As medical progress means longer lives, families struggle to provide long-term family care than they did in past decades. Families are smaller and more spread out, and many family caregivers must juggle work and raising children in addition to their caregiving responsibilities. Family caregivers may need to operate complex medical equipment or practice delicate procedures without any formal training.

The ''graying of America'' will have a tremendous impact on families providing care for their older members.

Many public health officials are concerned that we may not be ready to assume the roles of family caregivers. Studies suggest that many Americans have not spent much time thinking about or preparing for long-term care. People who have no experience as a family caregiver may have extreme difficulty in approaching such a responsibility.

Mr. Speaker, the fact is that most of us will find ourselves in a similar situation, either giving or requiring long term care at various points in our lives.

Family caregivers often put themselves second as they balance competing commitments to their jobs, families, and communities. Tragically, more than 1 in 10 family caregivers report that their physical health has deteriorated as a result of extreme stress.

Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver's life.

Mr. Speaker, 40 to 70 percent of family caregivers have clinically significant symptoms of depression with approximately a quarter to half of these caregivers meet the diagnostic criteria for major depression.

We must also remember that many disabled veterans are supported by family caregivers. Having given so much for their country, I believe that they and their family members should not have to struggle to live out a full, dignified life.

Therefore, we should do everything possible to support family caregivers and lighten their burdens.

It begins with encouraging people to take adequate steps to prepare for their future care. This means setting aside funds to cover unforeseen medical expenses, signing a living will, and making preparations with family and friends. Health professionals must be sensitive to the needs of family caregivers and enlist them in formulating a patient's long-term care plan.

We also need to make sure that family caregivers have access to information and resources that can help them meet their responsibilities with minimal strain and unnecessary cost.

Finally, we must ensure that the concerns of family caregivers are reflected in all major healthcare legislation.

We are all family caregivers, Mr. Speaker. I urge my colleagues to work together to support human dignity and the American family.

RECOGNIZING THE 100TH ANNIVERSARY OF STOCKTON GURDWARA

HON. TOM McCLINTOCK

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 16, 2012

Mr. MCCLINTOCK. Mr. Speaker, this is the story of a small group of families who long ago crossed a great ocean in search of religious tolerance and economic liberty; a land where people were free to enjoy the fruit of their own labor, to raise their children according to their own values, to practice their religious beliefs openly, to express their opinions without fear of retribution, to live their lives according to their own best judgment, and not according to the whims and mandates of the powerful.

That is the story of the pilgrims who crossed the Atlantic Ocean on the Mayflower in 1620 seeking a better future in a free land for their descendants. It is the very same story of pilgrims like Baba Vasakha Singh and Baba Jawala Singh Thathian who founded the Stockton Gurdwara Sahib a century ago, and all those who have followed since.

One hundred and fifty years ago, Abraham Lincoln said that although many people who were then in America could trace their families back to the American founding, many more had come since then, and could not. But, he said, ''when they look through that old Declaration of Independence they find that those old men say that 'We hold these truths to be self-evident, that all men are created equal,' and then they feel that that moral sentiment taught in that day evidences their relation to those men, that it is the father of all moral principle in them, and that they have a right to claim it as though they were blood of the blood, and flesh of the flesh of the men who wrote that Declaration, and so they are.''

There is no religion more attuned to the principles of the American Declaration of Independence than the Sikh religion.

Both reject the idea of aristocracy and social class and instead judge every individual on his or her own merit and character.

Both embrace the unique notion that we are born with equal claim to unalienable rights that come directly from the ''laws of nature and of nature's God,'' and not from government—rather, we create governments to protect these God-given rights and that whenever any form of government becomes destructive of these rights, it renounces its legitimacy.

And both have inspired and animated the aspirations of those around the world seeking to reclaim, protect and enjoy these God-given rights.

Individual liberty, personal responsibility, Constitutionally limited government—these are fundamental both to the Sikh Religion and to the American Founding.

Today, we celebrate not only a century of Sikh immigration and integration into America, together, we celebrate the immortal inscription on the American Liberty Bell, to ''Proclaim Liberty Throughout ALL the Land, and Unto ALL the INHABITANTS Thereof.''

HONORING PAUL FORD

HON. HEATH SHULER

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 16, 2012

Mr. SHULER. Mr. Speaker, I rise today to honor several of the volunteers who have served in my District office over the past six years while I have been in office. A Member of Congress' most important responsibility is to provide exceptional constituent services and these volunteers have assisted my staff in providing the excellent assistance so many have come to expect in our District. I take great pride in the work that each one has done on my behalf and on behalf of everyone in the 11th Congressional District of North Carolina.

These volunteers have always treated our constituents with the utmost respect and always made sure their needs were met in a timely fashion. I owe a debt of gratitude to each one of them for the support and friendship which they have shown me while I have served in Congress.

Paul Ford has played a valuable role as a volunteer from the very beginning of my time in Congress. Paul's background as an attorney was especially beneficial in assisting constituents in resolving issues with the Office of Personnel Management. Paul was able to guide constituents through the often difficult and bureaucratic process required to resolve their disputes the agency. Many throughout western North Carolina are grateful for Paul's assistance.

Paul should be proud of the service he has provided to our District and country. It has been an honor to serve with him and as I retire from office I wish him the very best in the future. Western North Carolina is a better place because of his efforts and I will cherish the memories of serving with Paul and the team by my side.

Mr. Speaker, I ask my colleagues to join me in recognizing and thanking Paul Ford for his hard work on behalf of all of western North Carolina and to wish him continued success in his future endeavors.

IN RECOGNITION OF THE 110TH ANNIVERSARY OF ST. JOHN NEPOMUCENE PARISH IN CLEVELAND, OHIO

HON. DENNIS J. KUCINICH

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Friday, November 16, 2012

Mr. KUCINICH. Mr. Speaker, I rise today in honor and recognition of St. John Nepomucene Parish of Cleveland, as they celebrate 110 years of worship and service. St. John Nepomucene is one of only two Czech congregations left in the Cleveland Catholic Diocese.

In 1898, 200 Catholic Americans of Czech heritage met at the East 52nd Street home of Frank Stepanik. The gathering, organized by John Jira and Charles Vana, sparked the beginnings of a new parish. In 1902, St. John Nepomucene Parish was established. Parish members were also focused on the welfare of their children. To preserve the culture, history and language of their Eastern European