

# THE Sandwich GENERATION

## The Responsibilities of Kibud Av Va'Em Balancing Caring for Parents and Other Family Obligations

Do you find yourself "sandwiched" between two generations? Struggling to balance multiple responsibilities as a parent, child, sibling, and even grandparent?

Join us for an evening of vital information, tools and resources to help navigate these challenging responsibilities.

**SUNDAY, JULY 31ST | CONGREGATION ANSHEI CHESED**

7:30 pm Mincha, followed by program  
1170 Williams Street, Hewlett, NY 11557

**FREE ADMISSION**  
Maariv and Refreshments  
Following Program

## KEYNOTE SPEAKERS

**RABBI SIMCHA LEFKOWITZ**

*Rav, Congregation Anshei Chesed*

**MARTIN A. GROSSMAN, M.D.**

*Director, Department of Medicine  
Medical Director Hospice Care Unit  
Peninsula Hospital*

**EYTAN KOBRE, ESQ.**

*Eldercare Attorney  
and Long Term Care Planner*

**TOBY WEISS, MSOD**

*Director of Cultural Sensitivity  
and Jewish Programming  
Metropolitan Jewish Health System*

## TOPICS TO BE COVERED

- ♦ Halachic Responsibility of Kibud Av Va'Em
- ♦ Available Resources and How to Access Them
- ♦ How to Research Physicians and Healthcare Options
- ♦ Financial and Legal Aspects of Getting Appropriate Care
- ♦ Emotional Factors for the Caregiver, Families, and the Patient
- ♦ What you can Expect Insurance to Cover
- ♦ Impact on the Family and Quality of Life

A communal program of The Department of Community Services of the Orthodox Union: [www.oucommunity.org](http://www.oucommunity.org) | 212-613-8188  
MJHS Hospice and Palliative Care: [www.mjhs.org](http://www.mjhs.org) | 212-649-5585 || Congregation Anshei Chesed - YI of Woodmere - YI of Hewlett