

Rest for your soul . . .



Resources for Caregiver Sunday  
November 10, 2013  
(or any other Sunday)



**PRESBYTERIAN HEALTH NETWORK**

A network of the Presbyterian Health, Education & Welfare Association (PHEWA)

<http://www.phewacommunity.org/>

[www.pcusa.org/phewa/phn](http://www.pcusa.org/phewa/phn)



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

## Bulletin Insert



## Symptoms of Caregiver Stress

Caregiver Sunday 2013

- **Denial** about the disease and its effect on the person who has been diagnosed. *"I know Mom is going to get better."*
- **Anger** at the person with Alzheimer's, anger that no cure exists or anger that people don't understand what's happening. *"If he asks me that one more time I'll scream!"*
- **Social withdrawal** from friends and activities that once brought pleasure. *"I don't care about getting together with friends anymore."*
- **Anxiety** about the future. *"What happens when he needs more care than I can provide?"*
- **Depression** that begins to break your spirit and affects your ability to cope. *"I don't care anymore."*
- **Exhaustion** that makes it nearly impossible to complete necessary daily tasks. *"I'm too tired for this."*
- **Sleeplessness** caused by a never-ending list of concerns. *"What if she wanders out of the house or falls and hurts herself?"*
- **Irritability** that leads to moodiness and triggers negative responses and actions. *"Leave me alone!"*
- **Lack of concentration** that makes it difficult to perform familiar tasks. *"I was so busy, I forgot we had an appointment."*
- **Health problems** that begin to take a mental and physical toll. *"I can't remember the last time I felt good."*

If you are experiencing the above symptoms, please seek help by talking to your doctor, pastor, or other trusted advisor. Help is available to avoid burnout.

From the Alzheimer's Association website:

<http://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp>

# How Your Congregation Can Support Caregivers



***“There are four kinds of people in the world; those who are caregivers, those who will be caregivers, those who have been caregivers and those who will need caregivers.”***  
**Mrs. Rosalynn Carter**

Every caregiver, sooner or later, feels a sense of isolation and depression. That is when the church needs to step in and be faithful to the gospel by providing the intentional presence of the congregation. Here are some ideas of ways to help.

- Pray for patience and strength.
- Deliver audio or videotapes of services to their home.
- Excuse them from church responsibilities if they seem overwhelmed.
- Provide them with resources – books about caregiving, information about support groups, counseling opportunities or respite care options in your community. (Call the local Area Agency on Aging to find out more.)
- Arrange for scheduled meal deliveries with disposable containers to keep things easy.
- Offer to do mundane errands.
- Call or visit frequently.
- Establish a family caregiver buddy system. Introduce caregivers in the congregation to each other for support.
- Sponsor a health equipment loan closet of home care equipment.
- Invite a church school class or other group to send notes or cards of encouragement.
- Include a brief moment of recognition during worship to thank family caregivers for their service to their families.

The Presbyterian Health Network (PHN) is a network of the  
Presbyterian Health, Education and Welfare Association (PHEWA)  
Compassion, Peace and Justice Ministry, Presbyterian Mission Agency  
Presbyterian Church (U.S.A.)

<http://www.phewacommunity.org/>  
[www.pcusa.org/phewa/phn](http://www.pcusa.org/phewa/phn)

# Beatitudes for Caregivers



Blessed are those who care and who are not afraid to show it —  
they will let people know they are loved.

Blessed are those who are gentle and patient —  
they will help people to grow as the sun helps the buds  
to open and blossom.

Blessed are those who have the ability to listen —  
they will lighten many a burden.

Blessed are those who know how and when to let go —  
they will have the joy of seeing people find themselves.

Blessed are those who, when nothing can be done or said,  
do not walk away,  
but remain to provide a comforting and supportive presence —  
they will help the sufferer to bear the unbearable.

Blessed are those who recognize their own need to receive,  
and who receive with graciousness —  
they will be able to give all the better.

Blessed are those who give without hope of return —  
they will give people an experience of God.

Author unknown ( as seen on [www.marciabilyk.com/2008/12/beatitudes-for-caregivers.html](http://www.marciabilyk.com/2008/12/beatitudes-for-caregivers.html) )

Prepared by the Presbyterian Health Network (PHN)  
a network of the Presbyterian Health, Education and Welfare Association (PHEWA)  
<http://www.phewacommunity.org/> and <http://www.pcusa.org/phewa/phn>



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

## A Look at Family Caregiving



***"Come to me all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11: 28-30 (NKJV)***

Caring for the acutely or chronically ill can be a burden or a calling. And sometimes it feels like both at the same time. Family caregivers play a critical role in our health and long-term care system by providing a significant proportion of the care for both the chronically ill and aging. In 2012, 15.4 million caregivers provided more than 17.5 billion hours of unpaid care valued at \$216 billion. Alzheimer's Disease is the 6<sup>th</sup> leading cause of death and there are more than 5 million people in the U.S. currently living with dementia ([http://www.alz.org/alzheimers\\_disease\\_facts\\_and\\_figures.asp](http://www.alz.org/alzheimers_disease_facts_and_figures.asp)). More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year (<http://caregiveraction.org/statistics/>).

Caregiving touches almost every family and in very different ways – different health conditions, different situations, even different cultures. Family caregivers provide a vast array of emotional, financial, nursing, social, homemaking, and other services on a daily or intermittent basis. The responsibilities and challenges of caring for a loved one can cause significant stress to the family caregiver. In fact, this stress can build up to actually make the caregiver more susceptible to other health risks such as high blood pressure, diabetes, and increased risk of stroke. As the Baby Boomers age, there will be an increased need for caregivers and an increase in multigenerational caring for family members. Returning veterans with physical or mental ailments will add another layer to the caregiving mix.

Caregivers are all around us and come from every walk of life. They have a tough job but who is caring for the caregivers? Churches are in a position to pray for and offer practical help to the caregivers through a variety of means to share hope, care, and provide rest for the soul.



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

**SUGGESTED LITURGY FOR CAREGIVER SUNDAY**  
**November 10, 2013 or the Sunday of a congregation's choice**  
**PRESBYTERIAN CHURCH (U.S.A.)**

**WORDS TO PREPARE FOR WORSHIP**

The God who offers care to others—through Jesus Christ, through the comfort of the Holy Spirit, and through loving men, women, and children—hears the prayers of others in need. Our Lord Jesus Christ, like a Good Shepherd, also offers unconditional love for those who care “for the least of these, our brothers and sisters.”

Let us give thanks for those who care for, love, and support others in their lives.

**CALL TO WORSHIP**

The one who cared about you before you were born, the one who loved you in your mother's womb, and the one who persistently has never let you go is present with us now. Let us worship God: Creator, Redeemer, and Sustainer.

**SUGGESTED HYMN** Presbyterian Hymnal (PH) 1990  
PH 285 “God, You Spin the Whirling Planets”

*Austrian Hymn*

**CALL TO PRAYER**

In our brokenness there are things that we want to bring before the Lord. We acknowledge the broken parts of our lives. In humility let us turn to God in prayer.

**PRAYER OF ADORATION AND CONFESSION**

O Comforting God: you are with us as we dance and as we lament: where would we be without your steadfast love? We offer you first the adoration of our hearts for past promises you have unceasingly kept. We acknowledge also the things we have done: with a word or an action, at times we have broken hearts or bones; we have broken spirits and commandments. Sometimes things happen that are just accidents; but sometimes we do things, through exasperation, anger, or exhaustion, that hurt you and others. We confess our sins, are sorry for them, and repent of them. Take us once again, in our brokenness, and let us know how beautiful our brokenness is to you. In the name of Jesus we pray. Amen.

**WORDS OF ASSURANCE**

God loves you; through God's grace you are offered the opportunity for wholeness. And through God's great love, in Christ, God came to earth to know our human emotions and weaknesses; then through Christ, God reconciled the world with heaven! May you have God's peace now, and offer peace to others.

**HYMN** PH 576 “Gloria, Gloria”

Jacques Berthier (1979)

## **(OPTIONAL PASSING OF THE PEACE)**

### **SCRIPTURES: OPEN TO SELECTION BY MINISTERS**

#### **MESSAGE**

**HYMN** PH 404 “Precious Lord, Take My Hand” George N. Allen (1844)

#### **AFFIRMATION OF FAITH PSALM 23**

(Suggest using King James Version since most memorize it that way.)

#### **PRAYER OF INTERCESSION AND THANKSGIVING**

God of the wounded: we acknowledge today that there are tired people among us, some of whom have been taxed by being a caregiver. Help us to have our eyes open to those in need. Give us the courage to claim opportunities for self renewal as well. We pray for broken people: we pray that, through proper prescriptions-from pills to prayers-and from exercise to changes in diet- that you will give us wisdom when we move toward wholeness. Also today we pray for those who offer care: doctors, nurses, and technicians; Hospice staff and volunteers; mothers, fathers, grandparents; children and grandchildren. Sometimes grown children become a parent’s companion out of medical necessity. We acknowledge all who care in the most difficult of times, and we lift them up in prayer. Open our eyes to those who care for us: those near us and those far away; those who are family, those who are friends, and those who admire or appreciate our work. And dear God of Grace, remind us that you showed us how to care through Jesus, who cared for broken people every day. Who needs to see Jesus through us? For those who care for the least of His brothers and sisters, we offer our prayers. Fill our own needs through your love and the love of others. We give thanks for the gifts of your Spirit, gifts of wisdom, understanding, counsel, might, knowledge, of being in awe of our Lord, and of piety. O God, who created us for your own delight, shed your grace on us, we pray, in the name of Jesus Christ, who came to save. Amen.

**CLOSING HYMN** PH 540 “God Be with You Till We Meet Again”

#### **CHARGE AND BENEDICTION**

Go from this place lifting up your hearts, and looking for ways to show the care and love of God. And as you go: may God the Creator, the Redeemer, and the Sustainer comfort and guide you now, and in the days ahead. Amen.

**(Care Giver Sunday Idea:** Our church has a Prayer Shawl Ministry. Other churches do too. Most often the shawls are blessed at the birth of baptism of a child, a marriage, or for a person who is sick or dying. A new way a shawl can be used is to lift up a person who offers care: to bless him or her with the feeling that not only is the Church embracing them, but God also “puts unfailing arms around them.”)

Written by Jeffrey A. Sumner

Dr. Jeffrey A. Sumner is a Presbyterian (U.S.A.) minister living with diabetes, and is the Senior Pastor of Westminster By-The-Sea Presbyterian Church in Daytona Beach Shores, Florida. He is a Board Member of the Presbyterian Counseling Center of Daytona Beach, Florida and a member of PHEWA’s Presbyterian Health Network. He earned the Master of Divinity Degree from Princeton Theological Seminary and the Doctor of Ministry degree in Christian Spirituality at Columbia Theological Seminary.



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

## Recommended Caregiving Resources

Caregiver Sunday 11/10/13

### Books:

- **Passages in Caregiving: Turning Chaos into Confidence**, by Gail Sheehy, 2011, Harper.
- **Helping Yourself Help Others: A Book for Care-givers**, by Rosalynn Carter and Susan Golant, 1995, Three Rivers Press.
- **The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself**, by Diana B. Denholm, 2012, Hunter House.
- **Long-Distance Caregiving, A Survival Guide for Far Away Caregiver**, by Angela Heath, 1992, Amer Source Books.
- **The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss**, by Nancy L. Mace and Peter V. Rabins, 2012, Grand Central Life & Style.

### Websites and Organizations:

The number of services for cognitively impaired adults, their families and caregivers is growing, although in some communities, agencies may be difficult to locate. Caregivers should consider contacting senior centers, independent living centers, Area Agencies on Aging, and other more disease specific organizations. Nursing home ombudsman programs, community social service or case management agencies, schools of nursing, and church groups may be other sources of assistance. There is a wealth of information on the web. These are only a few!

- **Care Ministry** ([www.careministry.com](http://www.careministry.com)) - This faith-site helps church leaders, pastoral caregivers, and lay people meet the practical and spiritual care needs of people caring for aging parents, older adults, and those facing serious health issues. There are specific pages which can be printed on topics such as:
  - 10 Considerations as loved ones age or become ill
  - Informally assessing an aging parent's health and well-being
  - Honoring your father and mother
  - Obeying your parents, even when you disagree
  - Determining the best type of assistance and many others!



- **Family Caregiver Alliance** ([www.caregiver.org](http://www.caregiver.org))
- **The Caregiver Action Network** ([www.nfcacares.org](http://www.nfcacares.org))  
Formerly the National Family Caregivers Association, a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

- **Benefits Check-Up** ([www.benefitscheckup.org](http://www.benefitscheckup.org))

BenefitsCheckUp is free service of the [National Council on Aging](http://www.ncoa.org) (NCOA), a nonprofit service and advocacy organization in Washington, DC. BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses (medications, food, utilities, more).

- **National Association of Area Agencies on Aging** ([www.n4a.org](http://www.n4a.org))
- **American Cancer Society** ([www.cancer.org](http://www.cancer.org))
- **Alzheimer's Association** ([www.alz.org](http://www.alz.org))
- **National Multiple Sclerosis Society** ([www.nmss.org](http://www.nmss.org))
- **American Heart Association's Caregiver pages**  
([http://www.heart.org/HEARTORG/Caregiver/Caregiver\\_UCM\\_001103\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Caregiver/Caregiver_UCM_001103_SubHomePage.jsp))

**The Presbyterian Health Network (PHN)** is one of ten volunteer ministry networks of the **Presbyterian Health, Education and Welfare Association (PHEWA)**. We are a diverse group of health care professionals and health care consumers who believe that the church, "as the body of Christ, is called to be a community of health and healing in every level and location of its common life." (*Call to Healing and Wholeness*, 207<sup>th</sup> General Assembly [1995] of the Presbyterian Church U.S.A.). We live out this belief by providing up-to-date resources for faith community nurses (parish nurses), clergy, church sessions, and congregations to assist you with wellness education within the context of our faith and to respond to health advocacy needs in our congregations and communities. Visit our web sites, use our materials, be in touch with us, and consider staying connected and showing your commitment to health and wholeness ministries in the Presbyterian Church (U.S.A.) through annual membership in PHN and PHEWA: <http://www.phewacomunity.org/>

<http://www.phewacomunity.org/phnhealthnetwork/congregationalresources.html>

<http://www.presbyterianmission.org/ministries/phewa/presbyterian-health-network/>

## Presbyterian Health Network Team

“Sowing Seeds of Wellness in the Presbyterian Church, (U.S.A.)”



[www.phewacommunity.org](http://www.phewacommunity.org)

[www.presbyterianmission.org/ministries/phewa/presbyterian-health-network](http://www.presbyterianmission.org/ministries/phewa/presbyterian-health-network)

Lois Bazhaw, RN, FCN  
Email: [loisbazhaw@bellsouth.net](mailto:loisbazhaw@bellsouth.net)  
Presbytery of Salem

Deborah Carney, RN, FCN  
Email: [carneydeb@hotmail.com](mailto:carneydeb@hotmail.com)  
Presbytery of Peace River

Joanie Friend, BSN, RN, FCN  
(301) 299-7779 home phone  
(240) 475-0077 cell phone  
Email: [jfriend@pobox.com](mailto:jfriend@pobox.com)  
National Capital Presbytery

Jane Givens, RN, FCN, MAT  
Email: [jgivens@gmail.com](mailto:jgivens@gmail.com)  
Presbytery of Lake Michigan

W. Daniel Hale, PH.D.  
Email: [whale5@jhmi.edu](mailto:whale5@jhmi.edu)  
Presbytery of Baltimore

Rev. Jeffrey A. Sumner  
Email: [sumnerj@aol.com](mailto:sumnerj@aol.com)  
Central Florida Presbytery

Patti Shannon, RN, FCN  
Email: [shannon228@bellsouth.net](mailto:shannon228@bellsouth.net)  
Savannah Presbytery

Ruth Syre MSN, RN, FCN  
Email: [ruth.syre@centrahealth.com](mailto:ruth.syre@centrahealth.com)  
Presbytery of the Peaks

Beverly Taylor, BSN, BS, RN, FCN  
Email: [bevtaylor127@yahoo.com](mailto:bevtaylor127@yahoo.com)  
Hudson River Presbytery

Patricia Welsh, RN, MSN, FCN  
Email: [pwelsh7@gmail.com](mailto:pwelsh7@gmail.com)  
Mid-Kentucky Presbytery

Betty Yurkewitch, RN, FCN  
Email: [betty.yurkewitch@verizon.net](mailto:betty.yurkewitch@verizon.net)  
National Capital Presbytery

Rev. Trina Zelle  
Email: [phewainfo@gmail.com](mailto:phewainfo@gmail.com)  
(480) 298-1524 cell phone  
National Organizer/Exec. Director  
Presbyterian Health, Education &  
Welfare Association (PHEWA)

Susan Stack  
Email: [Susan.Stack@pcusa.org](mailto:Susan.Stack@pcusa.org)  
(800) 728-7228 ext. 5800  
(502) 569-5800  
Associate for PHEWA & Networking  
Presbyterian Mission Agency  
Louisville, KY



Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Home phone \_\_\_\_\_

Cell phone \_\_\_\_\_

What would you like us to know about you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Membership Categories

- Individual (\$35, Choose one Network)
- Student/Low income (\$10, One Network)
- Household grouping\* (\$110)
- Congregational\* (\$110)
- Agency\* (\$150)
- Governing Body\* (\$250)
- Lifetime\* (\$575)

\_\_\_\_\_ I have included an additional gift in the amount of \$\_\_\_\_\_ to help keep justice ministries strong in the PC(USA), through the work of PHEWA.

Check enclosed (payable to PHEWA)

Charge my credit card

- MasterCard
- Visa
- American Express
- Discover

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

#### Mail to:

**PHEWA**  
**P.O. Box 4961**  
**Louisville, KY 40204-0961**

or join/give online at:

<http://www.phewacommunity.org/>

#### PHEWA Networks

**PACT:** Presbyterian Association for Community Transformation  
**PADV:** Presbyterians Against Domestic Violence Network  
**PAN:** Presbyterian AIDS Network  
**PARO:** Presbyterians Affirming Reproductive Options  
**PASPM:** Presbyterian Association of Specialized Pastoral Ministries  
**PCAN:** Presbyterian Child Advocacy Network  
**PCJN:** Presbyterian Criminal Justice Network  
**PDC:** Presbyterians for Disability Concerns  
**PHN:** Presbyterian Health Network  
**PSMIN:** Presbyterian Serious Mental Illness Network

*\*Includes affiliation with all networks. Individual membership categories, circle preferred network; additional network affiliations are \$10 each.*

**The Presbyterian Health, Education and Welfare Association (PHEWA) equips individuals and communities to live with dignity through the advocacy, education and peer support of our ten member networks.**