

Instructor: Kathleen Carr

Are you Aging or Maturing? Declining and fading, or evolving and advancing?

How you answer that question – your Mindset – can define outcomes to challenges that arise mid-life. Adult children get squeezed in the “sandwich generation” of simultaneously caring for their own kids and aging parents. Feeling a sense of control over this specific set of issues requires the proper mindset, one that allows you to reframe challenges as opportunities.

In this series of moderated discussions, each with time for Q&A, a range of subject matter experts will discuss positive ways of addressing some of the challenges life presents for the 40 to 60-something set.

About the Moderator: With three college-aged sons, aging parents who live 1000 miles away, and two small business side hustles, Kathleen Carr has extensive experience in maintaining a positive mindset to get the most out of this hectic but rewarding season of life.

October 5th - The Mindset: Managing Family Stress through College Planning

Licensed psychologist/college student counselor [Dr. Katie Ganske](#) and Senior Wealth Strategist [Ray Peebles](#) will address questions such as “How do I manage my family’s stress through all these changes?” and “How do I know which route for college financing is the right one?”

October 12th - The Mindset: Helping Older Parents Transition to Their Next Phase

For parent and adult child alike, loss of independence and failing health are emotional transitions. From the logistics of downsizing, understanding living options, and how to cover the financial cost of evolving healthcare needs, we’ll explore where to begin when you recognize your parents need help. Guest speakers: Medicare Certified broker [Maggi O’Brien](#), Brickmont Senior Living President [Cheryl Kochensparger](#), and Ansley Real Estate Agent [Lara Dolan](#).

October 19th - The Mindset: Taking Control of Insurance, Legal, and Financial Matters for Parents

Even for those who work in financial or legal professions, elder care matters such as insurance paperwork, trust and estate planning and cost of health/daily care can be perplexing. Hear from those who specialize specifically in these fields to get an idea of where to start or where to turn when it’s time to step in for your parents’ administrative matters. Guest speakers: Estate Planning Attorney [James Hass](#) and Chief Wealth Strategist [Richard Bean](#).

October 26th - The Mindset: Looking Inward to Achieve Balance and Gain Strength

Pouring yourself into the generations who need you on both sides of the “sandwich” can leave you feeling depleted. But by dedicating time to finding your true self, you can not only survive but thrive in this chaotic stage of life. Hear from authors [Glen Jackson](#) (*Preeminence: What It Means and How to Sustain*

It) and [Kwavi Agbeyegbe](#) (*50 Questions to Answer When You Reach 50*) on making the most of your experience as you face your own next-stage-of-life transitions.

***November 2nd* - The Mindset: Sprinkling in a Little Goodwill**

The 85 yearlong Harvard Happiness Study found that the key to happiness is “social fitness.” Let’s be flexible, realize our impact, get involved and share. Greener Approach President [Kathleen Carr](#) and Global Travel Expert [Maggi O’Brien](#) will discuss trends in sustainable travel, the circularity of consumption and opportunities to pursue volunteer and eco-tourism.

***November 9th* - The Mindset: Finding What’s Next: Financial and Personal Goal Planning**

Rather than being the end of a career, entering the retirement phase of life can present opportunities for second chance pursuits – the business you wanted to start, places you dream to explore, hobbies you never had time to take up. Side Hustle Entrepreneur [Cat Sanders](#) will empower you to map your second chance goals, and CornerCap CEO [Cannon Carr](#) will equip you to navigate the financial side of your Half Time plans.

***November 16th* - The Mindset: Telling Your Story to Leave a Legacy**

In the age of AI, it may seem that content is over-abundant – but your unique story is precious to your family and friends. How will you preserve and pass it along? Hear from two storytelling experts on how to transcribe meaningful reflection into a physical book, and how to translate your story into financial terms to live the next chapters the way you envision. Guest Speakers: Best-Selling Author and Motivational Speaker [Michelle Prince](#) and Appreciating the Entrepreneurial Journey Podcast Host [Cannon Carr](#).