



Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2012

Thank You, Donors!

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 it to P.O. Box 320, Mountlake Terrace, WA 98043.

We'll include a list of donors in our Spring 2012 newsletter.

Christmas Article on FSJC

Thank you to Greg Magnoni (publisher) and Jennifer Sokol (writer) at the Catholic Northwest Progress, the newspaper for the Archdiocese of Seattle, for a great article on the Friends of St. John the Caregiver in the Christmas edition.

New Members from Coast to Coast

We're happy to report that since our last newsletter we've had new members from coast to coast.

Please join us in welcoming members from California, Florida, Michigan, Missouri, Ohio, South Carolina, Texas and Washington.



If You No Longer Want to Receive the Newsletter...

Please just send us an e-mail (monicadodds@youragingparent.com) or give us a call (1-800-392-JOHN) if you no longer want to receive the quarterly newsletter.

...Or Prefer E-mail to Mail

And please let us know if you would prefer to receive the newsletter in an e-mail rather than through the mail. (E-mailing it saves money!)

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:

Father Jim Boyle
Rita Davis
Laura Fuller's husband
Heather's boyfriend
and her brother
Robert Kessler
Brother Gregory Krug, OCSO
Lillian L Pfeifer

Alan Russick
Vilem Sokol
Pat Sursely
Irene Van Hollebeke
Floyd Williams
Marilyn Wooden
Ruth Yuoska

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

Respite Care: Why Taking Small Breaks Can Make a Big Difference

Human beings weren't created to work nonstop seven days a week, fifty-two weeks a year. To be responsible for someone else twenty-four hours a day. Our bodies and our minds simply can't maintain that grueling schedule. But in many ways, that's exactly what many primary caregivers try to do. And it's not good for them or for the people in their care.

"Respite care" is a term that's becoming more common. It means a break for someone who is taking care of an ill person, a rest for the person primarily responsible for the well-being of another. In some instances, it's a mother taking care of her child who is severely disabled; in others, it's an adult child and a sick parent. In still others, it's one aging parent taking care of his or her ill spouse.

No matter what the particular circumstances may be, the basic truth is the same: A primary caregiver needs to take breaks or soon will burn out, soon will be unable to take care of anyone, including himself or herself.

These are some points to consider:

- Caregiving is a complicated experience. It's physically and emotionally draining. There's a tremendous sense of responsibility coupled with strong feelings of guilt: I'm not doing enough. I'm not doing this well. Sometimes I don't want to do this and I wish someone else would.

Without a break, without some type of respite care, anger may surface, and with it an increased risk of physical and verbal abuse which should not be tolerated. If abuse is happening already, it's a clear indication respite care is not only needed, but is overdue.

- Respite care does not mean a week off every six months or a free weekend every few months (although those types of breaks are also very helpful and healthy). It's several hours, perhaps once or twice a week, away from the situation with someone else assuming the role of caregiver.

But often that's more easily said than done. It can be

hard for you, a primary caregiver, to allow someone else to do your job, even for a short while. Then, too, others—including family members—may not understand why you need to get away. And the person in your care may not understand either. He or she may add to your guilt by apologizing for being such a "burden."

- Don't be surprised if you do feel guilty when you're taking a break. If you blame yourself because you need to get away for a time. If you feel bad because in some ways you might not want to go back.

You need to remember respite care will help you be a better caregiver. Taking that short step back from the immediate situation will help you see it better. It will give you a

moment to catch your breath.

- Remember, too, that the break is for you. Don't fill the time running errands for the person in your care, going grocery shopping, getting the car fixed, and so on. Do something for you.

Have lunch with a friend. Check out a support group for others facing the same situation you are. Go bowling. Play a round of golf. See a movie. Visit the library. Sit in a coffee shop and read the newspaper. Do what you used to like to do but no longer have the time for.

- To find someone to help you with respite care, check with the local Catholic social service agency. Ask at the parish. Call "Senior Information and Assistance."

And keep in mind that there may be state money available to cover the cost of respite care *even for people who are not considered low-income*.

One final point. Perhaps you are not a primary caregiver but your spouse or sibling is. Remember, it can be very difficult for people in that position to say "I need some time off." They may be waiting for a push from you to begin to take those vital breaks. Be gentle, be loving, be firm, as you help them see what a difference respite care can make.

Your Aging Parent.com

*Spirituality, information and resources
for Catholic caregivers*

**You can request dozens of similar topics listed
on the Order Form in this newsletter
and online at YourAgingParent.com
and CatholicCaregivers.com**

'Members Are Praying for You'

Often when we're talking to a family caregiver we tell him or her, "We want you to know members of the Friends of St. John the Caregiver are praying for you and for your loved one." We can't think of a single time we received a negative, or even a neutral, response to that.

We know families greatly appreci-

ate those prayers and those doing the praying. We know sometimes praying is the most anyone can do to help and it can help a lot. More than just powerful and personal, it's asking our loving Father to help that caregiver assist God's own beloved son or daughter.

We like to joke that the Friends of St. John the Caregiver holds no meet-

ings and collects no dues but we're serious about asking members to pray for caregivers and those receiving care.

And they do. And we thank them for that. (Some make a point of saying extra prayers on the 27th of each month since St. John's feast day is Dec. 27.)



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
- ____ 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

*Topics

- ____ The Stages of Caregiving
- ____ Alcoholism and Aging
- ____ Dealing with Caregiver and Care-receiver Anger

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- _____ 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
- _____ Words That Sting, Words That Comfort
- _____ Talking to Your Children about Death
- _____ Dealing with Your Parent's Racial and Ethnic Prejudices
- _____ Your Care-receiver's Spiritual Health
- _____ Help for Men Who Are Family Caregivers
- _____ Promoting Leisure-Time Activities
- _____ The Sacrament of Reconciliation
- _____ Preparing for Your Loved One's Death
- _____ Saying Good-bye to the Family Home
- _____ The Beatitudes for Caregivers
- _____ God Knows

***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 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

FSJC.org YourAgingParent.com CatholicCaregivers.com

Friends of St. John the Caregiver Prayer Requests

November 2011-January 2012

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 the repose of the soul of Marilyn W. May she rest in peace. And for her family.

For the repose of the soul of Brother Gregory Krug, O.C.S.O. May he rest in peace. And for his family.

For the repose of the soul of Ruth Y. May she rest in peace. And for her daughter, Carrie.

For the repose of the soul of Vilem Sokol. May he rest in peace. And for his family.

For the repose of the soul of Father Jim Boyle. May he rest in peace.

For the repose of the soul of Robert K. May he rest in peace. And for his family.

For my mom, Marge L.

For Nancy, her sister and her brother as they continue to provide loving and compassionate care for their father.

For Margaret F.

For the repose of the soul of Irene Van Hollebeke. May she rest in peace. And for her family.

For the repose of the soul of Pat S. May he rest in peace. And for his family.

For Pamela's aunt and her aunt's granddaughter.

For my husband, Michael, as he cares for his elderly aunt. For his aunt that she accepts and appreciates his gift of time and help.

For Esther and Jack.

For my husband and my mom. And for me, their caregiver.

For the repose of the soul of Margarita G. May she rest in peace.

For my mom who has Parkinson's, congestive heart failure and now seizures. And for my husband who has diabetes, high blood pressure, prostate cancer, anemia and now cardiomyopathy. They need your prayers, and I

need prayers for the strength to take care of them.

Please for my mother, Anna, that her mild form of dementia does not increase and that I am able to care for her in my home (our home now) for her remaining time on earth.

For Lorie.

For my mother, Esperanza, who is having trouble with dementia and for my niece, Judith, who is caring for her.

For the safety and care of my aging mother.

For Dolores and her family.

For my in-laws, John and Marie, who are struggling with declining health. And for their six wonderful, caring, loving children who are trying to care for and do what's best and right for their mom and dad.

For my mother, who has mental health issues and dementia; and for me to be able to care for her.

For Nelsa and Aldo O'R., Zoila P., and Idalia R. Thank you and God bless you all.

For Joseph and Mary K.

For Colleen M. who has an aggressive form of cancer.

For Dorothy, Deborah, and Kenneth.

For the repose of the souls of my dear parents, Bill and Agatha.

For my husband, Howard, and my mom, Mabel.

For the repose of the soul of Alan R. and for his wife, Carolyn.

That my sister Gina gets help with her alcoholism. She is my mother's caregiver.

That my entire family come back to our faith.

For Constance who struggles with the care of her aging mother who has mental health issues and dementia.

Please pray for me and Graeme to be together, that he is in agreement to be with me and God makes ready and prepares him.

For my father who is suffering from vision loss.

That my family returns to the Faith.

For me, a caregiver for my husband.

For the repose of the souls of Dad and Aunt Flora.

For Mom and our nine siblings.

For Dorothy W.

For Michael T., Brother Paul, Brother Bill, Franklin and Louise A., Lisa E. and all the caregivers at St. Leonard's Parish in Centerville, Ohio

For my mother, Marie, age 96, with compression fracture in her back.

For my dear mother, Virginia, and those who care for her.

For the repose of the soul of Alan R. and for his wife Carolyn.

For the Faudree Family.

For the repose of the soul of Rita D.

For people that are suffering illness and have asked me for prayers

For June and Dennis K., Beth B., and Maureen and Tom R.

For Jacinta and for a little boy with autism and for his family.

Please remember my mother, Helen, in your prayers and myself for patience.

For Rita and John.

For Sister Helen.

For Roland and Vera B.

For my brother Don and his wife Margaret.

For my brother Joe and his wife Jean.

(Continued on next page.)

Friends of St. John the Caregiver Prayer Requests
November 2011-January 2012

(Continued from previous page)

For our son Tim who has West Nile Virus and for his wife Laura.

For Cindy and her mom.

For the repose of the soul of Pat's husband. May he rest in peace.

In memory of Jesus and Magdalena A.

As my mother-in-law's live-in caregiver, I pray that I answer the Holy Spirit's leading in creating a loving and spiritually healing atmosphere for not only my husband's mom, but for my husband, his siblings and those near

and dear to her. That I am able to rest and be "on guard" as needed to assist her when I am so tired. And that I do not take on more than what is needed to lovingly give care to Mom.

For the repose of the soul of Lillian P. May she rest in peace. And for her daughter, Lillian.

For the repose of the soul of Rita D. May she rest in peace. And for her husband, Ed.

For Ron C.

For Gary's cousin, Cathie, who had heart surgery and for husband Terry

and all the family.

For the repose of the soul of Laura's husband and for Laura.

For Ron C.

For Heather during this time of grief.

For Mysha, Addy and Charlene.

For my mother and mother-in-law.