

Alberta Family Mediation Society Newsletter

Edition 24: November 2007

Special points of interest:

- We welcome your input about the newsletters and encourage you to submit articles and features

When conflict about aging Parents arises in families

In many families, when the aging parent (s) are facing life transitions, changes and major decisions, their adult children might become embroiled with conflict surrounding the life transitions, or old family conflicts might surface.

As our population ages, the demands for and the requirements for elder mediation may be on the rise. Elder mediation is utilized in many contexts including: wills and estate planning, managing life transition decisions (e.g. moving into retirement home, medical care), hospital and discharge planning, care giving concerns, etc.

Many adult children are managing the responsibilities of their own family (juggling work, their children, etc.) as well as the care giving needs of their aging parents. Sometimes the adult children have conflicts about who is/is "pulling their weight", who should help the parent with the decisions, and often don't communicate with each other so significant communication challenges arise.
(see next page...)

Inside this issue:

<i>Elder mediation</i>	1
<i>Lunch and Learn sessions</i>	2
<i>Helpful Information</i>	3
<i>Family violence</i>	3
<i>Quotes</i>	4

AFMS Board of Directors

Geeta Bharadia (President)

Elaine Bucknum

Jane Warren (Vice President)

Lynn Hutchinson

Karen Fawcett (Secretary)

Lynn Parish

Kate Wood (Treasurer)

Michael Porter

Brenda Arseneault

Kim Rieger

Kent Taylor (Past President)

Lunch and Learn Sessions

The location is always the Edmonton City Hall in the Heritage Room. Doors open at 11:30 a.m. and the presentations run from noon until 1:00 p.m. There is a question period and mixer beginning at 1:00 to 1:30. This is a great venue to learn, share information and network with colleagues (all over a lunch break).

Lunch and Learn sessions are a great way to network, learn and connect with colleagues all at once.

In The News

Two of the past Presidents of AFMS have opened a private mediation practice in Edmonton. Kent Taylor and Shelley Taggart opened the Edmonton Mediation Centre in November. Good Luck to them ! If you want to wish them well they can be reached at (780) 758-4088.

There will be a special holiday season newsletter emailed early December. Charmaine has volunteered to do the AFMS newsletter for the past four years, this edition will be her last newsletter for AFMS. Keep posted for more details on the newsletter.

2008 AFMS Conference– April 17 and 18, 2008 in Edmonton. Details to follow in future newsletters.

Continued from page 1

Many of the life transitions that an aging parent faces impact the entire family. Because there are multiple parties involved (adult children, nieces, nephews, grandchildren, professionals, etc.) tension sometimes builds as communication becomes more strained or some are left out of the dialogue process. Aging parents will often keep information to him/herself to avoid fostering conflict in the family, or might share information with select family members only. These dynamics while normal and quite prevalent, lead to relationship challenges that sometimes become more pronounced upon the loss of an aging parent. Sometimes as the roles change, when the parent (s) becomes more dependent, the adult child struggles to make this transition.

Elder mediation can help minimize "crisis based" decision making, engage families in the communication process, and foster commitment to the solutions. This allows more time and energy to the quality of relationship with the aging parent, and between other family members.

From the newsletter Editor– Charmaine Hammond

The December Special Edition of the newsletter will be my last newsletter. I have very much enjoyed the volunteer opportunity to work on the newsletter for the past three years.

Contact Charmaine at 780-464-3828 or email Charmaine.hammond@hammondgroup.biz to share your strategies in the next newsletter.



Helpful Information

November is Family Violence Prevention Month

Alberta Children's Services has a number of resources for family violence month and the ongoing education and prevention of family violence and bullying. The free resources can be ordered on line from:

www.child.alberta.ca

Alberta Children's Services in Partnership with RESOLVE, Justice and the Attorney General has developed a safe visitation environmental scan titled "Supervised

visitation and exchange centers for domestic violence"

This document can be downloaded from www.child.alberta.ca/home/documents/familyviolence

The month of November marks many important events:

- National Community Crime Prevention Month
- National Day to eliminate violence against women (25th)
- National Child Day 29th
- World Kindness Day Nov 13 (www.actsofkindness.org)
- National Bullying Awareness Week (www.bullying.org) November 19
- Diverse Voices Conference Nov 19/20 in Edmonton

Upcoming Events:

Alberta Restorative Justice Conference is November 23 from 6-9 pm and November 24th from 7:30 am –4:30 pm. For more information contact Gillian Lindquist Conference Coordinator at 780-447-3767.

The Mediation and Restorative Justice Centre is offering learning opportunities on Transformative Mediation Theory and Practice as follows:

**November 29/07 Introduction: Understanding Transformative Mediation 1-9 pm
November 30 and December 1/07– Moving Theory to Practice in Transformative Mediation. 8:30-4:30. Contact Susan Logan at ed@mrjc.ca for more information.**

Membership Categories with AFMS

Registered Family Mediator (RFM) specializing in separation/divorce mediation.

Registered Family Mediator (RFM) specializing in General Family Mediation.

Registered Family Mediator (RFM) specializing in Family Business Mediation.

Practicing Mediator (designation for those who are continuing to gain mediation experience or for whom mediation is a small part of their practice.

**General Member
Student Member**

ALBERTA FAMILY MEDIATION SOCIETY (AFMS)

#1650, 246 Stewart Green SW
Calgary, AB T3H 3C8

Phone: 403-233-0143
1-877-233-0143
Email: info@afms.ca
Website: www.afms.ca



Alberta *family* Mediation Society

*Advancing the practice of
family mediation.*

***We're on the web—
look us up!***

About AFMS

Established in 1984,
the non-profit
society provides
services to family
mediators.

The organization has a
part time administrative
assistant and is managed
by a volunteer board of
directors, with
representatives across the
province.

The society is dedicated to
both professional and public
education regarding family
mediation.

Our thoughts create our reality-where
we put our focus is the direction we
tend to go.

Peter Williams, author

The single biggest problem in commu-
nication is the illusion that it has taken
place.

George Bernard Shaw

It is not a problem when we have a
problem. It is a problem if we don't
deal with the problem. Mary Kay
Utech

Courage is the accumulation of small
steps. George Konrad

A Problem is a chance for you to do
your best.
Duke Ellington