



# Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2010

## South Carolina wins the 1-800 contest

No, there wasn't really a contest focusing on our toll-free phone number (1-800-392-JOHN (5646)). But if there had been, the Palmetto State would have won, hands down.

And we know why.



Thank you *so much* to Deirdre Mays, editor of The Catholic Miscellany of the Diocese of Charleston, for running

a column by Monica and Bill Dodds on "10 New Year's Resolutions for Family Caregivers." (They write a monthly family column for Catholic News Service and diocesan papers have the option of using it.)

You can find a copy of those 10 items on page 2.

Dozens and dozens of Catholic Miscellany readers called and requested a free copy of "The Little Book of Caregiver Prayers." (The column mentioned the book was available. If you'd like another copy or two or three for yourself, a family member or friend, just call. As always, no charge!)

## Hola and Howdy

Among the many members who have joined since our last newsletter, we've had two from "new" locations.

Vivian R. lives in San Juan, Puerto Rico (named for San Juan Bautista (the Baptist), not San Juan *el santo patrono de quienes dispensan cuidado* (the patron saint of caregivers)! And Joan J-McC. calls Utah home.

About 9 percent of Utah's population is Catholic. In Puerto Rico, that number is 78 percent.

## Who's Missing?

What states in the U.S. don't have an FSJC member?

Alabama, Alaska, Delaware, District of Columbia (yes, we know it's not a "state"), Maine, Mississippi, Montana, North Dakota, Oklahoma, Rhode Island, West Virginia and Wyoming

Know someone living there? Invite him or her to [join today!](#)

## Happy Valentine's Day, Dear Caregiver!



With love,  
Your Care-receiver  
(and the members of the  
Friends of St. John the Caregiver)

On a day dedicated to love, we — on behalf of your care-receiver — want to thank you for being such a . . . *sweetheart!*

We're sorry we can't send you a box of candy, but perhaps the two of you can split a can of chocolate Ensure.

No matter the particulars of your situation — if, for example, your care-receiver forgets to say "Happy Valentine's Day" to you or, so much harder, has trouble remembering you are his or her longtime Valentine — we can and do send this gift:

*Our prayers are with you, on this day and every day.*

## In Loving Memory

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

Juan Belmes	Kay Lagreid
Eleanor Blunk	Minnie Perri
Marge Budnick	The husband
Dave Coiner	of Dolores Staskiel
Kyle Duffy	Chuck S.
Joseph H.	Charley Wellnitz
Jerry J.	

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

# 10 New Year's Resolutions for Family Caregivers

Our work over the past five years with the Friends of St. John the Caregiver has shown us, time and time again, that family caregivers are constantly making sacrifices because to caregive is to love . . . and to love is to make sacrifices for one's loved one.

That's why we're suggesting 10 New Year's resolutions that will help you be a better caregiver without making your life harder.



1. Don't beat yourself up because you aren't "perfect" at caregiving. (None of us is perfect at anything!)

2. Remember that, even if you can't take a big break, little breaks help, too. Even five or 10 minutes in the middle of a long day or seemingly endless night.

3. Tell your spouse and children

you're not mad at them. It's just that "I've used up all my 'nice.'" Tell them what you want: alone time, a hug, chocolate . . .

4. Don't hesitate to ask for — or even demand — help.

5. Forgive yourself for the times you've lost your temper. (That can be harder than asking another for forgiveness! It's good to do that, too.)

6. Enjoy, relish!, the joyful moments with your care-receiver.

7. Admit that what you're doing is hard. It is.

8. Remember that your loved one's condition may become worse, that he or she may die, but it's not your fault.

9. Pray. (Yelling at . . . Speaking loudly at God can be a prayer that comes straight from the heart.)

10. Know that you're not alone, even though at times you feel lonely. God has asked you to do this and you've accepted his invitation. He's with you always. Right here. Right now.



## FSJC's on Facebook

It was a 20-something male that let us know that, for a time in 2009, 50-something females were the fastest growing demographic joining Facebook ([www.Facebook.com](http://www.Facebook.com)).

That's a social communication outlet we hadn't been taking advantage of . . . until now.

A little research proves that — to borrow from an old slogan once used to sell orange juice — "It's not just for those in their teens or 20s anymore."

And if we needed more convincing to add the FSJC there (which we didn't), along came Pope Benedict XVI with a reminder to priests worldwide that:



"Priests [and Catholic organizations like FSJC!] stand at the threshold of a new era: as new technologies create deeper forms of relationship across greater distances, they are called to respond pastorally by putting the media ever more effectively at the service of the Word."

(That's from his 2010 [Message for World Communications Day](#).)

Not familiar with Facebook? It's a marvelous (free!) tool that FSJC has now begun to use to:

— continue to form a community among caregivers, care-receivers, and those who support both

—better educate Catholics (and educate non-Catholics) on what the Church teaches about caregiving and end-of-life issues

—be a "Catholic presence" in the general Facebook marketplace and a resource for all family caregivers looking for help.

**Check us out on [Facebook](#) —  
"Friends of  
St. John the Caregiver" —  
and become a "friend" today!**

## Wonderful Response to Annual Appeal 2009-2010

Once again, the response to FSJC's Annual Appeal has been wonderful.

"Thank you!" to all who have made a donation.

It's not too late if you've been mean-

ing to donate! (Of course it's not too late.) Go [on-line](#) or mail it to P.O. Box 320, Mountlake Terrace, WA 98043.

We'll include a list of donors in our Spring 2010 newsletter.

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

#### **Internationally**

Australia  
Canada  
China  
England  
Fiji  
Ireland  
Malaysia  
Nigeria  
Philippines  
Puerto Rico  
Scotland

#### **United States**

Arizona  
Arkansas  
California  
Colorado

Connecticut  
Florida  
Georgia  
Hawaii  
Idaho  
Illinois  
Indiana  
Iowa  
Kansas  
Kentucky  
Louisiana  
Maryland  
Massachusetts  
Michigan  
Minnesota  
Missouri  
Nebraska

New Hampshire  
New Jersey  
New Mexico  
New York  
North Carolina  
Ohio  
Oregon  
Pennsylvania  
South Carolina  
South Dakota  
Tennessee  
Texas  
Utah  
Vermont  
Virginia  
Washington  
Wisconsin



## 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).*

**Friends of St. John the Caregiver**

[FSJC.org](http://FSJC.org) [YourAgingParent.com](http://YourAgingParent.com) [CatholicCaregivers.com](http://CatholicCaregivers.com)

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

November 2009-January 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 Sheila's mother and her sister.

For Rita and Linus.

For Tony L., stricken with Chronic Progressive Multiple Sclerosis.

For Mary S.

Pray that I will continue to hear that still small voice, have His eyes to see the situations before me, and be a blessing to all the caregivers I support.

For Mary H., Joyce, Mom, Mr. B., Sister Margaret, Jerry N., Msgr. Castellano, Sophie W., Helen, Mrs. T., Elmer, and Eileen A.

Please pray for my husband, John, who is starting his third week in ICU with complications from heart and kidney failure.

For the repose of the soul of Juan B. May he rest in peace.

Pray for patience and strength for caregivers and that we perform our daily tasks with love.

For Fayemarie D.

For Mr. and Mrs. Aristides B.

For Anthony and Anne DeB.

I'd like to offer a prayer of thanksgiving. The anger and frustration that I felt so heavily has been lifted. My situation is the same but God in his love for me has changed me and has replaced my fear and anger with peace and joy. Praise be to God and a heartfelt thanks to all of you for praying for me! God bless you and keep you all!

For the repose of the soul of Dave C. May he rest in peace; and for his family and friends.

For the repose of the soul of Minnie P. May she rest in peace; and for her family and friends.

For strength and comfort for our family as my mother cares for her 94-year old mother; my sister fights to remain cancer-free; another sister battles depression and loneliness after divorce; and that my father can accept his alcohol addiction. May we all find the healing power of the Holy Spirit!

For my husband Jake. Please pray for guidance and strength as he deals with difficult decisions regarding his mother.

For the repose of the soul of Charley W. May he rest in peace; and for his family and friends.

Please pray for me to continue to give me strength and that I can be the best caregiver for my husband, Larry, who had a stroke 12 years ago

For Lydia, who has been diagnosed with a brain tumor. She is a wonderful Secular Franciscan and always doing for everybody.

For my husband, Karl, who had his fourth stroke.

For Therese's mom, who is 93 years old and doing pretty well.

For my husband.

For all caregivers who are caring for a spouse.

For James J., Samy J., myself and my family.

For Jennie.

Please pray for the mother of my friend, Laurie, and for all of her support system during these days of her hospice care.

For my mom, Helen, who needs to go to a nursing home. May she accept and like this new home and decide to stay with joy, or may she get well enough to return home and receive in-home care. Please pray for us.

For the repose of the soul of Kay L. May she rest in peace; and for her son, Patrick.

For the repose of the soul of Jerry J. May he rest in peace; and for his wife, Marilyn.

For the grandmother of Alphonse G.

For the repose of the soul of Bill K. May he rest in peace. And for his wife Mary Kay and all the family.

For the repose of the souls of Joseph H. and Chuck S. May they be in our loving

Savior's arms.

For my mom and my husband, who are both mentally and physically sick; that all goes smoothly with our move from Long Island to North Carolina; and that the Holy Spirit continues to help me keep my sense of humor and patience.

Please remember in your prayers, Jack, who is suffering from Alzheimer's disease, and his daughter Liz who is a caregiver for him and for her elderly aunt.

Please pray for my mother Enriqueta G. She has cancer and a recent CAT scan shows progression. God bless you and thank you for your work.

For my husband, who suffered a brain aneurysm 11 years ago, and for me his caregiver; and for my mother-in-law and her three daughters who are caring for her.

For Jean T. and Al and Mary Lou S.

For Jolene B. and Eileen H.

For Alison, that she knows and feels God's love, hears his words, and sees his face today.

For Monica R.

For Dad, that he will find relief from his coughing; and for Mom, as she cares for him.

For the repose of the soul of my mom who passed away on Sept. 28. May she rest in peace.

For the repose of the soul of my husband Dave who passed away on Sept. 29 from complications related to Parkinson's disease. May he rest in peace.

For the success of the special event, "The Spirituality of Caregiving: Gifts of Love, Hope and Light," at in Sts. Francis and Clare Parish, Greenwood, Ind.

For the new support group starting in All Saints Parish, Dunwoody, Ga.

For Sam and his mother, Margaret. She is his caregiver. We bring Communion to them.



Friends of St. John the Caregiver  
 P.O. Box 320  
 Mountlake Terrace, WA 98043  
 www.FSJC.org 1-800-392-JOHN (5646)

**2009-2010 Annual Appeal**

**Knowledge is power . . .  
 and a blessing.**

*Thank you, Friends of St. John the Caregiver, for providing all your  
 material and services for free!*

Here is my donation of:  
 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$250 \_\_\_ \$500 \_\_\_ \$1,000 Other \_\_\_\_\_  
 (Please print)  
 First name: \_\_\_\_\_ Last name: \_\_\_\_\_  
 \_\_\_ My check (payable to "Friends of St. John the Caregiver") is enclosed.  
 \_\_\_ I prefer using my:  
 \_\_\_ VISA \_\_\_ MasterCard \_\_\_ Discover \_\_\_ American Express  
 Name on card: \_\_\_\_\_  
 Number: \_\_\_\_\_  
 Expiration date: \_\_\_\_\_ Verification code: \_\_\_\_\_  
 (The verification code is the three-digit number printed on the back of your card. It's located  
 in the signature panel after the account number or the last four digits of your account number.)  
 >>To donate on-line using a credit card or PayPal account,  
 go to www.FSJC.org and click on "Donate." <<

\_\_\_ It's OK to include my name on a published list of donors.

\_\_\_ I prefer to be listed as an "anonymous donor."

\_\_\_ I ask FSJC members to please remember in their prayers:  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_ I want to join the Friends of St. John the Caregiver. Please enroll me  
 as a member. (See reverse side.)

\_\_\_ Please take my name off your mailing list.

*Friends of St. John the Caregiver is a 501(c)(3) organization.  
 Donations are tax deductible as provided by law.*

**Thank you and God bless you!**

**Please enroll me as a member of the Friends of St. John the Caregiver**

*No membership dues! No meetings! All we ask is that you pray for family caregivers and those receiving care.*

\_\_\_ Mrs. \_\_\_ Ms. \_\_\_ Miss \_\_\_ Mr. \_\_\_ Rev. \_\_\_ Sister \_\_\_ Brother \_\_\_ Dr.

(Please print)  
 First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State/Province: \_\_\_\_\_ ZIP/Postal Code: \_\_\_\_\_

Country: \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_ E-mail me / \_\_\_ Mail me: The free quarterly newsletter

\_\_\_ Mail me a free copy of "The Little Book of Caregiver Prayers"

I am a (select all that apply):  
 \_\_\_ Caregiver \_\_\_ Person receiving care \_\_\_ Person who assists caregivers and those receiving care

I ask fellow members to please remember in their prayers:  
 \_\_\_\_\_  
 \_\_\_\_\_