



Among Friends



Monica and Bill Dodds began the Friends of St. John the Caregiver in 2005.

Health Update on Monica Dodds

It's been more than two months since we sent the last newsletter that included the news that Monica Dodds' cancer had returned and in February the doctor said she has, at most, 12 months to live.

It was a good summer for the family. (Monica, Bill, three children, one son-in-law, and two grandchildren.)

Monica needs to rest more but is still able to go out and about. (Including weekly visits to her 91-year-old mother!) The photos are from a family weekend at a rented house on the Washington coast.

They've set up a site for Monica on CaringBridge.org. It's a way to let friends and family know what they've been up to. If you would like to keep in touch that way, go to:

www.caringbridge.org/visit/MonicaLDodds

It will ask for your e-mail address and then send an e-mail to their daughter Carrie who will give it the OK.

As was said in the last newsletter, Monica and Bill and all the family thank you so much for your concern and your prayers. You remain in theirs.



The family gathers for dinner.

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 August 2012.

Exhaustion: Care for the Caregiver

Exhaustion is more than just being tired. It's being tired for weeks, being tired for months.

The people around you can't help but notice if you've become exhausted, or if you're rapidly—and steadily—approaching exhaustion. It's not unusual for them to comment on it.

The typical response from the exhausted caregiver is to deny it. Why? Because if you admit the problem, you may be expected to somehow change your behavior. To do something about it. Change seems impossible. And you don't want to do anything that would jeopardize your role as caregiver. You really want to continue to be there for your loved one.

At the same time, exhaustion can bring on a sense of helplessness. A sense of hopelessness. The seemingly awful thought that "I wish all this were over."

The symptoms of exhaustion aren't hard to spot. They would include:

- a feeling of extreme fatigue (even when you do get the chance to sleep, it isn't a restful sleep);
- becoming more emotional (for example, you get angry more quickly and are less patient which increases the risk of abuse and you

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Looking for Help?

This is one of the more than 50 Topics available on:

YourAgingParent.com

You can find the same material in a printer-friendly "flier" format at:

CatholicCaregivers.com/flier.htm

Individuals, dioceses, parishes, Knights of Columbus councils, schools and other Catholic organizations are encouraged to make and distribute copies.

You can find the list—and more!—on the Order Form (pages 3-4) of the newsletter.

In Loving Memory

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

The mother-in-law and brother of
Regina Avila
Shannon C.
Dorothy F.
Dan G.
Tullie Gutierrez
Ed Heido

Caroline M.
Therese N.
John Noonan
The father of Darlene Skou
Harold Wagner
Floyd Williams

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 August 2012.**

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
Susan Anderson
Alice Andagan
Gary & Diane Buckley
Anna Mae Ducharme
Shirley Elbert Springer
Filomena Estrada
Teresa Faudree
Debbie Gartner
Catherine Halbardier
Maria Hayes
Jan Hostert
Miles and Shirlee Kessler
Diane Lafferty

Sue Lojacono
Marilyn Wiedemann
Marian May
Joan Noonan
Elizabeth Pettersson
Joyce Plansky
Carol Richards
Edelmira Santlesteban
Mary Ann Sowers
Wilma Vanderzwaag
Lorie Weeden

(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.)

Exhaustion: Care for the Caregiver

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feel a deep sadness which may lead to depression);

- arguing more with your parent, your spouse, your children, your siblings;
- a change in your eating habits (eating all the time or not eating enough);
- a haggard appearance;
- showing poor judgment;
- having trouble remembering things;
- constantly feeling overloaded and stressed;
- feeling in danger of “crashing,” having a fear of breaking down and then not being able to care for your loved one, or yourself.

What can you do, especially at a time when you feel you're already doing way too much? These are some suggestions:

- Take a small step back and realize being exhausted isn't good for you personally or for you as a caregiver. An exhausted caregiver can't be a good caregiver. Also, your loved one may be able to see your exhaustion and worry about what he or she is doing to you
- Give yourself a tiny break. A minute or two. Go into the bathroom, shut the door and wash your face with cool water. Or walk out onto the porch by yourself and take a few deep breaths. Taking a day off may seem impossible, but you can take a one-minute break. And you can build on that. More breaks, longer breaks. It takes time to go from

exhausted to well. Start planning what you'll do. Something to look forward to. Take ten minutes while Dad is watching the news; take fifteen while Mom is napping.

- Get help. If you have a sibling who lives a distance, this would be a good time to ask him or her to come back home for a week or two and give you a break. Not that you would go away on a vacation, just be able to take some time off for your front-line caregiver role. (This is assuming your parent isn't critically ill, just heavily dependent on you. This is the time to take a break. You'll want to be with Mom

or Dad when his or her condition does become critical.)

- Also, look into respite care. Even a few hours

You're not being selfish if you take breaks, get some exercise, eat right, get your sleep, and ask for help.

once a week can help a lot.

- Try to get some exercise. A daily walk around the block will make a difference.
- Remember, it's better—and easier—to prevent exhaustion than to reach that point and have to come back from it. You're not being selfish if you take breaks, get some exercise, eat right, get your sleep, and ask for help.
- Consider joining a caregivers' support group. Many caregivers find it extremely beneficial. In some cases care for your care-receiver is offered while you attend the group.
- Admit the best way to be a good caregiver, to be good to your loved one, is to be good to yourself. If you continue to take care of yourself, you can continue to provide the first-rate, loving, compassionate care you want your loved one to have.

If You No Longer Want to Receive the Newsletter...

Please just send us an e-mail (billdodds@youragingparent.com) or give us a call (1-800-392-JOHN) if you no longer want to receive the quarterly newsletter.

...Or Prefer E-mail to Mail

And please let us know if you would prefer to receive the newsletter in an e-mail rather than through the mail. (E-mailing it saves money!)



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
- ____ 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

*Topics

- ____ The Stages of Caregiving
- ____ Alcoholism and Aging
- ____ Dealing with Caregiver and Care-receiver Anger

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- _____ 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
- _____ Words That Sting, Words That Comfort
- _____ Talking to Your Children about Death
- _____ Dealing with Your Parent's Racial and Ethnic Prejudices
- _____ Your Care-receiver's Spiritual Health
- _____ Help for Men Who Are Family Caregivers
- _____ Promoting Leisure-Time Activities
- _____ The Sacrament of Reconciliation
- _____ Preparing for Your Loved One's Death
- _____ Saying Good-bye to the Family Home
- _____ The Beatitudes for Caregivers
- _____ God Knows Caregiving Is Hard
- _____ Hiring a Case Manager
- _____ When Your Care-receiver Doesn't Want Help

***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 Prayer Requests

June-August 2012

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 Norman and Joanne W., and for Joann's sister, Peggie.

For Anne B, my mother; Brian S., my husband; and me.

For my father, John who recently passed at age 93. I was his primary caregiver and his only child.

Please pray for my mother, Joan, who has cancer and numerous other health issues, that she may return to good health. If it is not God's will, that she may have peace and freedom from pain and suffering, physical and mental, and accept the help of her caregivers and doctors. Also that her caregivers have the patience and compassion to care for her and treat her with the love and respect that we feel for her and that she deserves. Thank you and God bless you.

Pray for strength for me as I continue to be a caregiver for a mother who fell and broke her leg. During this time she has also developed some dementia and this has become very stressful on me and my family. I am gone from home a lot which is hard and so is just dealing with work and family members that are very difficult. I will pray for those that are experiencing the same thing.

For the people who have asked me to pray for them.

For Monica D. and her family. And for my dad, Floyd Williams, who passed away, in peace June 17, 2011, from cancer. He was a WWII veteran and U.S. Army retiree, husband, father, great-grandfather, and coach. Thank you for all your prayers. May Our Lord make his face to shine upon you and give you peace.

For the repose of the souls of Dorothy F., Caroline M., Dan G., Denny M., Therese N., and Shannon C. May they rest in peace.

For the clients in our care facility; and for my mother, my father, and my father-in-law. Thank you.

For my mother, Adelina G.

For Marie and Leon H.; Vickie H., a caregiver; Diane L., a caregiver; and Michael L., married to a caregiver.

For my husband, Chet, and me.

For my family. Mom has been with us almost a year. Some days are easier and—as caregivers all know—some are not. Thank you. I will be praying with y'all.

For Ray, my husband, who has numerous health issues.

For Donna.

For our family as we seek direction in caring for my husband's 90-year-old mother suffering with bone and breast cancer and still insisting on living alone.

Dear St. Agatha, I know you are the patron saint of breast cancer patient. I have this sickness. Please heal me. My daughter is still young and her father left us. Both my parents rely on me. I cannot leave them. Please, St. Agatha. I beg of you. Please heal me. Thank you in advance. Please St. Joseph, Mama Mary and Papa Jesus, I know you are all listening to me. I need your help. I have to take care of my family. Please, please, please heal me, in Jesus Christ name. Amen.

For Anna F. and her family and team of caregivers. And for Paula D. and her father who has Alzheimer's.

For my husband who has Alzheimer's. I am his caregiver.

For my husband, my parents, and myself.

For Stanley S., my father, age 95; and myself, his daughter and caregiver.

Please pray for my husband's elderly parents who have both suffered strokes. We are trying to keep them in their home with care and hired caregivers. It has become very challenging at times. Thank you for your prayers.

For Marian and Russell M. We both have Parkinson's and it's hard. Also for

Herb M., Russell's brother, who has Parkinson's.

For Glen and Judy G. who take care of Charlie and Audrey S.

That my husband may experience the comforting presence of God in the growing confusion of his dementia and accept difficult changes to his lifestyle. Also for myself that God will strengthen me and I learn more and more to rely on Him in my growing isolation.

For my mother, JudyLea, who is recovering from stage 3c primary peritoneal cancer.

Please pray for our 92-year-old mother who had a very severe stroke. God bless you all!

For my husband Clay.

For Genevieve M.

For Amalia M.

Please pray for my daughter and her husband for strength to endure whatever God gives them. My daughter is 6-and-a-half months pregnant and recently found out their first child, a little girl, has spina bifida and will have to enter the world quickly and endure surgery within 24 hours. Please, God, grant them all the strength they'll need.

For Josephine, whom we all love so much, but we cannot fulfill her needs or wants.

Please pray for my old neighbor and pal Peter B. who now lives in a home because of dementia. Bless him and those who care so well for him.

For Alma H.

For Mr. and Mrs. D.

For Warren W.

For Jimmie H.

For my parents. My dad is in the final stages of his battle with cancer and my mom who has severe dementia.