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Who: Women in Family-Business

What: Challenges and Tools for the 'Sandwich' Generation – How everyone needs to plan ahead!

Where: Portland Country Club, 11 Foreside Road, Falmouth

When: Thursday, February 25, 2015 from 4-6 p.m.

Cost: Members – Complimentary; Future Members - \$35

Register & RSVP at: <http://fambusiness.org/event-2152605>

Join the Women in Family Business for a unique discussion on the 'Sandwich Generation'. According to Investopedia, this generation is made up of individuals who are pressured to support both aging parents and growing children. They are named so because they are effectively "sandwiched" between the obligation to care for their parents - who may be ill, unable to perform various tasks or in need of financial support - and children, who require financial, physical and emotional support. Add in the unique challenges of a family-owned business and you have – double jeopardy!

We'll hear from two experts in their fields, Becky Ness who works with seniors and Karen Milliken who manages people's money on how family dynamics, having "The Conversation" with aging parents and the unexpected can affect your business, your family and your employees – all who may be dealing (or soon will be) with this issue!

They'll share some amazing statistics on how care-giving employees impact business (19% of retirees stopped working because of caregiver responsibilities!); how much it costs to be in assisted living, long term care and a retirement community; budgeting tips to help plan for your retirement and children's education and more! We'll also hear from our IFOB Board chair, Colleen McCracken and fellow Board member, Shauna Miller who are in this generation and the challenges and tools they use to cope with this phenomenon and how it relates to managing a business.

We'll break the audience into groups lead by the panel members. In these groups, the attendees will have a chance to discuss their situations and who we lean on for support. The panel members will then reconvene to discuss the take aways and enjoy some great hors d'oeuvres, wine and plenty of time for networking!

Rebecca Ness, Certified Senior Advisor & Owner of Senior Planning Advisors, LLC, IFOB Member



Becky founded Senior Planning Advisors out of personal experiences as a caregiver, hospice volunteer, and her passion to work with seniors and family caregivers, providing customized and compassionate services for age related issues. For several years she was the primary caregiver for her parents as they advanced through multiple health issues, later life transitions, and end-of-life challenges. Becky has an extensive background as a healthcare administrator, including Massachusetts General Hospital and a Maine health system. She currently serves as a dedicated hospice volunteer at a local agency and is a member of the Alzheimer's Association Maine Chapter Board of Directors.

Karen L. Milliken, CFA, Vice President and Portfolio Manager, R.M. Davis, Inc., IFOB Founding Sponsor

Ms. Milliken is a 34-year veteran of the investment world with practical knowledge in several major areas of Finance and Investments. In her role as a Portfolio Manager with R.M. Davis, Inc., she works closely with her clients on all aspects of investment management and personal financial planning, especially the financial challenges faced by the sandwich generation and their aging parents. Karen serves on the Board of Piper Shores, Maine's first and only nonprofit life care retirement community. She also serves as President of CFA Society Maine and on the finance and investment committees of the Maine's Women's Fund and the Greater Portland Council of Governments. She has also served on the Board of the Make-A-Wish Foundation of Maine. Karen holds a BA in Economics from Holy Cross College and an MBA, in addition to the CFA designation.





Colleen McCracken, CEO & Partner, Planet Dog, IFOB Board Chair



Colleen McCracken has over 28 years of experience in senior leadership throughout her career including large multi-national companies including WR Grace and G.H. Bass. Prior to joining Planet Dog, a designer and retailer of premium dog products, as its CEO in 2013, Colleen was the CEO of Thos. Moser Cabinetmakers, Inc. Colleen is the Chair of the Board for the Institute for Family Owned Business (IFOB) and is involved in numerous leadership roles in support of the Institute’s efforts, including Women’s Leadership Forum and judging for the Institute’s Family Business of the Year awards. Colleen holds a Bachelor of Science degree in Accounting from Bentley University and an Executive MBA with High Honors distinction from Boston University. Colleen lives in Scarborough with her partner,

Norm. Colleen is a middle child with two other siblings and she has two young adult children graduating from college in May. Recently, Colleen has become very involved with her Mom’s aging challenges.

Shauna Miller, Vice President Maine, TD Bank, IFOB Founding Sponsor and Board Member

Shauna Miller is a Commercial Lender at TD Bank in Portland, Maine. Shauna’s expertise in small business and commercial financing is in line with the Institute’s mission of serving our growing community. Shauna provides exceptional service with proven business development, while focusing on what her customer wants and needs. Shauna lives in South Portland with her husband, two boys and step-daughter. As the middle child with two brothers, she has personal experience with the “sandwich generation” as she is very involved in both her mother and father’s separate health challenges and her children’s well-being.



For more information contact: catherine@fambusiness.org