God Knows Caregiving Is Hard

God knows caregiving is hard. God knows caregiving is work. God alone knows all the particular circumstances—the feelings and emotions, the life experiences and personality quirks, the baggage and hot buttons—that can make taking care of another person hard work.

And knowing all that, God has chosen you to play a central role in providing that care. Just as from the cross Jesus asked St. John—the patron saint of caregivers—to take care of the Blessed Mother, God asks you to help take care of someone else he so deeply loves. But that doesn’t mean providing care for a spouse, a parent or grandparent, a child or sibling with special needs, or any other family member or friend is simple or easy.

You know caregiving is hard work. That caregiving can take a toll physically, emotionally, mentally, financially, and spiritually. What you may not know, or at times not recognize, is that you are not the only one facing these challenges. While you may be the only one in your family providing care (or the primary person providing it), there are other caregivers in your workplace, in your parish, in your community, in your city or town, in your state.

As in your case, often the work they do and the services they provide—the loving care they offer—are unknown and unseen by others. That’s so because caregiving is personal. That’s so because caregiving is not a role one accepts and sticks with to earn glory and praise. That’s so because caregivers aren’t interested in tooting their own horns (even if they had the time or energy to do so).

A caregiver needs workable options that can easily be tailored to meet specific needs and circumstances, not a one-size-fits-all, time-and energy-consuming “answer.” A caregiver needs up-to-date information on, and access to, affordable services, not programs that are out of touch with reality or out of reach financially. A caregiver needs

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When you are caught up in the many everyday details and demands of caregiving, it’s easy to overlook the spiritual side of what you have been asked—called—to do and what you are doing. It can help to realize, to remember, that what you’re doing is a prayer, and the path you and your loved one are taking is spiritual pilgrimage.

It’s the Father calling his beloved child home. It’s the Father asking you to help his son or daughter along the final stages of that journey.

It’s his Son to whom you are giving care. It’s the Son who told us that whatever we do for those in need we do for him.

And it’s the Spirit who is with you right now. It’s the Spirit who will never leave you, even during those times when it seems he’s gone away and taken his gifts—wisdom, courage, knowledge, and the rest—with him.

May God the Father, the Son, and the Holy Spirit richly bless you and your loved one in this life, and in the life to come.

Amen.

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

Please just send us an e-mail (billdodds@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 email rather than through the mail.

(Emailing it saves money!)
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 online in a printable format at CatholicCaregivers.com under “Fliers.” Videos can also be viewed at our YouTube channel: JohnTheCaregiver.

Please send this material to:

Name_________________________________________

Street_________________________________________

City__________________________ State/Prov________________ ZIP________________

Country__________________________ E-mail__________________________

Mail your request to: Friends of St. John the Caregiver

P.O. Box 320
Mountlake Terrace, WA 98043

E-mail us at: BillDodds@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

*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 Move 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 Caregiving Is Hard
Hiring a Case Manager
When Your Care-receiver Doesn’t Want Help

*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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Friends of St. John the Caregiver
FSJC.org YourAgingParent.com CatholicCaregivers.com
For Marie M.-H., Charlotte O., Frank R., Raphella R., and Portia M.

For myself, to be filled with the virtues of our mother, Mary, as I care for my husband and to be filled with trust in Jesus. Thank you. May God bless you all.

For my mom.

For the repose of the soul of April Arne and for those who love her. May she rest in peace.

For my husband, Salvador, who has another brain tumor.

For Jean M. and Mary M.

For Elizabeth.

For Sarah.

For my wheelchair-bound mother-in-law who has just moved into our home. I have become her full-time caregiver. I also have three college-age children who all work and are attending classes. They help when they can. My husband commutes to and from work and is away often. Please keep us in prayer.

For my parents and the people I take care of at the group home.

For my husband, Lowell, who has Parkinson's disease, at a stage where it's showing up with hallucinations. Very scary. Please pray for him and me. Thank you.

For Jennifer, Cindy, Nancy, Rylie and Irene.

For the mentally ill and their caregivers.

For all the residents at the group home where I work.

For Connor and his family.

For Ann, as dementia begins; and for John, that he can make the best possible choices for her. Also please pray for their children as they try to help.

For Sharon and Tim S.

For my wife, Sharon.

For Susan and Dallas D.

For Mike D.

For Elizabeth F., Darlene K., Jerry K., Gene and Annette F., Julie S., and Jeanne A.

For my family and all people with Down syndrome and special needs.

For my mother, Alma, who's 96 years old. My brother who is mentally disabled. My sister and brother-in-law, who has to work and help supports us. And for myself to become strong because I feel weak.

For my elderly mother and my oldest brother that I care for.

For my new caregiver ministry.

For my mom, Carmen, who is 91; and my dad, Robert, who is 93.

For Vincent, who is a care-receiver; and for Rose Marie, my wife, who is a caregiver.

For the repose of the soul of Jeanette Spokus, and for those who love her. May she rest in peace.

For Bill, Samra, Monica and Julie.

For my husband, Jim, as he recovers from emergency open-heart surgery. (And for me, his caregiver.)

For the repose of the soul of John Smith, and for those who love him. May he rest in peace.

For Roger, my brother. He is special needs and 2 weeks ago today had a blood clot in his lungs. He is doing well, now to get the med regulated. Thank you.

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St. John the Caregiver, pray for us.
Friends of St. John the Caregiver
Prayer Requests
July 2016-November 2017
Please keep these intentions in your prayers. The list can be found online at:
To request prayers, write: FSJC, P.O. Box 320, Mountlake Terrace, WA 98043; call 1-800-392-JOHN (5646); or go online at: www.YourAgingParent.com.

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For my dad, Henry, who is 92; and my mom, Nathaline, who is 86.

For my mom, Hilda, who has Alzheimer's and severe depression.

For Michelle H. and Kevin M.

For the repose of the soul of my father, Charles Reinhart, and for those who love him. May he rest in peace.

For my husband, Tom, who was diagnosed with FTD (frontotemporal dementia) at the age of 58. I pray he is happy and well cared for by me and that I have the strength to take care of him.

For those who provide care for my husband, Vinny, in a local nursing home. As his Alzheimer's dementia progressed, I could not care for him in our home.

For my mother, Shirley. Whatever God’s will, we trust and accept.

For Richard, who is looking for someone to help him care for his mother and his sister.

Please pray for my father, Charles, who had another stroke. We are planning to take him home from the hospital and have hospice care at home. I want him to be at peace.

Please pray for my husband and me. We have been married for 55 years. My husband was diagnosed with Alzheimer's six years ago. He is still at home. More good days than bad, for now.

For all caregivers and care-receivers.

For Ed T.

For James M., Betty P. and Mary S.

For Beth who has been diagnosed with ovarian cancer, and for her husband.

For Joe M.

For Rosemary T. and Mary K.

Please pray for my mother, Emily Fiorucci. She passed on July 22, 2016. I took care of her for 20 years at our home. She had Parkinson's disease and developed dementia. I am alone and I just want her back. She was 94 years old. She passed on the same day that I lost my husband, Anthony, due to a tragic tractor trailer accident two years ago.

I am caring for my husband who was diagnosed with early onset Alzheimer’s in 2010. Please pray that I will care for my husband with kindness, patience & love.

Please pray for me that God may bless me with a job that surpasses all my expectations. Thank you very much for your prayers! God bless you.

Please remember me as I struggle to care for my husband, Howard, who has advanced Parkinson's and dementia. After 16 years of progressively more demanding duties, I have health issues of my own and am finding it difficult to care for him as I would like to do. Please pray for him as his journey comes to an end and pray for our 4 married children and their spouses and our 7 grandchildren who all live out-of-state and don't see us that often. Thank you and God bless all who are praying for caregivers and those we care for. I will pray for all, too.

For my parents, John and Carol P.

And for our niece, Diana L. We are praying for a kidney transplant donor for her.

For Dorothea Z. as well as myself and my family as we accompany my mother in her final years.

For Barbara and Bill, who have moved into assisted living; and for their primary family caregivers, Carol and Pat.


For the repose of the soul of Frank Filice and for those who love him. May he rest in peace.

For my mother, Wilma, who is in hospice care here with me at home. And for me, Jeff, that I receive some financial help soon because I had to quit working to take care of my mother.

For John D., Connie M., Keith F., and Don and Margaret M.

For Carole and her husband, Mike.

Please help me care for my son without taking away his need for independence. Please let me find a way to help my mom with Alzheimer’s even though my older sister is a nurse and has taken over all of the caregiving.

That Bill may find peace and hear God's call.

For Alice O.