

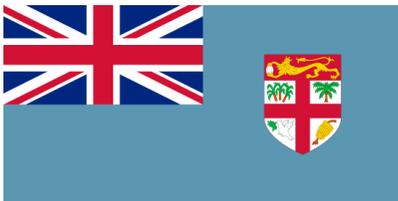


Among Friends

Breaking Bread at a 'Global Party'

One of the disadvantages of being an international organization is members can never have a little get-together to meet each other, chit-chat a while, pray as a group, and share a meal — like a potluck that includes some local favorites and some traditional comfort food!

On the other hand, among the advantages of being an international organization is members are now saying prayers — for caregivers and care-receivers — on



five continents in 11 countries and 38 states in the U.S.. (Hello and welcome to

Fiji's flag. Made up of more than 300 islands, Fiji is some 3,000 miles (about 5,000 kilometers) southwest of Hawaii.

Fiji and Mississippi!)

And what a difference those prayers makes for those caregivers and care-receivers! We know. Families tells us that time and time again.

Then, too, since we're worldwide, "local favorites" covers a lot of territory. And "comfort food" includes a lot of recipes!



Mississippi cornbread, baked in an iron skillet. (Just as wonderful made in a baking pan!)

So . . . let's "break bread" with our new member from the South Pacific and the South U.S.A. Here are recipes (courtesy of the Internet) for kumala bread and cornbread. (Kumala is a kind of sweet potato.)

But first, and always, let's thank God that worldwide, every day, we can share the Bread of Life!

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Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between April and October.

The Perfect Gifts for Family, Friends, Parishioners and More!

Every week we receive a couple of requests from folks who were asking for copies of St. John the Caregiver and Our Lady in Need holy cards, the Caregiver's Prayer, and "The Little Book of Caregiver Prayers." We've noticed that some people hesitate to ask for more than one copy of each but we assure them — and you — that we're truly pleased when someone asks for more than one. And we love it when someone asks for a lot!

We'd love it if you asked for a lot.

For . . . Your family and friends. Your church's vestibule, Eucharist adoration chapel, or pamphlet rack. Your fellow members of the Legion of Mary or the people you visit as a Legion of Mary member. Your Knights of Columbus council, Catholic Daughters of the Americas court, or St. Vincent de Paul council. The extraordinary ministers of the Eucharist in your parish who visit the sick and the homebound. Your guild members or fellow Serrans. And on and on.

Hosting a Church-related luncheon or dinner and looking for small gifts for your guests? Want to acknowledge and thank the family caregivers in your parish? Holy cards and prayers books!

As always, that material -- and all that we offer -- is free. No cost for items, no shipping, no handling. No limit. No strings. Free means free.

We're often asked how we can make this amazing, no-string-attached offer. It's because of our wonderful donors!

We encourage you to check out our order form (there's a copy in this newsletter) and let us know what we can send you.



Great with Cookies, Too!

FSJC holy cards, prayer cards and prayer books are the perfect accompaniment for those tins of Christmas cookies you're giving to family, friends and neighbors.



In Loving Memory

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

Florence Markus Beaber
Father John Clarke
Jody Petanovich Dickgieser
Art Guenser
Magdaline Hoelscher

Bill Kalenius
Inez Ronan
Frank Sheehan
Frank Wasik

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!

Here's the list of FSJC donors from April 16 through Oct. 16, 2009, including those who joined in the May "non-event dance marathon"!

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!

Anonymous 9
Jan Alkire
Janice Anderson
Richard Antonello
Thomas and Sharon Bala
Father Patrick Beck
Anita Bernier
Agnes and Joseph Bongero
Charles Broderick
Kerry Brown
Diane and Gary Buckley
Bob Coyne

Edwin and Rita Davis
Mary Elizabeth Day
Diocese of Cleveland OH
Father Michael Dodds, O.P.
Patrick and Diane Dodds
Bill and Tammy Dodds
Margaret Dodds
Greg and Corine Erlandson
Sharon Faudree
Russell and Terry Faudree
Eileen Favata
Anne and Bob Funkhouser
Alice and Leonard Green
Cheryl and Tom Green
Mary Ann Green
Patricia Grzanich
Meg and Chris Gustafson
Patricia and Bernard Heinemann
Michele Horner
Anthony Hoying
Grace Carlsen and Roger Jones
Kathleen Kendall
Dolores LaCoursiere
Joan Lane
Janice Lange
Sue LoJacono
Montika Maides
Marian Malonson
Dolores Martinez
Bridget and John McAlerney
Betty McDonald

Mary Milas
Rosie Mueller
Sally Naseman
Barbara and David Nield
Michael Niland
Joan Noonan
Our Lady of the Lake Parish,
Green Lake, Wisc.
Gwen Perreira
Sister Susanne Perri, O.P.
Alan and Claudia Peters
Anne Peters
Ben and Carol Pritchett
Rochelle Rosenbaum
John and Melanie Ruhl
Terry and Rose Russell
Edelmira Santiesteban
Rita and Tom Schneider
Laura and Louis Schuweiler
St. Pius X Parish, Rock Island, Ill.
Susanne Steiner
Marilyn Swatuck
Catherine Thomas
Marci and James Thomsen
Patricia Tracey
Lorraine Wasik
Barbara Werschkul

(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.)

(Continued from page 1)

Bread!

Kumala Bread

1 cup evaporated milk
1 cup flour
1 cup finely shredded yellow kumala (sweet potato)
1/2 cup sugar
2 1/2 teaspoons of baking powder
lemon rind

Sift dry ingredients and then add shredded kumala and lemon rind. Add milk and mix thoroughly. Pour in a well-greased pan and bake in a moderately hot oven for 40 minutes.



Might as well buy a few extra sweet potatoes while you're at it. Great for baking — like any potato — and for pies!



Mississippi Cornbread

2 to 4 tablespoons shortening (or use part or all bacon drippings)
1 1/2 cups white self-rising cornmeal
1/2 cup all-purpose flour
1 egg

1/2 cup buttermilk or whole milk
1/4 teaspoon of baking soda if using buttermilk
water to make a thick but pourable batter

Preheat the oven to 425° F (220° C).

Put the shortening in a cast-iron skillet and place on medium heat or in the oven.

Combine the cornmeal and flour, then mix in the egg and milk. Add water slowly, until the mixture is pourable (like thick pancake batter).

Take the hot pan from the oven, pour some of the melted shortening (a tablespoon or more) into the batter, then pour the batter into the hot pan. Place back in the oven and bake for 20 to 25 minutes, until the outer crust is golden brown.

(No self-rising cornmeal? 1 cup plain cornmeal + 1 1/2 tsp baking powder + 1/2 tsp salt makes 1 cup self-rising cornmeal.)



Friends of St. John the Caregiver

P.O. Box 320 • Mountlake Terrace, WA 98043 • 1-800-392-JOHN
www.FSJC.org • www.YourAgingParent.com • www.CatholicCaregivers.com

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.

Brochures, Checklists and Topics are also available on-line at YourAgingParent.com under "Topics" and/or at CatholicCaregivers.com under "Fliers." Videos can also be viewed at our YouTube channel: JohnTheCaregiver.

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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**

E-mail us at:

MonicaDodds@YourAgingParent.com

Or call us at:

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.

Friends of St. John the Caregiver

An international Catholic organization promoting care for family caregivers.

____ Quantity Requested

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)

____ 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

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***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

***Topics**

- ___ 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
- ___ Your Parents — Your Care-receiver'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 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
- ___ Turning to Prayer
- ___ The Stations of the Cross for Caregivers
- ___ An Assessment Checklist for Family Caregivers
- ___ Celebrating Birthdays and Anniversaries
- ___ The Role of Spirituality in a Caregiver's Life
- ___ Returning to the Church
- ___ What Anointing of the Sick Is . . . and Isn't
- ___ Caring for Your Children as You Care for Your Aging Parents
- ___ Preventing Slips and Falls
- ___ How to Nourish Your Spiritual Life

***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 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

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**Brochures, Checklists and Topics are also available on-line at YourAgingParent.com under "Topics" and/or at CatholicCaregivers.com under "Fliers." Videos can also be viewed at our YouTube channel: JohnTheCaregiver.*

Friends of St. John the Caregiver
FSJC.org YourAgingParent.com CatholicCaregivers.com

Friends of St. John the Caregiver Prayer Requests

August-October 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 the repose of the soul of Father John Clarke. May he rest in peace.

For all caregivers.

For Martha and Hope.

For my husband, Jack; my father, Walter; and my mother-in-law, Genevieve.

For abatement of the anger I feel.

For Albert S. and for Thomas and Philomena H.

For Margaret and all her family.

For the repose of the soul of my high school friend, Jody P. May she rest in peace.

For patience and strength in caring for my son, JT.

Help overcoming burnout.

For the repose of the soul of Art G. May he rest in peace.

For the repose of the soul of Frank S. May he rest in peace.

Dearest Saints, please help Cecile care for her husband Pete. May the doctors find a way to help him and all others who treat those suffering with his illness. I pray they keep their house also.

For all of our loved ones who have died. Give peace and comfort to those who are broken and needy. We pray for those who have nothing to eat and drink that the presence of the Lord will satisfy their hunger and thirst. We pray for our own self that we may be protected against the wickedness and snares of the devil, who wanders the world seeking the ruin of souls.

For Daniel who is in a lot of pain because of an injured back.

For the repose of the soul of Frank W. May he rest in peace.

Please pray for relief from this stiffness. It has gotten worse.

Pray for me whose health has declined rapidly from taking care of my mom for seven years with no help from my siblings. Please pray that my mom takes no more falls.

For Pat and Irene S.

In memory of Flora M. May she rest in peace.

In memory of Father Joseph Doogan. May he rest in peace.

In memory of Magdaline H. May she rest in peace.

For Julia, her mom and her sister.

For our mother, Inez, that she may rest in peace in His Eternal Love. For my dad and our family as we mourn her passing.

Please pray for my mom, Esperanza, who's mental capacity is a little bit low. She is forgetful and sometimes can't recognize who she was talking to. My sister is not always patient talking with my mom and they live together in the same house. Pray for my sister's patience and understanding; that the Holy Spirit will enlighten her for talking and listening to our mother. Pray for me too, for I have many bodily aches and pains, numbness in my left foot, and arthritis in my hands and fingers; and for those people who are aged and have no one to care for them, especially my neighbor, Genie.

For my two sisters who are at odds with each other over Mom's care.

For the repose of the soul of Florence B., may she rest in peace; for her daughter, Cheryl during this time of grief; for Jonathan, who has end-stage renal disease.

Please pray for my mother, Anna. She had a second stroke and cannot swallow. She spent a month in the hospital and now has a feeding tube. Thank you and God bless.

Please remember my intentions: that I may be able to continue to provide care, compassionately, at home for my mother. That my brother and nieces may be supportive and encouraging to my mother and myself. That I may feel God's presence, and that I may overcome the desperate feelings.

I need your prayers again. My mom has Parkinson's. She, my husband and I moved in together. I need your prayers for her and for me as I miss my old way of life.

For my mother, Dolores C.

For Tom S.

For Kevin W., who has colon cancer.