



# Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring-Summer 2016

## Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between September 2015 and May 2016.

## Helping Your Loved One Find Forgiveness and Peace

If your care-receiver is facing death, he or she may feel the need to make peace with a friend, with a relative, or with God.

Just as you help your loved one eat right and get to doctors' appointments, you may also be called on to help him or her prepare spiritually for death. The task may seem overwhelming to both you and your care-receiver. Neither of you may feel equipped for this. But helping that person find peace can make such a difference for him or her—the dying loved one—and for you, the one who will be left behind.

These are suggestions for helping your care-receiver heal old wounds by admitting mistakes, offering apologies, and accepting forgiveness:

—*Offer to pray.* Your loved one may need a little help getting started. Try a traditional prayer of the Church, such as the Act of Contrition. Or allow the Holy Spirit to guide you in an informal prayer. Silence and contemplation may allow him or her to more intimately speak and listen to an all-forgiving God.

—*Listen.* Your care-receiver may need the opportunity to talk about serious matters that weigh heavily on the mind and burden the soul. It's not uncommon for a person facing death to review his or her life. Some things may need to be said out loud. Saying something out loud often puts it in a different, clearer light. It's easier to see how a mistake could have been made, how a falling out could have happened, how no one was entirely to blame or entirely without blame. Talking about such matters openly can make it easier to come to the realization that it's time to forgive others and oneself.

—*Facilitate reconciliation.* Your loved one may need to get in touch with someone.

*(Continued on page 2)*

## A Caregiver's Summer

It's easy, but often discouraging, to compare what you were able to accomplish in your pre-caregiving days with what you seem to get done now.

Maybe last summer, or two summers ago, you did this and this and this, and now as June rolls around ...

The lawn needs mowing. The garden is already overgrown with weeds. Saturday doesn't mean a day to relax but a race, trying to catch up on household chores, errands, and more. And the thought of actually going somewhere on even a weekend vacation sounds so complicated . . . and tiring.

As a kid summer meant no school and no school meant time to do what you wanted to do. Later, as an adult, it was still a period of travel and parks, picnics and barbecues, being outside and enjoying the longer days and great weather.

As a caregiver, you aren't unique if you think you aren't getting as much done as you used to. And, coupled with that, if you feel bad about it. If you, in some way, blame yourself.

But . . .

It seems safe to say every caregiver feels that way at times.

And . . .

Looked at from a different angle, you should be congratulated! The gift you're giving your care-receiver -- that concern you show in so many ways -- means all those other tasks and leisure-time activities are taking a back seat.

They aren't your priority right now. Your loved one's care is.

The overgrown lawn, the weeds, the household to-do list with so little done are witnesses to the fact that you're doing what God has called you, has invited you, to do: be a caregiver for his beloved son or daughter.

And, rest assured, your Heavenly Father ignores the yard and the list, and is with you now and always.



## In Loving Memory

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

William Burke  
John A. Caulfield  
Mary Lou Ghezzi

Neil Giffey  
The father of Patti DeStefano

*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 September 2015 to May 2016.

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 volunteers at FSJC: Thank you and God bless you!

Anonymous 2  
Maureen Bandy  
Diane & Gary Buckley  
Mike Faudree  
Janet Giffey  
Deborah Grenquist  
Linda Henderson  
Stephanie Jenemann  
Sue & Larry LoJacono  
John O'Gara  
Clemence Pella

Edelmira Santiesteban  
St Mark Catholic Church,  
Huntersville, NC  
Patricia Tracey  
Janice Watson  
Mary Anne Whary

*(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.)*

## Helping Your Loved One Find Forgiveness and Peace

*(Continued from page 1)*

Maybe the other party wants to make peace, too. Let your care-receiver know that you can help arrange a conversation between them. If the person with whom your loved one wants to reconcile won't talk or has died, suggest that your care-receiver write a letter to that person, saying all the things he or she would say if they could sit down face-to-face. This letter will never be mailed, but writing it can be a way to say, "Please forgive me; I forgive you."

—*Do what's necessary.* Sometimes a person feels that talking or writing just isn't enough. He or she has to do something more. Maybe it's going to his or her parents' or spouse's grave and praying, crying, yelling, and apologizing there. Maybe it's compiling a list of regrets and then

burning it. Your loved one may need to cry a lot and may need to turn more to prayer. Do what's necessary to help him or her ask for and accept forgiveness.

—*Get some help.* If there are issues that you can't help with, your loved one might benefit from talking with a counselor. Hospice social workers have the skills to help a person sort through a life review.

—*Use the sacraments.* Encourage and arrange for your care-receiver to take advantage of the sacraments of reconciliation and the anointing of the sick. No matter how long your parent may have been away from the Church, no matter what he or she may have done, an all-loving God is waiting with open arms to offer forgiveness and peace now, and to share his eternal joy at the time of death.

## Tips for Caregivers

—Be aware of the presence of God and nourish your spiritual life.

—Plan ahead. Don't wait for a crisis.

—Don't panic.

—Be creative. If your first solution doesn't work, find a new one and try again.

—Get reliable information about your loved one's illness and be aware of any emotional issues.

—Learn about your role as a caregiver and improve your skills.

—Practice new coping strategies for the particular challenges you face in caring for your loved one.

—Find your family's strengths and work together.

—Accept offers of informal support from your family, friends, and parish community.

—Respect yourself and set limits.

—Take care of yourself with rest, good nutrition, exercise, and some time off.

—Access the formal support of social services in your community.

—Follow the advice attributed to St. Francis of Assisi: "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."

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

Please just send us an e-mail ([billdodds@ouragingparent.com](mailto:billdodds@ouragingparent.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](http://CatholicCaregivers.com) under "Fliers." Videos can also be viewed at our YouTube channel: [JohnTheCaregiver](http://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

(Continued on page 2)

(Continued from page 1)

\_\_\_\_\_ 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 Disa-  
gree — *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"); Guide-  
lines for Making Decisions; Stages of Caregiving;  
Principles of Catholic Caregiving

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[FSJC.org](http://FSJC.org) [YourAgingParent.com](http://YourAgingParent.com) [CatholicCaregivers.com](http://CatholicCaregivers.com)

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

October 2015-June 2016

Please keep these intentions in your prayers. The list can be found online at:

[www.youragingparent.com/prayer\\_requests.html](http://www.youragingparent.com/prayer_requests.html).

To request prayers, *write*: FSJC, P.O. Box 320, Mountlake Terrace, WA 98043; *call* 1-800-392-JOHN (5646); *or go online at*: [www.YourAgingParent.com](http://www.YourAgingParent.com).

For Regina M., Lonnie T., and Ted L.

That Bill may learn patience and that he may feel what it is to be loved through me. That Bill may feel God's love for the first time in his life. That Bill may not go through assisted suicide if he becomes terminally ill. He is a lost soul who needs our prayers.

For my mother, Jane M.

For John and Jean R., and the family.

For Bill and Doris W., and for Catherine G.

For Dalmacio B.

For Terry and Carol, Lynn, Herbert, Marilyn and Hubert, Mary Jane, Edward, and Hester.

For my 97-year-old grandmother. She is living in my home under hospice care.

For Bill.

For my mom, Cecile, who has Alzheimer's, and for all that need prayers.

For my 91-year-old father.

For Katherine who is the caregiver for her abusive mother, Anthony who supports his mother's caregiving, and Jan who doesn't realize what she does to her family.

For Philomena W. and Mary Rose W.

For Mary Ann H., Judi P., and Ron P.

For my mom, who is 86, and my dad, who is 89.

For Juanita who has been caring for her 94-year-old mother for four years since her dad passed away.

For my stepmom, Ursula, who had a stroke on 1/11/16. Physically she is

well. She has short term memory loss and has difficulty saying what she is thinking. She is a very independent and stubborn lady. :) I live in Wisconsin and she lives in Florida. I have been here for 5 1/2 weeks but am going home. She wants to try living on her own with only a friend's help. Thank you for praying for her and for me and my two sisters and our families.

For my parents; my brother, sister, and me; and the spouses and children.

Please pray for my son who is helping me care for my father. Without his help my father would not be able to stay at home.

For my mother, Avelina.

For my sister, Rita.

For my wife, Monique, and my son, Didier. For my mother, Haidée, who suffers from her spine and knees. For my mother-in-law, Lucienne, and my sister-in-law, Danielle, who was just operated on for a pancreatic tumor. And for my brother, Antoine.

Please pray for my dad who has vascular dementia because of strokes and for me who is taking care of him.

For Elizabeth K., and Eleanore and Michael K.

For Dorothy G., who is a stroke survivor for 15 years. And for her husband, Ken, and daughter, Deborah, who are her caregivers.

For the repose of the soul of William Burke and for those who love him. May he rest in peace.

For the repose of the soul of Neil Giffey and for those who love him. May he rest in peace.

For my husband, Homer; and my son, Michael.

For Fran and Michael.

For my husband, Wayne, who has dementia. And for our family to be loving and understanding.

Please pray for my son, Brian. He took care of my dying husband for two and a half years, until my husband passed away. Shortly after that Brian went to work for an agency caring for the elderly in our community. Brian loves his work but has lost two of his people recently. Because of this, his hours have been cut drastically. Please pray for Brian to get his full-time hours back. I am on Social Security and we have his pay. Due to the drastic cut in hours we cannot afford to pay our bills. He loves caring for the elderly but he really needs full-time hours again. Please pray for this cause. Thank you.

For the repose of the soul of John A. Caulfield and for those who love him. May he rest in peace.

For my elderly parents. And for my sister and me as we care for them. For the strength and patience to continue. And for rest when we are so exhausted we feel we cannot go on.

For my mom, my mother-in-law, and our entire family.

For Blanche and Jerry.

For Clemence, Irene, Gerand, Phyllis, and Zeno.

For Tarie; her sister, Beverly; and her nieces, Shelley and Rosemary. And for Jim who is helping his brother, John, and sister, Dot.

For Maryla who is now in hospice and for her family.

For Mary Lou who is now in hospice; for her husband, Bert; and for all the family.

For Mary who is having surgery for breast cancer and for her family.

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