

# SENIOR LIFESTYLES

## Bicycle ride will benefit schools for poor students

WASHINGTON (CNS) — Christian Brother Jeffrey Gros plans to spend his summer vacation riding a bicycle 2,137 miles to raise funds for schools giving tuition-free education to poor children.

Weather permitting, he is getting in shape by bicycling three to four hours each morning before going to work in Washington, where he is associate director of ecumenical and interreligious affairs for the National Conference of Catholic Bishops.

"I bicycle regularly anyhow. So I just have to do it a little more now," he said.

The 62-year-old religious is no stranger to long-distance bicycling during his vacations, but this is the first time he is doing it to raise money.

Brother Gros plans to participate in a cross-country bike ride, called SPOKE-n-WORD. The aim is to provide funds for the San Miguel Network, five schools run by the Christian Brothers.

SPOKE-n-WORD is sponsored by the Lasallian Partners for the Economically Poor, a 253-member lay volunteer group that works with the Christian Brothers at the San Miguel schools. The ride begins June 12 in Portland, Ore., and ends Aug. 10 in Providence, R.I., for a distance of 4,000 miles across the northern United States.

Brother Gros plans to ride only the Portland to St. Paul, Minn., lap, estimating it will eat up his 30-day vacation.

Christian Brother Edward Phelan, coordinator of the bicycle ride, said about 200 riders have signed up for at least a portion of the route.

The riders hope to raise \$35,000 by getting people to pledge a certain sum for each mile they complete, said Brother Phelan, 61.

The Christian Brothers already have pledged an additional \$24,000 and the organizers are hoping for other institutional donations, he added.

Currently, there are five San Miguel schools in poor urban areas for students who have fallen behind academically, said Brother Phelan.

"San Miguel is looking for youngsters

who need the most help, starting with those who have left school, are not in school or refuse to go to school," he said.

Through small classes and extensive tutoring and by lengthening the school day and the school year, the schools try to academically prepare students to enter high school, he said.

The schools provide sixth- through eighth-grade education and the students are predominantly Hispanics and African-Americans. Each school has from 60 to 150 students.

"It includes family involvement through family literacy programs so that the parents can help to get the kids on track," Brother Phelan said.

Family literacy includes helping the family communicate better, he said.

The first San Miguel School was started in 1994 in Providence and four more will open in September, he added.

The other operating schools are in Portland, Chicago, Camden, N.J., and St. Paul.

Brother Phelan is executive director of the Highbridge Community Life Center, which runs adult literacy and afterschool programs for children in New York City's South Bronx area.

He said he became interested in helping the San Miguel schools because "all my adult life I've spent in the South Bronx doing the same type of work."

Brother Gros noted that many of the riders will be volunteers in the San Miguel schools.

"I may have to let the younger ones take the lead and trail behind," he said.

Brother Gros predicted that the pedaling will flow more smoothly as the ride progresses.

"You lose weight as you ride and it becomes easier," he said.

Previous long distance bike riding by Brother Gros included treks over parts of Europe, which he described as personal pilgrimages to religious sites.

He decided to join this fund-raising effort because "for a long time I was involved in educating the poor," said Brother Gros.

The San Miguel schools also emphasize the ministry of the Christian Brothers to educate the poor, he said.

EDITORS' NOTE: Further information about the bike ride can be obtained at the [www.spoke-n-word.org](http://www.spoke-n-word.org) Web site.



Bob Roller/CNS

Christian Brother Jeffrey Gros will spend his summer cycling more than 2,000 miles to raise funds for schools providing tuition-free education to poor children. Some 200 cyclists have signed up to participate in all or part of the Portland, Ore., to Providence, R.I., ride sponsored by the Lasallian Partners for the Economically Poor.

## Survey to focus on senior needs

Bishop Sheen Ecumenical Housing Foundation Inc. and local service organizations will survey family members and friends in Monroe County who care for a senior, to look at housing and service needs.

"Those who provide services such as transportation, meal preparation, personal care and/or simple companionship have a unique perspective on the needs of the senior they care for," said Jim Kelly, Sheen Housing survey administrator.

He asked that anyone providing any level of care to a senior who lives in the county call 716/461-4263 for a copy of the anonymous survey.

The survey was developed by the Center for Governmental Research. Organi-

zations collaborating with Sheen Housing are the Monroe County Office for the Aging, Mercy Center with the Aging, Catholic Family Center (CFC) and Eldersource, a joint program of Lifespan and the CFC.

Twelve years ago a Family Caregiver Survey was conducted in greater Rochester through the American Red Cross, St. John's Home and Park Ridge Health System. It focused on needs and burdens of the caregiver.

The new survey will help agencies advocate for the needs of older people they serve, according to Kelly.

Sheen Housing currently is tabulating results of a senior housing survey it began last year.

## The Choice Location for Retirement Living



New offerings for Flexibility and Choice!

- No meal option
- New competitive pricing



Forest Park

AT EASTVIEW

99 Forest Park, Victor, New York 14564

Call today for a tour & Complementary Dinner  
716-223-3380

## STOP BY OUR BOOTH AT FAIRPORT CANAL DAYS

### PERINTON PARK MANOR

#### ASSISTED LIVING COMMUNITY

- Retirement living at its best
- Personalized care & services
- Restaurant style dining
- Activities to suit every taste

(716) 425-0210

EMERITUS  
ASSISTED LIVING

The start of something wonderful.

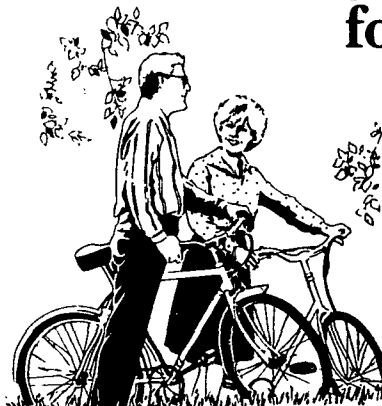
7 Chardonnay Drive  
Fairport, NY 14450

www.emeritus.com

©2000 Emeritus Assisted Living



## One bedroom garden apartments for Senior Citizens



1 bedroom second floor apartments now available \$550.00 per month

- Security
- Independence
- Convenient Location

Currently Accepting Applications

Please call Mr. LeChase at (716) 467-4544

North Village Apartments

2515 Culver Road  
(located near the Shire at Culverton)