



Senior Priest Connections

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BISHOP'S LETTER

Checking your list twice
with a spiritual lens

My Sisters and Brothers in Christ:

Grace and peace of our Lord Jesus Christ be with you this holy season of Advent. How marvelous is God to offer us His sacred comfort – the comfort we receive when we partake of the Eucharist. This sacred comfort is everlasting; for He is with us always, generation to generation for all time.

Continued

Checking your list twice with a spiritual lens

I do not think it can get any better than that! Yet, I find in our encounters, that we are constantly seeking, not with a focus on God who transcends our daily living, but on other things. We have only to look at our Christmas lists to recognize that our heart may not be “rightly set.”

The Catholic Church gives us this glorious season of Advent to prepare the way of the Lord! We are called to make straight in the wasteland a highway for our God! Isaiah the prophet tells us to shout to the world about God and, without fear, be the herald of His Good News. We are called to proclaim peace to all the people.

Pope Francis said, the greatest gift is Jesus “being in our midst, in our being in His presence and company. He walks with us. He shows us the path of love. He lifts us up when we fall, and with such tenderness. He supports us in our labors. He accompanies us in every circumstance of life.”

We look to the faith of our Blessed Mother to understand how God works through each one of us to comfort each one and to grant us His salvation. In Mary, God rejoices and is especially pleased as the angel Gabriel calls her, “blessed.” He hosts in her womb the very source of our life, Jesus, the Son of God. She lives intimately united to her Son, to show us how to straighten our crooked paths and to let everyone know of His great light by our own daily living. She challenges us to become merciful, loving people that all communities become oases and sources of charity, that everyone know of God’s indelible comfort.

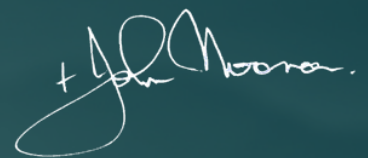
Let us make haste to be ready to receive Jesus, no matter the day, time, or year. Let us empty ourselves of our old ways of thinking. We return to our focus on God and clear out the sin that clouds our vision of God. I recommend we avail ourselves to the Sacrament of Penance so that we are ready to receive God’s forgiveness to be renewed by His abiding presence within us.

Continued

Checking your list twice with a spiritual lens

Let us go back to that Christmas wish list and rethink it based upon our transfigured highway to God. Is there an action of charity listed? Is there a conversation with someone you need to forgive? Is there a time for praying with the family? Is there a desire to participate in the celebration of Mass? What might you add to keep you on God's path?

Pope Francis exhorts us, "(T)he Word of God speaks to us of mission. Where does mission originate? The answer is simple: it originates from a call, the Lord's call, and when He calls people, He does so with a view to sending them out. How is the one sent out meant to live? What are the reference points of Christian mission? Every Christian, and especially you and I, is called to be a bearer of this message of hope that gives serenity and joy: God's consolation, His tenderness towards all. But if we first experience the joy of being consoled by Him, of being loved by Him, then we can bring that joy to others. This is important if our mission is to be fruitful: to feel God's consolation and to pass it on to others!"



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



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Calendar of Events

January 26, 2024 Memorial Mass

Beginning at 8:30 a.m. at San Pedro Spiritual Development Center

February 23, 2024 Memorial Mass

Beginning at 8:30 a.m. at San Pedro Spiritual Development Center

March 29th, 2024 Memorial Mass

Beginning at 8:30 a.m. at San Pedro Spiritual Development Center

From the Vicar of Senior Priests

Dear Brothers,

Our October senior priests' retreat with Greg Pierce, reflecting on Frank Cunningham's "Engaging the Gifts of Growing Older," offered a chance to reflect on "Growing Old. Gracefully." Three distinct forces of nature and soul for which it seems very little preparation is possible.

My take-away: you just have to live it.

I edited one of Frank's quotes (p. 31). It seemed to speak well to the call to "just live it." The last line reads: "Don't shy away from dissonance." Truth be told, we would probably say most of our ministries have been dedicated to helping folks find and restore balance and harmony in their lives. Maybe our efforts were mostly in terms of "taming" the dissonance and the absences of harmony.

Of recent, as I am sure it is with all of you, my newest best friends are the community of folks I find myself engaging with in doctor office waiting rooms, imaging center waiting rooms, laboratory waiting rooms, treatment center waiting rooms, etc. Talk about lives all out of balance! Wow! Mine included! And yet, what amazing encounters with wisdom and joy among these people whose lives are full of so many "unknowns".

That quote which I edited has another sentence that probably should stand alone, too: "Go deeper." This may be the secret toward "embracing" the dissonance in our lives.

Maybe one Sunday, for the homily, all parishes of the diocese should share on their video screens a recording of each of us reflecting on this dissonance in our respective lives. I bet the Spirit would transform that moment into a proclamation of what living more deeply, more transcendently, looks like... and give to our faith communities the "real" Jesus and His confidence in us to share in His mission.

Peace to all of you,

A handwritten signature in white ink that reads "Fred". The signature is stylized and cursive, with a large initial 'F'.

*Rev. Fred Ruse
Vicar for Senior Priests*



Ministry Opportunity

Are you willing to assist with Masses? We are gathering a list of available priests willing to preside at Masses for the Office of Permanent Deacons, Office of Laity and Family Life, etc.

Contact Jennifer at 407-246-4898 or jkuhn@orlandodiocese.org.

Emmaus

(SENIOR PRIEST INDEPENDENT LIVING COMMUNITY)

COST DIFFERENCES OWNING/RENTING

LIVING AT EMMAUS

You live in a 1,000 sq ft, furnished apartment in a gated community for priests

Services included:

- Taxes & Insurance
- Utilities (Water & Electric)
- Whole house Internet service
- Maintenance & Repair (HVAC, Landscaping, Preventative Maintenance, Pest Control)
- Weekly Housekeeping

COST: \$1, 000/MONTH

WHEN YOU OWN OR RENT A HOME

You pay:

- Mortgage/Rent
- Taxes and Insurance
- Utilities (Water & Electric)
- Internet/Cable
- Maintenance & Repair (HVAC, Landscaping, Preventative Maintenance, Pest Control)
- Housekeeping
- HOA/Condo Association Fee

Estimate your monthly expenses.



Emmaus



SEE WHAT'S INSIDE

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

(407) 246-4898

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

Top 12 Tips for Aging with Grace

DR. ROSEMARY LAIRD



Growing older has its challenges. As we approach the start of a new year, consider spending some time next year investing in yourself! Here are 12 tips on physical fitness, brain fitness, your medical health, and financial/retirement planning. Consider reviewing one area each month of 2024.

1. Move It or Lose It!

Get 30 to 40 minutes of moderate activity five days each week.

No one wants to lose what we hold most dear: our independence. Study after study has shown that individuals who exercise regularly live longer and remain independent longer than those who do not. Not active now? Start with a regular walk of 10 minutes and build up. Find other ideas here: [nihseniorhealth.org](https://www.nihseniorhealth.org)

2. Exercise, Exercise, Exercise...your BRAIN

Schedule one challenging cognitive activity each day.

Research shows staying cognitively active will help reduce your risk of Alzheimer's disease. Boost your brain fitness by adding new types of activities often. For example, learn a new craft or hobby, write your autobiography, take up a new sport, attend adult learning courses on new topics, and memorize your shopping list.

3. Eat to Live, Don't Live to Eat

Weigh yourself daily.

Maintaining proper weight throughout your life increases your chances of good health, independence, and longevity. Consider a 65 year-old who is 25 pounds overweight. He risks diabetes and reduced mobility. The loss of just five pounds has been shown to benefit blood pressure and control sugar levels in diabetics.

Top 12 Tips for Aging with Grace

4. Know your Numbers!

Keep track of key health indicators.

-These are the most important facts, so do your own tracking.

-Start a log with the following information:

Blood pressure and heart rate, Cholesterol (total and LDL), Fasting glucose, GFR, creatinine and BUN.

If any of these numbers increase from year to year, by even a small amount, ask your primary care provider to review closely and advise if any action is needed.

5. Hearing and Vision

Do an annual check of vision and hearing.

The research evidence is mounting. Any loss to our hearing and vision can lead to loss of overall brain function. Get checked annually and follow advice for hearing aids and glasses.

6. Medicate Sparingly

Do an Annual Review of Prescription and Over the Counter Medications.

Medications can be vital to maintaining health, but they have side effects and create additional problems. Each year review all of your medications with your primary care provider or pharmacist:

- Why am I taking this medication?
- Is it working?
- Am I experiencing any side effects and if so, are they worth it?

7. An Apple A Day...

Have an annual wellness exam with your primary care provider.

Talk to your primary care provider about prevention. A good time to do this is during an Annual Wellness Visit, specifically reserved for preventive care.

Categories to discuss:

- Cancer prevention: Colon, Skin, Lung, any others you may be at risk for
- Preventive medications: Heart health, Bone health
- Preventive vaccinations: Flu, Tetanus, Pneumonia, Hepatitis B

Be sure to ask about the newest: Shingles, and Respiratory Syncytial Virus.

Continued

Top 12 Tips for Aging with Grace

8. Sleep is Good... When You Can Get It***Aim for 7 hours and talk to your primary care provider if needed.***

Sleep problems are common among older adults. Sleep interruptions, difficulty falling asleep and daytime sleepiness are common. New research show we need a minimum seven hours each night for maximum health. Avoid typical over the counter remedies that often don't work and can do more harm.

9. Retire with a Purpose***Stay socially connected and physically active. Don't retreat.***

You have all lived lives of great purpose. As you adjust in the coming years, studies suggest you pursue interests that you enjoy and focus on keeping yourself socially connected and physically active.

10. Stay Connected: The Power of Social Engagement***Nurture ties with family and friends.***

Social ties protect us. Research has demonstrated strong links between social ties and longevity, quality of life and reduced morbidity. As you plan your work and social time, keep a balance that includes strong family and community ties.

11. Plan for Your Future***Go ahead, become a "planner"!***

Many of us don't want to plan too far in advance, but then we scramble when something "unexpected" happens. As we get older, our personal financial health and healthcare needs are two areas that deserve a lot of planning and preparation.

12. Play it Safe!***Stay active, but stay safe.***

I mentioned staying active, and I meant it, but it is also critical to avoid injury. As we age, our bodies lose the resilience of youth and the healing processes and recovery in general slow. Consider a fall detection device, found on smart watches, or personal emergency response device.

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 Service - 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

January

Msgr. Manuel Fernandez
Rev. Robert Markunas
Rev. Joseph Roberts
Rev. Cromwell Cabrisos
Rev. Luis Osorio
Rev. Augustine Clark

Let's Celebrate!

February

Rev. Tito Nel Rojas
Rev. William Hanley
Rev. William Gohring
Rev. Steven Olds
Rev. Vigny (Joseph) Bellerive, JCD

March

Msgr. Fabian Gimeno
Rev. Andrew Mallick

Priest Ordination Anniversaries

January

Rev. Augustine Clark
Rev. Joseph Pinchock

39 years
52 years

February

Rev. Thomas McMackin

61 years

March

Rev. Alvaro Jimenez

40 years



Anniversary of Deceased Priests

January

Reverend Eamon Tobin
Reverend Luiz Bastos
Reverend Hugh Flynn
Reverend William Holmes
Reverend Mark Wegg
Reverend Michael Flynn
Reverend Michael Reynolds
Reverend James F. Edwards
Reverend Peter Quinn

February

Reverend Brendan Donnelly
Reverend Anthony Palmese
Reverend Michael Hanrahan
Reverend Edward Condren
Msgr. Edward Thompson
Reverend Antonio Pons
Reverend Patrick Malone
Most Reverend Norbert Dorsey, C.P.
Reverend Larry Lossing
Reverend Carlos Aizpun

March

Reverend Paul Kajdan
Reverend Thomas Gross
Msgr. Martin B Power
Reverend John Ryan
Reverend Sean P. Molloy



A Priest Forever

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



Diocesan Website

We have a new website. It looks wonderful and is so easy to use. If you haven't already, please check it out.

orlandodiocese.org



