

Twelve Months to Financial Clarity

The Sandwich Generation is an expression used to describe those who are flanked by growing children and aging parents. By our vary existence, women in the sandwich generation are nurturers, tenders of the ill and comforters of the unhappy; we want to help. Time and money (too little of both) are not the only obstacles to being a good daughter (or daughter-in-law). Add a part- or full-time job to your caregiving responsibilities and the pressure becomes even greater. If an elderly mother needs attention, your son needs to be at a soccer game, and your husband wants you to join him in business travel, the timing of what may be your last chance to restart a career or achieve real success can conflict with other last chances: to be a good daughter, mother and/or wife. A 1990 Newsweek cover story, "The Daughter Track," cited a 1988 U.S. House of Representatives report that found

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Sources: www.enotalone.com/article/3588.html



APRIL | 2010 **1**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1.	2. Good Friday	3.
4. Easter	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15.	16.	17.
18. Afternoon Tea with a Diva 2:00 p.m., Sunday, April 18, Fort Collins	19.	20.	21. Administrative Assistant Day	22. Earth Day	23.	24.
25.	26.	27.	28.	29.	30.	

Additional details on reverse...



Afternoon Tea with a Diva (an Opera Fort Collins fundraising event)

2:00 p.m., Sunday, April 18, 2010

Fort Collins Country Club

1920 Country Club Road, Fort Collins

Featuring Colorado's Leading Mezzo-Soprano, Marcia Ragonetti

Recognized equally for her expressive vocalism and dramatic characterizations, Ms. Ragonetti has garnered the reputation as the Rocky Mountain Region's most celebrated Mezzo-Soprano. She sings regularly with Opera Colorado, Central City Opera, Opera Fort Collins, Opera Theatre of the Rockies, the Colorado Opera Festival, and the Colorado Symphony Orchestra. She has delighted Fort Collins audiences with her portrayal of Georges Bizet's Carmen and Desiree Armfeldt from Stephen Sondheim's "A Little Night Music." Ms. Ragonetti will share her experiences and talents as our region's leading Diva.

Tickets: \$45 each - Tables of 10: \$450

For information and tickets contact: The Lincoln Center Box Office - 970.221.6730

417 West Magnolia Street, Fort Collins

\$15 of your ticket is tax deductible

Proceeds benefit the Opera Fort Collins General Operating Budget

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The Sandwich Generation

"the average American woman spends 17 years raising children and 18 years helping aging parents." (The child raising number sounds a bit low...with two children a couple of years apart, twenty years seems more like a minimum.) "Caregiving" for the elderly includes, but not limited to, help with transportation, shopping for groceries, doing household chores, preparing meals, making financial arrangements and supervising other service providers. Work and financial independence, divorce and social independence, and geographic and social mobility create deep divisions between our lives and attitudes, and those of women in our mothers' generation. These pressures from a different culture - we changed ourselves - produce formidable obstacles to being a good daughter to an aging mother. And all of that is before we get to the long and complicated emotional history each mother and daughter share. The short of it: take time for yourself and take advantage of the resources available to you.

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IN THE KNOW

⋮ The Women's Series Calendar is e-mailed to you on a monthly basis, and we hope that you will join us for some of our events.
⋮ However, should you decide that you'd rather not receive event information, please contact Louise Kuntzelman at 970.495.9353 or via e-mail at
⋮ lkuntzelman@1stnationalbank.com.