

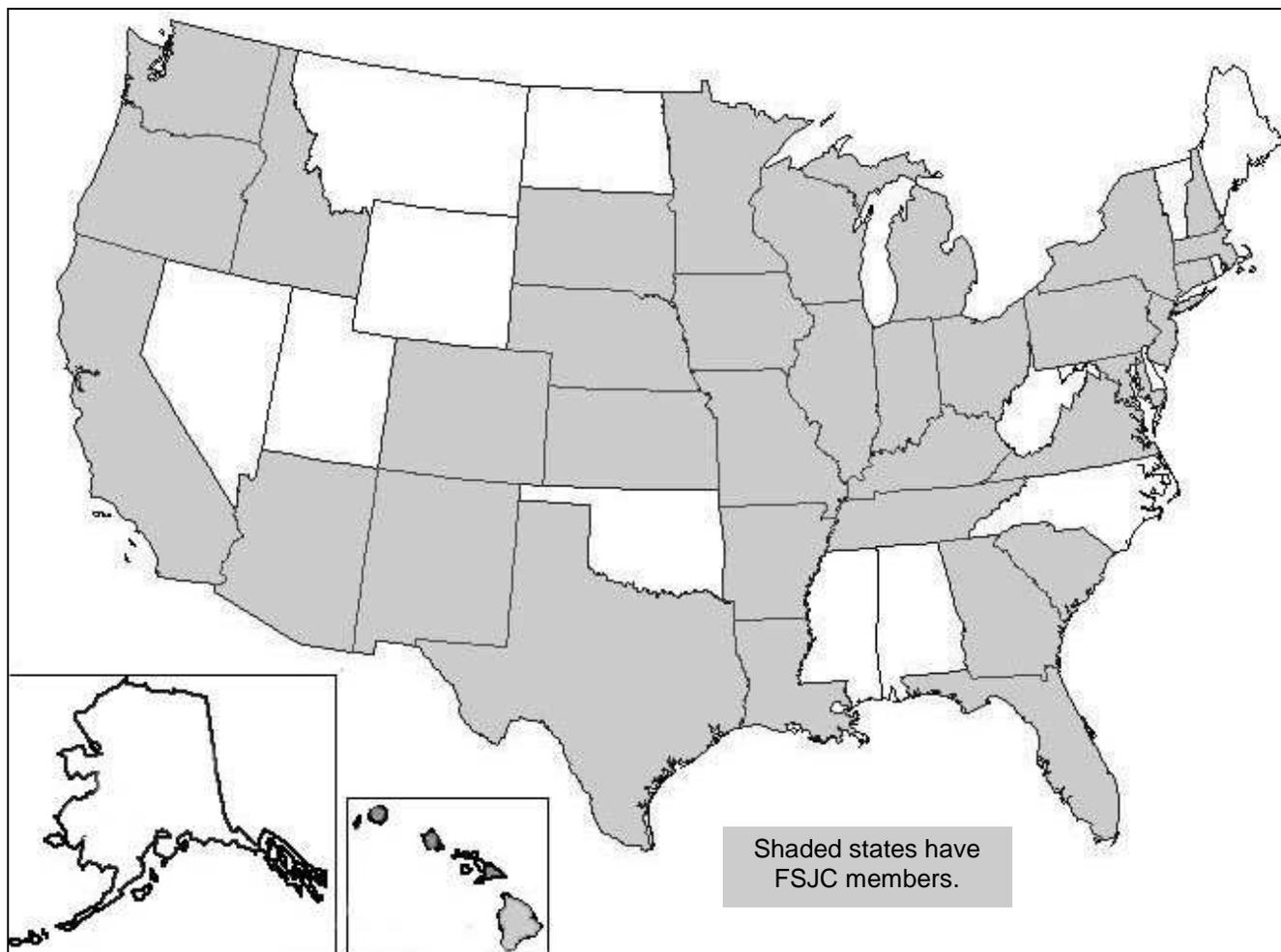


Among Friends

Newsletter of the Friends of St. John the Caregiver

January 2009

Members in 35 States and Eight Countries in Three Years!



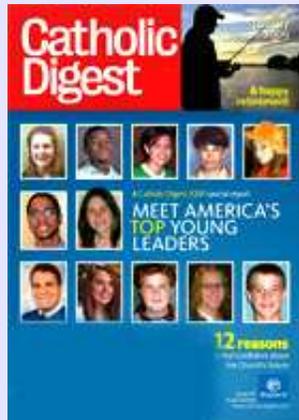
As we mark our third anniversary, we thank God for the hundreds of members of the Friends of St. John the Caregiver now in 35 states in the United States and in eight countries around the world.

(Recognize the flags? They are (clockwise from upper left): Australia, Canada, China, England. U.S.A., Malaysia, Scotland and Ireland. Yes, FSJC is on four continents!)



Catholic Press Continues to Promote FSJC

Catholic Digest magazine continues to be wonderful about promoting the Friends of St. John the Caregiver. We were mentioned in both the November and January issues.



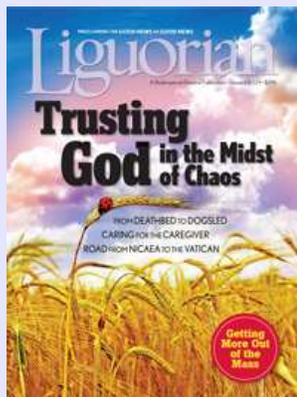
Greg Erlandson, president and publisher of **Our Sunday Visitor**, wrote about being a care-receiver in a December column and had a lovely reference to FSJC. (After that, more than a few OSV readers contacted us and asked for free copies of "The Little Book of Caregiver Prayers." Of course, we were happy to send the material to them!)

A family column (written by Monica and Bill Dodds) on caregiving carried by **Catholic News Service** ("the A.P. of the Catholic

press") brought a strong response from readers all over the United States. (Again, many asked for the prayer book. We've given away some 10,000 of them in the last two and a half years.)

And the January issue of **Liguorian** magazine featured an article written by Monica and Bill Dodds on caring for the caregiver.

We were so pleased the editor included "A Caregiver's Prayer."



A Caregiver's Prayer

Heavenly Father, help me better understand and believe I can do what you ask me to do.

Forgive me for the times, even now, when I question your judgment.

As I go about the many daily tasks of caregiving, give me energy.

As I watch my loved one oh-so-slowly walk across the room, give me strength.

As I answer his/her repeated question just one more time, give me patience.

As I look for solutions to whatever is the most recent concern, give me wisdom.

As I reminisce with him/her about the "good old days," give me a moment of laughter.

As I get to know my loved one in a new way, seeing both his/her strength and frailty, give me joy.

As I sit beside my loved one's bed waiting for his/her pain medication to take effect, give me comfort.

Lighten my burden, answer my prayer, and give me the strength to do what so often seems impossible.

Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there.

Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be.

Remain my constant companion as I face the challenges of caregiving and when my job is through and it's time for me to let go, help me remember he/she is leaving my loving arms to enter your eternal embrace. Amen.

In Loving Memory

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

Peggy Coiner
Leo Ducharme
Charlie Grzanich
Larry Patterson

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

Great Response to Annual Appeal

We want to thank the many individuals, couples and families who have already donated to the 2008-2009 Annual Appeal.

The response has been tremendous and the donations are still coming in.

In our next edition of *Among Friends*, we'll include a list of FSJC donors from Oct. 16, 2008, through April 1, 2009.

No, it's not to late — it's never too late! — to make a contribution.

You can send your donation to FSJC, P.O. Box 320, Mountlake Terrace, WA 98043 or go on-line at FSJC.org.

Because we're a 510(c)(3) non-profit, donations are tax deductible, as provided by law.



Parish Hosts Workshop

Monica Dodds spoke on "The Spirituality of Caregiving" at a Nov. 21 workshop at St. Theresa Parish in Federal Way, Wash.

Willa and Bob Gaines arranged and hosted the event which some two dozen caregivers attended.

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>	
Prayer Books		
The Little Book of Caregiver Prayers "Little Book" kit (Sample copy and covers and pages to assemble 10 prayer books, plus 10 St. John and Our Lady in Need holy cards)	_____	Exhaustion: Care for the Caregiver _____ Evaluating Housing Options _____ Caregiving is a Family Affair _____ Parent's Grief _____ Caregiver Grief: Sorting Out, Moving On, Remembering _____ Dealing with Caregiver Guilt _____ Home Safety _____ Independence, Control and Self-determination _____ Keeping Secrets, Telling Lies _____ If You Are a Long-distance Caregiver _____ Helping Your Loved One Deal with Losses _____ When You're Married to the Caregiver _____ Should Mom or Dad Move In? _____ When Mom or Dad Moves In _____ Not My Parent, Spouse, Loved One _____ Choosing a Nursing Home _____ Guidelines for Caregiving _____ Finding Respite Care _____ It's a Matter of Respect _____ Respectful Caregiving as the Parent-Child Roles Reverse _____ When the Parent-Child Roles Reverse _____ The 'Sandwich Generation' _____ Caregiving Stress: Warning Signs _____ The Need to Talk _____ When Your Loved One Has Poor Vision _____
The Stations of the Cross for Caregivers	_____	
Holy Cards		
St. John the Caregiver _____ Our Lady in Need _____ Caregiver's Prayer bookmark _____		
*Brochures		
The Basics of Catholic Caregiving _____ The Friends of St. John the Caregiver _____		
*Checklists		
Overall Assessment of Care-receiver _____ Assisted-Living Facility Evaluation _____ Nursing Home Evaluation _____ Legal and Financial Paperwork _____ Depression _____ Driving Skills _____ Home Safety _____ Elder Abuse Prevention _____		
*Topic Sheets		
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 _____		Videos on DVD
		Catholic Caregiving, Volume 1 _____ A Caregiver's Prayer; Caregiver Advice from St. Francis de Sales; Helping Your Loved One Give Up the Car Keys; Keeping Secrets, Telling Lies
		Catholic Caregiving, Volume 2 _____ Caregiving from a Caregiver'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

October 2008-January 2009

Please keep these intentions in your prayers. The list can be found on-line at: 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.

For Margaret J.

For David F.

For Madie L.

For help with my mother who can't walk and has dementia.

For Mueller and Tarpley family.

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.

For my husband, Dominick, and for his continued recovery.

For my mother, Mary and for Gary and Kay B.

For Josefa G.

For my uncle, Norbert.

For Rosanne D.

For the healing of my physical ailments/disability, healing of my memories and mental problems, and for spiritual healing.

For Peggy A.

For Ramon and Esther S.

For my husband, Tarsicio and for Karla B.

For Joan and Jules and for Julie and her family.

For my husband.

For Russ and emotional healing.

For my mother, Bernice.

For Marie B., Dolores E., and



Jeanette and Mack B.

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 my children who have a fatal neurological disease that mimics Alzheimer's: Peyton, age 11 and Kayla, age 8.

For Norbert F. and caregivers, Deb and Phyllis; Sean B. and caregivers, Brian and Becky; and for Doyle and Marj B.

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! Amen.

For my wife, Carol and for myself, Ben.

For Charlie G. may he rest in peace and for his wife, Marie and daughter, Patricia.

Please pray for my father who was diagnosed with lung cancer today.

For Anna Mae and Leo.

For Jerry and Marilyn J.

For my husband, Alan.

For Sadie, Laurie, Boyd and Eddie.

For all God's children who suffer without anyone to care for their daily needs.

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 Mary's parents, may they rest in peace; and for Mary during her time of grief.

For my friend, Grace, who really needs prayers; for support in her daily caregiving of her 86 yr. old mother.

For my mother, Winnie M.

For St. Augustine Health Campus.

For Robert, Polly and Kevin.

For Virginia's husband, may he rest in peace; and for Virginia, that she will feel the Lord's comfort, support and love.

For Jean, her mother, Jane, and her husband, Steven.

For Michelle and her parents and for all caregivers who fight the feelings of guilt that so often come with caregiving.

For Cheryl, her parents and her family.

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 caregivers around the world who do not care for themselves.

For the repose of the soul of my father, Anthony, who just died in April 2008 and for my mother Joanne who is deeply grieved.