

Health & Retirement

Retired clergy, religious find service satisfying

By Mike Latona
Staff writer

Not sure how to get maximum enjoyment out of your retirement? Father Paul G. Wohlrab has a suggestion which — although appalling to some — may actually outrank a long vacation, winter home, satellite dish or country club.

Keep right on working.

"If you have the energy to do things, you should do them. After you've been busy all your life, you can't sit around and do nothing," Father Wohlrab said.

And does he ever live out that ideal, through a mind-boggling roll call of duties to which the 80-year-old priest attends. Among his responsibilities: celebrating daily Mass at Spencerport's St. John the Evangelist Church, where he resides, and also delivering the Sunday homily at St. John's on alternating weekends; serving as relief chaplain at St. Mary's Hospital in Rochester; hearing confessions at the Sisters of St. Joseph Convent Infirmary in Pittsford; celebrating Mass at three Rochester-area nursing homes; serving as chaplain of the Legion of Mary Comitum; and even teaching religious education at Rochester's Holy Family School, from where he graduated in 1929.

Father Wohlrab is just one of several diocesan priests and women religious who regularly volunteers his or her services after reaching retirement age. Although others may be impressed by his full agenda, the Spencerport priest does not think he deserves special praise



S. John Wilkin/Staff photographer
Sister Mary Kay Shay, SSJ, who retired as a counselor at Catholic Family Center three years ago, now volunteers at the Arthritis Foundation's Genesee Chapter a few days each week. In addition to advising patients on practical ways to deal with arthritis, the woman religious also focuses on the emotional adjustment necessary to cope with the ailment.

for his active lifestyle.

"I do a lot of things, but I don't feel like I'm that busy. The Lord gives me good health, and He probably wants me to be busy as long as I can," said Father Wohlrab, who retired in 1985 after serving as pastor of Rochester's Our Lady of Good Counsel Church for 18 years.

On the other hand, Sister Mary Kay Shay, SSJ, is not in ideal health, but her condition doesn't keep her from volunteering at the Arthritis Foundation.

Stricken with a degenerative joint disease for nearly 20 years,

Sister Shay retired in 1992 from her position as counselor with the Catholic Family Center's Elder Services program.

In her three-day-per-week role with the Arthritis Foundation's Genesee Valley Chapter, Sister Shay, 69, shares her nursing and counseling background with fellow arthritis patients.

"I don't even say I'm retired. I say I'm retired from the Catholic Family Center, but not from other activities," Sister Shay commented.

In addition to advising patients on practical ways to deal with arthritis, the woman reli-

gious also focuses on the emotional adjustment necessary to cope with the ailment.

"I help people develop a more positive attitude. I stress their abilities, rather than their disabilities," she said. "Attitude is so important."

Sister Shay, who resides at her order's motherhouse in Pittsford, pointed out that several other retired Sisters of St.

Joseph keep full slates as well.

"They're all doing something. If you visit our motherhouse, you'd be amazed at some of the things they can do," said Sister Shay, listing activities such as prayer ministry, baking and crafts, and switchboard and mailroom duty.

Varied forms of ministry would also apply to Father John E. Roach, who resides in Naples but spends considerable time visiting other Finger Lakes-area communities. The 77-year-old priest provides relief duty at seven diocesan churches: St. Januarius, Naples; St. Patrick's, Prattsburg; St. Michael's, Penn Yan; St. Andrew's, Dundee; St. Pius V, Cohocton; Sacred Heart of Jesus, Perkinsville; and St. Michael's, Newark.

"When I was in Clifton Springs it was like pulling teeth to get a (substitute) priest," commented Father Roach, who retired from St. Felix Church in 1991 after 25 years as pastor. "So when I retired, I made up my mind that if I could help these priests out so they could get some time off, I would."

When told he must need a very good car to make these journeys, Father Roach added, "And a very good calendar."

Father Roach also invoked humor to assess the value his fellow Finger Lakes priests place on his availability.

"Oh, man, I'm gold-plated!" he laughed.

Bishops' retirement? What retirement?

By Mark Pattison
Catholic News Service

WASHINGTON — Ah, retirement. No job hassles, no deadlines. Just kick back and relax.

Sounds wonderful, eh? It must still sound that way to a good number of retired bishops.

In retirement, they learn one more time that they are, as Scripture says, "a priest forever, according to the order of Melchizedek."

"I think I'm doing more than when I was working," said Archbishop Joseph T. Ryan, who officially retired as head of the Archdiocese for the Military Services in 1991.

Right after he retired, he went back to his hometown of

Albany and helped out with confirmations.

But after a couple of years, he returned to the Washington area. Now, he leads days of recollection for military chaplains and some weekend retreats for priesthood aspirants.

Retired Bishop Jerome J. Hatcher of Gallup, N.M., also gives credence to the notion that retirement is just a word.

He leads two or three pilgrimages to the Holy Land for priests each year. Additionally, he travels every other week to spread information about the Indian missions.

"I'm also the national spiritual director for the Blue Army, so I keep more busy than I was before."

On top of that, Bishop Has-

trich is episcopal moderator for the Queen of the Americas Guild and appears on cable's Eternal Word Television Network.

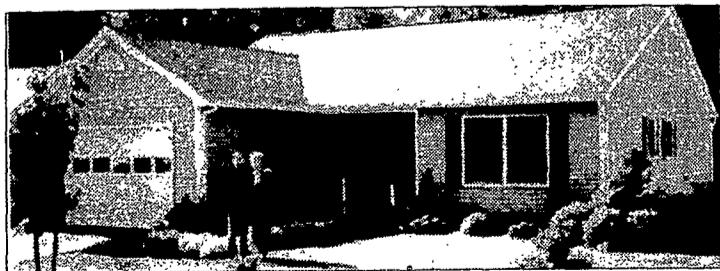
Retired Auxiliary Bishop Charles G. Maloney of Louisville, Ky., said what he misses least in nearly seven years of retirement is "the pressure. The pressure's less."

Still, he admits, "I've been doing most of the same things I've been doing."

How does he relax? "My brother's a priest," said Bishop Maloney, 82. "He's a year older. We take a week and go on a cruise on the water. I'd rather

Continued on page 12A

COLLEGE GREENE RETIREMENT COMMUNITY



A special neighborhood of ranch homes
for seniors 55 and over

Located off Buffalo Road across from Roberts Wesleyan College
Model open Fri., Sat., Sun. 1-3pm • 546-4900

*Spiritual
health is as
important as
your physical
health.
Read the
Catholic
Courier*

We're Going To Change Your Expectations About Senior Living



Discover the 1600 difference:

- Save by only paying for services you select—including scheduled transportation, meals, housekeeping, emergency call and heated parking.
- 1600 is like living in a grand hotel with a doorman, concierge, elegant dining and caring staff.
- Health care services provided by an on site office of Personal Nursing Service.
- The bridge club, theater trips, special events and new friendships provide for an active lifestyle—if you choose.
- You do not lose the privacy and independence of your own home—only the responsibilities.

Call:
(716) 244-6350
for a brochure.

1600

EAST AVENUE
Rochester, New York 14610

"The Tradition Continues"