



Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring 2007

So you think you know something about . . .

. . . Geography? Classic TV? Books? Take this little quiz about some new FSJC members and find out.

1. Sister Flora is a Canossian Sister who works at a home for seniors in Malaysia. When she joined FSJC, she asked for prayers for residents who are ill and especially those who have cancer. Yes, Malaysia is in Asia but what's one country it borders?

- a. Sri Lanka
- b. Indonesia
- c. Papua New Guinea

2. When Glenn joined FSCJ he commented that: "Your organization provides information . . . in dealing with my own stress as the caregiver and with the emotions of my family. You show that we are not alone." Glenn calls New Rochelle, N.Y., home. Who lived in that suburb in classic TV land?

- a. Joe Friday
- b. Theodore Cleaver
- c. Rob and Laura Petrie

3. When Ann became a member she told us: "My husband and I took care of my mom and dad the last seven years of their lives. Their illnesses were multiple and the road was long and hard. As the song says, 'I wouldn't take nothin' for my journey now.' Mom and Dad are no longer here, but the gifts of peace, joy and gratitude for their lives, our time together and all that life offers remain with us." What prominent African-American woman penned a book titled "Wouldn't Take Nothing for My Journey Now"?

- a. Oprah Winfrey
- b. Condoleezza Rice
- c. Maya Angelou

Quiz (Continued on page 2)

Tips for the Caregiver

—Be aware of the presence of God and nourish your spiritual life.

—Plan ahead. Don't wait for a crisis.

—Don't panic.

—Be creative. If your first solution doesn't work, find a new one and try again.

—Get reliable information about your loved one's illness and be aware of any emotional issues.

—Learn about your role as a caregiver and improve your skills.

—Practice new coping strategies for the particular challenges you face in caring for your loved one.

—Find your family's strengths and work together.

—Accept offers of informal support from your family, friends, and parish community.

—Respect yourself and set limits.

—Take care of yourself with rest, good nutrition, exercise, and some time off.

—Access the formal support of social services in your community.

—Follow the advice of St. Francis of Assisi:

Start by doing what's necessary,

then what's possible,

and suddenly you are doing the impossible.

On the Road Again at . . .

The National Association of Catholic Chaplains' Annual Convention in Portland, Ore.



Monica Dodds staffs the FSJC information booth at the chaplains' convention in March. The chaplains, a lovely and gracious group of people, gave FSJC a warm welcome. (And went home with 400 copies of our free prayer book!)

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 May 1, 2006 through April 30, 2007.

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

God bless you all!

Janice Anderson
Anonymous (nine donors)
Sister Laurentilla Back, SSND
Ann Ball
Carla Black
Father Patrick Beck
Sister Mary Lou Brennan
Diane and Gary Buckley
Jim and Laura Buckley
Jeanette and James Burton
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(Please let us know if we had made a mistake and left your name off the donor list. We apologize for the error.)

St. John the Caregiver
and Our Lady in Need, pray for us.

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 carewww.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. Donations greatly appreciated. FSJC is a 501(c)(3) organization. Donations are tax deductible as provided by law.

Four easy ways you can help family caregivers today

- Invite a friend, family member, or fellow parishioner to become a member of the Friends of St. John the Caregiver.
- Ask your parish to include a link to www.FSJC.org on its Web site.
- Send a \$25 donation to:
Friends of St. John the Caregiver
P.O. Box 320
Mountlake Terrace, WA 98043
- Pray for caregivers!

Quiz (Continued from page 1)

How did you do?

1. Malaysia borders Indonesia. Sister Flora works there at "Miriam Home" — "Miriam" is Hebrew for Mary.
2. Glenn's TV-land neighbors are the Petries, main characters in "The Dick Van Dyke Show."
3. Ann and her husband live in Ohio. The song she mentioned, a spiritual, was written by Rusty Goodman. The book with that title is by Maya Angelou.

How about just one more question? In the Gospel of Mark (6:31-32), when the apostles come back to Jesus after going out and helping others, what does he tell them to do? Rest for a while! That's good advice for all caregivers.