

Are you a Sandwicher?

25% of all Americans ages 40-60 are in the middle of caring for two generations, raising both a child and caring for an elderly parent.
(Pew Research Center 2021)

Take care of yourself.

The old adage is true - you have to take care of yourself to be helpful to others. Take care of your mental health, physical health, and spiritual health.

Know your resources.

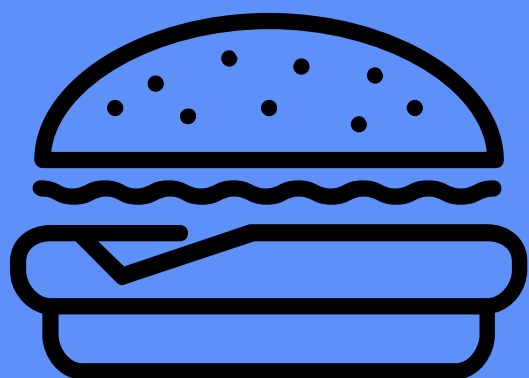
Sioux Falls has a robust network of resources to help you navigate life as a sandwicher.

Find Support

Reach out to a friend or join an existing group here in Sioux Falls.

Need help getting started?

Need a little assistance finding resources and getting connected? Call or make an appointment with Nurse Rachel.



Zion Parish Nursing

