



# Among Friends

Newsletter of the Friends of St. John the Caregiver

April 2009

## An 'Around the World in Ninety Days' Quiz

Yes, in Jules Verne's novel the main character — Phileas Fogg — managed to do it in only 80, but . . . over the past three months we've had members join from four countries on three continents.



Jules Verne

1. Let's start in North America. Mary W. lives in Windsor, Ontario. To get there from Detroit, Mich., you would head:

- a. north
- b. south
- c. east
- d. west

2. Since Phileas went counterclockwise around the globe, we'll do the same. Next stop — and the home of Barnes O. — is the African country which, along with the Congo Democratic Republic, has more priests than any other country on that continent. That would be:

- a. Guyana
- b. Nigeria
- c. Papua New Guinea
- d. Luxembourg

3. And on to Asia! Carmen T.'s home is the Philippines. That country's patroness was a South American Dominican whose name is:

- a. Martin de Porres
- b. Rose of Lima
- c. Ignacio Loyola
- d. Juan Valdez

4. And back to North America and Michigan where new member Michelle A. lives. The first official Catholic



Cardinal Anthony Olubunmi Okogie, Archdiocese of Lagos

## Thank You, Thank You, Thank You!

You can find a list of the most recent donors (October 16, 2008, through April 15, 2009) on page two of this newsletter.

## The Next Project: Parish-Based Caregiver Support Groups

The time has come . . .

For several years we've been receiving requests for information about caregiver support groups being offered in a parish. And, on occasion, we'd hear about a group like that or we'd read about one on a parish Web site. Some have contacted us and asked for material that they could hand out to members. (As always, "The Little Book of Caregiver Prayers" has been a big hit!) Over the next several months we'll be researching what parishes are offering so that we can include several models and others suggestions on CatholicCaregivers.com, the



FSJC site designed for parishes and dioceses.

You can help!

1. If you know of a parish that has or had a caregiver support group, please let us know. We'd like to talk to the people there. You can e-mail us at: [MonicaDodds@YourAgingParent.com](mailto:MonicaDodds@YourAgingParent.com). Call us toll-free at: 1-800-392-JOHN (5646). Or write to us at: P.O. Box 320, Mountlake Terrace, WA 98043. Also . . .
2. Please let us know if a parish-based caregiver support group is something you would find helpful and, if so, what you would like it to offer.

**Invite a friend or family member to join FSJC today!**

## In Loving Memory

We remember caregivers, care-receivers, family members and friends who have recently died:

Rosanne Dixon  
 Michael Dubruiel  
 Teresa Fitzsimmons  
 Jim Gloth  
 Phyllis Jaeger  
 Jeanne T.'s dad  
 Ken Johnson

Jules Liptrap  
 Patricia's niece  
 Hilda Pearson  
 Tammi Shanks  
 Eleanor Waldron  
 Jeanne W.'s mom

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.*

(Continued on page two)

# Thank You to All Who Donated to FSJC!

In a tough economic period and at a time when the number of family caregivers continues to increase, you — the members and donors of the Friends of St. John the Caregiver — have continued your unfailing support through your prayers and your gifts.

On behalf of caregivers around the world: Thank you and God bless you!

On behalf of care-receivers around the world: Thank you and God bless you!

On behalf of dioceses and parishes now better able to help families who are providing care: Thank you and God bless you!

And on behalf of the staff and volunteers at FSJC: Thank you and God bless you!

**This is the list of FSJC donors from Oct. 16, 2008, through April 15, 2009:**

All Saints Parish, Dunwoody, Ga.  
 Anonymous, 8  
 Mike and Terri Aquilina  
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*(Please let us know if we have made a mistake and misspelled or left your name off the donor list. We apologize for the error.)*

## Offering Prayers Worldwide for Caregivers and Care-receivers Members Now in Ten Countries on Five Continents

| Internationally | United States |                |
|-----------------|---------------|----------------|
| Australia       | Arizona       | Nebraska       |
| Canada          | Arkansas      | New Hampshire  |
| China           | California    | New Jersey     |
| England         | Colorado      | New Mexico     |
| Ireland         |               | New York       |
| Malaysia        |               | Ohio           |
| Nigeria         |               | Oregon         |
| Philippines     |               | Pennsylvania   |
| Scotland        |               | South Carolina |
|                 |               | South Dakota   |
|                 |               | Tennessee      |
|                 |               | Texas          |
|                 |               | Vermont        |
|                 |               | Virginia       |
|                 |               | Washington     |
|                 |               | Wisconsin      |

## Around the World Quiz

*(continued from page one)*  
 mission in that area was founded in 1690 and named St. Joseph Parish some 12 years before George Washington was born. That would be:

- 1700
- 1720
- 1750
- 54-40 or Fight

### Answers

The second letter of the alphabet for all! South, Nigeria, Rose and 1720.

Yes, you head south from Detroit to get to Windsor! Check a map.

**Friends of St. John the Caregiver**

# Order Form

We know that some family caregivers and FSJC members don't have access to the Internet. Here's a handy way to order a variety of resource material for yourself, your family member, your parish . . . or anyone else. **Thanks to the generosity of FSJC donors we can offer all these items at no charge.** Just let us know what you would like and where you want to have it sent. Items with an asterisk (\*) are also available on-line at YourAgingParent.com.

| <i>Item</i>  | <i>Quantity Requested</i> |   |
|--|---------------------------|---|
|  |                           | Caregiver Grief: Sorting Out, Moving On, Remembering _____                  |
| <b>Prayer Books</b>                                  |                           | Dealing with Caregiver Guilt _____  |
| The Little Book of Caregiver Prayers _____           |                           | Home Safety _____   |
| "Little Book" kit _____                              |                           | Independence, Control and Self-determination _____                          |
| (Sample copy and covers and pages _____              |                           | Keeping Secrets, Telling Lies _____   |
| to assemble 10 prayer books, plus 10 _____           |                           | If You Are a Long-distance Caregiver _____                                  |
| St. John and Our Lady in Need holy cards) _____      |                           | Helping Your Loved One Deal with Losses _____                               |
| The Stations of the Cross for Caregivers _____       |                           | When You're Married to the Caregiver _____                                  |
|  |                           | Should Mom or Dad Move In? _____  |
| <b>Holy Cards</b>                                    |                           | When Mom or Dad Moves In _____  |
| St. John the Caregiver _____                         |                           | Not My Parent, Spouse, Loved One _____                                      |
| Our Lady in Need _____                               |                           | Choosing a Nursing Home _____   |
| Caregiver's Prayer bookmark _____                    |                           | Guidelines for Caregiving _____   |
|  |                           | Finding Respite Care _____  |
| <b>*Brochures</b>                                    |                           | It's a Matter of Respect _____  |
| The Basics of Catholic Caregiving _____              |                           | Respectful Caregiving as the Parent-Child _____                             |
| The Friends of St. John the Caregiver _____          |                           | Roles Reverse _____   |
|  |                           | When the Parent-Child Roles Reverse _____                                   |
| <b>*Checklists</b>                                   |                           | The 'Sandwich Generation' _____   |
| Overall Assessment of Care-receiver _____            |                           | Caregiving Stress: Warning Signs _____                                      |
| Assisted-Living Facility Evaluation _____            |                           | The Need to Talk _____  |
| Nursing Home Evaluation _____                        |                           | When Your Loved One Has Poor Vision _____                                   |
| Legal and Financial Paperwork _____                  |                           | Turning to Prayer _____   |
| Depression _____                                     |                           | The Stations of the Cross for Caregivers _____                              |
| Driving Skills _____                                 |                           | An Assessment Checklist for Family Caregivers _____                         |
| Home Safety _____                                    |                           | Celebrating Birthdays and Anniversaries _____                               |
| Elder Abuse Prevention _____                         |                           | The Role of Spirituality in a Caregiver's Life _____                        |
|  |                           | Returning to the Church _____   |
| <b>*Topic Sheets</b>                                 |                           | Anointing of the Sick _____   |
| The Stages of Caregiving _____                       |                           |   |
| Alcoholism and Aging _____                           |                           |   |
| Dealing with Caregiver and Care-receiver Anger _____ |                           |   |
| Assessment: What Help Does _____                     |                           |   |
| Mom or Dad Really Need? _____                        |                           |   |
| Choosing the Best Solution _____                     |                           |   |
| 'I Don't Want to Be a Burden' _____                  |                           |   |
| Helping Your Parent Give Up the Car Keys _____       |                           |   |
| Preparing Your Children to Visit Your Parent _____   |                           |   |
| In Case of an Emergency or Disaster _____            |                           |   |
| Exhaustion: Care for the Caregiver _____             |                           |   |
| Evaluating Housing Options _____                     |                           |   |
| Caregiving is a Family Affair _____                  |                           |   |
| Parent's Grief _____                                 |                           |   |
|  |                           | <b>Videos on DVD</b>  |
|  |                           | <b>Catholic Caregiving, Volume 1</b> _____                                  |
|  |                           | A Caregiver's Prayer; Caregiver Advice from St. Francis de _____            |
|  |                           | Sales; Helping Your Loved One Give Up the Car Keys; Keeping Secrets, _____  |
|  |                           | Telling Lies _____  |
|  |                           | <b>Catholic Caregiving, Volume 2</b> _____                                  |
|  |                           | Caregiving from a Care-receiver's Point of View _____                       |
|  |                           | (Independence/Interdependence; Dealing with Losses; "I Don't Want to _____  |
|  |                           | Be a Burden"); Guidelines for Making Decisions; Stages of Caregiving; _____ |
|  |                           | Principles of Catholic Caregiving _____                                     |

Please send this material to:

Name \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ ZIP \_\_\_\_\_ Country \_\_\_\_\_

Mail your request to:  
**Friends of St. John the Caregiver**  
**P.O. Box 320**  
**Mountlake Terrace, WA 98043**

Or call:  
**1-800-392-JOHN (5646)**

There is no charge for any material and no charge for shipping or handling.  
 All donations are gratefully accepted.  
 FSJC is a 501(c)3 organization. Donations are tax-deductible as provided by law.

**An international Catholic organization promoting care for family caregivers.**

## ***Friends of St. John the Caregiver Prayer Requests***

February-April 2009

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Please keep these intentions in your prayers. The list can be found on-line at: [www.youragingparent.com/prayer\\_requests.htm](http://www.youragingparent.com/prayer_requests.htm). *To request prayers, write:* FSJC, P.O. Box 320, Mountlake Terrace, WA 98043; *call* 1-800-392-JOHN (5646); *or go on-line at:* [www.YourAgingParent.com](http://www.YourAgingParent.com).

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For Pauline C.

Please pray for my father who has dementia and diabetes. He is currently in a rehab nursing home and will hopefully come home soon. In addition we are worried about my mother, his caregiver. Please pray for her & give her strength as she prepares to welcome my father back home. Please pray for my sister who is the only sibling that lives nearby and is giving much of her time to help care for both of our parents.

Please pray for a healing for my mother of all health concerns; please pray for me to be a better caregiver and that I may be able to successfully negotiate a work schedule to provide more in-home care and find additional in-home help. I am feeling very fearful of this situation.

Lee W. with dementia and Glenn S. with Alzheimer's disease.

For the repose of the soul of Teresa F. and for her daughter, Kathleen.

For the repose of the soul of Peggy's brother, Jim Gloth, and for all of the family.

For a family member recovering from an addiction.

For my senior care company--that the Lord may send us honest, reliable caregivers to look after our clients who need us so much.

For Sam S.

For Mary M.

For my sister, Neva, who has Alzheimer's disease & her husband & caregiver, Sam. Our CIVS Caregivers who willingly give of their time to help others. All who need prayer, including me. Thank you & God bless you.

For Becky and Baby Jane; Katie and Baby Lily; Joe and Vera; and Dee and Mike.

For Tom S.

For Kathleen and her mom.

For me as I take the journey of dementia with my mother; equally as I deal with uncaring siblings and their critical and unappreciative behavior.

Pray for me, the caregiver; pray for my mother, Mary L., who has Alzheimer's disease and is facing hip replacement surgery.

For Josephine and Harold.

For peace, joy, happiness, courage, faith, hope, wisdom and understanding.

For my elderly parents; my wife and kids; my present unemployment; my battle with colon-rectal cancer and for the Catholic Church in Nigeria.

Please help my mom during this difficult time. She needs peace of mind and tranquility. I am trying to be patient with her but it is very difficult. Our family is dealing with an unstable life style. It is not healthy for my daughter who is 12 years old, my husband or for my 90-year-old father. Please keep us in your prayers.

For my family and especially for my mother who had a stroke in July. I had to take a FMLA (family and medical leave) to care for her and my FMLA is over come the end of February so my job called me to let me know that if I wasn't at work on the 1st of March they would let me go. (I don't think an employer should be able to do this.) Mom was very upset until she had another small stroke and I told her don't worry because if a job can do this to a person for caring for her mother than I guess it was meant to be, and I said to myself I only have one MOTHER and there are more jobs out there and I am going to take care of her because she needs me like I needed her when I was brought into this world. Now it's her time to be taking care of.

For my niece, Pilar T., Ninang Ester V. and my friend, Mina.

Please remember my mother's health concerns and for my continued ability to care for her personally and financially. I am very worried. Recently was confronted by family member on what they believe is needed and should be done. I am in need of prayers for patience and direction.

For Rosanne D., may she rest in peace.

For anyone that is lonely. May he or she find a good friend and also feel the love of God.

For Jane A. and Mary Christine M.

For Michael Dubruiel, may he rest in peace; for Amy and her family.

For my family that we may find peace, discernment, and forgiveness.

For Michelle B. and her parents.

I pray that like countless other caregivers that I may be given patience, kindness, and a generous heart to help my husband cope with his limitations.

For my elderly parents that they will accept help from their children and doctors regarding their safety.

For my family and all of those that I pray for.

For Antonia, her mother and grandfather, and all the family.

For Jeannette and for good results from the X-ray on her back; for Frances, recovering from a stroke and for her daughter who is her caregiver.

For my mother, Rosario B. whom I care for here in town and for my younger sister, Giselle whom I care for from a distance.

## ***Friends of St. John the Caregiver Prayer Requests***

February-April 2009

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|   |  |  |
|---|--|--|
| For Lionel D. and for his family.   | For my mother, Bernice.  | For St. Augustine Health Campus.   |
| For my two sisters-in-law who are living in a home for people with Alzheimer's disease.   | For Marie B., Dolores E., and Jeanette and Mack B.   | For Robert, Polly and Kevin.   |
| For my mother, Marge; my father, Ken; my mother-in-law, Helen; for my husband, Gary; and for me as we continue to do our best to care for our parents.          | For Edward R. and for God's help in finding me a job IN TOWN, so I am less exhausted as I help care for my aging parent.   | For Virginia's husband, may he rest in peace; and for Virginia, that she will feel the Lord's comfort, support and love.                 |
| For the unemployed.   | For my children who have a fatal neurological disease that mimics Alzheimer's: Peyton, age 11; and Kayla, age 8.   | For Jean' her mother, Jane; and her husband, Steven.   |
| For Margaret J.   | For Norbert F. and caregivers, Deb and Phyllis; Sean B. and caregivers, Brian and Becky; and for Doyle and Marj B.   | For Michelle and her parents and for all caregivers who fight the feelings of guilt that so often come with caregiving.                  |
| For David F.  |  | For Cheryl, her parents and her family.  |
| For Madie L.  | For those in government who make rules and regulations, that they be compassionate and govern from a moral perspective, pro-life, from womb to natural end of life!<br>Amen. | May I please ask for prayers for myself and for my mother. I am desperately seeking peace of mind to many worries I have as a caregiver. |
| For help with my mother who can't walk and has dementia.  | For my wife, Carol and for myself, Ben.  | For caregivers around the world who do not care for themselves.  |
| For the Mueller and Tarpley family.   | For Charlie G. may he rest in peace and for his wife, Marie and daughter, Patricia.  |  |
| For my husband who has advanced lung cancer; for my sister who is the caregiver for my dad; and for the caregivers in my support group for Alzheimer's disease. | Please pray for my father who was diagnosed with lung cancer today.  |  |
| For my husband, Dominick, and for his continued recovery.   | For Anna Mae and Leo.  |  |
| For my mother, Mary and for Gary and Kay B.   | For Jerry and Marilyn J.   |  |
| For Josefa G.   | For my husband, Alan.  |  |
| For my uncle, Norbert.  | For Sadie, Laurie, Boyd and Eddie.   |  |
| For the healing of my physical ailments/disability, healing of my memories and mental problems, and for spiritual healing.                                      | For all God's children who suffer without anyone to care for their daily needs.  |  |
| For Peggy A.  | For Aunt Dorothy who is 90 years old and has Alzheimer's & health problems; and for Laraine K. for wisdom & discernment regarding finances & nursing home plans.             |  |
| For Ramon and Esther S.   | For Mary's parents, may they rest in peace; and for Mary during her time of grief.   |  |
| For my husband, Tarsicio and for Karla B.   | For my friend, Grace, who really needs prayers; for support in her daily caregiving of her 86-year-old old mother.   |  |
| For Joan and Jules and for Julie and her family.  |  |  |
| For my husband.   |  |  |
| For Russ and emotional healing.   | For my mother, Winnie M.   |  |