



Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2015

Thank You, Donors!

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

Help for Men Who Are Family Caregivers

Generally speaking, it can be different for a man who's helping his spouse, aging parent, or other loved one. Harder to provide personal assistance, like bathing or dressing. Harder not to have "the answer" and not to be able to "just fix" the problem or problems. Harder to admit to others he's at the end of his rope. Harder to ask for help.

In many ways, today's male caregivers are pioneers, playing a much more active — and sometimes primary — role in caring for a loved one.

Historically, a wife, daughter or daughter-in-law was most likely to be the family caregiver. In their formative years, men weren't necessarily taught how to provide the kind of help a care-receiver needs. It wasn't expected that they would learn it or give it.

Now that continues to change. According to a 2009 report by the National Alliance for Caregiving in collaboration with AARP, a third of family caregivers are men.

No doubt, like their female counterparts, they've quickly discovered caregiving can be one of the most challenging times of their lives.

But, at the same time and generally speaking, it can be different for a man who's helping his spouse, aging parent, or other loved one. Harder to provide personal assistance, like bathing or dressing. Harder not to have "the answer" and not to be able to "just fix" the problem or problems. Harder to admit to others he's at the end of his rope. Harder to ask for help.

With that in mind, here are a few suggestions and points to consider if you're a male caregiver:

--Boot camp, raising kids and surviving for years in the workplace "jungle" may seem like walks in the park compared to what you're doing now.

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The Pope's Prayer and Blessing for Caregivers and Those in Their Care

O Mary, Seat of Wisdom, intercede as our Mother for all the sick and for those who care for them!

Grant that, through our service to our suffering neighbors, and through the experience of suffering itself, we may receive and cultivate true wisdom of heart!

With this prayer for all of you, I impart my Apostolic Blessing."

Pope Francis
Message for the 23rd
World Day of the Sick
February 11, 2015

In Loving Memory

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

Warren Barlow
Dolores Callahan
Mal Dodds
Jean Gillespie
Mary Grace
Amy Jessberger

The mother
of Therese McIntosh
Loren Mann
The father of Arlene Muller
Stanley Skubish
Kateri Sullivan

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 July-December 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 volunteers at FSJC: Thank you and God bless you!

Anonymous 4

Alice Andagan

Vivian Bikulege & Donald McRae

Diane & Gary Buckley

Mary Charbonneau

Joyce Culin

Russell DeLeca

Mike Faudree

Alice Green

Catherine Helbardier

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St. Elizabeth Ann Seton Parish,
Mechanicsburg, Penn.

Peggy Strahler

Marci Thomsen

Mona Vahling

Carmela Vigil Brown

Virginia Williams

(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.)

Help for Men Who Are Family Caregivers

(Continued from page 1)

--Yes, caregiving can be lonely but, no, you don't have to go it alone. Look into respite care. Even a few hours a week can make a big difference. Consider what formal and informal help may be available. (Formal would be a visiting healthcare worker or adult day center, for example. Informal could be family, friends and fellow parishioners.)

--You may have never been much of a joiner or "sharer" (more the loner, tight-lipped Gary Cooper type of fellow), but you may find a support group very helpful. Some groups are "guys only." Some focus on a particular issue, such as Alzheimer's disease or cancer.

--It's OK if there are some things you just can't do. Maybe it's personal care. You can hire someone to help with that. Then, too, even if there are things you can do maybe your time is better spent with your care-receiver. Again, it may mean hiring someone (for that cooking and



cleaning, for example) so you can spend more time doing something pleasant with your loved one.

--Realize that you may already be grieving. Because of dementia, Mom or Dad is slipping away. Because of your wife's illness, the retirement hopes and dreams the two of you had just aren't going to be possible.

--Do something fun just for you. At first glance this may seem selfish but it will help you become a better caregiver. (And, certainly, if you and your care-receiver's roles were reversed, you'd want that person to take a break and do something he or she enjoyed.)

--Begin or deepen your spiritual side. Be aware that, in the midst of it all, the God who asked you to help his beloved

son or daughter is always with you. Always.

This is just one of more than 50 caregivers Topics available online at YourAgingParent.com. The same material is in a printable-flier format at CatholicCaregivers.com.

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 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 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
FSJC.org YourAgingParent.com CatholicCaregivers.com

Friends of St. John the Caregiver Prayer Requests

July 2014-January 2015

Please keep these intentions in your prayers. The list can be found online at:

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.

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

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

For my mother that I care for.

For Helen N., and the H.-N. Family.

For Ruth and Marvin, caregivers for Marvin's mother. The expectations are very difficult. Jesus forgive me for asking why.

For the repose of the soul of Mary Grace, who died after spending six months in the hospital; and for those who love her. May she rest in peace.

For Rita and Tom.

For Lisa and Duffy.

For all other caregivers around the world and those who receive their care.

For many of my family members, friends and coworkers in Canada and Poland.

For energy, patience, understanding, empathy, forbearance, and all the gifts and fruits of the Holy Spirit as I care for my parents.

For my father, Alan, who is suffering from early-onset Alzheimer's.

For my mom, Margaret D., who is 90. And for me, who is her sole caregiver, for patience and strength.

For Greg and Jennifer, and all the family.

For my mother who is a widow. And also for myself, her caregiver, that I can find decent-paying employment.

For Lane A. and all Home Instead Senior Care #407 caregivers and clients. Thank you and blessings.

For my mother, that she may be forgiven and have peace; and for me,

that I may have patience to continue to care for her and not lose faith.

For Jim and Cheryl, and their family.

For Barbara, who is struggling with Parkinson's; Scott, who has some cognitive issues but who is also a caregiver to Barbara; and Janet, who is a caregiver. Thank you.

For my mother who is recovering from back surgery.

For Sister Bea, who was diagnosed with cancer.

For my daughter, Anna Marie, who has lymphoma and is having chemotherapy and further testing. Thank you.

For my husband, John, who has multiple myeloma; my friend, Ed, who just suffered a stroke, and his wife, Bev; and my neighbor, John, who has lymphoma, and his wife, Susan.

For my brother-in-law, Tim, who has West Nile Disease. He is going to need rehab. Praying that he will fully recover.

For Dolores C.

For my husband and me.

For my dad (Bruce) and my mom (Rayma). Dad needs more care than Mom, but I am the only caregiver for both of them.

I'm looking after both my parents: Dad, 83, was diagnosed with lung cancer in January 2012 (doing well but frail); and Mum, 76, has a whole list of health ailments and is starting to forget things. Prayers appreciated.

For my father and sister.

For Marie and George M., Delia and George, Catherine, Peggy and Joe, Gene and Gail, Janet and Hugh, Arlene and Joe, Bonnie and Joe, Tom, and Daniel.

For my parents, James B., age 91, Alzheimer's disease; and Dorothy B., age 94, osteoporosis, frail, unable to

speaking. For their paid caregivers, Nemesi and May G. And for my siblings and myself. Thank you! I know the Lord had his hand in my finding your website tonight.

For Jim and Rose.

For Mark's stepdad and for all the family.

For my mother, Maureen, and my brother, Sean, on the first anniversary of my father's death. They were his caregivers, and mine, too.

For Regina O.

For my husband, Milos, who turns 98 this month.

For the repose of the soul of Dolores C. and for her family. May she rest in peace.

For my husband, Grant.

For my husband, John, who has frontal temporal dementia at the age of 58; and for myself, his caregiver.

For my father, Charles, who was recovering from two strokes. He is back in the hospital. They have found blood clots on his brain and a hematoma. I need the Lord's guidance to help me make the correct decisions in how we care for my dad.

For Mary Ann and Stu.

For my sister-in-law, Paula, who had a heart attack and has a blood clot in her leg.

For my father who is in pain and may be ending his journey.

For April and her father.

For John S., George S., Karen B., Wanda J., Donna M., Gary E., John H., Thomas M., Charlotte F., and the sick of St. Mary's Parish.

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I struggle (have for years) with fibromyalgia, frequent acute migraines, and periodic depression. I am under medical care, but these things still interfere with my ability to give care to my loved ones sometimes. It also interferes with my job sometimes (which involves caregiving as well). By "interferes" I mean "slows me down" and/or muddles my thoughts. I struggle through it, but it hurts to think of how it may be impacting the ones I'm taking care of. Thank you.

I pray my 94-year-old mom, Myrtle, can find peace in her heart. I also pray for myself for the grace and perseverance in seeing about her. Thank you Jesus for what she can do for herself.

For James G., Marie G., Wilfred G., and Ann G.

For me and my husband, Vince, who has had a genetic neurodegenerative condition (FXTAS) for our whole 15-year marriage so far. I am caring for him at home; he is completely disabled mentally and physically, and I have coped only by the grace of God.

For my father, Charles, who is 94 years old and recovering from two small strokes. He was a caregiver for 45 years. He took care of his wife and four out of seven of his children. He is an inspiration to our entire family.

For Russ and Ann.