



Video transcript: “Sandwich Generation”

Video source: [YouTube](#)

Note: Fun, upbeat music begins to play.

On screen: The text “Sandwich Generation” appears

On screen: Dee Hunt appears

[Voice-over]

Hi, I’m Dee Hunt, Senior Private Wealth Advisor with Regions Bank. Are you caught between caring for aging parents and supporting your kids? Welcome to the sandwich generation, where love meets financial stress.

From skyrocketing health care expenses to college tuition, the financial pressures are real. According to recent studies, over 70 percent of people in this group face challenges saving for their own retirement.

Balancing the responsibilities can feel overwhelming, but there are steps you can take, such as creating a budget, exploring long-term care insurance, and having honest conversations about finances with your family. And don't forget to seek professional advice. Our Regions financial planners can help you build a strategy that works for everyone.

Remember, you don't have to do it all alone. With planning and support, you can take care of your loved ones and your future.

On screen: Text appears on screen that says, “Learn more at regions.com/wealth-management,” as well as disclosures.