



Among Friends

Newsletter of the Friends of St. John the Caregiver

Fall 2010

FSJC Marks Fifth Anniversary

It was five years ago this fall that Monica and Bill Dodds began the Friends of St. John the Caregiver.

To mark this milestone, over four newsletters we'll be sharing some of the "untold stories."

"The Little Book of Caregiver Prayers"

1. Monica wrote the prayers and Bill did a little light editing. The original prayers were part of her "A Catholic Guide to Caring for Your Aging Parent" (Loyola Press).

2. The book is little because Bill had found directions on the Internet for how to make a single, small book from one piece of paper. Monica loved the size but the single-paper design didn't work.

3. The first copies were "homemade." FSJC went through cases of reams of paper, three paper cutters and a handful of staplers making the first 10,000. (Later, thanks to donors, we were able to have them professionally printed, folded, and stapled.)

4. In the early years, Monica did almost all the cutting, folding and stapling. (Bill's gifts lie elsewhere.)

5. Yes, "the little blue prayer book" is the same color as the FSJC.org Web site but that's really just a happy coincidence. (Or Providence.) When the first prayer books were being printed, blue was the only stock-weight paper Monica and Bill had on hand.

6. If you look closely at the cover art (and FSJC logo) you'll see a smudge starting just above St. John's elbow and running across the image. That's where Bill used Photoshop to cover up a window pane crosspiece that's in the original photo by P. Neil Ralley.

Update on Monica Dodds

FSJC president Monica Dodds has now completed radiation treatment (following surgery and chemotherapy) for uterine cancer (carcinosarcoma).

The doctors—and she—are optimistic.

Both she and her husband, Bill, want FSJC members and donors to know how much they appreciate your prayers and concern. You remain in their prayers.



Happy Thanksgiving, Dear Caregiver!

*With love,
Your Care-receiver*

*(and FSJC
members around
the world)*

On a day dedicated to giving thanks to God and our loved ones, we — on behalf of your care-receiver — want to thank you for many ways (the cornucopia of ways?) you live that love.

(The holiday of Thanksgiving is celebrated on the second Monday in October in Canada and the fourth Thursday in November in the United States.)

God Bless Our Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between May and October 2010.

In Loving Memory

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

Victoria Fustine
Gloria La Russa
Trish O'Rourke-Smires
Phil Sullivan

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 May through October 2010, including those who joined in the May non-event "treasure and trash no-rummage-sale."



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 11
Jan and Fred Alkire
Janice Anderson
Archdiocese of New Orleans
June Archer
Ruth and Leo Barsnica
Joseph and Agnes Bongero
Kent Brown
Mowbray Brown
Grace Carlsen and Roger Jones

Barbara Costello
Bob Coyne
Gilberte and Lionel Desrosiers
Diocese of Venice, Florida
Father Michael Dodds, O.P.
Patrick and Diane Dodds
Rita Dougherty
Charlene and James Dowd
Father Brennan Egan
Shirlee Elbert Springer
Sharon Faudree
Teresa and Russell Faudree
Rita Fenton
Anne and Bob Funkhouser
Mary Ann Giomi
Karolyn Gladdys
Alice and Leonard Green
Mary Ann Green
Rosemary and Joseph Horstmann
Anthony Hoying
Lori Joseph
Marie Kissinger
Robert and Arlene Knoll
Dolores LaCoursiere
Janice Lange
Nancy Layo
Barbara Levich
Marianne LoGerfo
Sue LoJacono
Marian Malonson
Mary Marek

Dolores Martinez
Betty McDonald
Cecilia and William Mclvor
Betty and Quinn Mullen
Lois Murphy
Sally and Karl Naseman
Joan Noonan
Gwen Perreira
Joyce Plansky
Ben and Carol Pritchett
Donna Radcliffe
Dolores Riccardi
Elaine Richards
Terry and Rose Russell
Rita and Tom Schneider
Marilyn Swatuck
Marci and James Thomsen
Susan Tikalsky
Genevieve Tsacomas
Carmela Vigil-Brown
Candace Wegerson
Barbara Werschkul
Terry Wiley
Helen Yates
Debbie Zito

(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.)

How to Help Us Find and Assist More Family Caregivers

Every week we get a call, letter or e-mail from someone so glad he or she has "found" the Friends of St. John the Caregiver and what it has to offer. (Offer for free, thanks to our wonderful donors!)

Here are some ways you can help families, parishes, and dioceses "discover" what FSJC has been providing for the past five years.

1. Tell a caregiver. The best marketing is word-of-mouth. Tell a family member, friend, neighbor, coworker, fellow parishioner, or health-care provider.

2. Let your pastor and parish staff know that Catholic-Caregivers.com (an FSJC program) has free, formatted material for parishes and dioceses online.

3. Suggest to the leaders of the organizations in your parish (school, Knights of Columbus, Legion of Mary, visiting nurses and so on) that they let their members know about us at their regular meeting or in their newsletter.

4. Contact your diocese and find out whom we should speak to there about FSJC. (It could be the pro-life, pastoral care, or family life office, for example.)

5. Fill out this form and send, e-mail or phone it in!

Your Name _____

Phone or e-mail _____

Parish _____

Parish's contact person _____

Person's phone or e-mail _____

Diocese _____

Diocese's contact person _____

Person's phone or e-mail _____

May we use your name when we make contact?(yes___) (no___)

Other suggestions _____

FSJC, P.O. Box 320, Mountlake Terrace, WA 98043
MonicaDodds@YourAgingParent.com
1-800-392-JOHN (5646)



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
- _____ Challenges of Communication
- _____ 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 Parent's Generation
- _____ Your Parent's — 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 2010

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 John and Mary Jo S.	For the repose of the soul of Trish O'R.-S. May she rest in peace.	Bless our faith. Help, help.
Please pray for my wonderful husband, Ben, who had a stroke and a prayer for my continued strength and guidance from the Lord in taking care of him and enjoying each other and what is left of our lives together.	For a better relationship between neighbors and for healing.	For caregivers helping those with HIV/AIDS, especially in Third World countries.
Help me, please, Lord. Thank you.	For the repose of the souls of Gloria La R. May she rest in peace.	For peace between a married couple and for Rodney who has met with an accident and is in a critical condition.
Please pray for my mom, lolanda.	For Carole and her family.	For all our grandchildren and great-grandchildren that they will do well in school and that they will make good and right decisions in their lives.
For the small assisted living facility where I work. We have been through a lot physically, mentally, emotionally and politically. And for guidance and protection for the family, workers and administration; and for more workers so we do not burn out.	For parents who are struggling with their pride that is keeping them from accepting the help they need from their families and from others.	Please remember my mother, Mary, who suffered a severe brainstem stroke seven years ago. She was in a nursing home for three years, before I quit my job and have her at home the last four years. She needs lots of care with a tracheotomy and feeding tube. Please pray for perseverance and compassion for all her family and caregivers. In thanksgiving for the gift of being able to be home and out of the nursing home, we also pray. Thank you.
For the repose of the soul of Phil S.; may he rest in peace. And for his family and friends.	Please pray for me. I am feeling so alone and lost since my mother, whom I have cared for eight years, was placed in a nursing home for hopefully recuperative care. I don't know what direction to take.	
For my mother, Dorothy, who has dementia.	For my husband and me. He just turned 67 and has had Alzheimer's disease for eight years. I am the full-time caregiver.	
For Margaret S.	For a young man, Anthony, in critical condition in the ICU with dengue. Please pray for him and the family	For strength and patience in caring for my 94-year-old mother who lives with us and also for courage and good health; and for my husband who has been diagnosed with terminal cancer.
Help.	For help.	
Please pray for my mother who is suffering from dementia.	For the Institute for Christian Ministries, a provider of training and healing ministries.	For Carole's mother who has had a series of small strokes, and for Carole and her sisters who are taking care of her.
For all caregivers, that we may accept the graces given to us on our pilgrimage of caring for our loved ones.	For Lorraine, and for all sick parishioners at Holy Redeemer Parish in Cape Town, South Africa.	
For my husband, John G., who has been very ill this year.	For all core members (cognitively impaired adults) and assistants (caregivers) in the L'Arche community in Trois-Rivieres, Quebec, and in L'Arche communities around the world.	For my husband, Leo.
For the repose of the soul of Victoria F. May she rest in peace.		For Linda, my wife, who's suffering from respiratory problems.
For Patty and Hugo B, Evelyn R. and all her family.		For Maria D. and for Alice.
For my husband, John B., who has terminal cancer.	For the caregivers in our local hospice and medical institutions.	For Jim and his mom.
		For Father Daniel.