

Health & Retirement

CATHOLIC COURIER SPECIAL SUPPLEMENT ♦ JULY 20, 1995

Burnout blues

Caring for ailing loved ones can often prove exhausting for many people, but experts say there are ways to cope.

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Retired religious

Several diocesan priests and women religious are finding life in retirement is as busy as when they were 'active.'

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Migrant medicine

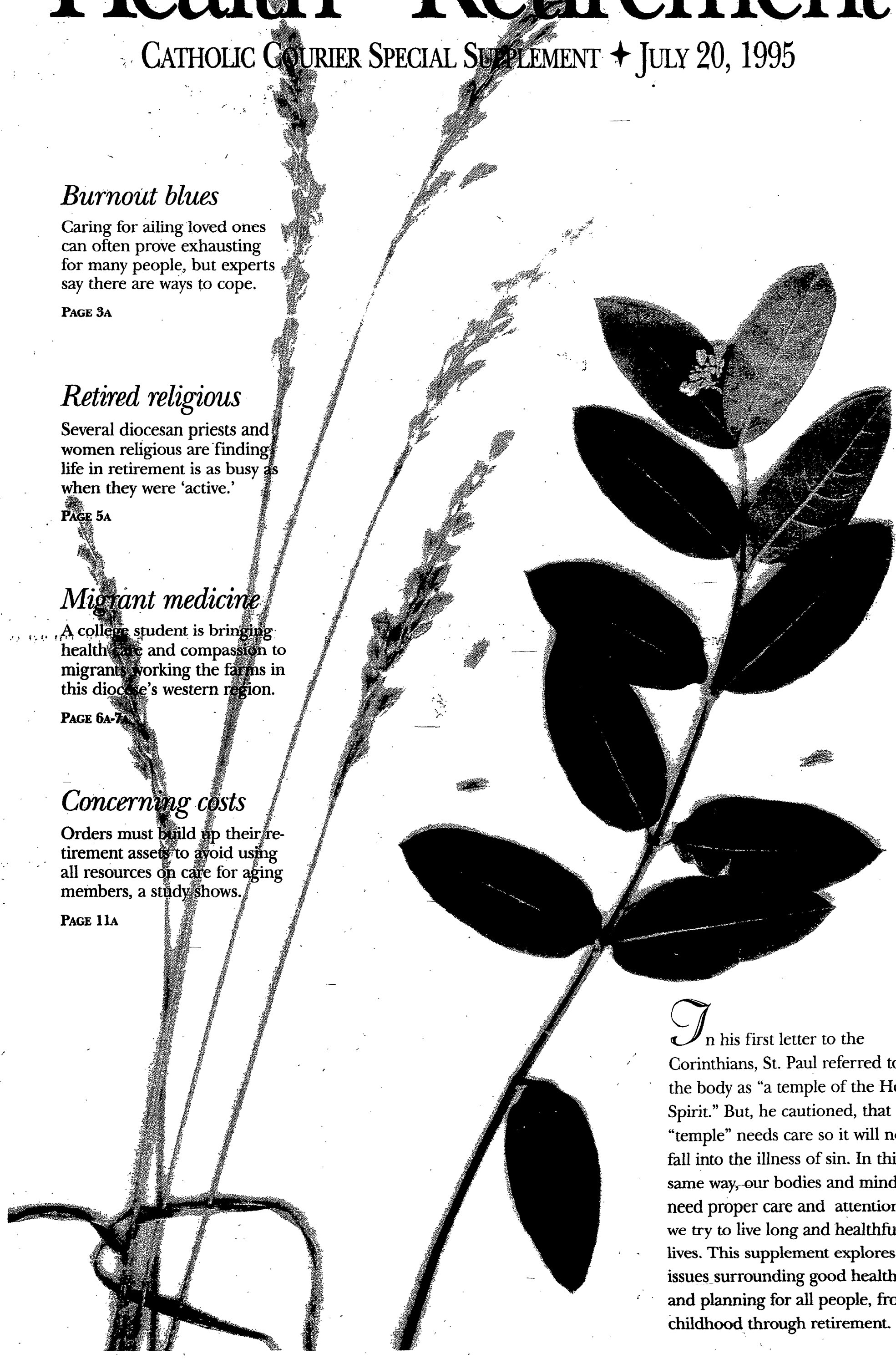
A college student is bringing health care and compassion to migrants working the farms in this diocese's western region.

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Concerning costs

Orders must build up their retirement assets to avoid using all resources on care for aging members, a study shows.

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In his first letter to the Corinthians, St. Paul referred to the body as "a temple of the Holy Spirit." But, he cautioned, that "temple" needs care so it will not fall into the illness of sin. In this same way, our bodies and minds need proper care and attention as we try to live long and healthful lives. This supplement explores issues surrounding good health and planning for all people, from childhood through retirement.