

For 'caught generation'

Family service deals with problems of aging

By NANCY STEIN

Ellen's abilities as a mother.

Never a day goes by that she doesn't wonder aloud why Ellen and her brother (who's 45, and married with a family of his own) don't visit her more often.

ACTUALLY THEY do see her at least once a week, take her shopping and have considered bringing her into their own homes, but know that it would be terrible for them if they did.

Ellen often wishes she could run and hide, but doesn't know where to go. She's nearly always home when the calls come because her youngest child is only three.

By the time her husband gets home at night she's a wreck. The normal demands of growing children plus the constant demands from her mother for her every spare moment leave her wondering if there will ever be time of her own.

She doesn't know anymore and she's even more fearful of the future. Her mother's health, if not terribly good, is stabilized by medication and she can be expected to live for a num-

ber of years. In the meantime she hopes her children will go to college.

FRANKLY, there are a few things she and Jerry would like to do, like a little traveling by themselves, before they're too old to enjoy it.

Ellen feels like she's all alone. Who can she talk to? Her sister-in-law is sympathetic, but she has to cope with her own parents.

"In the Jewish Family Service's outreach programs to the community we find that Ellen's problems are shared by many," Ms. Israel said. "People didn't live so long in even the last generation," she said.

THIS IS ALSO the first generation where there is such a high standard of living that we expect to give every child a room of his or her own and to send them to college, and still expect to have a little left over for ourselves.

"One of the big conflicts and causes of guilt is where to spend the money. When there wasn't a choice there was less of a problem."

"Today you can send the child to

college or provide a nursing home for your parent or give yourself something special you've wanted all your life and finally have a little extra cash for, before you're too old to enjoy it, but chances are good you can't do all those things.

"Parents today pay and pay," Ms. Israel said. "Do you provide graduate school for the child? Do you purchase the expensive operation that may save your old father's life?"

"THESE," she said, "are very hard questions."

The program Ms. Israel has created through the Jewish Family Service consists of five meetings of the group which numbers 25.

"It's going on now and there are no openings although I'm sure we'll do it again."

She said that it isn't therapy because no contracts are made, but it is directed, open discussion.

"I KEEP focusing and refocusing on the problems at hand."

Her program attempts to show the adult children the physical and psy-

chological aspects of aging, how the adult child can deal with his own personal problems in regard to his parent. If the adult child finds she calls her mother seven times a day that's the child's problem, not the mother's. Old parents don't get more independent they become less, she said.

She shows the group a film which highlights adjustments to growing old and she tries to acquaint them with community services that are available but of which they may be unaware. Perhaps, most important is the exchange between members as they realize how others are solving the same problems, she said.

IS THERE a right way? A way to be a "good child" to your aged parents?

"Yes, but the minute I say it there are so many exceptions that it's wrong," she said.

Asked to explain, she said, "A good child formula, and please consider this only a guide line, would be making sure that their physical needs are taken care of."

"Daily communication, some involvement of the older person in the on going relationship of the family, giving the older person the chance to make decisions - I guess these would be the frame work," continued Ms. Israel.

"FOR THE OVER demanding parent the adult child has to learn to say a firm but gentle no. 'This is all I can give. I can talk to you once a day, not five times.' It's harder than it sounds."

Ms. Israel said, "It's strange but in our society calling becomes the woman's role, even if it's her mother or father-in-law and even if she has a full time job. Many women have sought going to work to escape exactly this problem only to find it's still with them."

Although the course is in full swing now, there may be another one offered during the summer.

For information call the Jewish Family and Children service, DI 1-9569.



Capes, fullness forecast in fall

By MARY CONNELLY

The flavor of Scottish moors and English heaths pervades the fall fashion forecast. Full-blown capes, fit for windy countryside, are being shown in muted plaids and tweeds.

The spaciousness of the knee-covering capes is a prophesier of the fashions to come. Capes for all time of day and night are designed to wrap a loosely feminine fashion look.

Dropped shoulders fall into fully gathered sleeves. Belts rest easily at the waistline on folds of fabric draped from pleated front and back yokes.

CIRCULAR SKIRTS and low-shing pleats reach down below the knee.

The influence of the cape was in strong evidence in the Fouks collec-

tion shown at Claire Pearson, Troy, last week. The Parisian collection wrapped double-knit capes over two-piece suits or designed coats in the image of the cape.

Dresses continued the airy proportions with folds of fabric gently moving from the shoulders and shape defined only by belted waistlines.

Abundant in style and feminine in mood, many of the wool designs were accented by a neckline scarf. Tweed and plaid fabrics were cut into full suit jackets, freely-moving skirts and fringed scarfs wrapped into necklines and tossed over the shoulder.

The fashion dimensions for fall are full and women may have to drop their hemlines below the knee to meet the demands of proportion.



Longer and looser are fall guidelines



Capes are a prophesy of the fall fashion season

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