



# 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.

*(Continued on page 2)*



## 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

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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.

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*This is just one of more than 50 caregivers Topics available online at [YourAgingParent.com](http://YourAgingParent.com). The same material is in a printable-flier format at [CatholicCaregivers.com](http://CatholicCaregivers.com).*

### 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](http://CatholicCaregivers.com) under "Fliers." Videos can also be viewed at our YouTube channel: [JohnTheCaregiver](http://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

(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 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 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](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 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.