



Transitions - Shepherding the Sandwich Generation

The **Sandwich Generation** is a generation of people who care for their aging parents while supporting their own children.

This four week class held by the Shepherd's Center is designed for family members of older adults who are looking at life transitions. We welcome you to attend and collaborate on conversations about life changes and strategies to cope. Chandelle Martel, MSW of Independent Solutions, LLC will lead the class.

Classes will be held in the Christian Life Center on **Tuesday evenings** from 6:00 to 7:15, on, **Feb. 23, March 2, 9, and 16**. A sandwich meal will be provided. Cost is \$40.00 for this 4 week series.

Transitions – Shepherding Concerns and Conversations

Sometimes it is helpful to call on the experts when faced with pending transitions in later life. Join us at the Shepherd's Center for any of these classes that may be helpful to you and/or your family members as you plan for your future independence.

Classes will be held in the Christian Life Center on **Tues. evenings** from 6:00 to 7:30 pm. Cost is \$7.00 a session or \$21.00 for all 4 weeks.

April 27

Are your Affairs in Order? What to keep, what to check and where is it?

- Alan Roe, Financial Advisor, Wells Fargo Advisors.

May 4

Aging in Place, what you can do to stay in your home?

- Jeanette Langton, M. A., Independent Living Specialist (Pending)

May 11

Resiliency and Balance: Navigating the Caregiving Maze.

- Sylvia Nissenboim, LCSW, counseling, Care Coordination and Consultation

May 18

Creating your Circle of Support, what are your support systems?

- Chandelle Martel, MSW, Independent Solutions, LLC

For further information and to register for class, please call Gayle at 961- 2669.