



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.

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

Internationally	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
United States	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>	
Prayer Books		Caregiver Grief: Sorting Out, Moving On, Remembering _____
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 _____
Holy Cards		Should Mom or Dad Move In? _____
St. John the Caregiver _____		When Mom or Dad Moves In _____
Our Lady in Need _____		Not My Parent, Spouse, Loved One _____
Caregiver's Prayer bookmark _____		Choosing a Nursing Home _____
		Guidelines for Caregiving _____
*Brochures		Finding Respite Care _____
The Basics of Catholic Caregiving _____		It's a Matter of Respect _____
The Friends of St. John the Caregiver _____		Respectful Caregiving as the Parent-Child _____
		Roles Reverse _____
*Checklists		When the Parent-Child Roles Reverse _____
Overall Assessment of Care-receiver _____		The 'Sandwich Generation' _____
Assisted-Living Facility Evaluation _____		Caregiving Stress: Warning Signs _____
Nursing Home Evaluation _____		The Need to Talk _____
Legal and Financial Paperwork _____		When Your Loved One Has Poor Vision _____
Depression _____		Turning to Prayer _____
Driving Skills _____		The Stations of the Cross for Caregivers _____
Home Safety _____		An Assessment Checklist for Family Caregivers _____
Elder Abuse Prevention _____		Celebrating Birthdays and Anniversaries _____
		The Role of Spirituality in a Caregiver's Life _____
*Topic Sheets		Returning to the Church _____
The Stages of Caregiving _____		Anointing of the Sick _____
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 _____		
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 _____		
Parent's Grief _____		
		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 _____

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

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.

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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. | |