



Among Friends

Newsletter of the Friends of St. John the Caregiver

October 2008

Quick Quiz Time! Codes, Math & Geography

1. We recently added a toll-free number to make it easier to contact us and to order material. **You can reach us at 1-800-392-JOHN** (5646).

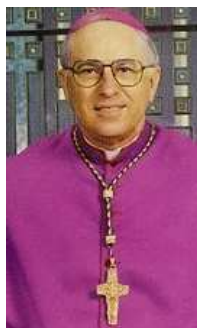
Guess what else those last four digits spell.

- a. 392-JOIN
- b. 392-LOGO
- c. 392-KOIN
- d. 392-PIZZA



2. At September's general assembly of the National Council of Catholic Women in Salt Lake City, FSJC's Monica and Bill Dodds gave away 2150 copies "The Little Book of Caregiver Prayers" in 90 minutes. That's one prayer book for every how many seconds?

- a. 90 minutes times 60 seconds divided by 2150 books. Whatever that is.
- b. I don't do math.
- c. One book every two and a half seconds, or so. Or two books in five seconds.
- d. The two trains pass each other at 7:45 p.m.



3. A round of applause, please, for Bishop Joseph V. Ademec and the Diocese Altoona-Johnstown for promoting care for family caregivers. They've added links to our sites on their Web site on the Family Life resources page. Where are Altoona and Johnstown?

- a. New Brunswick
- b. South Africa
- c. Pennsylvania
- d. Michigan

You can find the answers on page two. (And some more *fascinating* information in those answers, too!)

Workshop Material Available on Video and YouTube

Videos from the FSJC workshop "The Spirituality of Family Caregiving: Moments of Panic, Moments of Grace" are now available on DVD and on our YouTube channel, JohntheCaregiver.

Topics include: The Principles of Catholic Caregiving, Caregiving from a Care-receiver's Point of View, and more.

We've added this second DVD to the FSJC order form. (And included a copy of the form on page three of this newsletter!)

As with all our material and services, the DVDs are free, thanks to the generosity of our wonderful donors. (You can find a list of recent donors on page two.)

We want to thank Mary Lou Spence at Sacred Heart Parish in Lacey, Wash. for arranging the September workshop at which the talks were taped.

We would love to give a workshop, presentation, talk or retreat in your diocese or parish, too.

Perhaps a Catholic association or organization you belong to is looking for a keynote speaker for its conference, convention or banquet. Please keep FSJC in mind.

To find out more, just give us a call at 1-800-392-JOHN (5646) or send us a note at MonicaDodds@YourAgingParent.com.

And Speaking of Donors . . .

Please watch your mail in November for our second Annual Appeal material.

Your contribution makes a world of difference for families who — in these very tough economic times — rely on *free* caregiver material and services provided by a *Catholic* organization.

Your Prayers Are Deeply Appreciated

Week after week we receive thank-you notes from caregivers — and former caregivers — who want FSJC members to know how much they appreciate the prayers being said on their behalf and on the behalf of their care-receivers.

We've included a copy of prayer requests (one page four) covering the last three months. To submit a request, visit YourAgingParent.com, send us a note at FSJC, P.O. Box 320, MountlakeTerrace, WA 98043, or give us a call.

In Loving Memory

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

Ann Ball
 Margaret Hanks
 Pius Reinbold
 Tammy's mother
 Theresa's mother
 Ray Thiele, M.D.

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

Thank You to All Who Donated to FSJC!

We want to thank the many individuals, couples and families who donated to the Friends of St. John the Caregiver from April 1, 2008, through Oct. 15, 2008.

Your generosity has been a tremendous help to caregivers, care-receivers and their families.

God bless you all!

Jan Alkire
 Carol and Wayne Anderson
 Anonymous (seven donors)
 June Archer
 Agnes and Joseph Bongero
 Mowbray Brown
 Sally Brush
 Diane and Gary Buckley
 Marilyn Carlonas
 Catholic Charities Family Ministry,
 Cleveland, Ohio
 Donna Cavalet
 Norma Cordova
 Edwin and Rita Davis

Mary Elizabeth Day
 Margaret Dodds
 Rita Dougherty
 Anna Mae Ducharme
 Teresa and Russell Faudree
 Anne and Bob Funkhouser
 Lynne Gabel
 Rosa Garza
 Patricia Gavin
 Mary Glover
 Roberta and Jack Gordon
 Alice and Leonard Green
 Mary Ann Green
 Meg and Chris Gustafson
 Diane and Dick Holdren
 Holy Child Parish, Edgewood, NM
 Martha Innes
 Eleanor and John Kinahan
 Sister Michelle Kopp, O.P.
 Janice and Stanley Lange
 Barbara Levich
 Sue LoJacono
 Marian Malonson
 Mary Marek

Dolores Martinez
 Mary and James McCary
 Kay McMurry
 Sally Naseman
 Joan Noonan
 Sister Susanne Perri, O.P.
 Anne Regan
 Mary Ryan
 Sacred Heart Parish, Lacey, Wash.
 Carol and Edwin Salva
 Edelmira Santiesteban
 Laura and Louis Schuweiler
 Colleen Sheehan
 Ray and Nancy Shuman
 St. Thomas More Parish, Austin, Tex.
 Mary Sturm
 Valerie Tanella
 Marci and James Thomsen
 Candace Wegerson
 Mary Anne Whary

(Please let us know if we have made a mistake and left your name off the donor list. We apologize for the error.)

Answers to the Quick Quiz . . . and More

1. All but d. We requested JOHN but the others are good reminders, too:

a. A person can call the number to join the Friends of St. John the Caregiver. (Please ask your family, friends and fellow parishioners do just that!)

b. In Greek, St. John's Gospel opens with: "En arche en ho logos...." "In the beginning was the Word...."

Look for a new "Dear Friends" weekly letter every Monday at YourAgingParent.com.

c. And the third set of letters is also the start of an appropriate Greek word: *koinonia*. You may know that means Christian fellowship or communion with

God or with fellow Christians. *Koinonia* was used in particular with the early Christian community. (Of which – of course – St. John was a member!)

A synonym would be "fellowship" -- an association of people who share common beliefs or activities. (Say, that has a familiar ring to it, doesn't it?)

2. Either a or c is good. Both b and d . . . not so much. (And speaking of math story problems — which we all encountered in school: Did you ever in your adult life have to figure out when two trains would pass by each other?)

3. c. Pennsylvania. In an introduction to the FSJC Web sites, the diocese says: "You care a lot and you give a lot! You have most likely experienced joy, frustration, hope, exhaustion, doubt, spiritual nourishment, and spiritual dryness. Though your free time is limited, time with any of the following material is time well spent."

Offering Prayers Worldwide for Caregivers and Care-receivers **Members Now in Eight Countries on Four Continents;** **in 34 States Throughout U.S.**

Internationally		
Australia	Florida	Nebraska
Canada	Georgia	New Hampshire
China	Hawaii	New Jersey
England	Idaho	New Mexico
Ireland	Illinois	New York
Malaysia	Indiana	Ohio
Scotland	Iowa	Oregon
	Kansas	Pennsylvania
	Kentucky	South Dakota
	Louisiana	Tennessee
	Maryland	Texas
United States	Massachusetts	Virginia
Arizona	Michigan	Washington
Arkansas	Minnesota	Wisconsin
California	Missouri	
Colorado		
Connecticut		

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

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

July-October 2008

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 my nephew's wife who is very sick with cancer. Pray she doesn't have to suffer too long and that God will be good to her.

For the residents, families, and staff at Clement Manor.

For the caregivers in St. Augustine Parish and for their care-receivers.

For Darrell P., that his body will be restored to health.

For Louis F., that he will be cured of the horrible cancer that has taken over his body.

For Harry and the successful removal of a tumor on the chest wall.

For Bill and a speedy recovery from quite a serious stroke. Lord, hear my prayer.

For Laura D., Joshua and Robert L., Anthony B., Laura B. and Gerri F.

For little Michael who has been diagnosed with juvenile diabetes. And for his parents and grandparents.

For my mother and a renewal of health; that I may meet her needs now and in the future with patience and love.

For my brother, Gilbert, and my sister, Robin.

For Ana and Josie S.

For Cathy N. and her father.

For Mary's dad and Joe's mom and brother, may they rest in peace.

For Adeline G., Margaret and Lorraine O., and Bernadette and Teresa C.

I would like prayers for my son who does not pray.

In praise and adoration to our Lord Jesus, we come before you with humble hearts. We offer to you ourselves, forgive us our sins and lead us to everlasting life. We thank you for the abundant blessings you supply. Today, we ask your mercy and love to provide us with the graces we need.

For all of God's children with emotional and mental illness and their families and caregivers.

For my mother who is elderly; for my clients in my work as a respite-care provider; for my employers; and myself: at home, at work, at school, and as a family caregiver.

For my mother, Josefa.

For my aging mother (87) who is beginning to feel very anxious as she ages and please help our family discern what is best for her.

For my mother-in-law (94) whose memory has faded dramatically.

For my husband, who has been the primary support system to his parents for 15 years.

For my mother, Carolina.

Please pray for me as I am ill. Please pray for our family unity.

For my husband, Wayne A., and for Mary D.

For the repose of the soul of Margaret H.

For Frank and David.

For Rita and John D., and Helen and Mark K.

For my parents, John and Mary Patricia S.

For Michelle B., who is the full-time caregiver for both of her parents. Please give her some rest and comfort while she is on a respite/vacation. And watch over her parents during this time.

Thanks to all who prayed for my family. My dad died 6/14. Please continue to pray for my mom who has Parkinson's and is now alone, and for my mother-in-law whose cancer is taking its toll. We continue to pray for all on this prayer list. Thank you.

For Kasandra and all caregivers that care for someone who is not a member of their immediate family.

That my sister be gifted with patience in dealing with our difficult elderly parents.

For Karen, that she may come to the table of the Lord and return to the faith.

For my 97-year-old mom who has fractured her pelvis. May she gain strength each day. In thanksgiving for patient rehab workers, PT and OT, and for the witness of amputees today.

For my Carol and for myself: Jesus, give us peace.