



Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring-Summer 2013

Remembering FSJC Co-Founder Monica Dodds

As you may have heard or read, Monica passed away on the evening of January 6. She died at home, in our bedroom, from uterine cancer. First diagnosed in late February 2010, she found out in late February 2012 that she had — at most — a year to live. She lasted 10 months and packed an incredible amount of living, and loving, into each one of them.

We knew, the whole family knew, that your prayers and the prayers of so many others made such a difference over those ten months.

There was a gradual decline in her abilities but until the final eight days she was up and around, going out to lunch, attending Mass, visiting family, and making sure we were making as many happy memories as possible.

After she died I came across a number of notes and pieces of writing she had been working on throughout 2012. This is from one she titled "Things I Want to Tell You":

"Rule number one: Pray.
"Pray right here and right now.
"We all have a natural compass guiding us to God.



**Monica Dodds
1952-2013**

"He made us because He loves us and takes delight in watching us grow closer to Him.

"If in doubt, pray.

"I look forward to resting.

"Life is so much simpler when you make decisions with God. God speaks to each of us in a way we will understand. Life is like a maze. Sometimes we know which way to go, sometimes we hit a wall. God is the 'cheese' we're trying to find. We wish we could jump up high enough to see where we're going. Where do I go next? But we need to trust our instinct because we are made to return to God.

"What's the point of all of this? He said, 'I AM.'"

***"He [God] made us because He loves us
and takes delight in watching us
grow closer to Him."***

In her work with family caregivers Monica stressed the idea of the presence of God. Of a caregiver's, of anyone's, ability to talk to God "right here, right now." She would explain that didn't take away hardships and heartaches, but it helped a person better realize he or she is never alone in those difficult times.

You aren't alone in your difficult times.

I, and my family, aren't alone in ours.

In heaven, or on earth, we remain in the presence of God.

Now in his presence in a new and wondrous way, Monica is praying for you and me.

She promised she would.

She keeps her word.

— Bill Dodds

In Loving Memory

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

| | |
|--------------------------------|-----------------------------|
| John Day | The mother of Shirley N. |
| Margaret Dodds | Florian Noll |
| Monica Dodds | The mother of Maureen Reiss |
| Joseph Eppich | Elsie Shogren |
| Margaret Farrell | Francis Michael Toohey |
| Terry Faudree | The mother of Barbara |
| Esther Hitchner | Werschkuls |
| The daughter of Evelyn Johnson | Karen Woods, O.P. |

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

Tips for Caregivers

- Be aware of the presence of God and nourish your spiritual life.
- Plan ahead. Don't wait for a crisis.
- Don't panic.
- Be creative. If your first solution doesn't work, find a new one and try again.
- Get reliable information about your loved one's illness and be aware of any emotional issues.
- Learn about your role as a caregiver and improve your skills.
- Practice new coping strategies for the particular challenges you face in caring for

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Thank You to All Who Donated to FSJC!

Here's the list of FSJC donors from **September 2012 through May 2013.**

On behalf of caregivers around the world: Thank you and God bless you!

On behalf of care-receivers around the world: Thank you and God bless you!

On behalf of dioceses and parishes now better able to help families who are providing care: Thank you and God bless you!

And on behalf of the staff and volunteers at FSJC: Thank you and God bless you!

Anonymous 12

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(Please let us know if we have made a mistake and misspelled or left your name off the donor list. We apologize for the error.)

Tips for Caregivers

(Continued from page 1)

your loved one.

—Find your family's strengths and work together.

—Accept offers of informal support from your family, friends, and parish community.

—Respect yourself and set limits.

—Take care of yourself with rest, good nutrition, exercise, and some time off.

—Access the formal support of social services in your community.

—Follow the advice attributed to St. Francis of Assisi: "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."



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 online in a printable format 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 _____

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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**

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 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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**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.*

Friends of St. John the Caregiver Prayer Requests

September 2012-May 2013

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 daughter with cerebral palsy and glaucoma.

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

For Maryla and for those who love her.

For my husband Doug, who has congestive heart failure, emphysema, and lymphedema; and for myself, that I will have the strength to care for him despite my own health problems, and the grace to know when it is time to ask help from others.

For Harold and Jean M.

For Julie, Sarah and Josh.

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

Pray for my 86-year-old father who was recently placed under hospice care at home. And please keep me in your prayers as I am his caregiver; he's almost 300 pounds and unable to walk.

For the healing of our patients' minds, bodies and hearts as well as the success of Sancta Familia Medical Apostolate.

For Monica and Chet, and for Teresa B.

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

Pray for my husband who is in a nursing home and has vascular dementia, has to be fed, and can't walk. He still knows me. He is 81 years old and I am alone at home. Also pray for our grandson who would like to move back home. He had to move from his home town to a new city and leave his friends and Catholic school, if it God's will. Also for his dad to find a good job.

For my husband who has early-onset Alzheimer's disease. And for me. We have no children, and no siblings

close by who can help.

Please pray for a peaceful and holy death for Alice, the mother of my best friend, Sue, who is an only child. And for Sue as she helps to prepare her mother to meet Our Lord. May Alice be escorted Home by our Blessed Mother, St. Joseph and all the saints.

Please remember in your prayers Immaculate Conception and St Mark's parishes in Denton, Texas.

For my son Dominic and his son Benjamin.

For the repose of the soul of Florian Noll, and for those who love him. May he rest in peace. And for the safe traveling of those who will be coming home for his funeral.

For Caleb and his parents.

For my mom. Dear St. John, please help me protect her and keep her safe. Help us get through all these bad times. Thank you for your help.

For Lesley and Nick and their family.

For Midge G.

For Alice S. and Georgia H.

For 18-year-old Claire who has cancer; my cousin, Dan, who has rectal cancer; and Carmen, who has ovarian cancer.

For Timothy and Mary Alice M.

For my continued healing from a car accident that required spinal surgery. For my sister-in-law, Sue, who had surgery for uterine cancer. For Kate, age 27, who had surgery for spina bifida. And for the repose of the soul of Bishop John d'Arcy.

For George and Pat B.

For my sons who have mental illness. For Jack P. who has mental illness and liver scarring. And for all the intentions of the St. Mary's Caregiver Support Group.

Please pray for my sister and myself as we are the caregivers of our elderly mother who is becoming increasingly difficult to care for due to medical reasons. Life is difficult for the both of us, and we are desperately trying to "do the right thing" for her. We are exhausted and frustrated most of the time. I pray God hears my prayers and sends us the help we need to make this situation better for everyone involved.

For Judy and Butch D.

For my husband, Lionel D.

For Gloria.

For Margaret S., who turned 100 in February.

For Cheryl M.

For Jeannette L.

Healing of body and spirit for my mother, Elsa.

For Peggy F., Melanie P., and Monica D.

For George R., Larry R., Kathie R. and Mary R.

For the health of my family members.

For Stanley S.

For John B. who is enduring cancer and early-stage Alzheimer's.

Please pray for relief from chronic pain for our son, Charlie.

My 85-year-old mother passed away October 19. I am her youngest child and her only daughter. We were very close and loved each other dearly. Now I am left with my 86-year old father who is mourning the loss of his wife of 65 years, but in the meantime, I have lost my mom. I'm sad, but try to remain strong for him. I know where my mom is (she received the sacraments of the Church all her life) and am joyful of that, but her loss and

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my dad's grief are heavy on my heart. I just want prayers of strength now .

For Gary and Shannon B.

For a terribly ill acquaintance who is in the hospital frequently, Michelle; a baby with Down syndrome whose lungs have collapsed and is now on total life support, Caeden; a toddler with Down syndrome who is frequently in the hospital with respiratory sickness, David; two diabetics, Gena and Bernice; and those who will die today.

For my parents, Ken and Marge L.

For Warren.

For my daughter-in-law, Shirley N., whose mother died of cancer. For my son. And for me, Dolores L., who is having a basal cell carcinoma removed from my eye.

For Zully A., Michael B., and Luis P.

For the repose of the soul of Karen Woods, O.P., and for those who love her. May she rest in peace.

Please pray for me and for Carly, my special-needs daughter who is 17 and always needs my special care!

For Mal and Ann, and all the family.

For Franklin A. and Joan D.

For my elderly father.

For Ric and Betty and the family caring for Betty's 86-year-old mother (also named Betty). May fruitful joy spring forth from fulfilling our vocation in a most loving way!

For my husband, Joseph, who has dementia.

For my mother, Esther, who has an Alzheimer-type dementia and lives in a care facility.

For my husband, Francis Michael T., for whom I was caregiver. He died on Nov. 28, 2012. Please pray for me — Audrey, his wife — and for all caregivers and care-receivers.

Please pray for my emotional healing and for material blessings. And please pray for me to get a good job! Thank you very much! God bless you!

For Olga and Michael M.

For Jennifer C. S. J.

For the Daly family.

For Dorothy G., Patricia H., Ken G. and Deborah G.

To have more patience with my elderly husband as we deal with his declining memory problems. Thank you for this site and St. John.

For my mother Helen R. She is recovering from a heart attack at age 93 and is in need of a helper in the house. I am here with her now until we can develop a long-term care plan. Thank you.

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

Please pray for my mother, Leonore W. She was placed in a Detroit nursing home, far from her family. It is a hardship for the family to visit. A local nursing home has received her paperwork to move her near us. Please pray. She needs her family beside her at this difficult time. Thank you. God bless.

To provide excellent caregiving to my elderly mother and in the process, healing for both of us. :)

My husband Ralph and I have moved my parents into our home just seven weeks ago, and we are still in the early stages of getting adjusted. My dad doesn't really want to be here, but he has carcinoid cancer (incurable) and other health problems. My husband was laid off from work just before they moved in. The stress level is high in this house. Your prayers for us are greatly appreciated.

It is a very difficult time for my family right now. My sister is suffering from a tumor in her brain. She is getting extremely weak. Her husband who has stood by her side the entire illness, as well as their entire marriage, is losing faith in God and in himself. He needs prayers, strength from something bigger than himself. He is as weak as her in many ways. Please include him and her in the prayer list. Maybe one day when he is stronger, we can look back and say, it was through the interces-

sion of St. John the Evangelist.

For Francis G. Sr., Francis G. Jr., Marie L.G, Maureen D., Laura L. M., Brian M. and Irene L.

For Will and Yasmine.

For Patti and Joe M. and their beautiful special-needs daughter, Chrissy.

For Patti and her daughter, Carly.

Please pray for a happy ending to the serious family concerns we are now experiencing. Sacred Heart of Jesus, I trust in you.

For Vincent, Nancy, Patrick and Andrew. Also, for Anna and Vicky.

For my sweet son, Matthew, who has special needs.

Please pray for my mother, father and me, that we are blessed with God's presence, guidance, protection and love and the financial and spiritual resources to handle our challenges with grace and courage. I will keep all of you and yours in my prayers and may God bless you abundantly.

For Enrique C.

For my mother's double knee surgery and her recovery. For my strength in caring for her needs and finding time to care for myself in the process.

For my cousin who has cancer, for myself, and for the 12 members of my pastoral caregiver group here in my parish. Thank you and God bless you all.

For my dad, my husband, my children, and myself.

For Clinton W.

For Ryan S., who has a rare disorder of the brain, and for his family. And for Jeannette F., who has chronic pain.

For Charles T.

For Larry and Donna L.

May our dear Lord and with the intercession of Mama Mary, St. Joseph, St. Anthony the Padua and Padre Pio, open up heaven to answer the deepest desires of my heart. Thank you and God bless everyone!