THERE IS SOMEONE READY TO LISTEN...

People expect you, a priest, with all of your spiritual resources, to be able to cope with the ups and downs of life. There can be a time, however, when there is something that is deeply troubling you. You would like to talk with someone about it, but you fear that you will scandalize the listener. You know from your own ministry that talking about an issue is the first step in defining it and finding help to address it. You yourself have been the “first listener” to many a troubled person. But now you are the troubled person.

There is someone ready to listen at THE UPPER ROOM CRISIS HOTLINE: 888-808-8724.

The callers to THE UPPER ROOM CRISIS HOTLINE are priests, deacons or religious brothers who need to talk to an anonymous, compassionate person to discuss or explore life issues or concerns. All calls are anonymous; no name or other identifying information will be asked or required except in a life-threatening emergency.

All volunteers go by code-names so they are never personally identified. The trained volunteers are available to those who care to call. The caller will not be judged regardless of the content of the call, and all responses will be non-directive, i.e., the volunteer will assist the caller to respond to his concern or crisis in a manner best suited to his current situation and life’s goals.

THE UPPER ROOM CRISIS HOTLINE networks with services and agencies to serve the person in need. Crisis intervention and suicide prevention services will make every effort to save the lives of priests, deacons, or brothers who are desperate in their life situation and feel self-destruction is their last resort. THE UPPER ROOM CRISIS HOTLINE will go to any length to offer support and to assist individuals in whatever way possible to enable them to carry out the mission of the priesthood and religious life. Appropriate referrals will be given for assistance that cannot be offered over the telephone.

Often, the caller will have a problem or concern that cannot be resolved with only one call. Follow-up calls are invited by either the caller returning a call to the Crisis Hotline, or the volunteer, with permission of the caller, will return a call to ascertain that the caller has been helped. If, for some reason, the caller has not received the assistance needed, the volunteer will work with the caller to find another resource.

The services of THE UPPER ROOM CRISIS HOTLINE are available every day of the year, twenty-four hours a day. THE UPPER ROOM CRISIS HOTLINE is a unique, comprehensive national crisis hotline serving the needs of clergy and men religious. It is a private, not-for-profit Corporation registered in the State of Illinois. A Board of Directors consists of clergy, men and women religious, and selected laypersons interested in promoting the welfare of clergy and men religious. More information is available online at http://www.theupperroomcrisishotline.org

SUNSHINE CALLS

One of the most helpful services of THE UPPER ROOM CRISIS HOTLINE is to befriend the elderly priests, deacons, and brothers who either live alone or in small groups. A daily call is made, 365 days a year, to check on their safety and well-being, but also to be a listening, caring friend to brighten their day. The Line will have on hand the names of their doctors, their superiors or closest religious contact, and the names of family members to contact in case of an emergency. This service has saved lives in the past and has sent medical assistance necessary to help the person who has fallen or become ill and could not reach out for help.
CONNECTIONS YOU MIGHT WANT TO MAKE

SAVE THE DATE — APRIL 17, 2014

Please watch your mail in early April for a personal letter from Archbishop Listecki inviting you to share dinner and concelebrate the Mass of the Lord’s Supper at the Cathedral of Saint John the Evangelist on Holy Thursday evening, April 17, 2014.

FUNDING AVAILABLE

SPRING ASSEMBLY OF PRIESTS
THE ABBEY RESORT IN FONTANA ~ MAY 5-7

The 30th Annual Spring Assembly of Priests will take place Monday-Wednesday, May 5-7, 2014 at The Abbey Resort Fontana, Wisconsin. You can make a confidential request for partial or complete funding by contacting Fr. Jim Lobacz at 414-769-3496.

PRAY FOR OUR PILGRIMS

Please pray for Archbishop Listecki, Bishop Hying and some 80 members of the Archdiocese of Milwaukee as they make a pilgrimage for the canonizations of Blessed Pope John XXIII and Blessed John Paul II in Rome. The group departs on April 21 and returns on April 29.

ARCHDIOCESAN SYNOD

Pray for the success of our Archdiocesan Synod, June 6th to June 8. There are several Senior Priest delegates that will represent you and your vision for the future. Feel free to call Frs. Dennis Ackeret, George Gajdos, Joseph Hornacek and Jerome Hudziak to share your thoughts. You can also make your input at district synod gatherings.

QUESTIONS ABOUT INSURANCE?

If you have questions about your participation in the St. Raphael Insurance Plan, please call Deanna Foley at 414-769-3540. She is there to help you navigate the ins and outs of insurance.

LOOKING AHEAD MONEYWISE

The Priest Pension Monthly Benefit will continue in the next fiscal year, July 1, 2014 to June 30, 2015 at the $1,400.00 per month rate that took effect July 1, 2013.

DID YOU KNOW?

Did you know that one of the intentions of Pope Francis for February 2014 was: “That the Church and society may respect the wisdom and experience of older people.” Bishop Sklba brought this up on every possible occasion during the month of February!

QUESTIONS ON LOCAL CONNECTIONS ? CALL FATHER JIM 414-769-3496
WHEN IF SEMINAR

“WHAT IF?”

The old adage “There is no place like home” is actually affirmed by sociological research that supports independent living as the best environment for the elderly to maintain their health and well-being. The Vicar of Senior Priests, in conjunction with Catholic Charities, is happy to sponsor a seminar that highlights the kinds of home services that can keep senior priests living as independently as possible for as long as possible. The seminar answers such questions as:

- What if I just can’t keep up taking care of my home?
- What if I am finding it difficult to do shopping or get prescriptions?
- What if I need some short term help at home after a surgery?
- What if I need physical or occupational therapy?
- Who provides these kinds of in home services?
- What do these in home services cost?
- Who pays for these in home services?

You may be interested in this seminar not for yourself but for someone that you care for.

**Thursday, April 10th, 12:30 PM to 3:00 PM**
Archbishop Cousins Catholic Center Room E-122

Register by contacting Sr. Kathleen Schweihs
414-769-3484 (Office Phone)
schweihs@archmil.org (Email)

Register Online! [What If Registration Form](#)

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FOOD FOR LENTEN THOUGHT

“Actually there are only two philosophies of life: one is first the feast and then the headache; the other is first the fast and then the feast. Deferred joys purchased by sacrifice are always the sweetest.”

- Bishop Fulton J. Sheen, Venerable Servant of God
ALZHEIMER’S, LIFE PURPOSE, AND "MATTERING"

Richard P. Johnson, Ph.D., PCSG

If physical exercise is seen as the closest thing we have to a panacea for preventing and healing sickness, it seems that having a life purpose might be the closest thing we have to a panacea for mental decline in our later years.

A truly significant research article in the Archives of General Psychiatry (Vol. 69, Number 5, May, 2012), that connects a subjective sense of life purpose and Alzheimer's Disease, has brought us a step closer to realizing that we do have much more volitional power over our physical, mental, and spiritual health than we formerly believed. Here's some edited and annotated (by me) excerpts from a review article I found about the study...

A sense of purpose in life: 1) believing what you do matters, 2) that you are doing good, and 3) that you are on a meaningful path, has been shown in earlier studies to contribute to a greater sense of well-being and better overall health. Now it seems that having a firm purpose in life also helps to dampen the ravages of Alzheimer's disease, a new study reports. The findings come from Rush University Medical Center in Chicago, where researchers have studied more than 1,500 seniors since 1997. All were free of dementia at the start of the study.

Alzheimer's is thought to be a brain disease where plaques and tangles build up in the brain. As plaques and tangles accumulate, memory and thinking skills tend to deteriorate essentially blocking connections between and among neurons; all this gradually slows down, and can eventually rob us of, established memory and thinking patterns.

But many older people who have relatively large amounts of plaques and tangles in their brains do not develop serious memory problems. One theory is that these individuals may have a high cognitive reserve - an enhanced network of interconnections between brain cells that protects them against cognitive decline. If some parts of the brain are damaged by Alzheimer's, other healthy brain areas may help to compensate for the losses.

The researchers at Rush, led by Dr. Patricia Boyle, Ph.D., sought to determine whether having a strong purpose in life might bolster the brain, perhaps by strengthening cognitive reserve. They examined how many plaques and tangles present in in the brains of those who had died, and compared it to how they had scored on their earlier sense of purpose surveys.

Those who scored high on a "sense of purpose survey" were just as likely as to have plaques and tangles in their brains as those who scored low, the study found. But despite having the same amount of plaques and tangles, those with a strong sense of life purpose scored higher on tests of memory and thinking.

"These findings suggest that purpose in life protects against the harmful effects of plaques and tangles on memory and other thinking abilities," said Dr. Boyle, Ph.D. "This is encouraging and suggests that engaging in meaningful and purposeful activities promotes cognitive health in old age."

While developing a strong sense of purpose in life is no guarantee that someone will not get Alzheimer's, it certainly may help. As researchers continue to search for new ways to treat Alzheimer's and alter its course, any measure that may help to protect the brain may be wise.

We Find Life Purpose in Mattering

Mattering seems a strange concept for psychological research, yet it's finding its way into thinking on developmental issues, especially in later life. Mattering is a subjective understanding, or belief, or even feeling, that other people around us, and particularly people who are important to us "have our back" (vernacular) or feel positively toward us.

DO YOU HAVE NEWS TO SHARE? CALL FR. LOBACZ: 414-769-3496
ALZHEIMER’S, LIFE PURPOSE, AND ”MATTERING” - continued from page 4

We are said to feel that we "matter" when we believe that those significant to us:
1. View us as important and significant
2. Show interest in us
3. Pay attention to our thoughts and feelings
4. Depend on us, and/or
5. Are Concerned about Our Future

The research that has been done on mattering clearly shows its value. Those who feel that they matter:
1. Show higher levels of self-esteem
2. Exhibit lower levels of stress and depression
3. Register greater psychosocial well-being
4. Show higher overall wellness
5. Demonstrate a higher sense of purpose and/or Personal meaning

This is pretty impressive when we combine it with the fact that the number emotional malady of the later years is depression: loss of life purpose, loss of the subjective sense of life meaning, and a sense that one "doesn't matter!" The question becomes... how can we personally raise the sense of "mattering" in our lives? I'd like to investigate this question in later blogs.

Until then... Stay light and be bright in Jesus,
Richard

Contact Information
The Well, Wise & Whole Monthly is the FREE monthly e-newsletter of the JOHNSON Institute. The JOHNSON Institute is devoted to sharing information & enhancing excellence in ongoing faith & spiritual formation for maturing adults in:
1) Midlife (Boomers), 2) Retirement Life (Builders), and 3) Senior Adult Life (Elders).

The Well, Wise & Whole Monthly:
Strives to provide an ongoing flow of practical information that can be used directly with maturing adults.
Offers training and certification opportunities through its educational arm, the JOHNSON Institute for Maturing Adult Faith Formation and Spiritual Gerontology.

All readers of the Well, Wise & Whole Monthly are encouraged to continue their education in spiritual gerontology. Education is the key to becoming more effective with the maturing adults you serve, and, in addition, gives rise to your own spiritual invigoration. Please consider pursuing your PCSG (Professional Certificate in Spiritual Gerontology) through the JOHNSON Institute.

Anyone interested in lifelong adult faith formation and development is invited to receive this FREE e-publication. You are encouraged to forward this issue to any and all persons who may find this information of interest.

All opinions expressed herein are those of the author. Permission is granted to reproduce this issue in whole or in part providing that its source is identified.

Please feel free to contact us directly.
Phone ............... 636-273-6898
FAX ................. 636-273-6899
E-mail .............. drjohnson@lifelongadultministry.org
Sign Up Via Internet for the Well, Wise & Whole Monthly Newsletter
FINDING PEACE AND PURPOSE

What is This?
This program is designed to assist priests who are no longer in full-time ministry enjoy their life as senior priests. The program was developed by Dr. Robert P. Johnson, a clinical psychologist and devout Catholic who anchors The Johnson Institute. Dr. Johnson is nationally recognized for his pioneering work in Maturing Adult Faith Formation & Spiritual Gerontology. He is invited into many parishes, dioceses, and religious communities for consultation, workshops, retreats, and other educational work.

What are the Factors for Successful Living?
Through his research Dr. Johnson has developed 15 factors for successful living as a senior priest. He sees that priests who appropriately address these developmental tasks remain happier, healthier and more productive.

1. Ministry Reorientation
2. Attitude Toward Retirement
3. Self-Direction
4. Health Perception
5. Financial Security
6. Current Life Satisfaction
7. Projected Life Satisfaction
8. Life Meaning/Spirituality
9. Leisure Interests
10. Personal Adaptability
11. Spiritual Luster
12. Felt Responsibility for Caregiving
13. Personal Support System
14. Perception of Age
15. Reformation of Priest Work Functions

FINDING PEACE AND PURPOSE AS A SENIOR PRIEST

How Does This Work?
Father Jim arranges for you to receive the questionnaire, The Gift of Experience Profile for Diocesan Priests, through the mail. You return your completed answer sheet to the Johnson Institute, where it will be scored. The Johnson Institute will send you a complete personal 23 page, spiral bound Retirement Success Profile for Diocesan Priests. The profile will offer insights on which of the 15 factors are going well as well as areas for you to improve your life as a senior priest. The Institute sends you your information directly and confidentially. No aggregate of statistics is sent to the facilitator. No individual identities are revealed. You do not pay anything for this program. The $25 fee is paid for you by the vicar’s budget.

What About Follow Up?
If you so choose, there are three ways to follow up.

1) You can attend a workshop with other senior priests from our archdiocese which will be facilitated by Fr. Lobacz. The workshop will be offered on Thursday, April 3rd, 10:30 AM—2:30 PM at St. Francis de Sales Seminary. This program includes lunch. There is no charge.
2) You can meet with Fr. Lobacz on an individual basis. The content of this appointment is held in strictest confidence.
3) You can purchase books that Dr. Johnson has written. More information is available at the Johnson Institute website http://www.senioradultministry.com.

Register by contacting Sr. Kathleen
414-769-3484 (Office Phone)
schewihsk@archmil.org (Email)

Register Online on the Finding Peace and Purpose Registration Form
BEGINNING A FITNESS WALKING PROGRAM

You know you want to begin a fitness program, but don't know where to start. It's easy! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

HOW TO START: First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.

WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

DRINK PLENTY OF WATER before, during, and after walking. Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few warm up / flexibility drills. Then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (a minimum of 5 days a week is a good goal). After you have formed the habit you will want to evaluate your program and your goals. Here are some general guidelines:

If you are walking for the general health benefits try to walk 30 minutes a day, most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)

To improve cardiovascular fitness you should walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing hard but not gasping for air.

NOTICE: If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

For more information go to www.thewalkingsite.com

WALK THE COUSINS CENTER

Priests are welcome to use the corridors of Archbishop Cousins Catholic Center during regular business hours for walking.

Father Jim will provide a cold bottle of water for free!

"When is the last time you talked with one of your old Seminary buddies? Pick up the phone and call him!"
WHAT ARE YOU UP TO NOW?

Father Howard Johnson
Father Howard Johnson truly enjoys all things growing in his yard. He knows the names of all of trees, shrubs and bushes on his property. There are many kinds of flowers that are carefully tended to that blossom at various times of the growing season. The grass has not even one kind of weed encroaching on that green carpet he refers to as his lawn.

Father Louis Wilimek
During his years of active ministry Father Louis Wilimek developed a great interest in pastoral counseling. Voracious reader that he is, he has kept abreast of this field. He also continues to offer pastoral counseling to a variety of individuals and families.

Father Dominic Roscioli
Drawing on his own experience as a cancer survivor and a long time participant in Paul Newman’s camps for children with cancer, Fr. Dominic Roscioli offers Parish Missions and inspiring presentations in other formats. He is well known for his story telling. Through his vehicle he relates the experiences in his own life to the challenges faced by people in their everyday lives.