registration fee is a meal so you won't have to worry about dinner before you get here. If you can't get here by 5:00 for dinner, you can pick up your meal as late as 6:30 and eat during your chosen seminars. Between seminars, be sure to connect with others in similar situations, get your blood pressure checked, enjoy a chair massage and check your stress level. *Generations would like to thank the representatives of Montgomery County Community College, The North Penn Visiting Nurses Association and Univest Corporation for volunteering their time and expertise to help us present an enlightening evening for you. All proceeds from the event will benefit programs and Meals on Wheels here at Generations.*

Please fill out the registration form below or contact us by to let us know which of these informative seminars you'd like to attend:

SANDWICH GENERATION SPECIAL MEAL—5:00-5:45, GENERATIONS CAFE
Choose from two sandwiches: *Pulled Pork on a fresh roll* or *Sliced turkey, stuffing, and cranberry chutney on a ciabatta roll*. Your meal also includes a cup of vegetable soup, dessert and a drink.

SESSION ONE: 6:00pm-6:45pm

- 1A: Legal and Financial Concerns for your Aging Loved One- John C Kazary, Esq, CTFA, Univest Vice President and Senior Financial Advisor:** Mr. Kazary will present a non-biased discussion of common legal and financial issues that may arise when dealing with aging parents including Powers of Attorney and Revocable Living Trusts.
1B: Stress Management: How To Maintain Balance When You're Being Pulled In Different Directions- Grace Ann Spena, Montgomery County Community College (MCCC) Director of Health & Wellness Initiatives: Ms. Spena will review stress management techniques and the importance of incorporating them into your daily life.

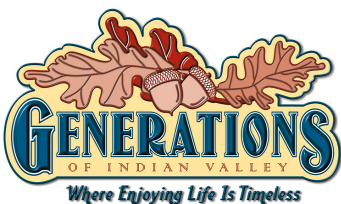
SESSION TWO: 7:00pm-7:45pm

- 2A: Don't be a Helicopter Parent! - Gay Seidman, MCCC Senior Academic Advisor:** How does one manage to stay grounded when managing all the tasks of preparing a child for college? Ms. Seidman will discuss various topics of interest such as getting ready for college and transfer opportunities at MCCC. She will then discuss how to stay grounded and focused while multi-tasking during the college planning process.
2B: Beyond the Nursing Home: Care Options for Your Aging Parent -Kathy Pinzka, LPN, BS, Program Director North Penn Visiting Nurses Association: Kathy will present a non-biased discussion of how to plan for the care of your aging loved ones BEFORE they need it. Find out about your options from in-home care to Continuing Care Retirement Communities and everything in between.

SESSION THREE: 8:00pm-8:45pm

- 3A: Preservation of Family History - Maurice "Tony" Davis, MCCC Counselor/Instructor:** Do you remember your family get-togethers? Remember the aroma of the food cooking or the sound of the family banter? Will your children remember it, too? Tony will share the important role you must play in honoring and learning more about those who came before you and how their lives affect those who will come after you.
3B: I Just Figured Out Email and Now I Have to Learn Something New? - Alana Mauger, MCCC Director of Communications: Ms. Mauger will discuss the newest forms of electronic communication including texting and facebook. How do they work? Are they necessary tools for evolving in today's ever-changing world of communication?

Generations Of Indian Valley is a 501C Non-Profit Community Center located at 259 N. Second Street Souderton PA 18964 215-723-5841 astover@generationsofiv.org www.generationsofiv.org



Sandwich Generation Seminar Registration Form: Please return with your check made payable to Generations of Indian Valley in the amount of \$15.00. Attn: Sandwich Generation Seminar, Generations of Indian Valley 259 N. Second St. Souderton PA 18964

Name _____

Address _____

Phone _____

Email _____

Method of Payment/Amount Enclosed

Check _____ Cash _____

Please choose only one session (3 total) in each 45 minute time slot:

	Time
<input type="checkbox"/> 1A: Legal & Financial Concerns for Your Aging Loved One	6:00 pm
<input type="checkbox"/> 1B: Stress Management	6:00 pm
<input type="checkbox"/> 2A: Don't Be a Helicopter Parent	7:00 pm
<input type="checkbox"/> 2B: Beyond The Nursing Home	7:00 pm
<input type="checkbox"/> 3A: Preservation of Family History	8:00 pm
<input type="checkbox"/> 3B: I Just Figured Out Email	8:00 pm

Please check your meal preference Pulled Pork Turkey, Stuffing, Cranberry Chutney on Ciabatta

I will be eating in the café between 5:00pm-5:45pm I will need my dinner to go and will eat it during a seminar.