



Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2011

FSJC Marks Fifth Anniversary Second 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."

YourAgingParent.com

Monica and Bill didn't set out to begin a non-profit organization. Or set up a Web site. Or write a book. It was a monthly newspaper column that led to it all . . . and the column wasn't their idea.

In 1991, Monica was working for the Seattle Archdiocese at Catholic Community Services' Independent Living Program. Three years earlier Bill had left as editor of the archdiocesan newspaper, The Catholic Northwest Progress, to begin freelancing.

At a regional convention of the Catholic Press Association—held in Seattle that year—David Gibson (a Catholic News Service editor) approached Bill and asked if he would be interested in becoming a monthly columnist for CNS. Among the possible angles for a column was adult children caring for aging family members.

It seemed like a natural choice for the couple: Monica knew a lot about families helping an aging loved one and Bill was a strong writer. Each knew they couldn't do it *without* the other and each wanted to do it *with* the other.

It would be the same for each stage of the development of FSJC.:

1997: A collection of the columns became *Caring for Your Aging Parent: A Guide for Catholic Families*, published by Our Sunday Visitor.

2001: The monthly column came to an end and Monica and Bill began writing "Your Family," which included caregiver issues.

2004: *Caring for Your Aging Parent* went out of print and Monica and Bill put the material online at their new Web site: YourAgingParent.com. Loyola Press agreed to publish an expanded and updated version of the book.

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Happy Valentine's Day, Dear Caregiver!

HUGS!

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:

Sam Bushko
Donna D.
Steve Golden
Jack Gordan
Holly H.
Carol Meinhardt

Eleanore, Elizabeth and
Michael Kolibas
Connie R.
Aunt Ruth
Sky's mother
Mary Stinson

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

The 'Beatitudes for Caregivers'

You're probably very familiar with the Gospel reading for the Solemnity of All Saints. It's the Beatitudes (Matthew 5:1-12a), the Sermon on the Mount. A "Beatitudes for Caregivers" might go something like this:

Blessed are those who sleep poorly because they're worried about their loved one or because their loved one wakes in the middle of the night and needs help, for theirs is the Kingdom of heaven.

Blessed are those who mourn because their loved one, though still alive, is slipping away because of dementia, for they will be comforted.

Blessed are the meek who force themselves to speak up and speak out to make sure their loved one receives the help he or she needs, for they will inherit the land.

Blessed are those who hunger and thirst for answers to why this is happening to their loved one and how much longer it will go on, for they will be satisfied.

Blessed are those who show mercy, kindness, and compassion to their loved one, for they will be shown mercy, kindness, and compassion.

Blessed are those who keep clean a loved one who is physically or mentally unable to keep himself or herself clean, for they will see God.

Blessed are those who help their loved one find moments of peace, for they will be called children of God.

Blessed are those who are misunderstood, not appreciated, and taken for granted in their role as caregiver, for theirs is the Kingdom of heaven.

Blessed are you whose caregiving efforts are unjustly criticized -- or are falsely accused of not caring about others -- because of your love for your care-receiver . . . and your love for God, who has asked you to help his beloved son or daughter.

Rejoice and be glad, for your reward will be great in heaven.

(From *YourAgingParent.com* weekly letter, Nov. 1, 2010. A new "Dear Friends" letter is posted each Monday on the site's home page. A directory of past letters can be found at YourAgingParent.com/dear_friends.htm.)

Wonderful Response to Annual Appeal

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 meaning to donate. (Of course

it's not too late!) Go online or mail your gift to P.O. Box 320, Mountlake Terrace, WA 98043.

We'll include a list of donors in our Spring 2011 newsletter.

We've Updated the Order Form

We've updated our order form to include a number of new topics now available at CatholicCaregivers.com and YourAgingParent.com.

You'll find a sample ("Dementia and Alzheimer's Disease") included in this newsletter if you receive the newsletter by mail. And you can use this link to that topic if you receive the newsletter by e-mail.

As always, all the material on the order form is free.

Fifth Anniversary: How a Monthly Column Became an International Organization

(Continued from page 1.)

2005: St. John the apostle and evangelist was chosen as the patron saint of family caregivers and of the association.

The Friends of St. John

the Caregiver was designed to serve as the umbrella organization which would have under it the Friends of St. John the Caregiver, YourAgingParent.com and CatholicCaregivers.com. The domain names of FSJC.org

and CatholicCaregivers.com were secured.

2006: The state of Washington approved FSJC's application as a non-profit corporation.

Web sites for the Friends of St. John the Caregiver and CatholicCaregivers.com were launched.

FSJC applied for 501(c)(3) status with the IRS.

Members began to enroll. FSJC representatives spoke at parishes in the Northwest and staffed information booths at national Catholic conventions.

'Aging Parents'? What About Spouses?

While the original column focused on helping aging parents, it quickly became obvious that spouses—and others—were caregivers, too. That's why the material on YourAgingParent.com and CatholicCaregivers.com is for *all* caregivers, not just adult children.

As the site's home page notes: The material also applies "if you're helping your spouse, or assisting a child or sibling with special needs, or caring for a friend or family member."

The first copies of *Catholic Caregivers* was made available online to parishes. *The Little Book of Caregiver Prayers* was written and published by FSJC. Copies of the book and the St. John the Caregiver holy card/prayer card were distrib-

uted throughout the United States and Canada.

Monica's book, *A Catholic Guide to Caring for Your Aging Parent* was released.

The first edition of "Among Friends" was sent to members and supporters.



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

**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 Prayer Requests

November 2010-January 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 my mom who is 80 and has progressive dementia and heart failure.

For the repose of the soul of Sky's mother. May she rest in peace. And for Sky and all the family.

For my mother, Lillian.

For my aunt and all who care for her.

For the repose for the soul of Steven G. May he rest in peace. And for his wife, Jean.

For my mom, who was diagnosed with Alzheimer's two days ago.

For all who have received "prayer shawls" from our ministry here at St. Andrew By the Bay, tangible reminders that we are always and all ways held in the loving arms of God.

For my husband of 44 years, Joe, who had open heart surgery in July; and for me, his caregiver, that I will have strength and patience during this time.

For Frank F.

For the caregiver who needs our prayers the most.

For the participants of the Dominican Republic Mission from St. Therese Parish in Appleton, Wis.

For James B.

For those who are caregivers for a spouse.

For the health and strength to continue to be a good caregiver for my husband.

For my country, USA.

For Mom and Dad, all our brothers and sisters and spouses.

For Charlie and Laura.

For Paul H. and for his family.

For Joan and Jack.

For my dad who has Alzheimer's and is in a nursing home; and for us, the members of his family, who are caring for him.

For Marie, my mother.

For John S.

In memory of Eleanore, Elizabeth and Michael K.

For David and Diane S.

Please pray that I can be a better caregiver and for good health for my mother.

For Ana and Josie S.

For my mom, Ruth.

For my daughter-in-law, Sue, who has cancer.

For Mom and Dad.

For my husband who has cancer.

For my husband, Alan.

For Alice and Leonard G. and for the family.

For my mother, Carol, who died 11/11/10. May she rest in peace.

For Carol B, who is caring for my mother.

For my husband, John, who suffers from kidney and heart failure.

For Mr. and Mrs. John F.

For Katherine C.

For James B.

For my mother, Mary, 85, who's recovering from sepsis, and needs a kidney stone removed. And please pray for me; I'm very scared and worried.

Please pray for my mother, that a healing may be forthcoming; that she may be able to return to her own home with good caregiving; that a meeting with a homecare agency may go well

on 12/7 and a meeting with her physician may go well on 12/9; for additional financial-property-family stressors; that I may be forgiven for any failures; that I can cope with guilt and worry. Thank you

For my father, "Papa Joe," and myself as I try to keep him safe until he can return home from rehab after a fall. He is "sundowning" and has been confused.

For my husband, Larry, who has been diagnosed with stage four bladder cancer; and for our family that we may experience the healing touch of God's love.

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

For the repose of the souls of Donna D., Connie R., Aunt Ruth, and Holly H.; may they rest in peace.

For the repose of the soul of Sam B.; may he rest in peace. And for his family.

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

For Linda, Susan, Emily, Jack and Marie.

For Mysha who is addicted to heroin and alcohol, for Mysha's mother who has had two heart attacks, and for Heather.

For our elderly Mom's (Lil T.) recovery from blood clots in her legs and lungs. She is in ICU in a hospital in Georgia. Thank you very much.

Please pray for me as I am facing a difficult situation at work. Since I am my husband's main caregiver, I need this employment and am facing termination. Please ask God to save this position. Thank you.