

Among Friends

Newsletter of the Friends of St. John the Caregiver

Fall 2006

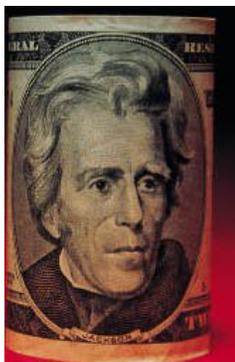


G'day, caregiver mates!

The first member to join FSJC online lives in West Perth, Australia! We truly are a worldwide organization.

A salute to the "Three Marketeers"!

A special word of thanks to Jim Buckley at Donegal Holdings; Peg Marckworth at Marckworth Associates; and Rick Fersch former CEO of Eddie Bauer and now Executive Director of Stewardship & Development for the Archdiocese of Seattle. Each donated time and marketing expertise to FSJC.



Twenty. 20. XX.

That's the amount a number of supporters of FSJC have each contributed in recent weeks. We greatly appreciate it.

Three Tips for Family Caregivers

1. Be creative. If your first solution doesn't work, find a new one and try again.
2. Get reliable information about your loved one's illness and be aware of any emotional issues.
3. Respect yourself and set limits. (You can read more at: www.youragingparent.com/tips_for_the_caregiver.htm.)

IRS Update: Thank you, Senator and Congressman

FSJC wants to thank Sen. Maria Cantwell (D-Wash.) and Rep. Jay Inslee (D-Wash.) for helping us move closer to getting 501(c)(3) status with the Internal Revenue Service.

After we applied in March of this year (assured by others that approval would come in only a few months), we were sorry to discover there's a huge backlog of organizations applying. Apparently, a large number of . . . questionable . . . "non-profits" popped up soon at Hurricane Katrina hit in August 2005.

The latest word is the IRS has started assigning applications that came in during February. If so, we're getting closer.

The staff of both Cantwell and Inslee's offices have been making sure the Friends of St. John the Caregiver isn't overlooked!



The Little Book of Caregiver Prayers Volume I

Friends of St. John the Caregiver

Can a free book be a "best-seller"?

If so, *The Little Book of Caregiver Prayers* certainly qualifies.

Since mid-July we've given
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. . . You might just be a caregiver.

If you have your parent's pharmacy on speed-dial, you might just be a caregiver.

If you know where the best free parking is around the hospital, you might just be a caregiver.

If you have a favorite MUZAK tune while being kept on hold, you might just be a caregiver.

If you don't have the time or energy to sweat the small stuff, you might just be a caregiver.

If you pray for caregivers every day, you might just be a caregiver.

From there to here: A chronology

1991: David Gibson, an editor at Catholic News Service (the "AP of the Catholic press") in Washington, D.C., asks Monica and Bill Dodds if they would like to write a monthly newspaper column ("Your Aging Parent") for adult children taking care of senior family members. Monica is working at the Independent Living Program at Catholic Community Services of Seattle/King County and Bill, now freelancing, is the former editor of The Catholic Northwest Progress, newspaper for the Archdiocese of Seattle.

St. John the Caregiver, pray for us!

1997: A collection of the columns are organized and edited for *Caring for Your Aging Parent: A Guide for Catholic Families*, published by Our Sunday Visitor.

2001: The monthly column comes to an end and Monica and Bill begin writing "Your Family," which includes caregiver issues.

2004: *Caring for Your Aging Parent* goes out of print and Monica and Bill put the material online at their new Web site: YourAgingParent.com. Loyola Press agrees to publish an expanded and updated version of the book.

2005: St. John the apostle and evangelist is chosen as

the patron saint of family caregivers and of the association. The Friends of St. John the Caregiver is designed to serve as the umbrella organization which will have under it the Friends of St. John the Caregiver, YourAgingParent.com and CatholicCaregivers.com. The domain names of FSJC.org and CatholicCaregivers.com are secured.

2006: The state of Washington approves FSJC's application as a non-profit corporation. Web sites for the Friends of St. John the Caregiver and CatholicCaregivers.com are launched. FSJC applies for 501(c)(3) status with the IRS. Members begin to enroll. FSJC representatives speak at parishes in the Northwest and staff information booths at national Catholic conventions.

The first copies of *Catholic Caregivers* is made available online to parishes. *The Little Book of Caregiver Prayers* is written and published by FSJC. Copies of the book and the St. John the Caregiver holy card/prayer card are distributed throughout the United States and Canada. Monica's book, *A Catholic Guide to Caring for Your Aging Parent* is released. The first edition of "Among Friends" is sent to members and supporters.

November is National Family Caregivers Month. Read more about it at: www.thefamilycaregiver.org.

Friends of St. John the Caregiver is...

An international Catholic organization addressing the growing needs of family caregivers by providing:

—spirituality, information and resources to individual caregivers

www.YourAgingParent.com

—training and educational material to dioceses and parishes

www.CatholicCaregivers.com

—a membership association* offering spiritual support for:

-those who need care

-those who give care

-those who assist others giving care

www.FSJC.org

The Friends of St. John the Caregiver firmly believes: **Caregiving is pro-life!**

No membership dues! No meetings!
All we ask is that you pray for family caregivers
and those receiving care.

If you've found the Friends of St. John the Caregiver helpful

- Please invite a friend, family member, or fellow parishioner to become a member.
- Ask your parish to include a link to www.FSJC.org on its Web site.
- Send a \$20 donation to:
Friends of St. John the Caregiver
P.O. Box 320
Mountlake Terrace, WA 98043
- Pray for caregivers!

Best-seller

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away more than one thousand copies.

You've probably noticed the small size means it fits easily into a purse or pocket. And the large print means tired eyes can read the prayers without strain.

Thank you to all the readers of "Your Family" (the column Monica and Bill write for Catholic News Service) who sent a self-addressed stamped envelope and asked for a copy of the book. Some wrote again asking for more copies for their friends and family.

We encourage all FSJC members to tell friends, family and fellow caregivers about this wonderful, little prayer book. If they would like a free copy, invite them to send a self-addressed stamped envelope to P.O. Box 320, Mountlake Terrace, WA 98043.