

OLD ANSWERS TO NEW QUESTIONS FOR TODAY'S SANDWICH GENERATION:

USING *Jewish Wisdom* TO NAVIGATE THIS TIME OF PERSONAL TRANSITION

This unique new series, sponsored by the Bux-Mont Neighborhood Kehillah, will provide life-changing information and support to baby boomers, empty nesters and "40-to-60-somethings" who are juggling their own needs along with the needs of aging parents and young adult children. The series will kick-off with a community-wide *Information Fair* followed by a five-part *Discussion Series* throughout the fall, all featuring resident scholar Rabbi Richard Address, founder and editor of www.jewishsacredaging.com and host of Boomer Generation Radio.

OCTOBER 19 Sandwich Generation Information Fair

Keynote Discussion: *In the Middle of My Journey Called Life*, by Rabbi Richard Address

Our family dynamics are changing, our children are leaving and our parents are aging. Where are "we" in this process? Together, we'll identify the issues that confront us as we experience greater longevity, personal transition and new caregiving roles, and explore how Jewish tradition can guide us on the journey.

Following Rabbi Address's discussion, attend the breakout sessions of your choice, including estate, financial and funeral planning; long-term care; leaving your legacy; downsizing; starting difficult conversations and resources and support for caregivers. A light breakfast will be served; a vendor fair will be featured.

9 a.m. - 1 p.m. Beth Or. RSVP to info@bethor.org

NOVEMBER 3 THROUGH DECEMBER 11 Sandwich Generation Discussion Series

NOVEMBER 3 AND DECEMBER 4

The "Art" of Caregiving

During this interactive session, we will look at the "The 3 S's of Caregiving": *Stresses, Strains, and Spirituality*. We'll examine how Judaism provides a foundation to guide us in this new life stage as caregiver.

11/3: 7 - 9 p.m. Beth Tikvah B'nai Jeshurun. RSVP to office@btbj.org

12/4: 7 - 9 p.m. Tiferet Bet Israel. RSVP to programdirector@tbibluebell.org

NOVEMBER 11

The Kids are Out of the House – Now What?

Getting reacquainted with your spouse, returning to work, or retiring from work can be wonderful...or not. Join the discussion about changing roles and how Jewish texts can provide a foundation for healthy, meaningful, and sacred aging during this next stage of life.

7 - 9 p.m. Or Hadash. RSVP to office@orhadash.com

DECEMBER 2

How Do I Approach those Important Decisions No One Wants to Discuss with their Parents?

Sensitive subjects and important decisions can be painful. But having no idea what to do can be even more painful. During this compassionate conversation, we'll examine Torah texts that deal with end-of-life decision making, evolving into a formula that assists in making these sacred decisions.

7 - 9 p.m. Abramson Center for Jewish Life.
RSVP to mgold@abramsoncenter.org

DECEMBER 7

Caring for our Mental Soul

In this discussion, we'll focus on issues surrounding mental health and the growing challenge of Alzheimer's and dementia, and their impact on families. We'll explore whether the "soul" of those affected is impacted, how tradition can help us cope with current situations and how those experiencing mental decline can still be vehicles for Mitzvot.

10 a.m. - 12 p.m., Or Ami. RSVP to Arielr@or-ami.org.

DECEMBER 11

Creating New Life Celebrations for Empty Nesters and Beyond

Longevity has given us the opportunity to celebrate additional milestones in our lives. In this dialogue, we will review popular rituals such as retirement and the celebration of wisdom and discuss new ones which honor older adult co-habitation. We'll also explore the "re-visioning" of marital infidelity in light of Alzheimer's and dementia.

7 - 9 p.m. Temple Sinai. RSVP to steleha@tsinai.com