



# Among Friends

Newsletter of the Friends of St. John the Caregiver

Spring-Summer 2014

**'And now,  
for your penance...'**



*Here's a letter we recently received—and thoroughly enjoyed:*

Dear Bill (and volunteers I hope are there with you),

I hate to say it, but actually I found your group as "penance" in the sacrament of reconciliation! (LOL in text "speech.")

Father had "heard vaguely about this website" and directed me to "check you out."

This is a lovely "vocation" that you and your lovely wife started and thank you so much for carrying on "without" her physically by your side.

I'll be passing copies of the prayer books to some other caregivers I know and to Father. I especially like "The Way of the Cross for Caregivers." Good for you!

Thank you.

Julie K.

Years ago FSJC founders Monica and Bill Dodds made the wise decision "to put the Holy Spirit in charge of marketing."

Since then, it seems the Third Person of the Blessed Trinity has done an incredible—well, divine, actually—job of helping the Friends of St. John the Caregiver offer support to caregivers and care-receivers worldwide.

(Or, as Bill sometimes says, "He's done such a bang-up job we've doubled his salary.")

You've done that, too, with your prayers, your encouragement, your donations, and your spreading the word about the only international Catholic organization that promotes care for family caregivers!

## Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between October 2013 and June 2014.

## Martha, Mary, Caregiving . . . and You

Many caregivers find it easy to identify with St. Martha. How can you be a caregiver and not be a "Martha"? Not be, in Jesus' words, "anxious and worried about many things"?

On her July 29 feast day, one Gospel choice is the story from Luke 10:38-42 that tells of Martha and her sister Mary. You probably know it. (And perhaps it makes you grind your teeth a little just thinking about it.)

"Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, 'Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.'

"The Lord said to her in reply, 'Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.'"



As a caregiver, you can—like Martha—at times feel "burdened with much serving." So what is Jesus telling Martha? What is he telling you? Don't be of service? Of course not. For a time, as a caregiver, the way you—like Mary—sit "beside the Lord at his feet listening to him speak" is by taking care of your loved one. As the Prayer to St. John, Patron of Caregivers, says:

*"Pray for us, that as we go about our many caregiving duties, we*

*(Continued on page 2)*

## In Loving Memory

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

Bridget McAlerney

George B.

Paul Barber

Bud Frommelt

Leonard Green

Esther Hitchner

The mother

of Rosemary Horstmann

Louise L.

Russell M.

Marilyn, the sister of Carolyn

Carol Pritchett

The mother

of Maureen Reiss

Mary Stender

Jack Stecher

Francis Toohey

Bob Wooden

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

# Thank You to All Who Donated to FSJC!

Here's the list of FSJC donors from **October 2013 through June 2014.**

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 18

John Alexy

Jan Alkire

Alice Andagan

Terri & Mike Aquilina

Tricia Balancio

Father Patrick Beck

Thomas Beirne

Vivian Bikulege & Donald McRae

Agnes & Joseph Bongero

Janet Brown

Kent Brown

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Diocese of Venice, Fla.

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Carol Lowther

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Marian May

Bridget McAlerney

Jacqueline McDonough

Madeleine & Pat McGinty

Therese McIntosh

Michael Miller

Sally Naseman

Jan Newman

Joan Noonan

C.H. Pella

Alan & Claudia Peters

Mary Phelan-Hammel

Lydia Riccio

Carolyn Rinker-Russick

Rosemarie Romano

Klytia Mary Roper

Mary Jo Ryan

Edelmira Santlesteban

Donald & Donna Sartor

Carmen Scardamaglia

Gary SchAAF

Rita Schneider

Frances Snitzky

Jennifer Sokol

Kathleen Spagnola

Bill Springer

John Sweeney

Jeanne Swimme

Valerie Tanella

Barbara Tekerman

Krisann Thompson

Marci Thomsen

Audrey Toohey

Patricia Tracey

R.J. Troha

Julia Wavrek

Barbara Werschkul

MaryAnne Whary

Marilyn Wiedemann

Carrie Wilczynski

Lynn Xavier

Gary & Debbie Zito

*(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.)*

## Martha, Mary, Caregiving . . . and You

*(Continued from page 1)*

*may never lose sight of that truth which Christ revealed to His disciples: "Whatever you did for one of these, you did for Me." Amen.*

As a caregiver, it's easy to be "anxious and worried about many things" because it can be hard to loosen up on non-caregiving responsibilities. (The house needs vacuuming. The weeds are going wild in the garden. The birthday cards aren't being sent on time to loved ones.)

"The New Jerome Biblical Commentary" says this about Jesus' "one thing": "The lesson is not that one should prepare a casserole rather than a seven-course meal. One thing undergirds all following of Jesus: listening to his word . . . and that is the best part."

If you've accepted the "vocation" of caregiver, you're listening well! And you're following the advice the Blessed Mother gave to the servers at the wedding feast at Cana: "Do whatever he tells you" (John 2:5).

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

Please just send us an e-mail ([billdodds@youragingparent.com](mailto: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 e-mail rather than through the mail. (E-mailing it saves money!)



## 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 \_\_\_\_\_  
Country \_\_\_\_\_

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

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.

no charge for

**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

(Continued on page 2)

(Continued from page 1)

\_\_\_\_\_ 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 Disa-  
    gree — *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"); Guide-  
    lines 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**

FSJC.org YourAgingParent.com CatholicCaregivers.com

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

November 2013-June 2014

Please keep these intentions in your prayers. The list can be found on-line at:

[www.youragingparent.com/prayer\\_requests.html](http://www.youragingparent.com/prayer_requests.html).

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](http://www.YourAgingParent.com).

For my mother, Clare; my husband, Bob; and me as we walk this final journey together as a family. I humbly ask that I be given the strength to let go when it's time, and to find hope after my mother is gone. I am an only child who has no children, and my mother outlived her family, so I am feeling a sense of impending aloneness.

For my husband, Victor.

For my 84-year-old mother-in-law who was newly diagnosed with Alzheimer's and for my 17-year-old daughter with severe pain of fibromyalgia.

For my daughter Sarita, who is 37 years old. She has been diagnosed with osteomyelitis. It is infection in the bones. Please pray with us that she may be completely healed from this. And the doctors may treat her effectively. There is pain, swelling and formation of cysts due to this. Please pray that the infection may not spread but be arrested and treated soon. She is undergoing a lot of depression due to her illness too. I am sure that the Good Lord will answer our prayers.

For Mal, who is having surgery, and for his wife and family.

Kindly keep my daughter in your prayers. She has developed swelling and a cyst on her foot due to thickening of a bone. She is under medication but that has not helped so far. Also please keep my family in your prayers.

For Alfred A., who has ALS (Lou Gehrig's Disease).

For Margaret M., and Margaret Mary M.

For my brother, Bert U.; the Senior Day Care members; and the Dementia Groups.

For Brian's father and all the family.

For my mother, Lucille, and for my sister, Cindy, who is her caregiver.

For myself, that I find deeper wells of patience to aid my mom; and for Rita,

that she begin to experience peace from her paranoia.

For my father, Luigi, and my mother, Anna Maria. My mother is the main caregiver for my father. My father has been suffering from diabetes for the last 44 years and in the last two years has become blind and can no longer walk. I pray often to God asking him to give my mother the strength that she needs and to give my father some peace while he is still on this earth.

For my wife, Cynthia, age 63, who has Triple Negative Cancer (breast). The trial drugs given every three weeks make her weak. She hopes, as I do, that it kills the cancer.

For Charles, Rosemarie and Bob.

For Mary Ann and Jim, and all the family.

Please pray for success in establishing a network of support for caregivers in our faith community.

For Edward and Sarah M.

Please pray for me. I am having a hard time dealing with caregiving for my bedridden father, running a business outside of the home, and caring for a disabled daughter on limited finances.

For my mother; for Carmen, who has jaw cancer; and for the residents of St. Bernadette's Nursing Home, to whom I minister.

For all the caregivers in our parish.

For my mother, Eunice, who lives with us; for myself; for my wife, Lisa; and for my daughter, Adrienne, who also lives with us.

For the repose of the soul of Leonard G. and for his wife, Alice, and all the family. May he rest in peace.

Please pray for my mother, an 86-year-old Alzheimer's patient who is in a senior behavioral hospital for evaluation and medication adjustment; and for myself, her daughter and sole 24/7

exhausted caregiver; and for my sister; that we make an educated and correct decision for all of us regarding Mom's future care whether it is to get additional in-home care support or place her in a facility.

Kindly pray for me and my family. Please pray for my son who is applying for his visa, that all things may be favorable for him.

May the Lord protect our family.

That my mother continues to recover and comes home soon. And then my parents (ages 87 and 90) make the choice best for them in this new chapter of life. May they hold this up in prayer!

For Tom R.

For Margaret S. who will be 101 on February 26.

For Susanne and her parents. Her mother is taking care of her father who has Alzheimer's.

For my daughter Anna Maria who has stage IV lymphoma and has had difficulty with the treatment for it.

For the repose of the soul of George B. and for his son. May he rest in peace.

For Joan Marie who is having surgery this week.

For my husband and me. We are having troubles with our marriage.

For the Grenquist Family and the Peterson Family.

For Warren.

For my mother and father.

For my mother, Esther.

For my mom and dad, Ken and Marge L.

For Stanley S.

For the intentions of Kathy S.

For Irene B.

*(Continued on next page)*

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

*(Continued from previous page)*

For Paul M.

For Joseph T.

For the repose of the soul of Louise L. and for her daughter. May she rest in peace.

For the repose of the soul of Russell M. and for his wife, Marian, and all the family. May he rest in peace.

For Ken S.

Please pray for my mother, my father and me while we struggle to cope with living together after my mother's stroke and my father's loss of independence through a car accident which forced him to stop driving. I want to see Christ in my family each day and not feel the tempter or enemy prowling to devour our faith through waves of adversity.

I ask that fellow members please remember in their prayers: my father, George B., who is suffering from dementia, can't see or hear, and is disabled, among other medical problems. I love him very much. He's my hero. With all his problems and pain, he never complains, he still loves God, says his prayers and thanks him for his blessings.

For the repose of the soul of Carol P. and for her husband, Ben, and all the family. May she rest in peace.

For Teresa and her husband, who has been diagnosed with colon cancer. And for their children.

For all those with Alzheimer's disease.

For Diane C. and Loretta H.

For the John McAlerney Family.

For my great-grandson: that his hearing is restored. He was born without hearing. Pray also for his mom and dad.

For the Santiesteban Family.

For Julean L. and Rosemary S.

For Dorothy W.

For Judy, who is caring for her husband, Dan. For Bonita, who is caring for her husband, Bud. And for Carol, who is caring for her mother.

For my clients.

For my family.

For my wife's mental and physical health.

For Josie and her mother, Ana, who has Alzheimer's. And for Don, who is caring for his wife, Christine.

Please pray for Joyce R. and her daughters and their families. Joyce suffers from dementia and has just been diagnosed with ovarian cancer. She is being moved from the hospital to her daughter's home for hospice care. May God bless them all and give them peace.

I ask fellow members to please remember in their prayers: Mary, my wonderful 91-year-old mother.

For my daughter, Ann Marie, who was diagnosed with lymphoma, and for her family.

I ask that fellow members please remember in their prayers: Winnifred and Marty J. and the family.

For my husband, Dick, who is in the hospital for the fifth time this year. He has chronic illness and dementia. We're both in our 70s. I have chronic illness. We are on a fixed income.

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

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

For the repose of the soul of Carolyn's sister, Marilyn, and for those who love her. May she rest in peace.

***St. John the Caregiver,  
pray for us.***