



Who's Caring for the Caregiver?

Solving a National Public Health Issue with a Faith-Based Solution

Never before in history have we seen the number of people worldwide struggling to juggle the demands of everyday life with that of caring for an aging, ill or disabled loved one. In the United States alone, there is an estimated 60 million family caregivers, many who are suffering from depression, chronic stress and medically-related conditions, and who are hungry for spiritual support.

In a sea of materials, websites and programs for family caregivers in the public domain, few focus on the whole person and most lack the key element of faith. Nourish for Caregivers is the first of its kind, providing an effective Christ-centered program to minister to the practical, emotional and spiritual needs of family caregivers, within the framework of the Catholic Church.




65 Million Americans are Caring for A Loved One
(CAREGIVER ACTION NETWORK)

39% FOUR IN 10 U.S. ADULTS ARE CARING FOR A LOVED ONE WITH SIGNIFICANT HEALTH ISSUES. (PEW RESEARCH CENTER)



3 in 4 MILLENNIAL CAREGIVERS REPORT HOLDING A PAYING JOB WHILE CARING FOR A FAMILY MEMBER (AARP & NAC 2015)

63% CAREGIVERS REPORT BEING STRESSED. (FAMILY CAREGIVER ALLIANCE)



40% FAMILY CAREGIVERS SUFFER FROM DEPRESSION (FAMILY CAREGIVER ALLIANCE 2015)

Nourish for Caregivers™ provides Parishes with all of the tools needed to equip a lay-led team to facilitate an effective and ongoing program to support the practical, emotional and spiritual needs of family caregivers in the framework of our Catholic faith.



Nourish For Caregivers™
www.nourishforcaregivers.com

Contact: Kelly Johnson
Downers Grove IL 60515
630.960.3565

kjohnson@stmarygostyn.org

FOR IMMEDIATE RELEASE

New Resource Gives Parishes Tools to Facilitate Effective Caregiver Ministry.

Diocese of Joliet, IL February 1, 2018. Nourish for Caregivers™ provides parishes with the necessary resources to launch an ongoing caregiver ministry supporting the practical, emotional and spiritual needs of family caregivers, all with a Christ-centered focus. Simple to implement, with powerful and lasting results, Nourish for Caregivers helps parishes equip a lay-led team to respond to the current crisis facing America and Catholics today – the millions who are juggling the challenges of life, health, career and caring for a loved one.

According to [National Alliance for Caregiving and AARP 2015 Report Caregiving in the US](#), there are more than 43.5 million caregivers in the United States, and virtually everyone, at some point in their life, will care for someone in their family. Nourish for Caregivers focuses on caring for the caregiver, as well as providing resources to support caring for their loved ones, which aligns with the Catholic Church's long history of ministering to people during times of stress and transition.

"Nourish for Caregivers is the first of its kind -- providing an outlet for learning, sharing and growing, along with the exchange of ideas, solutions and encouragement all within the framework of our Catholic faith", according to Deb Kelsey Davis, co-founder. While many resources and support groups exist for caregivers, Nourish for Caregivers is the only one to provide the spiritual support within the framework the Catholic Church.

Nourish for Caregivers is a faith-based program designed to meet the practical, emotional and spiritual needs of family caregivers, where they are, in their faith community. Nourish for Caregivers responds to the call for the New Evangelization as it reaches out in support during a vulnerable time, extending the love and mercy of Christ. Nourish for Caregivers helps family caregivers find a spiritual home in the Church, learning to thrive and grow in their faith as they care for a loved one.

With a two year beta test completed in early 2017 followed by the successful onboarding of the Diocese of Joliet parishes, Nourish is now available to roll out across the United States. For more information on Nourish for Caregivers, or to launch an introductory "Prepare to Care" Workshop in your Diocese, please visit www.nourishforcaregivers.com.

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Our Mission

Our mission is to *equip parishes* to create a *spiritual home* that ministers to the *practical, emotional and spiritual needs* of caregivers, giving them the *tools and resources* to help caregivers *connect with their faith and encounter Christ*, so that they can *see the grace and blessings* in their caregiving journey.

Brief History

Nourish was launched Fall of 2015, in Downers Grove, IL at St. Mary of Gostyn Parish by Deb Kelsey-Davis and Kelly Johnson. Fueled by their personal experiences, deep Catholic faith, clinical and pastoral backgrounds, and transformational leadership, Deb and Kelly shared a strong passion to place the church and faith directly at the center of caring for caregivers.

We are deeply grateful to Father James Schwab and Father Shaun Cieslik of St. Mary of Gostyn Parish for their support and belief in our vision to bring Christ and caring to family caregivers.



Nourish is Designed to Achieve Six Critical Objectives

01

Provide an outlet for learning, sharing and growing with the exchange of ideas, solutions and encouragement.

02

Connect with others going through similar experiences who share common faith values and beliefs.

03

Discover the power of faith and spiritual teachings essential to caring for others and one's self.

04

Fulfill unmet needs through the strengths and gifts of the faith community.

05

Address the emotional side of caregiving and relationships with God, family and their loved one.

06

Support caregivers in finding peace, comfort and joy in their caregiving journey.

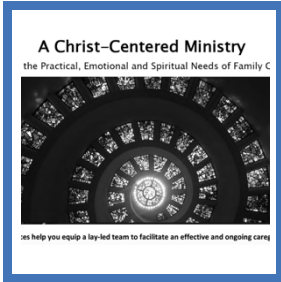
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I feel like the church really cares about me and my family. Thank you for making this available to me.

JOANNE, NOURISH PARTICIPANT

Program Components

Nourish for Caregivers™ is a turnkey program, containing all the resources needed to launch and successfully maintain an ongoing monthly caregiver ministry.

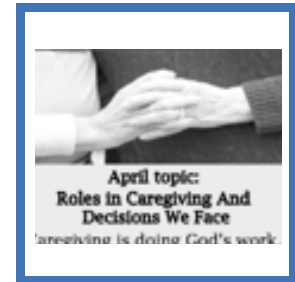


LEADER'S GUIDEBOOK & PARTICIPANT MATERIALS

- 12 monthly topics w/detailed session overviews
- Participant handouts and activity sheets
- Reflection questions and background resources
- Topical prayer, scripture and Catholic teachings

PROMOTIONS AND ONGOING COMMUNICATIONS

- Prepared four-color bulletin announcements
- Pulpit copy, posters, flyers and brochures
- Ongoing promotional tips and new material



WORKSHOP CONTENT AND PROMOTION MATERIALS

- Presentation material to conduct 2 hour workshop
- Detailed speaker notes, slides and activities
- Participant handouts
- Promotional and communication materials

QUARTERLY LEADERS WEBINARS

- Live informational and sharing sessions
- Spiritual nourishment for facilitators
- Recorded and archived for online viewing



ONLINE TRUSTED HEALTH INFORMATION

- Provided by affiliate partner Sagacity.Care
- Leading health and caregiver information platform
- Content certified nation's most trusted sources

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There is clearly a growing need for this ministry, and we support Deb and Kelly's mission. We're confident that this ministry will be a blessing for the families and parishes involved.

DR. VAL MATY, ASSOCIATE DIRECTOR, OFFICE OF FAMILY
MINISTRY, DIOCESE OF JOLIET

Frequently Asked Questions

Why Nourish and why now?

As of year-end 2017, there were a reported 60 million family caregivers in the U.S. struggling and searching for support. That number is expected to grow dramatically as the population ages. So, where do they go for support? Family caregivers typically turn to a close friend, another family member, online groups or a trusted member of their faith community. Now is the time for churches to reach out and minister to the millions who are caring for a sick, disabled or aging loved one. And, Nourish is the program designed to do exactly just that.

How is Nourish a ministry?

Churches for years provide resources and support to people as they go through trials and challenges in their lives. And, churches are the place so many people turn to for important ministries such as grief support, widowed programs, divorce groups, and many others. Caregiving is a similar time of need, a time when people feel isolated, alone, ashamed and guilty. It is a time of incredible stress. With a ministry like Nourish, caregivers are invited to immerse themselves in feelings of love and confidence, finding strength through a Christ-centered view.

How is Nourish different than other caregiver support groups?

The caregiver support groups found on the web or being offered in community settings are focused primarily on providing a place for sharing, venting and coping. This is good. However, what's missing is a structure with topics to guide fruitful discussion, specifically designed reflections and activities focused on finding meaning (beyond just coping), and probably most importantly is that there are no current program materials and formal ministries in place that include the faith tradition of the Catholic Church as part of the experience.

What makes you so sure that faith is the answer that's integral to your program?

First of all, we have lived it through our own personal experiences. Secondly, multiple studies confirm that 70% - 75% of family caregivers say their spiritual and religious faith is significantly important to them and that they pray regularly as a means to find strength, hope and to cope. Pew Research reported faith is critical especially during times of crisis and change and family caregiving is most certainly one of those times. As well, because of the faith component to Nourish, we've found it be an evangelization tool, bringing people back to church for encouragement and spiritual support.

About Us



Deb Kelsey-Davis, RN

Deb is a caregiver to her aging parents, one of the most important and challenging roles of her lifetime.

She is a life-long clinician and a member of the National Association of Catholic Nurses (NACN-USA). Deb also holds a Lay Ministry Certification from the Archdiocese of Chicago's Called and Gifted Program.

As a caregiver, Deb found she was not prepared for the emotional crises and spiritual isolation. So, she launched Soul2Soul Solutions, Ltd., to focus on feeding caregivers' souls. She then partnered with Kelly Johnson, Director of Adult Faith Formation at her local parish, to develop and launch Nourish.

Deb holds a Masters degree in Health Services Administration from the University of St. Francis and a certificate from USC Davis School of Gerontology. She is a Registered Nurse (RN) and charter member of the National Healthcare Cost & Quality Association, as well as an active member of the NACN-USA, American Society on Aging, Society for Participatory Medicine, National Association of Professional Women and ARA Mentors.

In explaining what she does to her family, friends and colleagues, it's quite simply put as "I'm focusing on what really matters."



Kelly Johnson

Kelly entered her caregiver journey in a most unexpected way. Life abruptly changed when her then-five-year-old son was diagnosed with a cancerous brain tumor. He is now in college and Kelly remains his caregiver.

Kelly answered a vocational calling in Adult Faith Formation. It is in this role that Kelly and Deb came together to create Nourish. Led by her own experience, coupled with a desire to meet needs, she saw clearly how the Church could minister to caregivers.

From her career in Advertising, Kelly brings managerial leadership skills required to balance the demands of client needs with the ability to deliver. She became a Vice President, Client Services, before the age of thirty, managing large international accounts.

Kelly is a member of the National Association of Catholic Family Ministry. Through the Archdiocese of Chicago and Diocese of Joliet's Lay Leadership Institute, Kelly is pursuing a Catechetical Coordinator Program at University of St. Mary of the Lake Seminary.

Kelly realizes she may have plans, lists, schedules and agendas, but God wants growth and substantive increase in our faith and trust in Him. She is continually awed at how God stretches and blesses her.