

## Jewish Family Service Free speaker event discusses Siblings Caring for Aging Parents

Sibling rivalry between adult children can often emerge when caring for their aging parents.

"I wish my brother would help more with mom," or "I feel shut out because my sisters are taking charge," are common expressions that can divide a family during a stressful time.

So how can adult children keep the family peaceful and unified?

Learn this and more when CareLink: Your Experts in Aging, operated by Jewish Family Service, presents *They're Your Parents Too! How Siblings can Survive Their Parents' Aging Without Driving Each Other Crazy* with author Francine Russo, PhD. This Free workshop, which is part of Jewish Family Service's Alan R. Mack Speaker Series, will take place Wednesday, May 4, 7- 8:30 pm at Cooper Creek Event Center, 4040 Cooper Road, Blue Ash, OH 45241. Register online at [www.jfscinti.org](http://www.jfscinti.org) or by leaving a message at 513-985-1581.

"If you or your siblings are caring for aging parents, you're in a tumultuous new life-passage: Caregiving, Medical help, Legal decisions, and Death," says Russo. "Although this is a hard time, there is tremendous opportunities for deep satisfaction, personal growth, and close connections with siblings, even when it doesn't seem very likely."

Russo will discuss relationships with "our siblings, our parents, and ourselves as we deal with our parents' aging, eldercare, and all the psychological and family issues these raise."

According to Russo, the pressure of caring for our aging parents is a new challenge that everyone in the family is trying to figure it out. "In past generations we didn't go through long periods of caring for our parents because life expectancy was much shorter, however, due to advanced medical treatment our parents are now living 30 years longer than they did generations ago and many of them live with chronic conditions which in the 'old days' they would have died from," Russo explains. This means they require lots of extra care.

Russo, author of the new book *They're Your Parents Too! How Siblings can Survive Their Parents' Aging Without Driving Each Other Crazy*, is a widely recognized journalist known for her alertness to developing trends. For nearly a decade she covered the boomer beat for *Time* magazine, and in 2004 established a popular niche becoming *Time* magazine's boomer expert in her regularly featured "Ask Francine" column. Her pieces for *The Atlantic* sparked media debate and were widely anthologized. She has developed an enthusiastic following with her frequent articles in media like *Redbook*, *Family Circle*, *Ladies Home Journal*, *Self*, *Glamour*, and *The Village Voice*. In 2009 she became a *New York Times* Fellow at the International Longevity Center.

In order to gain a better understanding of the transitions that families go through when caring for their aging parents, Russo has spent many years interviewing geriatric care managers, leading family therapists, gerontologists, elder law attorneys and many other professionals in the world of aging and family. She has also talked to researchers on caring for aging parents, sibling and parent relationships, end-of-life decisions, dementia, death, mourning, and more.

Jewish Family Service, which strengthens lives in our community through adoption, education & mentoring, vital support services, and aging & caregiver services, provides free community educational programs such as this through support it receives in part from the Jewish Federation of Cincinnati, United Way of Greater Cincinnati, and Jewish Foundation of Cincinnati. Interim HealthCare is an agency sponsor.

Jewish Family Service Alan R. Mack Speaker Series offers a wide range of topics led by experienced professionals to help our community meet the challenges of life. This seminar is sponsored by Barrington Senior Lifestyle Communities.