



# Among Friends

Newsletter of the Friends of St. John the Caregiver

Summer 2009

## The Bishops' Quiz

No, this isn't a quiz for bishops it's a quiz about bishops (and a relatively sneaky way to tell you about some things that have been happening with FSJC since the spring newsletter).

1. Liguori Publications (1-800-325-9521; Liguori.org) has come out with a 24-page pamphlet titled "Caregiving: Keys to Survival and Revival."



It was written by Monica and Bill Dodds and based on an article they wrote for the January 2009 Liguorian magazine. That publication dates back to March 1913 when the Bishop of Rome was:

- a. Pius X
- b. Benedict XV
- c. Peter.

2. The United States Conference of Catholic Bishops has launched a Web site named ForYourMarriage.org. It offers a lot of helpful and interesting material for husbands and wives, including — we're very happy to report — some articles that come from YourAgingParent.com. How many



Catholic bishops are there in the United States?

- a. more than 400
- b. about 250
- c. just under 200

3. Both the pamphlet and bishops' Web site material are adapted from Monica's "A Catholic Guide to Caring for Your Aging Parent" (Loyola, 2006). Amazon.com now also offers a "Kindle-edition" (digital reader edition) of the book and . . . how can this be turned into a question about bishops? Hmm. A quick Internet search and . . . "May my words as *bishop kindle* your hearts for this renewal, which we place on

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## The Three 'Sisters'



YourAgingParent.com  
Spirituality, information and resources for Catholic caregivers

CatholicCaregivers.com  
Caregiving is pro-life.



Friends of St. John the Caregiver

It's not unusual that we hear from a fan of YourAgingParent.com or CatholicCaregivers.com or the Friends of St. John the Caregiver who tells us, "I didn't know you also had . . ."

- YourAgingParent.com
- CatholicCaregivers.com
- Friends of St. John the Caregiver (FSJC.org).

And that's our fault. Just when we think we've done a pretty good job showing how the three programs — and the three Web sites — are interrelated . . . someone familiar with one tells us how he or she has "discovered another good resource" for Catholic caregivers and promptly refers us to one of the three "sister sites."

So here's a little bit about each program and each site.

But first! *If you have a suggestion for improving any of the sites or the programs, please let us know.* We've made minor — and major — adjustments to each over the years based on what caregivers, care-receivers, those who support both, parish and diocesan staff, health-

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## Members and Donors May Like to Boogie But . . .

. . . They *really* jumped at the opportunity to not attend (or, better still, not plan and not run!) a fund-raising dance. That's why this year's "non-event" — the no-dance marathon — is meeting with such success.



Thank you to all who have made donation. We'll be including a list of donors' names in the fall newsletter. (And an "anonymous" for those who don't want to be

listed.)

No, it's not too late to contribute. (Are you kidding!) The address is FSJC, P.O. Box 320, Mountlake Terrace, WA 98043. Or, on-line, at [www.FSJC.org/donations.htm](http://www.FSJC.org/donations.htm).

## In Loving Memory

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

Father Joseph Doogan  
John Guinasso  
Mr. and Mrs. Charles Harris  
Jean Huckabay

Bernice Tellman Kollros  
Nace McHugh  
Pete Lojacono

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.*

**On the Lighter Side**

**... You Might Just Be a Caregiver**

—If you not only know the flavors that Ensure comes in but have sampled each (and have a favorite) . . .

—If you not only recognize the little device known as a “pill cutter” or “splitter” but can easily use it . . .

—If you never enter a waiting room without a book stashed in your purse or a half-completed crossword puzzle tucked in your pocket . . .

—If the local pharmacist sees you coming up to the counter and pleasantly asks “The usual?” . . .

—If you read this list and think “Ooh, I could come up with more of these” . . .



**FSJC to be at NCCW convention in Florida on Sept. 23-27**

FSJC will have an exhibitor’s booth at the National Council of Catholic Women’s convention in Jacksonville, Fla., Sept. 23-27.

Monica may also be leading a “Women in Action Roundtable” on how parishes can help family caregivers.

If you’re in the area, please stop by and say “hello!”

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**Three ‘Sisters’**

care professionals, chaplains and others have recommended.

**The Colors**

You may notice that each site has the same simple design and layout but each has its own color.

YourAgingParent.com is purple. (“When I am old, I shall wear purple.”)

CatholicCaregivers.com is red. (Liturgical color of the Holy Spirit, who — very early on — we asked to oversee the marketing department and he has done an *outstanding* job.)

And FSJC.org is blue. (A tip of the hat to Our Lady in Need.)

**The Tags**

Each site also has a “tag line” offering a brief description of the site’s contents and the program’s purpose.

YourAgingParent.com: “Spirituality, Information and Resources for Family

Caregivers.”

CatholicCaregivers.com: “Caregiving is pro-life.”

FSJC.org: “Promoting care for the caregiver!”

**The Audiences**

What about “targets” or “audiences?”

As the home page of YourAgingParent.com notes: “This site is designed for adult children caring for an aging parent but most of the material also applies if you’re helping your spouse, or assisting a child or sibling with special needs, or a friend or family member.”

There’s also material here for care-receivers. (That’s one of the changes we made based on what caregivers — and care-receivers — told about their experiences and their needs.

Every Monday there’s a new “Dear Friends” letter on the home page.

CatholicCaregivers.com is designed for parishes and dioceses. (Free and easy!) Material is preformatted so that

it can be downloaded and photocopied. The site features:

—a new flier each month (suitable for a parish bulletin or a diocesan gathering, for example) on a specific caregiving topic;

—“bulletin briefs” (short quotes on the importance of caregiving and of supporting caregivers);

—and a caregiver-themed prayer of intercession for each Sunday of the year.

There are also some mini-posters there, suitable for vestibule or narthex bulletin boards.

FSJC.org gives visitors information on the organization itself, including how to become a member. And it explains the three components of the entire ministry.

A fourth site that has FSJC material is YouTube. Our “channel” is JohnTheCaregiver. The videos there are also available (for free, of course!) on DVD. (They’re included on the order form that’s sent with the newsletter.)

**Offering Prayers Worldwide for Caregivers and Care-receivers**  
**Members Now in Ten Countries on Five Continents**

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**Quiz**

<b>Internationally</b>	Connecticut	New Hampshire
Australia	Florida	New Jersey
Canada	Georgia	New Mexico
China	Hawaii	New York
England	Idaho	North Carolina
Ireland	Illinois	Ohio
Malaysia	Indiana	Oregon
Nigeria	Iowa	Pennsylvania
Philippines	Kansas	South Carolina
Scotland	Kentucky	South Dakota
	Louisiana	Tennessee
	Maryland	Texas
<b>United States</b>	Massachusetts	Vermont
Arizona	Michigan	Virginia
Arkansas	Minnesota	Washington
California	Missouri	Wisconsin
Colorado	Nebraska	

the tomb of St. Stanislaus.” (Wow! We should have limbered up a bit before making a stretch like that!) The quote is from Archbishop Karol Wojtyla’s homily on Christmas 1965. Thirteen years later he would be Pope John Paul II, but then he was head of the Archdiocese of:

- a. Krakow
- b. Warsaw
- c. Chicago

**Answers**

If you said A, A, A your report card is A+. Well done!

**Friends of St. John the Caregiver**

# 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. Items with an asterisk (\*) are also available on-line at YourAgingParent.com.

<i>Item</i>	<i>Quantity Requested</i>	<i>Caregiver Grief: Sorting Out, Moving On, Remembering</i>
<b>Prayer Books</b>		
The Little Book of Caregiver Prayers	_____	Dealing with Caregiver Guilt _____
"Little Book" kit	_____	Home Safety _____
(Sample copy and covers and pages		Independence, Control and Self-determination _____
to assemble 10 prayer books, plus 10		Keeping Secrets, Telling Lies _____
St. John and Our Lady in Need holy cards)		If You Are a Long-distance Caregiver _____
The Stations of the Cross for Caregivers	_____	Helping Your Loved One Deal with Losses _____
		When You're Married to the Caregiver _____
<b>Holy Cards</b>		
St. John the Caregiver	_____	Should Mom or Dad Move In? _____
Our Lady in Need	_____	When Mom or Dad Moves In _____
Caregiver's Prayer bookmark	_____	Not My Parent, Spouse, Loved One _____
		Choosing a Nursing Home _____
<b>*Brochures</b>		
The Basics of Catholic Caregiving	_____	Guidelines for Caregiving _____
The Friends of St. John the Caregiver	_____	Finding Respite Care _____
		It's a Matter of Respect _____
<b>*Checklists</b>		
Overall Assessment of Care-receiver	_____	Respectful Caregiving as the Parent-Child _____
Assisted-Living Facility Evaluation	_____	Roles Reverse _____
Nursing Home Evaluation	_____	When the Parent-Child Roles Reverse _____
Legal and Financial Paperwork	_____	The 'Sandwich Generation' _____
Depression	_____	Caregiving Stress: Warning Signs _____
Driving Skills	_____	The Need to Talk _____
Home Safety	_____	When Your Loved One Has Poor Vision _____
Elder Abuse Prevention	_____	Turning to Prayer _____
		The Stations of the Cross for Caregivers _____
<b>*Topic Sheets</b>		
The Stages of Caregiving	_____	An Assessment Checklist for Family Caregivers _____
Alcoholism and Aging	_____	Celebrating Birthdays and Anniversaries _____
Dealing with Caregiver and Care-receiver Anger	_____	The Role of Spirituality in a Caregiver's Life _____
Assessment: What Help Does	_____	Returning to the Church _____
Mom or Dad Really Need?	_____	Anointing of the Sick _____
Choosing the Best Solution	_____	
'I Don't Want to Be a Burden'	_____	<b>Videos on DVD</b>
Helping Your Parent Give Up the Car Keys	_____	<b>Catholic Caregiving, Volume 1</b> _____
Preparing Your Children to Visit Your Parent	_____	A Caregiver's Prayer; Caregiver Advice from St. Francis de
In Case of an Emergency or Disaster	_____	Sales; Helping Your Loved One Give Up the Car Keys; Keeping Secrets,
Exhaustion: Care for the Caregiver	_____	Telling Lies
Evaluating Housing Options	_____	<b>Catholic Caregiving, Volume 2</b> _____
Caregiving is a Family Affair	_____	Caregiving from a Care-receiver's Point of View
Parent's Grief	_____	(Independence/Interdependence; Dealing with Losses; "I Don't Want to
		Be a Burden"); Guidelines for Making Decisions; Stages of Caregiving;
		Principles of Catholic Caregiving

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**

Or call:  
**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.

**An international Catholic organization promoting care for family caregivers.**

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

May-July 2009

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Please keep these intentions in your prayers. The list can be found on-line at: [www.youragingparent.com/prayer\\_requests.htm](http://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](http://www.YourAgingParent.com).

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|---|---|---|
| For Kevin W., who has colon cancer.   | mom's recovery from surgery; my brother-in-law's healing from drinking.   | For Cassie V.   |
| For J.F.D., who has been diagnosed with diabetes.   | That I may become more patient, loving and kind.  | For Pete L., may he rest in peace, and for his family.  |
| For Eileen, who has been diagnosed with breast cancer.  | For my husband and all the lonely.  | For Catherine T., who is a church musician and will have carpal tunnel surgery on June 29.  |
| For M.E.D., who is in rehab after falling.  | For Jerry and Marilyn J.  | For Louis and Laura.  |
| For my 93 year old mother who will be entering the nursing home next week. Please help her to accept this difficult transition of her life.   | For Rita D.   | For Anna and Ralph.   |
| For Wanda, who has some health concerns and for her mother who is grieving.   | For all our children and grandchildren, that they will always make good and right decisions.  | For the repose of the soul of Charles H., a decorated WWII veteran, an incredible husband and dad, and a devout and active Catholic; and for his family during their time of grief.   |
| For Sr. Canisius, Dorothy N., Mary B. and Mary W.   | For the caregivers in St. Augustine Parish, Gainesville, Fla.   | Please help me through each day as I take care of my mom. I get so frustrated and show too many emotions to her. It is not fair because she was always there for me. I want to apologize for the bad attitude I have. Please pray for me. |
| For my 92 year old mom who is ever so frail.  | Please pray for me. I'm the caregiver to my bed-ridden 89 yr. old father who had a stroke. He's often verbally and emotionally abusive & has been most of his life. I've some health problems of my own and don't think I can do this anymore. But, because of my awful financial situation, I can't put him in a nursing home. I'm horribly afraid of the future and feeling more ill every day. Also, please pray for my father as I can't seem to do so anymore. | For all retired Catholic priests, especially Father Richard.  |
| For Carolyn and Marie K.  | For John N.   | For Michael, age 22, who has been diagnosed with stage-four non-Hodgkin's lymphoma; and for his parents and family.   |
| For Verna J.  | For Joseph B. enduring Parkinson's disease.   | For our meeting tonight regarding the future of our church. Help us to listen to Your voice and may Your will be done. We pray for the youth of our church that they may increase. Amen.  |
| For my Mother, Olive, who recently went to a nursing home for rehabilitation after a partial foot amputation.   | For employment for my family.   | For my wife, Mary S.  |
| For my parents both of whom are having an increasingly hard time accepting the changes in their lives. Especially my Mom who is blind from macular degeneration and cannot accept her limitations. My Dad is overwhelmed with all that has been placed on him and his own medical problems. And for myself for help in handling my frustration, extra patience and understanding and the ability to help them stay safe and independent for as long as possible. Thank You! | For Mike and Jody and all their family.   | For Laura F., age 4, with Down syndrome.  |
| For my husband, Kal, and my grandson, Ashley.   | For Mark F., may he rest in peace, and for his family.  | For John G., may he rest in peace, and for his family.  |
| For Michelle's mom, may she rest in peace, and for Michelle and her family that find comfort in the Good Lord's Love.   | For Joe and Eileen M.   | For Nace McH., may he rest in peace, and for his family.  |
| For Ann and Harold G. who is in Hospice and living in a nursing home and for Jeannette, that an abnormal growth not be cancerous.   | For Mary K.   | For Bernice K., may she rest in peace, and for her family.  |
| For my husband's work situation; my   | For Carol B. who is caring for her parents.   | Please pray for my mother Enriqueta G. She has cancer and needs healing.  |
|   | For Minnie P.   |   |
|   | For Jeremy B.   |   |
|   | For Laura, our daughter; Florence, my mother; and Jonathan, my brother.   |   |