



Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2018

Thank You, Donors!

Please see page 2 for a list of those who made donations to the Friends of St. John the Caregiver between June 2016 and October 2017.

New Year's Resolutions for Caregivers

This year I will try to:

-Be kinder to myself.

-Be more patient with myself.

-Be less hesitant to ask for help and to accept it.

-Friends of St. John the Caregiver

50 Topics — and Fliers — Available Online and by Mail

"God Knows Caregiving Is Hard" is one of the more than 50 Topics available at:

YourAgingParent.com

You can find the same material in a printer-friendly "flier" format at:

CatholicCaregivers.com

Individuals, families, dioceses, parishes, Knights of Columbus councils, schools and other Catholic organizations are encouraged to make and distribute copies.

You can find the list—and more!—on the Order Form (pages 3-4 of the newsletter and at youragingparent.com/order_form_140705.pdf).

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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In Loving Memory

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

| | |
|--------------------|-------------------------|
| April Arne | Linda J. |
| Reydecel Archuleta | Jeffrey's mother, Wilma |
| Bob B. | Jack K. |
| Bob C. | Sandy N. |
| Charlie C. | Frances Rowe |
| Anne F. | Charles Reinhart |
| Frank Filice | Bud S. |
| Emily Fiurucci | John Smith |
| Roberta Gordon | Jeannette Spokus |
| Ted H. | |

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 June 2016 to October 2017.

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

Sister Laurentilla Back, SSND

Martha Barber

Lynn Bierman

Diane & Gary Buckley

Louise Bussieres

Marie Copeland

Teresa DeBiase

Rita Dougherty

Maryellen Emma

Mike Faudree

Rita Fenton

Frances & Frank Filice

Alice Green

Mary Ann Green

Janet Henry

Nancy Keilty

Miles & Shirlee Kessler

Jim & Julie Klum

Marian Malonson

Elizabeth Mattingly

Therese McIntosh

John O'Gara

Bonnie Payne

Ethelreda Pella

Joyce Plansky

Edelmira Santieteban

Monica & Keith Smith

Norma Smith

St. Mary Church, Gloucester City, N.J.

St. Patrick Church, Carlisle, Penn.

St. Vincent DePaul Society,
Holy Trinity Church, Columbia, Penn.

Marci Thomsen

Linda Van Hecke

Lee Anne Volin

June Zambon

(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.)

God Knows Caregiving Is Hard

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the support of others, not a hands-off attitude from the workplace, the community, the state, or the church. And a caregiver needs solid spiritual nourishment, not pie-in-the-sky platitudes.

More than *needing* all that, a caregiver *deserves* all that . . . and much, much more.

You deserve all that . . . and much, much more.

God knows you do.

One of the basic teachings of Catholic spirituality is that throughout our lives each of us is personally called by God to use a particular talent, to meet a particular need. For you, now, that vocation is taking care of a loved one.

Our Catholicism also tells us that in all things, at all times, we're never alone. God doesn't send us on our way. He walks with us. That's not to say there aren't times when we feel alone—or abandoned. Countless saints have testified to that experience. From the cross, Jesus himself cried, "My God, my God, why have you forsaken me?"

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.

*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.*

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!)



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 _____ 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

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 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

July 2016-November 2017

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 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 my mother-in-law, Frances, who is 85 and has dementia. And for her children and grandchildren.

For Susanne S.

Please pray that God gives me peace and comfort as I care for my husband, John, a disabled veteran with PTSD; and for my aging mother. Please, God, bring laughter back to my life.

For the repose of the soul of Jeffrey's mother, Wilma, and for those who love her. May she rest in peace.

For Katina and her father who has dementia and has just entered hospice care.

Please pray for my mother's continued good health and for my ability to handle her progressively angry personality.

For Tom and Rita M.

For Carol Ann F., my mother, and for myself as I care for her.

For the repose of the soul of my uncle, Reydecel Archuleta, and for those who love him. May he rest in peace.

For Carolina G. and Jovita M., who are in hospice, and for their families.

For Salvador S., who is diabetic and has open wounds that won't heal.

For Edelmira S. who has CHF, congestive heart failure.

For my father-in-law, Ben S., who is 97.

We are starting a support group here in our diocese for caregivers. Please pray for us as we begin this new endeavor.

For Dorothea Z.

For River and Laura.

For Antonina and Filippo B.

For my husband—"Old tree"—wise and generous in spirit but struggling with health issues.

For my dad, Erwin, who is 97, and my mom, Isabelle, who is 95.

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.

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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 have 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 caregivers Ann S., Diane S., Patty Y., and Paul C. And for the repose of souls of Bob C., Jack K., Bud S., Anne F., Linda J., Sandy N., Ted H., Bob B., and Charlie C.

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.