



# Among Friends

Newsletter of the Friends of St. John the Caregiver

Summer 2010

## The — No Joke! — Religious Orders Quiz

Stop us if you've heard this one: A priest and two nuns sign up for . . .

Wait! It's no joke. Among the newest FSJC members are two sisters and a priest who belong to religious orders.

Sister Charline S. lives in Texas. Sister Therese Marie B. calls Delaware home. And Father Terrence R. divides his time between Colorado and California.



1. Sister Charline belongs to the Congregation of the Incarnate Word and Blessed Sacrament which was begun by Venerable Jeanne Chezard de Matel (1596-1670) in

the same country that has the famed Notre Dame cathedral. That would be:

- a. Italy
- b. France
- c. Indiana

2. Sister Therese Marie is a member of the Congregation of the Sisters of St. Felix of Cantalice, the Felician Franciscan Sisters. "Felix" is Latin for:

- a. cat
- b. happy
- c. lucky



3. Father Terrence is a Paulist, an order founded in the United States in 1858. During the first 25 years of the order, most members were:

- a. German-Americans
- b. left-handed



- c. converts from Protestantism

### Answers

- 1. b. France, of course. Indiana has the university . . . with the football team.
- 2. b and c, happy and lucky.
- 3. c. Not surprisingly, the order focused on evangelization, then and now.

## Martha, Mary and Caregiving

Many caregivers find it easy to identify with St. Martha. How can you be a caregiver and not be a "Martha"? Not be, in Jesus' words, "anxious and worried about many things"?

On her July 29 feast day, one Gospel choice is the story from Luke 10:38-42 that tells of Martha and her sister Mary. You probably know it. (And, perhaps, it makes you grind your teeth a little just thinking about it.)



Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me."

The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

As a caregiver, you can -- like Martha -- at times feel "burdened with much serving." So what is Jesus telling Martha? What is he telling you? Don't be of service? Of course not. For a time, as a caregiver, the way you -- like Mary -- sit "beside the Lord at his feet listening to him speak" is by taking care of your loved one. As the Prayer to St. John, Patron of Caregivers says:

Pray for us, that as we go about our many caregiving duties, we may never lose sight of that truth which Christ revealed to His disciples:  
"Whatever you did for one of these, you did for Me." Amen.

As a caregiver, it's easy to be "anxious and worried about many things" because it can be hard to loosen up on non-caregiving responsibilities. (The house needs vacuuming. The weeds are going wild in the garden. The birthday cards aren't being sent on time to loved ones.)

*The New Jerome Biblical Commentary* says this about Jesus' "one thing": "The lesson is not that one should prepare a casserole rather than a seven-course meal. One thing undergirds all following of Jesus: listening to his word . . . and that is the best part."

If you've accepted the "vocation" of caregiver, you're listening well! And you're following the advice the Blessed Mother gave to the servers at the wedding feast at Cana: "Do whatever he tells you" (John 2:5).

### In Loving Memory

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

Msgr. Francis Castellano, Dominick F.,  
Harry McDonald, Stefanie's mother, and J.T. Talbot

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

## No Treasures, No Trash, No Doubt . . .

. . . This year's "no-rummage sale" was a popular "non-event fund-raiser."

Thank you to all who have made a donation. (To all who said, "No, I don't want to help organize or staff a rummage sale. Please, just take my money!")

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.)

Didn't get our "non-invitation" or haven't had a chance to send a reply? 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).



## Update on Monica Dodds

As we wrote in the last newsletter, FSJC president Monica Dodds had surgery for uterine cancer (carcinosarcoma) and began chemotherapy.

She's completed the chemo and is beginning five weeks of radiation treatment.

Both she and her husband, Bill, want FSJC members and donors to know how much they appreciate your prayers and concern.

You remain in their prayers.

## 'Ordinary' Time for Caregivers and Care-receivers

July, August and September are the months for attending daily Mass if you like green. Often there are no particular feast days on the liturgical calendar and so the celebrant wears a green chasuble and stole at all the Masses.



In "Church language," the term "ordinary" means "ordered" or "numbered." In everyday language, it means uneventful. In caregiving language, it means "whatever was new and frightening and unimaginable a year ago, or a six months ago, or last week, has become . . . almost . . . nor-

mal."

Caregivers and care-receivers are nothing if not adaptable. The walker, the medicines, the doctor visits, the insurance forms . . . ordinary. The fears (ranging from concern to panic), the fatigue, the frustrations . . . ordinary. The realization that, to a very large degree, much of life is outside one's control . . . ordinary.

Then, too, there are some positive "ordinaries."

The ever-deepening appreciation of being loved . . . ordinary. The turning to prayer in moments of joy and moments of despair . . . ordinary. The receiving of Christ in the Eucharist, the

Son of God, the Savior of the World . . . ordinary.

*That's not to say the positives are taken for granted. Far from it. It becomes "ordinary" to thank God for blessings and graces that, so often in the past, were easily overlooked.*

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One final -- liturgical -- point: Green symbolizes hope and the vitality of the life of faith.

### Offering Prayers Worldwide for Caregivers and Care-receivers

#### Members Now in Eleven Countries on Five Continents

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

### ElderCare Locator

The ElderCare Locator is a public service of the U.S. Administration on Aging. It's a first step in finding resources for older adults in any U.S. community.

Just one phone call or Web site visit provides an instant connection to resources that can help older persons to live independently in their communities. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Go to [www.ElderCare.gov](http://www.ElderCare.gov).

Or call 1-800-677-1116 weekdays, 9:00 a.m. to 8:00 p.m. (ET).



## 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](http://YourAgingParent.com) under "Topics" and/or 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:

**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](http://YourAgingParent.com) under "Topics" and/or at [CatholicCaregivers.com](http://CatholicCaregivers.com) under "Fliers." Videos can also be viewed at our YouTube channel: [JohnTheCaregiver](http://JohnTheCaregiver).*

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

May-August 2010

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).

For CBL.

For my father, who fell at home and may need surgery for a broken hip or femur.

For Charlie.

For Elizabeth, Brian, Christian, Francesca, the "Sessions" study group, and Jonne.

For my mother, Teresa.

For Bianca and her mom.

For my family, our nation and world peace.

For our aging parents and friends, that the Lord be gracious and merciful to them. That in being a caregiver, we learn to generously give his grace to those we serve in his Holy Name.

For Theresa B.

For my wife, Eden, who has recurrent ovarian cancer.

For my mother, Marguerite L.

For Catherine A., age 100 years.

For all St Augustine's caregivers

For good health and financial security.

For my mom, friends, myself, the children, the elders and the staff; financial sufficiency for all; the theological virtues for all; abundant compassion and love for all.

For the health of Janet C. and Howard M.

For my husband, John.

For the Dodds family, Terry F. and Meg G.

For Joseph M.

For my grandson who is trying to regain custody of his children.

For our grandson, Ashley, who is having an alcohol problem.

For Lionel D., my husband, who has Parkinson disease.

For Leon G., Monica D. and Betsy D.

For the repose of the soul of Msgr. Francis Castellano. May he rest in peace.

For Dan G., Sherry Y. and Thomas R.

For Heather, Charlene, Myshay and Atticus.

For Carmela on her 100th birthday.

For Mark L.

Once again I humbly ask for prayers for my mother. She is encountering a number of health challenges and recently fell. I am worried and want to provide the best for her in home. Please pray that I may find a means to care and meet financial obligations.

Please pray for my dad who has only a few months left; he is suffering from kidney failure at age 87. Good ole WWII Marine. We decided not to tell Mom. At her stage in Alzheimer's she lives in the present moment and it would only confuse and worry her.

For the repose of the soul of Harry McDonald. May he rest in peace.

For the repose of the soul of Stefania's mother. May she rest in peace.

For Charlotte T. and Elizabeth R.

For my husband who suffered a traumatic brain injury in October 2008.

Dear God, I have felt so burdened by my brothers' judgments regarding me and my mom and why I am here helping her. Please, please help me, help them. Help me keep my eyes on God and his will and surrender the rest to God's providence and care. Please dear Blessed Mother, continue to be with my mother and me in your love and protection, care and guidance and healing. Amen.

For help with the struggles in my heart regarding my mom, whom I love so much and fear losing; and that both she and I might find peace and love and laughter and grace.

For the most kind, loving, caring solution for the care of my mom; that my brothers and I will be divinely guided in every aspect of this journey; and that we may be compassionate and caring and respectful of one another, free of past resentments and pain.

I request prayers for new health concerns for my mother. Also, I am seriously considering taking a leave of absence or leaving my position to provide care for her.

My elderly husband, Frank, his sister Barbara and her husband Leo, his sister Mary, and brother in law, Edward. All in need of prayer support in the day-to-day challenges of aging.

For Dolores L., that she may find her strength in God instead of pain medicines.

For our new caregiver support group at Holy Cross Catholic Church in Kernersville, NC.

For John, who has constant neck pain, and Rita D.; for Vera and Roland B. Vera uses a walker to care for Roland who had a stroke and is blind; and for Lillian and Pete B.

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For my beautiful mother whom I have been so blessed to know and help care for; and for my siblings that they have the grace, love, wisdom, insight, and selflessness to help in whatever way God is calling them; and that we all may see through eyes of mercy and love and cooperation.

For myself and my mother and family. For the increasingly difficult situation with cognitive and emotional/trust issues, now three years following her stroke.

For Margaret and her family.

This morning I received news from my brother that my dear dad, now 88 years old, has between 6-9 months to live. For the past several years he has been helping take care of my mother who has Alzheimer's. They have been blessed to be with my brother, Colin, and his family in Williamsburg over the last year or so with additional help during the day. The support system in our family has really helped all of us, especially your prayers.

For Charles C., my dad, who was a WWII dive bomber Marine and espe-

cially over this Memorial weekend, if you would just tuck him into your prayers.

Please pray that I can deal with a sibling who takes over property belonging to myself/parent. He seems to take advantage and use it for his own use and storage. It makes me feel angry, but I know that to respond would result in a major conflict and argument. This makes living on the property stressful and caregiving more difficult.

For my mother, Jean, who has Alzheimer's. For my grandson, Patrick, who I've raised and now needs special prayers.

For my mother Vicky--with pancreatic cancer. For myself and my brother. For the people in my life who have been so helpful and supportive.

For my big sister who is her husband's caregiver. She is frail herself. My prayer is that her health isn't compromised.

When I am sad and frightened.

For all care-receivers.

For all caregivers.

For the repose of the soul of Dominick F. May he rest in peace.

For Constantin M., Ray D. and Bob F.

For my husband who has had four surgeries in the past year and a half. The symptoms are returning. For my sons who are trying to grow up with Daddy in pain and Mom not sure what to do. And for myself, I am trying to take care of everything and give my children a good childhood. Sometimes I am so sad and frightened. We have been married for 17 years and we are in our early forties. This is not what I expected.

For my mother, father, sister, and my wonderful husband who has been a consistent source of support and love during these past three years of demanding caregiving, and all of our 30 years together. And also for myself to maintain the emotional and physical strength and resilience that I am going to continue to need.

For all care-receivers, who have as hard a task as caregiving.