



Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring-Summer 2011

FSJC Marks Fifth Anniversary

Third in a Four-part Series

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

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

CatholicCaregivers.com

In the very early days of FSJC Monica was giving a brief presentation to pastors who had gathered for a deanery meeting. They knew it wasn't unusual to have some sort of "sales pitch" at their monthly gathering and so most listened with only half an ear until she pointed out:

"And that's why there's no cost to the parish and why it doesn't take up any staff time."

Heads popped up. The shuffling of papers ended. Attention zeroed in on *this* guest.

YourAgingParent.com was designed to help family caregivers and CatholicCaregivers.com (the second program under the FSCJ umbrella) was set up to help parishes and dioceses help them.

Having spent many years as volunteers and paid staff members for the Church, Monica and Bill knew no matter how wonderful—or needed—a service might be, funding and staff time would be two stumbling blocks that would hamper a parish or diocese using it.

Monthly "bulletin briefs" (short quotes recognizing and encouraging caregivers), prayers of intercession for Sunday Masses, and a flier on a caregiving topic made it easy (and cheap!) for a parish to help its caregivers. And there's never a fee for training or a workshop for a parish or diocese.

'Caregiving is pro-life!'

And in that early time, it didn't seem possible but an Internet search showed no "hits" for the phrase "caregiving is pro-life."

FSJC was the first to use that obvious and oh-so true statement. It became the "tagline" for CatholicCaregivers.com.

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 2010 and April 2011.

FSJC Member Translates 'Little Book of Caregiver Prayers' into Chinese

We want to thank FSJC member Bede S.H. Phan, who lives in Singapore, who volunteered to translate our very popular caregiver's prayer book into Chinese.

Here, for example, is the first prayer:

至聖聖神，引領我作為給予照顧者在我旅途上。路上的每一步我需要你。我不曉得此旅程將持續多久。請賜我安慰及休息當我完成時。阿們。

In English, it's: "Most Holy Spirit, guide me on my journey as a caregiver. Each step of the way I need you. I don't know how long this trip will last. Please give me comfort and rest when I'm done. Amen."

Is there a language you would like the book translated into?

And . . . could you or someone you know do that for us?

We'd love to hear from you.

First FSJC Member from Lesotho, Africa



A Lesotho 1980 Christmas postage stamp shows Our Lady's Victory Cathedral in Maseru, the capital.

Maferete Elizabeth N. is our first member from Lesotho. She asked for prayers "for all the people on earth who do not have the luck of receiving care," adding that "one day we all will need it."

About 45 percent of the nation's two million people are Catholic.

Caring for HIV/AIDS patients is a major concern. It's estimated almost one-fourth of the population has HIV/AIDS.

In Loving Memory

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

Letty Alvarado's mother
Mary Aquilina
Marian Blanchard's husband
John Byrnes
Bill Casey
John Duplica

Russ Faudree
Mike Funaro
Marlys Jensen
Nancy Pieffer's mother
Mary Ann and Gilbert Schmitt
Violet Sheedy

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 2010 through April 2011**, including those who took part in the 2010-2011 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 16

Janet and Fred Alkire

Janice Anderson

Mike and Terri Aquilina

June Archer

Kathleen Bamberger

Ruth and Leo Barsnica

Reverend Patrick Beck

Vivian Bikulege and Donald McRae

Agnes and Joseph Bongero

Kent Brown

Kerry Brown

Sally Brush

Diane and Gary Buckley

Jeanette and James Burton

Barbara Costello

Floyd Covey

Bob Coyne

Mary Elizabeth Day

Patricia de Stefano

Gilberte and Lionel Desrosiers

Mal and Ann Dodds

Margaret Dodds

Father Michael Dodds, O.P.

Patrick and Diane Dodds

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Sara Duffy

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Michael Faudree

Sharon Faudree

Teresa and Russell Faudree

Margie Funaro

Mary Ann Giomi

Karolyn Gladdys

LaVae Goodin

Alice and Leonard Green

Mary Ann Green

Patricia Grzanich

Meg and Chris Gustafson

Mary and Don Heyrman

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Lori Joseph

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Maryanne Parrish

Sister Susanne Perri, O.P.

Joyce Plansky

Ben and Carol Pritchett

Dolores Riccardi

Frances Roman

Carolyn Rinker-Russick

John and Melanie Ruhl

Eldemira Santiesteban

Rita and Tom Schneider

Bill Springer

St. Brendan Catholic Church, Shal-lotte, NC

Nancy and John Stierheim

Peggy Strahler

Marilyn Swatuck

John Sweeney

Jeanne Swimme

Valerie Tanella

Marci and James Thomsen

Patricia Tracey

Carmela Vigil-Brown

Mary Weber

Cheryl and Jim Whalen

Mary Anne Whary

Carrie Wilczynski

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.)

Thank You, San Antonio

It seems caregivers in west Texas looking — and praying — for help have found some. That's what they're telling us.

When reporter Carol Baass Sowa recently sent us an e-mail asking if she could include "[A Caregiver's Prayer](#)" in an article she was writing for *Today's Catholic* — the newspaper for the Archdiocese of San Antonio — we answered, "Yes, please do!" And, would she mind mentioning how readers can get a free copy of the "The Little Book of Caregiver Prayers"?

The response to her article has been incredible! Day after day there were phone calls and e-mails.

Thank you, Carol and *Today's Catholic*!

Great Job, Indianapolis!

In her "[Faithful Lines](#)" column in the *The Criterion*—the newspaper for the Archdiocese of Indianapolis—Shirley Vogler Meister focused on Monica Dodds' book, [A Catholic Guide to Caring for Your Aging Parent](#) (Loyola Press) and on the Friends of St. John the Caregiver.

Again, the FSJC office received many requests for "The Little Book of Caregiver Prayers" and other material.

Thank you, Shirley and *The Criterion*!

Another Wonderful Response from Charleston

The most recent article on caregiving and FSJC in *The Miscellany*—the newspaper for the Diocese of Charleston, S.C.—had the same great results that previous ones have. (The paper has done several.)

There have been many, many requests for the prayer book and other material.

Reporter Christina Lee Knauss interviewed caregivers and Monica Dodds for [her article](#) that talked about the challenges and rewards of caregiving, as well as how to find help!

Thank you, Christina and *The Miscellany*!

How You Can Help Families

Please let your diocese and parish know about FSJC and the free resources that are available.

And, of course, let caregivers and care-receivers know that FSJC members, worldwide, are praying for them.



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

*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

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*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

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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-May 2011

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 myself, my mother and my grandmother.

For my ailing grandmother and her four children trying their best to care for her.

For Jeannette F. who is having spinal and nerve problems.

For Joseph who will be undergoing angioplasty. Also, please pray for the intentions of my own family and me.

For all of us!

For my husband, Paul, who is a recent amputee due to diabetic neuropathy.

For Mal and Ann and the family.

Please pray for my mother, Jane K. Thank you all for praying for my husband, Steven. God bless you.

I am a caregiver for my mother. She is 89 years old and has Parkinson's disease, diabetes and is now suffering from dementia. I take care of her 24/7. I also took care of my dad for 10 years with the same disease as my mother. It is very challenging and stressful. I need strength and hope that I can continue to take care of my one and only mom.

For my wife who is depressed.

My mother returned to own home from a nursing home and is doing very well. Thank you. My sibling is creating conflict with the in-home caregivers and is now wanting to have a say in many aspects. Please pray that he will cease the conflict and that he will find full-time employment elsewhere to diminish contacts with caregivers. Please, I am unsure what to do at this point.

Please watch over my dad and me as I help him cross over to eternal peace.

Please pray for the caregivers and my siblings who are caring for my father who has had a debilitating stroke and has recently lost his loving wife to Alzheimer's disease.

For all those with asthma and for those who help care for them.

I have been caring for my 91-year-old mom for 15 months non-stop now, with no help. I work full time as well and lately just feel more and more burnt out. Please keep me in your prayers to give me strength and patience with this journey that I am on.

For Lillian and her mother and Bernard T.

For Nancy as she discerns the path of lifework/vocation after more than a decade of intense caregiving for her mother. Join her prayers of gratitude for the grace of being caregiver for her beloved mom. Thanks be to God.

For peace of mind for my mother as we begin to look at assisted living for her.

The physician has agreed to a conditional discharge for my mother from the nursing facility to her own home with caregivers, home health services, equipment in place. I am worried and anxious that it will be the best for my mother and that all will be successful without any problems or conflicts. Please pray that this will be a good decision and will be successful.

For my dad. He goes to the doctor this week, and we are suspecting the doctor will bring up dialysis, since his recent test results showed more kidney damage. Dad really dreads the whole idea of dialysis. Plus, the surgery he'll have to have beforehand could be risky because of his other health problems.

For my mom and dad, Ken and Marge.

For me to be patient, understanding and compassionate with my aging parents; that I may be strong and helpful for them through their aging years.

For Karl and me.

For Dan who has been diagnosed with cancer; and for his wife, Candice.

For my father, Ralph. He is almost 96 years old. He is not bedridden, however, he needs assistance with all daily tasks. And please pray that I may continue to provide him with love and care, and grant me the patience to know that I am doing the best I can providing love and comfort.

May I humbly ask for prayers: that my mother's home visit with prospective caregivers this weekend may go well and may lead to a good decision regarding her return home. And that she will be able to return home permanently and it will be a good decision. For sibling/spouse/family support without conflict.

For the repose of the soul of Jack G.; may he rest in peace. And for his wife, Roberta, and their family.

My Lord has given me a job which sometimes I feel I can't handle.

Please pray for my husband, Daryl. He was diagnosed with MS in 1992. The disease continues to be a challenge for both of us daily. I ask for the strength and knowledge of Christ to guide me in Daryl's continued care.

For David and Anne.

For my dad, Arthur F., who is 84; my Uncle John E. who is 75; and Uncle Dave F. who is 89.

Please pray for all those living with Alzheimer's, especially Aunt Diana; and all caregivers — both family members and friends and those working in facilities.

For Carol S. and her mom.

For Jean and her mother, Jane K.

For Carmel D. and her aunt.

I pray that my 95-year-old dad will pass on, with peace and dignity.

For Mary Ann M., Bill M. and Mara B.

For Elijah W., Linda W., D'Anna W., Christin W., and Blaine W.

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The doctors, nurses and caregivers at Carondelet Heart and Vascular Institute in Tucson, Ariz.; and all those in the hospital setting who care for others. Give them strength, encouragement and support to give of themselves for others. It is a blessing and an honor.

Please pray for Angie who is very sick with drug addiction; and for Mary and the extended family who need God's grace to do what is most helpful for Angie and her children.

For my father, Jesus A.

For my mother, Elsa R., and my husband, Nick W.

For the repose of the soul of John B.; may he rest in peace. And for his wife, Michelle.

For the repose of the soul of Violet S.; may she rest in peace. And for her husband, Ken.

For Renee and Jacci.

For the repose of the soul of Bill C.; may he rest in peace. And for his wife, Betty, and all the family.

For the repose of the soul of Mike F.; may he rest in peace. And for his wife, Margie, and all the family.

For the repose of the soul of Gilbert S.; may he rest in peace. And for his wife, Mary Ann, and all the family.

I need your prayers again. Mom broke her arm and is not coming back as well as we would all like, in part I'm sure, due to the Parkinson's. We also found out my husband has cancer. And I need to stay healthy to take care of both of them.

For Father Mike and his mom, Sarah; for Father Corey and his mom,

Frances; and for Father Gregg and his mom, Nettie.

Please pray for Don who has just entered a nursing home. Also pray for Nancy, his wife and caregiver.

Please pray for me in this time of transition from my job at a the senior care center to a home health aide. This is a huge decrease in hours and pay. Pray that I will trust the Lord and that I may find the new door that Christ is opening for my calling in life.

For my mother, Elsa; and for my husband, Nick.

For the residents of Perth in Western Australia, facing floods and now a fire.

Please pray for Mum who has chronic pain and is 83; my sister Anne who is on dialysis three times a week; and for Maureen who has chronic pain and is the carer.

A Caregiver's Prayer

Heavenly Father, help me better understand and believe I can do what you ask me to do.

Forgive me for the times, even now, when I question your judgment.

As I go about the many daily tasks of caregiving, give me energy.

As I watch my loved one oh-so-slowly walk across the room, give me strength.

As I answer his/her repeated question just one more time, give me patience.

As I look for solutions to whatever is the most recent concern, give me wisdom.

As I reminisce with him/her about the "good old days," give me a moment of laughter.

As I get to know my loved one in a new way, seeing both his/her strength and frailty, give me joy.

As I sit beside my loved one's bed waiting for his/her pain medication to take effect, give me comfort.

Lighten my burden, answer my prayer, and give me the strength to do what so often seems impossible. Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there.

Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be.

Remain my constant companion as I face the challenges of caregiving and when my job is through and it's time for me to let go, help me remember he/she is leaving my loving arms to enter your eternal embrace. Amen

—Friends of St. John the Caregiver, www.FSJC.org