

St. Andrew's Episcopal Church

1125 Franklin Street, Downers Grove

invites you to our Lenten Series



The Sandwich Generation

Parenting Our Children and Our Parents

No matter what your age, you may be blessed to have a parent – or parents – still with you; and parenthood was the best thing that ever happened. But some days of the week you feel squeezed with responsibility. *How can you be the best caretaker of younger and older generations while taking care of yourself?* Join us for one or all of the series.

March 9: Experiences as the Sandwich Generation

Panel and interactive discussion

March 16: “The End is Where We Begin”

Paul Goodenough, Bishop Anderson House

Preparation to face stressful health care decisions with clarity and confidence. Learn up-to-date information about advance directives; gain valuable practice in having healthcare conversations with your loved ones.

March 23: Reverse Parenting

Susan Neustrom, Executive Director Community Adult Day Center

Explore the emotional, practical, and spiritual challenges and rewards of being a parent to your parent, the need for respite care and self-care, and how you can successfully balance getting along with your siblings and spouse, despite differences of opinion.

March 30: “Standing in Love as the Sandwich Generation: parenting your children while parenting your parents – strategies, hidden blessings, and fruits of the spirit”

Jeanne Dickerson, LCPC (Licensed Clinical Professional Counselor)

Learn parenting strategies that will help your children develop into mature, loving adults while dealing with the complexities of caring for the elderly. Learn how you and your family can come through this stage of caregiving stronger, wiser, and more compassionate.

April 6: “Holistic Self Care”

Irene Schreiner, LMFT (Licensed Marriage and Family Therapist)

We are great at taking care of others, but often put ourselves last. Unfortunately, when we don't take care of ourselves everyone suffers. Learn about practical and easy to apply tips for mental, emotional and physical health.

Thursdays, 7:00- 8:00 PM in the Parish Hall

Light Refreshments; **NO RSVP Required**