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# COURIER-JOURNAL

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## St. Patrick

This stained glass rendering of St. Patrick adorns a sanctuary window of St. Francis of Assisi Church in Staunton, Va. The Church celebrates the feast of the Apostle of Ireland March 17. (RNS)

## Deportation Threat Sparks Local Fire

The possible deportation of 4,000 Haitians who have taken refuge in the United States has drawn the fire of the Cuban/Haitian Refugee Committee.

That committee, a local ecumenical group with major representation from the diocese, last week encouraged the community to write letters to President Reagan, Secretary of State Haig and local representatives to stop the deportation proceedings now under way.

According to Maurice Tierney, director of Catholic Charities and a member of the committee, letter writers are also being asked to press for granting permanent refugee status to those Haitians who have entered the United States since April 19, 1980.

The group has assisted in the settlement of 16 Haitians in this area to date. It projects that it will assist 25 more in 1981.

## St. Mary's to Pioneer In Cardiac Rehabilitation

St. Mary's Hospital has begun the City's first Cardiac Rehabilitation program, designed to assist patients who have suffered heart attacks to return to normal life, work and family responsibilities.

A hospital release stated that cardiac patients discharged from any area hospital may take part in the new program.

The release said: "After recommendation by their own private physician, patients are screened and evaluated by cardiologists at St. Mary's and then begin an 8-12 week educational, counseling and exercise program which will ready them for their resumption of normal living."

The exercise part of the rehabilitation takes place in a newly equipped area of the

hospital. Patients meet three times a week for 45 minutes. The sessions include warm-up calisthenics, dynamic aerobic exercises with equipment including bicycle ergometers, treadmills, rowing machines, mounted pulleys and others.

Patients are monitored by telemetry throughout their exercises. Each patient works at a level prescribed by the cardiologist.

According to Dr. Alvani Santos, one of the hospital cardiologists who was instrumental in setting up the program, the rehabilitation helps patients lose weight, stop smoking, and reduce heart rate, blood pressure and cholesterol levels. "All these factors have combined to reduce hospitalization rates and speed the return of heart patients to work," he said.

## Father Leo D. Ward Dies in Maryland

Funeral rites were celebrated Friday and Saturday, March 6 and 7 for Father Leo D. Ward, a native of Rochester who died in Hyattsville, Md., March 5, 1981.

Father Ward served in both Korea and Vietnam. Though ordained for the diocesan priesthood here,

Father Ward was commissioned as a chaplain in the United States Navy in 1950 and served mostly outside of the diocese for the remainder of his priestly ministry.

The son of Peter and Catherine Ward was born in 1919; he attended St. Monica school, Aquinas Institute,

and St. Andrew's and St. Bernard's seminaries, and was ordained by Bishop James E. Kearney in 1946.

He served two assistant pastorates here, at St. Charles Borromeo in Elmira Heights, and St. Bridget's in Rochester.

In 1954, in the aftermath of the disaster aboard the U.S.S. Bennington aircraft carrier near Quonset, R.I., Father Ward was the first chaplain to establish communications between the men aboard and relatives on shore.

In 1961, Father Ward, senior chaplain at Quantico with the rank of Lieutenant Commander, greeted Cardinal Francis Spellman who celebrated Mass marking the 186th anniversary of the founding of the Marine Corps.

For the past 11 years, Father Ward served with the Military Ordinate on bases: Gitmo in Cuba, McClellan in



FATHER WARD

California and Ritchie in Maryland. In addition, he served briefly here at St. Mark's, St. Anne's Home and Rochester General Hospital, though he maintained residence in Hyattsville.

Father Ward is survived by his brothers, Father Lawrence E. Ward and Vincent P. Ward; his sisters, Mrs. Edward F. (Catherine) Brayer of Hyattsville, Mrs. Anne Marie Rhodes, Mrs. Frances E. Harper, Mrs. Joan Rose Tschetter; several niece and nephews.

## Lenten Regulations

Good Friday is a day of both fast and abstinence.

Other Fridays of Lent are days of abstinence from meat.

The fast is defined as one full meal a day, with two lighter meals. It is required of those 21 to 59 years of age.

The prohibition against meat on Fridays applies to those 14 years of age and older.

A Catholic should not lightly excuse himself from these practices.

## Dialysis Helps and Hurts Too

By Martin Toombs  
Southern Tier Editor

Elmira — Although kidney dialysis patients can "feel good," and in many other ways be restored to good health, the life-sustaining, time-consuming treatments themselves can become a handicap.

Patients whose kidneys fail will die without the blood purification done in hemodialysis. That treatment becomes a regular part of their lives, typically taking four hours, three times each week. The only other treatment for the condition is a kidney transplant.

The time required for the treatments and other factors can prevent dialysis patients from picking up their lives as they were before they began suffering from kidney disease.

Some of the dialysis patients have been making thrice-weekly visits to the Arnot-Ogden Hospital for more than eight years, Jean Shields, head nurse of the dialysis unit, said. That means that "we get to know the patients very well," she commented.

Fran Aker has been receiving dialysis treatments at the Arnot-Ogden for three years now, and she praised the

support of the unit's staff and fellow patients as helping "a lot with having to be there so long."

The people in the unit are a "big happy family." One man who had a successful transplant returned to visit the unit and brought along his recently-adopted child, Mrs. Aker said, and "he looked great."

Mrs. Aker's experience illustrates problems common to many dialysis patients. Working at the time she first had kidney trouble, she said that her boss kept her job open while she was sick, but couldn't when she began

dialysis. "I don't feel handicapped," and is "able to live a fairly normal life." But she feels that getting a job which allows time for treatments is quite a bit to ask of an employer.

Since she began treatments, she and her husband have moved from Corning to Horseheads, to be closer to the Arnot-Ogden, she said. And while she is no longer employed, she now works as a volunteer both at the hospital and at the Rockwell-Corning Museum in Corning.

"I've learned to live with this," she said matter-of-factly.

Mrs. Aker explained the



strict diet those on dialysis must follow, which proscribes sodium, potassium and protein. It can leave only bland foods, but she said that she is getting better at cooking

meals with the spices that are available. She laughs about the effort to follow the diet, and says that she has gotten good enough at preparing her

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