



Among Friends

Newsletter of the Friends of St. John the Caregiver

Fall 2013

1,000 Prayer Books in 1 Day



Every week we receive requests from individuals and families for copies of “The Little Book of Caregiver Prayers” and a variety of the other material we’re able to provide.

(All for free. Always for free. Thank you, donors!)

But a few weeks ago, on the same day, there were two requests for more than a few copies. Each wanted . . . 500. Would that be okay?

Absolutely! And just let us know if you need more.

So we sent 500 copies of the prayer book and the caregiver prayer card to Catholic Social Service of the Diocese of Agaña, Guam.

And the same to St. Mary Basilica in Natchez, Mississippi. The parish wanted gifts for parishioners during a weekend of Sunday Masses that acknowledged and thanked its healthcare workers, including family caregivers.

Would Your Diocese, Parish, or Group Like to . . . ‘Bulk Up’?

Have you considered a “bulk order” for your diocese, parish, or Catholic group or organization? (Diocesan Councils of Catholic Women have been great about that!)

Have you let leaders and staff know that a variety of material is available? (Free material!)

Please help family caregivers by:
— Telling Catholic leaders in your area about CatholicCaregivers.com and YourAgingParent.com.

—Showing them samples of our resources and giving them an order form.

Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between June and September 2013.

God Knows Caregiving Is Hard

God knows caregiving is hard. God knows caregiving is work. God alone knows all the particular circumstances—the feelings and emotions, the life experiences and personality quirks, the baggage and hot buttons—that can make taking care of another person hard work.

And knowing all that, God has chosen you to play a central role in providing that care. Just as from the cross Jesus asked St. John—the patron saint of caregivers—to take care of the Blessed Mother, God asks you to help take care of someone else he so deeply loves. But that doesn’t mean providing care for a spouse, a parent or grandparent, a child or sibling with special needs, or any other family member or friend is simple or easy.

You know—or have quickly been discovering—that caregiving is hard work. You know—or have quickly been discovering—that caregiving can take a toll physically, emotionally, mentally, financially, and spiritually. What you may not know, or at times not recognize, is that you are not the only one facing these challenges. While you may be the only one in your family providing care (or the primary person providing it), there are other caregivers in your workplace, in your parish, in your community, in your city or town, in your state. The number of caregivers continues to grow rapidly, because the number of seniors needing care continues to grow rapidly.

As in your case, often the work they do and the services they pro-

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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:

Helen Hannan
May Landsverk
The mother of Laura
Oleaga

The father of Gary Schaaf
Larry Sills
Don Zimbrick

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 **June through September 2013.**

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 4

Bernice Bradley

Nieves Camache

Mary Charbonneau

Corpus Christi Church, Round Lake, NY

Mary Connors

Patricia DeStefano

Patrick Dodds

Rita Dougherty

Filomena Estrada

Mike Faudree

Sharon Faudree

Janice Fischer

Peggy Gloth

Mary Glover

Louanne Grand

Leon & Debb Green

Anna Belle Hayes

Norma Holman

Nancy Keilty

Donna Longsine

Thomas & Emily Maher

Marian Malonson

David & Maureen Mann

Marian May

Madeleine & Pat McGinty

George Myrick

Alice Roeder

Nancy Ronan

Carmen Scardamaglia

Gary Schaaf

Janet Schwan

Frances Snitzky

Robert Tomita

Julie VanDeHei

Carmela Vigil Brown

Jackie Williams

(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.)

God Knows Caregiving Is Hard

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vide—the loving care they offer—is unknown and unseen by others. That's so because caregiving is personal. That's so because caregiving is not a role one accepts and sticks with to earn glory and praise. That's so because caregivers aren't interested in tooting their own horns (even if they had the time or energy to do so).

In each case, in every case, a caregiver needs workable options that can easily be tailored to meet specific needs and circumstances, not a one-size-fits-all, time- and energy-consuming "answer." A caregiver needs up-to-date information on, and access to, affordable services, not programs that are out of touch with reality or out of reach financially. A caregiver needs the support of others, not a hands-off attitude from the workplace, the community, the state, or the church. And a caregiver needs solid spiritual nourishment, not pie-in-the-sky platitudes.

More than needing all that, a caregiver deserves all that . . . and much, much more.

You deserve all that . . . and much, much more.

God knows you do.

One of the basic teachings of Catholic spirituality is that throughout our lives each of us is personally called by God to use a particular talent, to meet a particular need. For you, now, that vocation is taking care of a loved one.

Our Catholicism also tells us that in all things, at all times, we're never alone. God doesn't send us on our way. He walks with us. That's not to say there aren't times when we feel alone—or abandoned. Countless saints have testified to that experience. From the cross, Jesus himself cried, "My God, my God, why have you forsaken me?"

When you are caught up in the many everyday details and demands of caregiving, it's easy to overlook the spiritual side of what you have been asked—called—to do and what you are doing. It can help to realize, to remember, that what you're doing is a prayer, and the path you and your loved one are taking is spiritual pilgrimage.

It's the Father calling his beloved child home. It's the Father asking you to help his son or daughter along the final stages of that journey.

It's his Son whom you are giving care. It's the Son who told us that whatever we do for those in need we do for him.

And it's the Spirit who is with you right now. It's the Spirit who will never leave you, even during those times when it seems he's gone away and taken his gifts—wisdom, courage, knowledge, and the rest—with him.

May God the Father, the Son, and the Holy Spirit richly bless you and your loved one in this life, and in the life to come. Amen.

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 online in a printable format 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:

BillDodds@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 online in a printable format 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

June-October 2013

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 my mother, whom I would like to care for, although that has not happened yet.

For the mental and physical health of my spouse, Beatrice.

Please pray for J. and O. as they are suffering as they provide care to their mother. Give them peace and strength while they watch over her and reward them for their love and patience. St. John, please pray for them.

For my mother, Ida, who's in her 90s and in bad health and constant pain; and for my husband, Charles, who has just been diagnosed with pancreatic cancer. For our families navigating these difficult times.

For my mom who has osteoporosis and is a suffering alcoholic. That she will recover.

For my Nana Eva and her daughters, that they draw closer together and support each other.

Please pray for us to obtain a safe, long-term home and future prosperity to enable us to support our missions.

Pray for me that God will continue to bestow his divine mercy upon me in my career by granting me job security to the glory of his name, amen.

For my husband, John, who has Parkinson's and dementia: Let him feel at peace. And for me to be more patient.

For my dad who is 97 and has dementia. And for me. I take care of him by myself. My mom and my husband have passed.

Please pray for Paula who suffers from polymyalgia rheumatica (PMR) and her husband, Jim, who suffers from back pain.

For Lee who took care of his aging parents for years until they passed away. He is ill now and needs God to show him that he is not alone and forgotten.

Please pray for my dad who has dementia and misses my mom (she passed away in February). For all my bothers and sisters that take turns on a daily basis going to the home place to take care of Dad. We need strength.

For Mal who had hip-replacement surgery and for his family.

Please continue your prayers for my daughter, Carly, and me.

Please pray for Kirk B. who is in his last hours and for his loved ones.

Please pray for Barbara A. who is caring for her elderly parents.

Please pray for my mother, Shakeela. She is a dialysis patient. She is 45 years old.

Please pray for William who is in his final days of Alzheimer's. And for his family at this difficult time. That they know that God is with each one of them.

For the Costa family.

For Sharon.

For Dorothy K. and the St. Wenceslaus Parish homebound.

For my 84-year-old mother who is caring for my father with Parkinson's, that they both continue in keeping their faith and spirit.

For Bernice S. and her family; Edith O. and her family; and Irene S. and her family.

Please pray for the families who take care of children who have Metachromatic Leukodystrophy (MLD).

For Lesley and Nick and their family.

I ask for continued prayers for caregivers, those needing care, and also the advocates for patients' rights for healthcare services. I also would like to ask for prayers for the medical community that struggles to find cures for illnesses, and those who identify illnesses. May more states pass bills that require testing for newborn screening for diseases that might be treatable. For those who cannot be cured, I pray that they might find a better quality of life.

For Pat S.

For my children, S. and J.

For Mary Grace.

For all the residents of Hummingbird Manor.

For my daughter Jennifer who was born blind and missing part of her brain. She is 28 years old now and suffers terribly. She has numerous life-threatening health issues. In March 2012 she had a terrible stroke, among other things. Please pray for her. Thank you.

Please pray for Rosemary who suffers from stroke pain and a heart condition, and for Chris who is looking out for her and discerning a vocation.

For J.R.

For John and Rita D., Don and Margaret M., and Sisters Helen and Alice trying to live alone with several health problems.

For the repose of the soul of Jan M.'s mother and for those who love her. May she rest in peace.