



Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring 2010

A Sports, Geography, Saints, and (mmm!) Cookies Quiz

Among the new FSJC members since our last newsletter are Cathie M. in Quebec, Canada; Rita and Linus M. in Ohio, the United States; and Marie S. in New South Wales, Australia.

So . . . we're asking:

- Which weighs the most and which weighs the least?
 - hockey puck (Canada's game!)
 - baseball (America's pastime)
 - cricket ball (Australia is a founding member (1909!) of the International Cricket Council)
- Which is farther from the equator?
 - Montreal, Quebec
 - Sydney, New South Wales



- Which person goes with which country? (The first two — pictured above — are scheduled to be canonized in October. The third was canonized in 2006.)
 - Mother Mary MacKillop (1842-1909), who co-founded the Sisters of St. Joseph of the Sacred Heart
 - Holy Cross Brother André Bessette (1845-1937), founder of St. Joseph's Oratory, the largest shrine dedicated to St. Joseph in the world
 - Mother Théodore Guérin (1798-1856), who founded the Sisters of Providence of Saint Mary-of-the-Woods
- Didn't someone say "cookies"?
 - Yes. b. Yes. c. Yes.

You'll find the answers, and your reward, on page 2.

Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between October 2009 and April 2010.

'Burden' is a Loaded Word

Your loved one may say, "I don't want to be burden" when you're feeling angry, upset or frustrated. Typically, your immediate answer is, "You're not!" Typically, your immediate feeling is guilt.

What can you do? Here are some suggestions for how to handle this situation:

—Admit that what you're doing *is* hard. Remember this situation will not last forever. Fortunately, and unfortunately, it will end.

—Look for outside support. Try to avoid becoming so overloaded that your loved one *does* seem like a burden.

—Realize that your loved one may need to be reassured more than once. Yes, you told him or her last week but you need say it again.

—See if there's some small part of a bigger task your care-receiver can do to feel like he or she is helping out at least a little bit. Better still, see if there is something your loved one can do for you, even if it's a token gesture to say "thanks" -- setting the table or folding the laundry, for example.

—Sit down with your loved one during a calm time and talk about the idea of him or her being a burden. Let your parent or spouse know that providing care is something you *want* to do. Yes, there are hectic moments, but you see taking care of him or her as a privilege. It's a way of saying "I love you" and "Thank you for all you've done." You can also point out that you view your loved one's accepting your help as a gift from him or her to you.

Health Concerns at FSJC

As many of you know, a person's health can take some sharp and sudden turns. Since the last newsletter, FSJC president Monica Dodds has had surgery for uterine cancer (carcinosarcoma) and begun chemotherapy. She's pleased the side effects have been minor and she's been able to continue working as usual.

Both she and her husband, Bill, want FSJC members to know how much they appreciate members' prayers for care-receivers and caregivers. You remain in their prayers.

In Loving Memory

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

Jerry Brown
John Lawrence
Millie Renner Lowry
Anne Reinold

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 October 2009 through April 2010, including those who took part in this year's Annual Appeal.

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 12

Jan Alkire

Mike and Terri Aquilina

Regina Avila

Sister Laurentilla Back, SSND

Carol Beshara

V. Bikulege and D. McRae

Agnes and Joseph Bongero

Kerry Brown

Sally Brush

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Carolyn Rinker-Russick

John and Melanie Ruhl

Terry and Rose Russell

Gina Schrock

St Christopher Friary, Father
Ralph, Boston, Mass.

St. Edward Parish, Keizer, Ore.

St. Therese Parish, Kansas City,
Mo.

Jeanne Swimme

Valerie Tanella

Catherine Thomas

Carmela Vigil-Brown

Genevieve Voisard

Barbara Werschkul

Mary Anne Whary

Carrie Wilczynski

Samantha Wild

John Zambrano

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.)

Quiz Answers and One Sweet Recipe

1. If it's regulation size, a puck must weigh between 5.5 and 6 ounces (156-170 grams), a baseball between 5 and 5.25 ounces (142-149 grams), and a cricket ball between 5.5 and 5.75 ounces (156-163 grams). So, in some ways they're very similar but in other ways . . .

Kind of like family caregiving. A situation is like others but, at the same time, it's always unique.

2. Montreal's latitude is 45.30 N. Sydney's is 33.51 S. The equator is 0 degrees. Fortunately, our relationship with God doesn't depend on geography. You may feel he's at the equator while you're at the North or South Pole but . . . God is always with you. Right here, right now.

3. Mother Mary worked and died in New South Wales. Brother André in Quebec. And Mother Théodore in . . . no, not Ohio, but neighboring Indiana. The nuns were the oldest in their families and had to take on heavy caregiving responsibilities for their siblings before, later, entering religious life. That caregiving helped shape their ministry. Brother André, orphaned as a child and always in poor health, became known for visiting the sick and praying with them and for them.

4. Cookies! It's not unusual for a caregiver to find him-

self or herself in a bit of a jam so here's a New South Wales recipe for putting a bit of a jam in "biscuits."

Jam Drops

Ingredients: 125g butter [4 ounces]; 1/2 cup sugar; 1 egg; 1/2 -1 tsp vanilla; pinch of salt; 1 1/2 cup self-rising flour [For 1 cup self-rising flour use: 1 cup all-purpose flour, 1 1/4 teaspoon baking powder, pinch of salt]; jam.

Directions: Cream butter and sugar and beat until creamy, light and fluffy. Add egg and vanilla and beat again until well blended. Fold in sifted flour and salt.

Form into small balls, walnut-size, and place onto greased oven trays [cookie sheets], allow room to spread. Make an indentation in center and place a small quantity of jam in each.

Bake in moderately low oven (160°C) [320F] for about 20 minutes, until biscuits are light golden brown.

Remove from oven, move positions of biscuits on tray quickly, and allow to cool on tray and become crisp.





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

February-April 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 emotional and physical healing and my mother who is caring for him. so I can continue to do what I'm doing.

For the Pastoral Home Care Visitors of the Diocese of Montreal and all those that they visit.

For my mother, Inez, and my brother, Lorne.

For my mom.

For the repose of the soul of Anne R. May she rest in peace. And for her family.

Pray for my friend so she can make enough progress to come home and be in her own surroundings. Give her the alertness to do her physical therapy.

For the repose of the soul of John L. May he rest in peace. And for his family.

For the repose of the soul of Millie L. May she rest in peace. And for her family.

For Herbert R.

For my father who has dementia

For the caregivers of Sts Francis and Clare Parish in Greenwood, Ind.

For my mother, Rafelita M.

I am concerned about providing good, compassionate in-home care to my parent; I am concerned about recent financial and property situations which are of concern.

For myself and my husband, Richard, who has dementia.

Please continue to pray for my mom, Marge, who suffered a stroke in March 2007.

For the repose of the soul of Jerry B.; for the health of Steve, Grace V. and Carmela B.; for the full recovery of Marge H. and that she will be able to go home.

For my ability to be a compassionate caregiver and to replace worry and fear with faith and courage.

For Jeff F.

For Betty and Dale M.

Dear God, help me. I was just diagnosed with cancer.

My aging mother and estranged, homeless brother, and all those in need of God's love, food, clothing and shelter.

For Cheryl D., her sister-in-law who is in late stages cancer and for her mother with health issues.

For Celestine S. who had a heart attack and for her children who are caring for her.

For my patients who suffer from fear and anxiety while in their last days. And for myself to grow in confidence in God and to trust in him to help me allay their fears and anxieties.

Please pray for my mom, who will be 94 soon. She is living with us and our six children. She is declining and is completely dependent upon us for all her needs. We are happy she is here but struggling with all the work associated with her care and the sadness of seeing her suffer. We pray for God's grace and love to care for her.