



SENIOR PRIEST CONNECTIONS

IN THIS NEWSLETTER

Bishop's Letter

Emmaus

Health Tips: Who Can You Trust?



BISHOP'S LETTER

Let Freedom Ring

My Sisters and Brothers in Christ:

Where have you found Jesus in your daily living? I ask this question hoping your first answer will be, "I found Him in myself, in the depth of my soul." I ask this question hoping your second answer will be, "I found Him in my family, friends and neighbors; and in strangers whom I just met.

Continued

Let Freedom Ring

Jesus offers Himself in every possible way to guide and walk alongside you. Through the gift of the Eucharist, He never leaves you. His invitation is open and gentle; but you have to respond to His invitation. Otherwise, you close yourself from Him and you turn to what St. Paul describes as living according to the 'flesh' instead of allowing the Spirit of God to dwell within each one. Then with Jesus, you create a hope-filled world as you become a tabernacle or dwelling place for Jesus.

Think about how our world might change if each one agreed to come to the eternal banquet and thus a dwelling place for Jesus. During the summer months, you would use the time for prayer. You might start the day praying the Liturgy of the Hours offering all that you are and have and come to receive to God, the Creator of Heaven and Earth. You would pray a blessing at each meal, whether partaking privately or publicly. You would make sure that the celebration of Mass was the first 'destination', instead of a theme park or the swimming pool or golf. You would attend to the needs of others; noticing those in need and offering them a place at your dinner table through the donation of food; or you might distribute food from Catholic Charities of Central Florida or your parish food bank. You might take a drive to visit family you have not seen and forgive whatever has kept you apart. You might avail yourself and your family to the Sacrament of Penance, even though it is not the season of Advent or Lent, the focus of which can be reconciliation.

Jesus reveals Himself to us. It is a revelation of the knowledge or experience of God's very self. You come to know God through the person of Jesus. You come to know God through the person of Jesus as you take His yoke of the Kingdom of Heaven. He will refresh you to begin His mission anew each day. He forgives you when you leave Him and calls you to forgive the trespasses of others. He is the masterful servant.

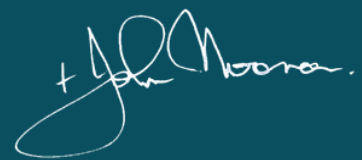
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Let Freedom Ring

Jesus defines the divine gift of freedom, forming your conscience to believe in the sanctity of life from conception to natural death. He calls you to truly understand that the gift of life is a continuum. It is not just believing in the divinity of conception. The divine gift of freedom acknowledges the sacredness of each person so that your love for the person transcends his/her life from conception to natural death. By participating in the eternal banquet and receiving Jesus, you are given a special charge to love one another as Jesus loves you all the days of your life. That love transcends all and cannot be parsed out as you determine. The divine gift of freedom requires your prayer, reflection, and action.

Freedom is often found in offering to God what is hardest to give up. Pope Francis said, "What matters is that our trust is placed in the Lord of the universe, who loves us immensely and knows that we can build with him something wonderful, something eternal." The person who does justice will live in the presence of the Lord. May your works give thanks to the Lord that you bless Him.

Take the yoke of Christ and rest in Him. The 'rest' is an embodiment of Him for all ages.



Most Reverend John Noonan
Bishop of Orlando



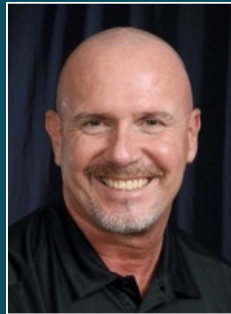
MISSION

“The Office of Senior and International Priests was established to collaborate with the Bishop and his senior priests. We are happy to provide support, information, and assistance to the Senior and International Priests of our diocese. If you have any questions, concerns, or updates, please do not hesitate to contact us.

STAFF - SENIOR & INTERNATIONAL PRIESTS



Rev. Fred Ruse
fredruse@yahoo.com
(386) 451-3865



Deacon Joe Gassman
jgassman@orlandodiocese.org
(321) 258-8973



Jennifer Kuhn
jkuhn@orlandodiocese.org
(407) 246-4898

Mark your calendars!

CALENDAR OF EVENTS

October 23-25th, 2023

Aging with Grace Retreat

This retreat will be led by Mr. Greg Pierce, author, and publisher of ACTA Publications in Chicago. He is the past president of the National Center for the Laity. Pierce is the author of the award-winning books, Spirituality at Work, The Mass is Never Ended, and The World as it Should Be.

September 5-7th, 2023

Priest Convocation

Omni at Championsgate

Payment needs to be made by the parish you have been affiliated with.

FROM THE VICAR OF SENIOR PRIESTS



*Rev. Fred Ruse
Vicar for Senior Priests*

Dear Brothers,

There are prophets among us for sure.

Recently I was talking with the caregiver of one of our senior priests. He has accompanied this brother priest for more than 30 years. The relationship at first was at the parish level in various leadership opportunities, that gave occasion to him and his wife over the years to become significant friends to our brother priest.

The other day, our brother shared with him about the changes he was noticing in his body and life:

"I am not what I was; but this is giving me the space to be drawn home to our Lord. Not being what I was, I am remembering when I would talk to the Lord years ago."

For us, I would say this is pure inspiration. Prophetic! This is the wisdom which should be formative in all our parish and faith communities! This is profound "pastoring," "shepherding" if you will, which I feel deep in my bones far outpaces all the homilies, all the pastoral initiatives, all the committees, all the building projects, all the liturgies to which any of us have ever devoted energy, time, talent, and soul.

St. Paul was on target:

"For God who said, "Let light shine out of darkness," has shone in our hearts to bring to light the knowledge of the glory of God on the face of Christ. We hold this treasure in earthen vessels, that the surpassing power may be of God and not from us. We are afflicted in every way, but not constrained; perplexed, but not driven to despair; persecuted, but not abandoned; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus may also be manifested in our body." (2 Cor. 4:6-10)

Peace to all of you,

Fred

EMMAUS

(SENIOR PRIEST INDEPENDENT LIVING COMMUNITY)



Congratulations to our new residents of Emmaus Father Ed Waters, Father Ron Oser, and Father Ken Metz.

Retired incardinated priest of the diocese are eligible for residency to be considered for Emmaus the priest must:

- Express interest in writing to the Office for Senior Priests
- Meet independent living standards by enrollment into the diocesan IndeQuest Nurse Care Management program
- Once you have completed these first two steps, you will receive a confirmation letter with the next steps in the process, which includes reviewing and updating a Priest Verification Form and your funeral arrangements.
- For more information or to schedule a tour, please contact the Office for Senior Priests (407) 246-4898.

EMMAUS



SEE WHAT'S INSIDE

To schedule a tour,
please contact the Office
for Senior priests.

(407) 246-4898

MINISTRY OPPORTUNITY



Very Rev. Anthony Aarons, Rector of the Basilica National Shrine of Mary, Queen of the Universe, is extending an invitation to assist the Basilica ministries. If you are interested in serving the international and local pilgrims of the Basilica, Please contact Wanda Zambrana wzambrana@mqus.org or 407-239-6600.



INDEQUEST

NURSE CARE MANAGEMENT PROGRAM

IndeQuest is a nurse care management company specializing in the management and coordination of the healthcare needs of their clients. Their highly qualified nurses are certified care management specialists with nursing skills encompassing the spectrum of healthcare systems. As your nurse care manager (NCM) they will coordinate and oversee your specific healthcare needs – find specialists, schedule appointments, maintain medical records, and more. They are your personal healthcare advocates!

Working with IndeQuest means fewer overnight hospital stays, elimination of duplicate and unnecessary medications, and happier, healthier priests.

The two most common questions asked about the program are:

- What about my privacy? Your nurse is bound by the same HIPPA rules as any of your doctors. No, the nurses do not report to the bishop.
- How much will it cost me? Absolutely nothing! This is a free benefit. You and your NCM determine how often you use their services; it can be as simple as a quarterly phone call.

OUR NURSE CARE MANAGERS:



Gwen Ledene, RN, BSN
IndeQuest Nurse
Case Manager
License RN #: 1897602



Nicole Crouser, RN, BSN
IndeQuest Nurse
Care Manager
License RN #: 9190260



Lindsey Mankoff, RN, BSN,
IndeQuest Nurse
Case Manager
License RN #: 9182118

THE INDEQUEST NURSE CARE MANAGEMENT PROGRAM IS AVAILABLE TO INCARDINATED SENIOR PRIESTS (65+ YEARS OF AGE)

TO ENROLL CONTACT THE OFFICE FOR SENIOR PRIESTS (407) 246-4845.

HEALTH TIPS

WHO CAN YOU TRUST?

DR. ROSEMARY LAIRD

Just before Mass started today an announcement was made informing the congregation that Father's email had been hacked. We were instructed to ignore requests for money or personal information coming from our pastor!

Of course, being the victim of a scam is no laughing matter. Scams can come from anywhere. It can be conducted through a phone call, email, text message, social media or mail.

It can result in the loss of thousands of dollars and create intense personal distress. As a geriatrician it pains me to know that older adults are among the most victimized by scams of all types. Today we will talk about why older adults are more often taken advantage of and what you can do to protect yourself.

In 2022

- 2.4 million Americans reported being victims of fraud
- 8.8 billion was lost
- Phone calls resulted in the highest net personal losses (\$1,400 median loss)

In 2021

- Florida had the 2nd highest count of scam victims over the age of 60 (9,645 individuals and more than \$224 million dollars)

Older adults can be more susceptible to falling for scams due to a combination of factors:

Trusting nature: Older adults may have a tendency to trust others and assume people have good intentions.

Limited familiarity with technology: Many scams today involve technology, such as email, social media, and online transactions.

Cognitive decline: Age-related cognitive decline, such as memory loss or decreased executive functioning, can impair judgment and decision-making abilities.

Loneliness and isolation: Older adults who are socially isolated or lonely may be more willing to engage with scammers.

Politeness and reluctance to say no: Older adults may have been raised to be polite and accommodating, making it difficult for them to say no or question the intentions of others.



WHO CAN YOU TRUST

Continued

Whether those factors seem relevant to you or not, here are some good practices to put in place to protect yourself, your identity, and your hard-earned money from scammers.

Stay Informed: Scammers are constantly coming up with new tactics, so it's important to stay updated on the latest scams targeting older adults. A good resource to check regularly is a site from the Federal Trade Commission. [Imposter Scams | consumer.gov](https://www.ftc.gov/impoter-scams)

Current Common Scams to Avoid:

- A government entity (ex. IRS, Social Security, Medicare, etc.) business, or charity claims you have balances unpaid. (The real government entities DO NOT make outgoing calls.)
- A loved one is sick or in jail and needs money to help them. (Hang up and call the loved one or your trusted friend.)
- You have won the lottery or a sweepstakes. (HAVE NOT WON the lottery.)
- A warranty is expired (You do not have a warranty)
- Computer technology support claiming your device is damaged (It is not.)
- An email claiming a package you ordered needs attention. (No delivery company contacts you this way.)

Other ways to protect yourself:

Guard Personal Information: Be cautious about sharing personal information, especially over the phone or online. Legitimate organizations will not ask for sensitive details like your Social Security number, bank account information, or passwords through unsolicited calls or emails. Be particularly wary of sharing information when you didn't initiate the contact.

Verify Before Trusting: Whenever someone approaches you with an offer that seems too good to be true, take a step back. Scammers often use high-pressure tactics to rush you into making decisions. Before you commit to anything, take the time to research and verify the legitimacy of the individual, organization, or offer. Seek advice from a trusted family member or friend if you're unsure. Choose a family member or colleague and agree to be each other's "trusted friend" to run these things by.



WHO CAN YOU TRUST

Continued



Be Wary of Technology: Online scams are prevalent, and it's important to be cautious while navigating the digital landscape. Be skeptical of unsolicited emails, unfamiliar links, or requests for personal information. For example: Scammers will send information from companies you don't have an account with and say you have an account and a past due bill.

- Remember, your bank or other financial institutions will never ask for sensitive information via email.
- Regularly update your computer's antivirus software.
- Use strong, unique passwords for online accounts.

Stay Socially Connected: Cultivate a supportive network of family, friends, and neighbors. Engaging in community activities, clubs, or senior centers can help reduce feelings of isolation and provide opportunities to discuss potential scams with others.

Trust Your Instincts: If something feels off or too good to be true, trust your gut instincts. Scammers are skilled at creating a sense of urgency, fear, or excitement to manipulate their victims. Take a pause, seek advice from a trusted source, and never rush into making a decision or providing personal information.

Report Scams: If you suspect you've encountered a scam, don't be afraid to report it. Notify your local law enforcement agency, your state's Attorney General's office, and relevant consumer protection agencies. Reporting scams helps authorities track and apprehend criminals while protecting others from falling victim to similar schemes.

WHO CAN YOU TRUST

Continued

How to Spot a Scam:

- It is urgent. Scammers will provide a reason that you must immediately share identifying information with them over the phone.
- You were not expecting a call from this entity.
- If you begin to question them, they will hang up.
- Words might often be misspelled or look sloppier than an official organization or company.
- They ask you to pay through cryptocurrency, wire transferring, or gift card, etc.

How to Protect Yourself from a Scam:

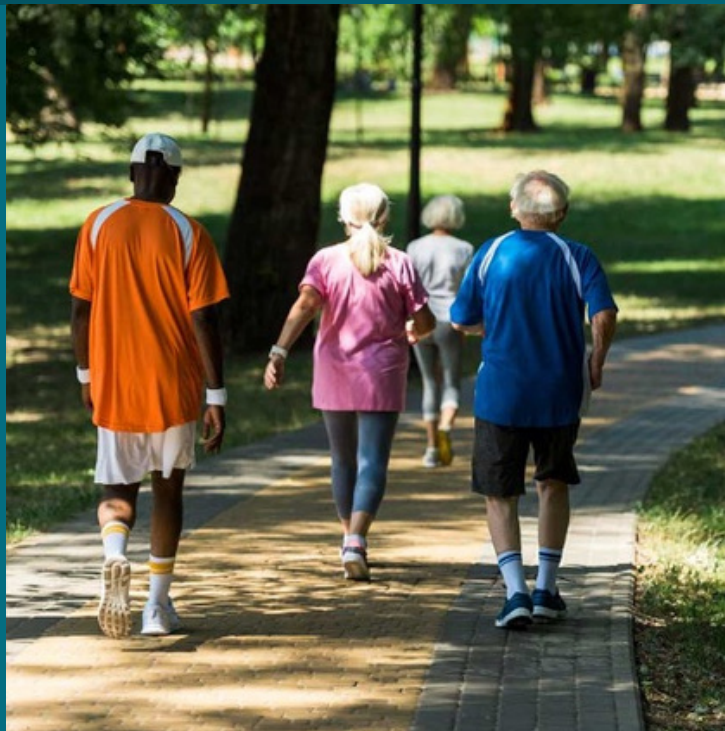
- Answer the phone only if the number calling is familiar to you. If not, let the phone go to voicemail. If it is legitimate the caller will leave a message.
- Remember official entities (government, your bank, etc.) will never call you to discuss something.
- Block potential spam phone numbers from calling you again.
- Never share personal information with an unfamiliar individual. This includes your birthday, social security number, banking information, etc.
- If someone calls saying they have an important message that requires your personal information, ask them to call a trusted love one of yours and hang up.



WHATEVER THE PROBLEM, IT'S PROBABLY SOLVED BY WALKING

BY ANDREW MCCARTHY

“Walking is man’s best medicine.”



Walking is the worst-kept secret I know. Its rewards hide under every step.

Perhaps because we take walking so much for granted, many of us often ignore its ample gifts. In truth, I doubt I would walk often or very far if its sole benefit was physical, despite the abundant proof of its value in that regard. There’s something else at play in walking that interests me more.

I discovered the power of ambling more than a quarter century ago when I traipsed 500 miles across Spain on the Camino de Santiago, an ancient pilgrimage route. I stumbled upon the Camino by accident and then trudged across Spain with purpose. I’ve been a walker ever since. And I’m not the only one.

Hippocrates proclaimed that “walking is man’s best medicine.” The good doctor also knew that walking provided more than mere physical benefits when he suggested: “If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk.” He was alluding to what so many who came after would attest, that walking not only nourishes the body but also soothes the mind while it burns off tension and makes our troubles recede into a more manageable perspective.

WHATEVER THE PROBLEM, IT'S PROBABLY SOLVED BY WALKING (CONTINUED)

Soren Kierkegaard agreed when he confessed, "I know of no thought so burdensome that one cannot walk away from it." And Charles Dickens was even more direct. "If I could not walk far and fast," he wrote, "I think I should just explode and perish."

But walking does more than keep the devil from the door. The Welsh poet (and sometime vagabond) W.H. Davies wrote:

Now shall I walk
Or shall I ride?
"Ride," Pleasure said.
"Walk," Joy replied.

Walking buoys the spirits in a way that feels real and earned. It feels owned. And walking, like a generous partner, meets us more than halfway.

There's abundant testimony that a good ramble fuels creativity. William Wordsworth swore by walking, as did Virginia Woolf. So did William Blake. Thomas Mann assured us, "Thoughts come clearly while one walks." J.K. Rowling observed there is "nothing like a nighttime stroll to give you ideas," while the turn-of-the-20th-century novelist Elizabeth von Arnim concluded that walking "is the perfect way of moving if you want to see into the life of things."

And ask any deep thinker about the benefits of what Bill Bryson calls the "tranquil tedium" walking elicits. Jean-Jacques Rousseau admitted, "There is something about walking that animates and activates my ideas." Even the resolutely pessimistic Friedrich Nietzsche had to give it up for a good saunter when he allowed, "All truly great thoughts are conceived while walking."

While my own ruminations may not approach the lofty heights to which Nietzsche referred, a good long walk, or even one not so long, begins to carve out space between my thoughts that allows clarity to rise up through my shoes in a way that no other mode of transport does. The travel writer and scholar Patrick Leigh Fermor put it succinctly when he said, "All horsepower corrupts."



WHATEVER THE PROBLEM, IT'S PROBABLY SOLVED BY WALKING (CONTINUED)

"I've come to understand walking as among the most valuable things I can do."

Until I went to Spain with the sole mission of crossing the country on foot, I often considered walking a waste of my time. The Camino changed that. The monthlong walk revealed me to myself in a way nothing else had – my looping pattern of thinking, my habitual emotion cycles, my fearful nature. The Camino wore down my resistance to seeing myself, and then step after step built me back up. It altered my place in the world.

Instead of viewing walking as simply the slowest way to get somewhere, I grew to see it not only as a means to an end, but as the event itself. And since I walked the Camino for a second time last year with my 19-year-old son, I've come to understand walking as among the most valuable things I can do.

The writer Rebecca Solnit pointed out that walking "is how the body measures itself against the earth." And through such physical communion, walking offers up its crowning gift by bringing us emotionally, even spiritually, home to ourselves. When on the last day of our walk my son turned to me and said, "Dad, that's the only '10 out of 10' thing I've ever done in my life," I knew he had arrived not only in Santiago de Compostela, but, more meaningfully, in himself.

The great naturalist John Muir keenly observed, "I only went out for a walk and ... going out, I found, was really going in." Has anyone ever emerged from ambling through nature for an hour and regretted their improved state of being? Perhaps this is what that dedicated walker Henry David Thoreau was referring to when he wrote, "I took a walk in the woods and came out taller than the trees."

So, the secret is out there. It's under the leaves on the trail. It's right there on the sidewalk. Lace up.



OFFICIAL APPOINTMENTS 2023

- Rev. Edwin Cardona is appointed parochial administrator of St. Mary Magdalen, Altamonte Springs, effective July 1, 2023
- Very Rev. John Giel, VG, JCL, is appointed pastor of Divine Mercy, Merritt Island, effective July 1, 2023
- Rev. George Nursey is appointed pastor of St. Stephen, Winter Springs, effective July 1, 2023
- Rev. Kenny Aquino is appointed pastor of St. Vincent de Paul, Wildwood, effective July 1, 2023
- Rev. Ferdinandus Sadiman, S.D.V. is appointed parochial vicar of St. Francis of Assisi, Apopka, effective July 1, 2023
- Rev. Andrew Kollannor, M.S. is appointed pastor of Good Shepherd, Orlando, effective June 30, 2023
- Rev. Joseph Everton, M.S. is appointed parochial vicar of Good Shepherd, Orlando, effective June 30, 2023
- Rev. Augustine Vazhavila is appointed parochial vicar of St. Paul, Leesburg, effective June 23, 2023



SENIOR SERVICE – BY COUNTY

ORANGE COUNTY

Seniors First, Inc.

Services:

Meals on Wheels
In-Home Care
Guardianship
Stepping Stone Medical Equipment

5395 LB McLeod Road
Orlando, FL 32811
(407) 292-0177
Email: info@seniorsfirstinc.org

SEMINOLE COUNTY

Meals on Wheels, Etc.

Services:

Meals on Wheels
Transportation
Homemaking Services
Chores & Home Improvements

2801 S. Financial Court
Sanford, FL 32773
(407) 333-8877
Email: info@mealsetc.org

BREVARD COUNTY

Aging Matters in Brevard

Services:

Meals on Wheels
Seniors At Lunch
Transportation
Catering

3600 W. King Street
Cocoa, FL 32926
(321) 632-0469
www.AgingMattersBrevard.org

OSCEOLA COUNTY

Osceola County Council on Aging,
Inc.

Services:

In Home Services
Nutrition
Transportation
Weatherization/Chores

700 Generation Point
Kissimmee, FL 34744
(407) 846-8532
Email: info@osceola-coa.com

UPPER ROOM CRISIS HOTLINE

The Upper Room Hotline is a faith based hotline in the Catholic Tradition. The Upper room Crisis Hotline is motivated by the mercy and compassion of Jesus. The Upper Room provides a non-judgmental listening and referral hotline to anyone in spiritual need including clergy, religious, and lay people of all faiths.

Call 1-888-808-8724 Central Time between 8:00 a.m.–10:00 p.m., Monday - Friday.

SENIOR SERVICES - BY COUNTY, CONT'D

VOLUSIA COUNTY

Council on Aging of Volusia County

Services :

- Personal Care
- Chores
- Meal Services
- Respite Program
- Guardianship
- Senior Activities

420 Fentress Blvd.
Daytona Beach, FL 32114
Phone: (386) 253-4700
Fax: (386) 253-6300

POLK COUNTY

VISTE (Volunteers in Service to the Elderly)

Services:

- Transportation
- Supplemental Groceries
- Hot Meals
- Birthdays

1232 E. Magnolia Street
Lakeland, FL 33801
Phone: (863) 284-0828
Email: info@viste.org

SUMTER COUNTY

Mid Florida Community Services, Inc.
Free Meals - Tuesdays and Wednesdays
Breakfast at 9:00 a.m.
Lunch at 11:00 a.m.
410 East Belt Avenue
Bushnell, FL 33513
Phone: (352) 793-6111
(Pre-registration required)

MARION COUNTY

Marion Senior Services

Services :

- Nutritional Programs
- Transportation
- In-home support
(Including, Adult Day Care, Case Management, Emergency Alerts, Energy Assistance, Homemaker Services, Meals on Wheels, Personal Care, Respite Care, Nutritional Supplement, etc.

1101 SW 20th Court
Ocala, FL 34471
Phone: (352) 620-3501

LAKE COUNTY

Elder Options

Services :

- Elder Helpline -
Get Help: (800) 262-2243
- Elder Abuse Prevention
- Options & Benefits Counseling
- SHINE-Guidance on health insurance
- Saavy Caregiver Training
- Care Transitions Program
- Healthy Aging Classes
- Tele-Talk

100 SW 75th Street, Suite 301
Gainesville, FL 32607
Phone: (800) 262-2243
Fax: (352) 378-1256

BIRTHDAYS

JULY

Rev. Robert Fuchek
Very Rev. Fernando Gil
Rev. Andrzej Jurkiewicz
Rev. Ronald Krisman
Rev. Kenneth Metz
Rev. Robert Mitchell
Rev. William Neumann
Rev. Andrew Nguyen
Rev. William Zamborsky

Let's Celebrate!

AUGUST

Very Rev. Anthony Aarons
Rev. George Dunne
Rev. Michael Farrell
Rev. Martin Gerber
Rev. Robert Hoeffner
Rev. Thomas McMackin
Rev. Mark Wajda

SEPTEMBER

Monsignor John Bluett
Rev. Anthony Bluett
Rev. William Finley
Rev. Paul Henry
Very Rev. Edward McCarthy
Rev. Andrew Wawrzycki

PRIEST ORDINATION ANNIVERSARIES

AUGUST

Rev. Tito Nel Rojas

55 years

SEPTEMBER

Very Rev. Edward McCarthy

52 years



ANNIVERSARY OF DECEASED PRIESTS

JULY

Rev. Felix Banos
Rev. Frank Mutsko
Rev. Joseph Nolin
Monsignor Valentine Sheedy
Rev. Francis Smith

AUGUST

Rev. Michael Hannon
Rev. Donald Mainardi
Rev. Sean Shine
Rev. Peter Uniowski

SEPTEMBER

Monsignor Patrick Caverly
Very Rev. John McCormick



A PRIEST FOREVER

A Priest

To live in the midst of the world
without wishing its pleasures;
To be a member of each family,
yet belonging to none;
To share all suffering;
to penetrate all secrets;
To heal all wounds;
to go from men to God
and offer Him their prayers;
To return from God to men
to bring pardon and hope;
To have a heart of fire for Charity,
and a heart of bronze for Chastity
To teach and to pardon,
console and bless always.
My God, what a life;
and it is yours,
O priest of Jesus Christ.

—Lacordaire



