

SILVER LININGS

... THIS EXERCISE WILL HELP STR



CHRISTIAN CHURCH (DISCIPLES OF CHRIST)
PACIFIC SOUTHWEST REGION

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ELDER MEDIATION

It's not unusual for adult children to disagree with each other regarding the care of a parent. If siblings are willing, a good possible solution is to hire an "Elder Care Mediator." Did you know such people were available to assist families? Your Editor didn't know this, but he never had the need for such services as his parents' care, as well as the care of his wife's parents, was a non-issue. Jim Miller, Editor of Savvy Living, recently addressed this issue. Here are his thoughts.

"While mediators have been used for years to help divorcing couples to sort out legal and financial disagreements . . . elder care mediation is relatively new. It's a specialized service designed to help families resolve disputes related to aging parents and/or other elderly relatives.

Family disagreements over an ill elderly parent's caregiving needs, living arrangements, financial decisions and medical care are some of the many issues an Elder Care Mediator can address. This is not family or group therapy. Mediation is focused on decision-making, not the feelings and emotions of those involved.

The job of an Elder Care Mediator is to step in as a neutral third-party to help ease family tensions, listen to everyone's concerns, hash out disagreements or misunderstandings and help a family make decisions that are acceptable to everyone.

Good mediators can also connect a family with experts, such as estate-planners, geriatric care managers, healthcare professionals and financial experts who can supply important information for family decision-making.

A family needs to know that the mediation process is completely confidential and voluntary. It can take anywhere from a few hours to several meetings depending on the complexity of the issues involved. Also, if some family members live faraway, a conference or video call can be used to bring everyone together.

To hire a private Elder Care Mediator, one can expect to pay anywhere from \$100 to more than \$500 per hour depending on where you live and who is chosen by the family. Alternatively, help may be available through a non-profit community mediation service that charges much less.

To locate an Elder Care Mediator, start by contacting a local aging agency, which may be able to refer callers to local services. A call made to 800-677-1116 will provide assistance in finding an Elder Care Mediator. Another option is to search local agencies online at Mediate.com. The National Association of Community Mediation has a website that is helpful. Go to: nafcm.org. They can help people find either free, or low-cost, community-based mediation programs in their area.

Unfortunately, there is currently no formal licensing or national credentialing required for Elder Care Mediators. Because of this, make sure that the person your family chooses has extensive experience with elder issues that are similar to the ones with which your family is dealing. Also, be sure to ask for references and check them before engaging the services of an Elder Care Mediator. Most Elder Care Mediators are attorneys, social workers, counselors or other professionals who are trained in mediation and conflict resolution."

Source of this information on Elder Care Mediation is: Savvy Living, P.O. Box 5443, Norman, OK 73070. This article was originally published on March 25, 2016. You may contact Jim Miller at the address listed above.

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THOUGHTS ON GRIEVING AND LOVING

Over the years in this newsletter, we have promoted workshops offered by the Center for Spirituality and Aging. Their most recent such event, held in February, featured Wendy Lustbader as the Leader. In the March issue of "Spirit," the Center's excellent newsletter, four statements about grief made by Wendy in the February event were repeated. They are these.

1. If we build a wall around sorrow, we will never be known.
2. Grief heals when it's received by a caring other.
3. It's impossible to mourn what you've never known you've lost.
4. To grieve is to experience a relationship.

The words reminded Nancy Gordon, Director of the Center, of this statement she'd seen on Facebook: "Grief is the price we pay for love." The source of this statement, Nancy reported, is Dr. Colin Murray Parkes, psychiatrist at St. Christopher's Hospice. He wrote:

"The pain of grief is just as much a part of life as the joy of love. It is perhaps the price we pay for love, the cost of commitment. To ignore this fact, or to pretend that it is not so, is to put on emotional blinkers which leave us unprepared for the losses that will inevitably occur in our own lives and unprepared to help others cope with losses in theirs."

Nancy adds this comment: "There is little space for grieving in our culture. Yet as we work with older adults we, I think, need to be seeking to listen for their griefs, known and unknown." Your Editor is convinced that one of our important tasks as older adults is to do what Howard Clinebell, the late Professor of Pastoral Care at the Claremont School of Theology called "grief work." If we don't do our "grief work" in a timely fashion, we will be forced to live with unresolved grief. Grief that remains unresolved will drag us down and will drag others down with us, too. So how are you grieving? your losses? How are you helping others to grieve their losses?

CALLING ALL SENIOR GOLFERS

Are you one of the many Senior Adults who play golf from time to time? Could you even say you are "addicted to golf?" Whether you are an infrequent golfer or you are an addict, you are invited to put Monday, September 19, 2016 in your calendar now. That's the date for the PSW Region's annual golf tournament now known as the Don Shelton Memorial Golf Classic. It will be played at the San Dimas Canyon Golf Course in San Dimas, CA beginning at 11 A.M. Registration forms will be mailed out in July. The planning committee is currently contacting sponsors from past years to invite them to be sponsors again this year. For more information about this event, contact Ed Linberg at 909-392-6688.

FEATURED HYMN

FOR THE SEASON OF EASTER, HERE'S A HYMN THAT RECALLS THE EMMAUS ROAD.

"SING OF ONE WHO WALKS BESIDE US AND THIS DAY IS LIVING STILL, ONE WHO NOW IS CLOSER TO US THAN THE THOUGHTS OUR HEARTS DISTILL. CHRIST WHO ONCE UPON A HILLTOP, RAISED AGAINST THE POWER OF SIN, DIED IN LOVE AS HIS OWN CREATURES CRUCIFIED THEIR GOD AND FRIEND. WE HAVE WALKED WITH HIM AS STRANGERS THROUGH THE JOURNEY OF THE DAY, AND HAVE TOLD HIM OF THE VIOLENCE THAT HAS SWEEPED OUR HOPE AWAY. HE HAS OFFERED WORDS OF COMFORT, WORDS OF ENERGY AND LIGHT. DID OUR HEARTS NOT BLAZE WITHIN US AS HE BROKE THE BREAD THIS NIGHT? RISEN ONE, STAY WITH US, RAISE US, ONCE AGAIN THE NIGHT IS NEAR. DINE WITH US AND SHARE YOUR WISDOM, FREE OUR HEARTS FROM EV'RY FEAR. IN THE CALM OF EACH NEW EVENING, IN THE FRESHNESS OF EACH DAWN, IF YOU HOLD US FAST IN FRIENDSHIP WE WILL NEVER BE ALONE."

CHALICE HYMNAL, NO. 231. RALPH WRIGHT WROTE THE TEXT. TUNE IS "HOLY MANNA."

