



# Among Friends

## FSJC Marks Fifth Anniversary

### Fourth in a Four-part Series

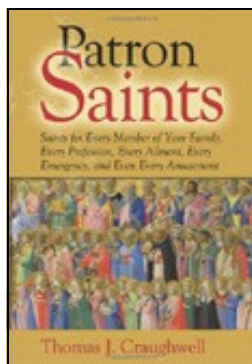
Monica and Bill Dodds began the Friends of St. John the Caregiver six years ago, in the fall of 2005.

To mark this milestone, we've been sharing some of "the rest of the story."

### How St. John the Evangelist Became the Patron Saint of Caregivers

Since the last newsletter we were so pleased to receive a copy of a new book on patron saints and see that St. John has been included as the patron of caregivers. And it has a little bit about the Friends of St. John the Caregiver, too!

Thomas J. Craughwell is the author of "Patron Saints" and Our Sunday Visitor is the publisher. The book has the Church's imprimatur and nihil obstat.



Back in 2005 Monica and Bill couldn't find any saint listed as the "official" or popular patron for those who take care of aging

parents—and for all caregivers—but they couldn't think of a better choice than the caregiver Christ chose from the cross for his own mother.

*"When Jesus saw his mother and the disciple there whom he loved, he said to his mother, 'Woman, behold your son.' Then he said to the disciple, 'Behold, your mother.' And from that hour the disciple took her into his home"* (John 19:26-27).

Did FSJC get some sort of Vatican approval before naming St. John the patron of caregivers? No. Typically and historically, that's not how a patron is first chosen. It's not really grassroots but more . . . "pew roots."

Did "St. John the Caregiver" immediately catch on because it is such an obvious choice? Oh my, yes! And the idea continues to gain public and ecclesiastical approval.

*St. John the Caregiver, pray for us!*

## Thank You, 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 2011.

## If You're a Caregiver, You're Also . . .

*(This is the family column Monica and Bill Dodds wrote last month for Catholic New Service.)*

As the Church marks Respect Life Month 2011, we want to say "thank you" to family caregivers. We know you're keeping busy so we suspect you may not have had time to notice that caregiving is much more than what it seems to be at first glance.

Yes, it's all those obligations, commitments, details, and worries, but if you're caregiving you're also:



--Obeying the fourth and fifth commandment. (Honor your father and your mother, and you shall not kill.) You're showing your respect for your parent or other senior family member in a tremendous way by taking care of him or her. And, at a time when euthanasia advocates are becoming more vocal, you're promoting life by helping your care-receiver. Caregiving is pro-life!

--Honoring your marriage vows. Perhaps most brides and grooms focus on "for richer or for poorer" and don't realize what "in sickness and in health" can truly mean. Now you know. And you're there, fulfilling that commitment.

--Living the corporal works of mercy. Those include feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the sick and those in prison, and burying the dead.

*(Continued on page 2)*

## In Loving Memory

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

Jesus Aldaz	Lydia Riccio's father
Russ Faudree	Rose Schaeffer's mother
Francine Lahey	Ken Sheedy
Jim's mother	Elizabeth Williams' father
Paul Pike	

*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 through October 2011.

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 6

Janet and Fred Alkire

Audrey and Ibrahim Ashie

Reverend Patrick Beck

Marian Blanchard

Dorothy Bolton

Diane and Gary Buckley

Sister Judith Carrara

Christ the Redeemer Catholic Church, Dahlonga, Ga.

Comprehensive Family Services, Honolulu, Hawaii

Bob Coyne

Patrick and Diane Dodds

Shirlee Elbert Springer

Shaun Eller

Filomena Estrada

Michael Faudree

Teresa and Russell Faudree

Rita Fenton

Louanne Grand

Mary Ann Green

Catherine and John Halbardier

Julie and Don Harris

Jan Hostert

Dietgard Hunsley

Janice and Steve Kotara

Sue LoJacono

Josefina Lopez

Lillian G Pfeifer

Lorraine and Paul Pike

Joyce Plansky

Kathleen Riggs

Janet Russell

Terry and Rose Russell

St Therese Parish, Kansas City, Mo.

Frances and Richard Troha

Julia Warren

*(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.)*



Monica Dodds staffs the FSJC information table in Phoenix.

### On the Road Again!

What a blessing—and a treat!—it was for Monica and Bill Dodds to be able to attend the Catholic Medical Association's 80th annual educational conference in Phoenix in early October. They had an opportunity to say hello to some FSJC members and to welcome new members, too.

The Friends of St. John the Caregiver had an information booth (in a great location!) where they met many dedicated pro-life doctors and healthcare professionals. They also heard a lot of family caregiver stories and—because of FSJC members—were able to let all those people know they're being prayed for.

Thank you for those prayers!

Because of their own health issues, this was the first conference (of any kind) Monica and Bill have been able to attend in the past several years and, they report, it was wonderful to be on the road again. (And tiring, too!)

### If You're a Caregiver, You're Also . . .

*(Continued from page 1)*

Some of those seem obvious if, for example, your spouse needs assistance eating or dressing. What about sheltering the homeless if you and your care-receiver don't live in the same place? It could be you make that assisted-living or long-term-care-center room "home" by your visiting him or her. What about prison? As a mind and body deteriorate, a person can feel imprisoned. And you're there. And burying the dead? That day may come. And, in the meantime, you may play a role in helping your loved one prepare for death.

--Picking up your cross daily. In Luke 9:23-24, Jesus teaches, "Then he said to all, 'If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it.'" It may not be on a daily basis, but caregiving involves sacrifice. It includes "dying to yourself" for the sake of your loved one.

--Being as surprised as the "sheep" on judgment day. In Matthew 25:31-46, the "righteous" ask, "Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?" And, the king answers, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."

What you're doing for your care-receiver, you're doing for Christ.

God bless you!

**Need to order more prayer books? Call us at:  
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](http://YourAgingParent.com) under "Topics" and/or at [CatholicCaregivers.com](http://CatholicCaregivers.com) under "Fliers." Videos can also be viewed at our YouTube channel: [JohnTheCaregiver](http://JohnTheCaregiver).

110203

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

#### \*Checklists

\_\_\_\_ Overall Assessment of Care-receiver

\_\_\_\_ Assisted-Living Facility Evaluation

\_\_\_\_ Nursing Home Evaluation

\_\_\_\_ Legal and Financial Paperwork

\_\_\_\_ Depression —and— Elder Abuse Information for  
Family Caregivers

\_\_\_\_ Driving Skills

\_\_\_\_ Home Safety

(Continued on back.)

(Continued from front.)

### \*Topics

- \_\_\_\_\_ The Stages of Caregiving
- \_\_\_\_\_ Alcoholism and Aging
- \_\_\_\_\_ Dealing with Caregiver and Care-receiver Anger
- \_\_\_\_\_ 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ Respectful Caregiving as 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ Understanding Aging
- \_\_\_\_\_ Caring for an In-law or a Stepparent
- \_\_\_\_\_ When Professionals and Your Care-receiver Disagree — *and* — Always a Parent: Worries About Adult Children
- \_\_\_\_\_ At the Hospital
- \_\_\_\_\_ Encouraging Good Nutrition
- \_\_\_\_\_ Depression and Suicide
- \_\_\_\_\_ Helping Your Loved One Find Forgiveness and Peace
- \_\_\_\_\_ Taking Care of a Crabby or Formerly Abusive Parent
- \_\_\_\_\_ Problems with Mobility
- \_\_\_\_\_ The Need to Have Fun
- \_\_\_\_\_ Refereeing Fights Between Mom and Dad
- \_\_\_\_\_ Tips for the Caregiver and Care-receiver
- \_\_\_\_\_ Dementia and Alzheimer's Disease
- \_\_\_\_\_ The Danger of Isolation

### \*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

110203

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

**Friends of St. John the Caregiver**  
[FSJC.org](http://FSJC.org) [YourAgingParent.com](http://YourAgingParent.com) [CatholicCaregivers.com](http://CatholicCaregivers.com)

## **Friends of St. John the Caregiver Prayer Requests**

**June-October 2011**

Please keep these intentions in your prayers. The list can be found on-line at: [www.youragingparent.com/prayer\\_requests.htm](http://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](http://www.YourAgingParent.com).

For Eric L., a paraplegic that I am caring for. That I have the strength and patience in taking care of him. That his angry moods leave him and he finds peace in his heart.

For the Ameijeiras family.

For Leon and Debb.

For M. Lucille S., Steve and Marian P., and Don J.

For Ibrahim A., Rose R., and Rhoda and George V.

Please pray for Helen B.

For Linda N. and Eva E.

Please pray for my mother, Martha. We are about to take the car keys away from her today because of her driving. My middle sister is the one who is dreading this decision more because she lives with her. We all want this for her safety and the safety of others. Dear God, do not let her think that we are punishing her in any way. We all love her.

Please pray for my father, Walter, who is burdened with old age. He doesn't want to take medicine or other treatment to help him. Pray for us, his children whom he sometimes forgets, that we can gently be with him.

For my husband's relationship with his mother. I pray that he can give her the comfort she desperately needs at this time. I pray for myself that I can help him.

Please remember my husband, who has been diagnosed with frontal temporal dementia; please pray for me to be able to be strong and filled with God's grace as his caregiver; please pray our children will learn to accept and treat me with respect as the caregiver.

For Enrique M. B. my father; Loreta S. B. my mother; Flordeliza J. S. my grandmother (mother's side) and Ernesto B. my grandfather (father's side); For Marvie A., Garingalao and Carambas family.

For Irma, James and Mary M.

For the repose of the soul of Jesus A. who died on June 24 at the age of 89. May he rest in peace. And for his daughter, Estela.

For my mother and father who are over 77 years old; my mother is a diabetic etc. and my father has Alzheimer's disease.

For Shaun's brother and his wife.

For my daughter, Laticia M., who is the mother of two and pregnant with a third child. She is a diabetic and is in the hospital because of complications.

Please pray for my mother; she passed on Tuesday, August 23rd three weeks after emergency surgery. Her loss has left a hole in my heart and life. Now I have to deal with my family in the matters of life. Conflicts have emerged and I am fearful of the future. I am giving in to them just to make peace. Please pray that I may be guided by God and by my mother.

For the repose of the soul of Jim's mother. May she rest in peace.

Please pray for my mother Florinda Z. who has Alzheimer's. She is currently living in a nursing home. She is very depressed and paranoid. Health-wise she is good, thank you, God. She still remembers us, but does not remember where she is and is scared. Please lift her up in prayer! And pray for us to continue to do the best we can for her!

Please pray for my mother, Liliana, who has been experiencing short-term memory loss since November 2009.

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

I ask for prayers for my aging parents, Stefan & Helen "Magdalena", both suffering from emotional and mental disorders. May they accept their frailties as Jesus suffered for them and us all.

For all those closest to me who are ill.

For Alfonse L., Henry G., Carmen G., Tony R.

For Carol D. who was diagnosed with inoperable brain tumor; for Jeffrey B. that he will be able to cope with his health problems and return to work; for Pat C. who had heart surgery.

Please pray for my mother-in-law, Beatrice, who is experiencing short-term memory loss since November 2010.

For Jo and me.

For my wife, Christy.

For the repose of the soul of Elizabeth's dad. May he rest in peace. And for Elizabeth.

For the repose of the soul of Lydia's dad. May he rest in peace. And for Lydia.

For Marga and her mother.

For my wife Diane with MS; for Ann H. who is suffering from recurrence of cancer; for Betty R. trying to recover from a broken hip and has terrible diabetes problems.

For my mom, Annabel. She is 92 and is living with my husband and me. We are not having much support from my siblings except suggestions as to what we can or should do for her.

For my mom and for my niece, Judith, who is caring for her; and for me.

My mom has Parkinson's and my husband and I have been caring for her for the past 2 1/2 years. Thank you for your prayers as she is doing okay. I need extra prayers right now for my husband and me. We are used to coming and going as we wished. It gets hard when we haven't scheduled a caregiver to come in and spell us, but we really need a break. Please keep us in your prayers that we make it through those tough days.

*(Continued on next page)*

## **Friends of St. John the Caregiver Prayer Requests**

### **June-October 2011**

*(Continued from previous page)*

For my husband, who has severe Alzheimer's and for all the people who suffer with Alzheimer's and for their caregivers.

For the repose of the soul of Marie N. May she rest in peace. And for her daughter, Rose.

For Jenny, Dan, Derrick and Nate S.

For Chet and Monica and all the family.

If it is the will of God, it is my prayer that when I die, I may join my husband, Stanley, who just died on January 12th of this year, in becoming God's "right-handers," caring for others from heaven as we were cared for here on earth.

Please pray for our entire grieving family. After caring for our dad for thirteen months under hospice care in his home, we walked our dearest father home this past January 12th. We still care for our precious mother who remains under hospice care in her home. Mom's name is Virginia; those that care for her are my sisters and brother, Carla, Donna, Kevin, Patty, Paula and I am Marcia.

Jenny S., Maria D. and Amelia R.

For all caregivers and those afflicted with Alzheimer's disease and for cancer patients.

For my 92-year-old old mother, Florence, who is suffering with shortness of breath and congestive heart failure. For patience as a caregiver for the one I love. Show me strength, Lord, to accept the things I cannot change.

For my sick mom, Rosemary.

For Finn and Susan, Michael and Phyllis who all need loving care at this time.

May God give me long life so that I can help to guide my children to the elderly age. Give me strength to trust Him with my family always.

For my mom who is on kidney dialysis and just received a pacemaker. She is weak, having pain and very nervous. Please help me to know what is the best thing to do for her medically and physically.

Please pray for my husband, our children and grandchildren, and for me as we journey with the disease of Alzheimer's dementia.

Mark W. and his family.

Please keep my aging mom and dad in your prayers. He is becoming more and more helpless and this is taking a toll on my mom. She is trying her best to care for him.

Please take care of my mother. She is alone and feels bad almost every day. Please give her peace and help her to feel better.

I ask prayers for my mom as she comes to live with us in our home, and also for my husband and me that we can accept the blessings that we receive in doing this and the graces that we will need to do this well.

For my mother, Millie.

For all the people on earth who do not have the luck of receiving care, and that God will always give us the courage of giving care to others who need it, for one day we all will need care.

For my mother who is alone and feeling bad almost every day. That she can find peace and feel better.

For a good job for Lloyd.

For Cindy and her mother, Rosemary.

For the repose of the soul of my dad, Russell Faudree; may he rest in peace. And for my mom, Terry, and all the family.

For my mother, Filomena E.

For my mom, dad, and mother-in-law. Dear Lord, please bring them peace of mind, body, and soul. And please give me the strength to attend

to their needs without anger or frustration towards them or my siblings. Please give me the wisdom and courage to do what is right by them and right for them.

For our slow recovery from the death of our only son and for other ongoing daily hardships (financial, health and other deaths in our lives) and sorrows.

Please remember my husband, Marvin, in your prayers. He has had a stroke and needs lots of prayers.

For my mom.

For a person trying for a visa which is important for work and study. For Jessy to be cured of her sickness; that the doctors may guide appropriately also that she may be free of all the doubts and negative thoughts. For a young boy who is suffering from depression. For a person who has problem at the work place. For two married couples to be able to sort differences among them. For the intentions of my family and for blessings in my endeavors.

Please pray for my intentions. Thank you.

For Terry and Russ.

For my family as we struggle in our continuing roles as caregivers. And for our mother whose health is declining.

For my husband who has dementia. I am struggling to see caring for him as an invitation from God to grow spiritually; I'm struggling with the challenge of understanding selfishness vs. legitimate needs.

For my mom, Mrs. F.B.E., who is sick.

For Sharon who is caring for her father with very little help.

For my sister, Jackie.

For Catherine, Margaret, Janice and Roy who are caregivers for their mother, Dorothy.