



CSJ Newslines

for the friends of the Sisters of St. Joseph of Carondelet, Albany Province

Fall 2010

Volume 27, Number 3

The Provincial House is HOME to Many of Our Sisters

by Libby Costanzo, CSJ



Members of the Community Life Team are: (l to r) Sister Katharine Earley, S. Elizabeth Costanzo, Sister Donna Bradle, Sister Genevieve Ciszek and Sister Mary Lou Delaney

On September 1, I began a new ministry as Coordinator of the Community Life Team. Never dreaming that I would be in this position, I embraced it knowing that it is a new learning experience, filled with new challenges and many responsibilities.

As Coordinator of the Community Life Team, (CLT), it is my responsibility to oversee and work with the CLT team, assistants and volunteers to ensure that the needs of all the sisters residing at the Provincial House are met and to enhance the quality of community life of the sisters. I also work closely with the Provincial House Administrator in issues that concern sisters moving into the Provincial House or moving within the Provincial House; dietary needs and any other needs that the sisters may have. Much of my time involves working with the Director of

Health Care Services in regard to the changes in the physical condition of the sisters and I participate in health care assessment meetings for individual sisters. The Director of Pastoral Care and I collaborate on the spiritual aspect of the life of the sisters. Another area of collaboration is with the Director of Environmental Services in areas dealing with maintenance issues. And last, but by no means least, is keeping our Province Leadership Team informed of concerns that may arise or issues that need to be addressed. I am also responsible for ministering to the needs and concerns of the sisters residing on the B and C wings.

Many sisters and lay people have asked what do the members of the Community Life Team do? Actually we do many and various things. Most of our time is spent ministering to the sisters on our infirmary floors.

(Continued on page 2)

(Cont. from page 1)



Pictured left to right are:
Sister Rosemary Hock,
Sister Ann Rose,
Sister Linda Vendetti,
Sister Marcia Blair, and
Sister Dolores Stevens.
Not present for the picture is
Sister Fran Gilchrist –
her picture is with the
article about St. Joseph
Workers in this *Newsline*.



Each Sister on the team is assigned to an infirmary floor on our A wing. She serves as an advocate for each sister on her designated floor. Some of the responsibilities of the CLT members are visiting sisters in their rooms, responding to their needs, organizing sister's personal items, shopping for them if they are unable to do so, accompanying sisters to doctor's appointments, hospitals and notifying families of the sister's health condition. The CLT members also are involved with planning and organizing wakes and funerals, being attentive to the family at the time of a sister's death. As a team we work together to be sure that we offer the best care to our sisters, provide a comfortable and pleasant home environment and ensure that each sister is treated as an individual and with respect and dignity. We are family and we respond to the needs of our sisters as family.

I would be remiss if I did not recognize our night On-Call Support Staff. Approximately 30 sisters, CSJ Associates and friends graciously volunteer to be On-Call once a month for evening transfers of our sisters to area hospitals. The responsibility of the On-Call person is to accompany a sister to the hospital, remain with her until she receives the appropriate care and notify the Nursing Supervisor On-Call of the results. Members of the CLT team rotate On-Call each day, nights and weekends. Having other people assist us with On-Call is a great help to us and we greatly appreciate it.

I consider it an honor and a privilege to be able to serve our sisters in this ministry and to work with the many sisters and lay employees with whom I share this ministry.

*Assistants to the
Community Life Team are:*

Sister Linda Vendetti –
Administrative Assistant
Sister Francis Gilchrist
Sister Rosemary Hock
Sister Donna Bradle
Sister Katharine Earley
Sister Mary Lou Delaney

Volunteers are:

Sister Marcia Blair
Sister Ann Rose
Sister Dolores Stevens





From The Province Leadership Team Director

Dear Friends,

What makes a house a home? Surely it's not the design, location or possessions within. All would agree that the necessary elements are love, caring and respect. It's all about relationships. In this issue you will be meeting many of the individuals who use their gifts and talents working here at the Provincial House to make this a comfortable and hospitable home.



It was forty seven years ago that I came to this "house." It was shining with newness. The floors (waxed by 100 nuns) reflected like a mirror. So much has happened over the years but I still get a sense of newness as I see the constant changes. Just this week we opened a new lounge in our Hospitality Center named after Sr. Margaret Patricia Hogan. The pride that our maintenance and housekeeping staff have in their work shows throughout in the newly painted halls and the beautiful flowers in the courtyard.

In previous articles you have heard of our "Master Plan" which resulted in the Carondelet Hospitality Center and Shaker Pointe at Carondelet. Now we are moving to the next phase, renovating B-Wing which is part of our living space for over fifty sisters. Life has changed greatly from 47 years ago. Closets built for 3 habits are no longer adequate. Bedrooms had no phones, TV, or computer connections. The renovation will be a three year project in order to adequately address plumbing, electrical, technological and storage needs. We are very excited and we will share our progress with you in future issues.

Gratefully,

Sister Mary Anne Rodgers, CSJ
Director, Province Leadership Team



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proof reader

Stimulated by the Holy Spirit of Love and receptive to the Spirit's inspirations, the Sister of St. Joseph moves always toward profound love of God and love of neighbor without distinction from whom she does not separate herself and for whom, in the following of Christ, she works in order to achieve unity both of neighbor with neighbor and neighbor with God in humility, the spirit of the Incarnate Word, and in sincere charity, the manner of St. Joseph whose name she bears.

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From The Development Director



Dear Friends,



The elevators on “A Wing” have been upgraded and are now up and running. This could not have been possible without your generous assistance and without the generous grants that we were able to receive. Please know you have helped make life more enjoyable and less stressful for our sister residents and employees at the Provincial House.



To the left Sister Mary Barbara Vennard is shown waiting for the elevator. One of the many wonderful features of the renovated elevators is that while waiting you are now able to tell what floor the elevators are currently on and which direction they are traveling.



To the right, Sister Kathryn Dolan is demonstrating how to hold the elevator door open while she waits for a friend to arrive at the elevator entrance. Additional new features of the inside panel include the ability to close

the door more quickly than the set timing allows; an alarm button; a phone button and other safety features for firemen and rescue workers.



On October 19th, Colleen Purcell was promoted to Assistant Director of Nursing.

Colleen Purcell is an “off floor” nurse and takes care of the med needs for sisters living at the Provincial House who do not reside on a nursing floor. She goes up and down the A wing elevators several times a day to distribute meds to sisters. The med carts by their very nature are quite heavy so Colleen appreciates the ease of getting the carts on and off the elevators. She is also grateful for the reliability that they are always working properly.

The other group of employees who truly appreciate the newly renovated elevators are members of the Morrison Senior Dining staff.

Whether they are delivering a special tray or transporting the food cart to the five floors of “A wing,” having reliable elevator service makes all the difference in the world.



As explained in the All Souls Day letter we are now upgrading the “B wing” elevators. Any assistance you can give will be greatly appreciated. In preparing accountability reports for the grants we received, I interviewed the people here pictured as well as a few more and made a short “Thank You Video.” If you have a computer, I invite you to view the video on YouTube.com - to do so follow this link: http://www.youtube.com/watch?v=WhZsdfw1_n0 The link is unlisted. **"Unlisted"** means that only people who know the link to the video can view it. The video will not appear in any of YouTube's public spaces, such as search results, your channel, or the Browse page, but the link can be shared with anyone.



Again, thank you for your support.
Together we can make wonderful things possible.

Blessings,

Sister Carol A. Rohloff, CSJ

Sisters Honored

(reprinted from Carondelet East with permission)



On July 14, 2010, **Sister Maureen Denn, CSJ** (Sister Mary Edward), received the Health Friends of the Year Award at the seventh annual awards presentation of Health Friends, Inc., sponsored by Faxton St. Luke's Healthcare. The awards dinner was held at Harts Hill Inn in Whitesboro, New York. Sister Maureen is a chaplain at Faxton St. Luke's in Utica, New York.

In describing Sister Maureen, the awards booklet says the following:

"In truth, this year's honoree has no need of an introduction. She is known in our community and beyond for her selfless compassion and desire to better the lives

of anyone in need. Her example has encouraged many others to do the same. It is a great honor for us to pay tribute to Sister Maureen tonight. All of us are grateful for all she does to enrich all of our lives."

"Sister Maureen Denn has blessed Faxton St. Luke's Healthcare with her presence and her talents for the past 27 years. As a patient advocate, Sister Maureen works very closely with our organization's nurses to make sure the best support possible is being provided to our patients. She is always there to listen to employees, medical staff, patients and their families, which is often the best medicine."

"Sister Maureen is a proud "Rosebud," a graduate of The College of Saint Rose in Albany, New York, and also a graduate of Case Western Reserve University. She has been a Sister of St. Joseph of Carondelet for the past 53 years. Before joining Faxton St. Luke's Healthcare, she was a high school teacher in the Syracuse, Albany and Utica areas and also worked with the homebound and elderly in a parish-outreach program. Sister Maureen was born and raised in Utica, and this is one of the reasons she enjoys her ministry so much; she loves the people she works with and is happy that she is able to give back to her community."

"Sister Maureen's time away from the hospital is spent enjoying the serenity and beauty of the Adirondacks and traveling to Minnesota to play with her great nieces and nephews." "Sister Maureen is our "blessing" at Faxton St. Luke's Healthcare." Congratulations, Sister Maureen!

HealthFriends, Inc. is a prescription-assistance program that has provided 3.5 million dollars worth of prescription medication for the uninsured in Herkimer, Hamilton and Oneida Counties in the past 11 years. *HealthFriends, Inc.* began in August 1999 with the joint effort of Keith Fentemacher, then CEO of The Mohawk Valley Network, and Fr. Fred Daley, then pastor of St. Francis de Sales Parish in Utica, New York.



In April **Sister Char Bloom** presented a paper at the New York Language Hearing Association's Annual Convention in Saratoga. Char's paper was entitled "The Motivational Interview: a Tool for Clinicians and Counselors." In addition, Char presented a paper at The American Speech Language Hearing Association's National Convention in New Orleans. That paper was entitled "An Intensive Training Model in Fluency for Clinicians, Graduate Students and Clients." Also, Char was invited to publish a paper in this month's Journal of Behavioral and Neuroscience Research. The paper was entitled "Finding the Psychotherapeutic Harmonies Embedded within Mark Ylvisaker's Holistic

Approach to Executive Function Rehabilitation." Congratulations, Char!

In August, **Sister Nola Brunner** received an award for her 30 years of service to the diocese of Albany. During these years, Nola has served in many capacities: vicar for religious, diocesan archivist, and staff of Catholic Charities. Congratulations, Nola!



Sister Charla Serves As Director of Pastoral Care

By Sister Charla Whimple, CSJ



Sister Charla Whimple, CSJ

What a blessing to be ministering to our Sisters who have ministered to me and have been such an inspiration to me since I was a little girl at St. Joseph's School in South Troy.

I began my new position as Director of Pastoral Care this August and I am truly honored to be able to companion our Sisters as they encounter the inevitable pains and diminishment that life presents, as well as the joy and opportunities for moving toward wholeness and healing.

In January of 1969, I was assigned to my first mission and first teaching assignment. I came to St. Peter's School in Troy, where I had the joy of having Sr. Jean Cummings for my Principal as well as my Superior. I learned so much from her and was greatly inspired by her loving spirit and endless energy as she touched so many lives and responded to every need of the Sisters and the children in school, their parents as well as our wonderful pastor, Fr. T.K. Flanigan.

Many years later, in 1988, Sr. Jean and I reconnected and ministered together at St. Ambrose Parish in Latham in the Faith Formation Program. When I meet Sr. Jean today, so many memories flood my mind and spirit and I am truly grateful that we have this time together to reminisce. And Sr. Jean is just one of the many that I have the joy of meeting and spending time with each day. The ministry of Pastoral Care is rich with these special encounters and blessings that each day brings me.

As well as pastoral visits to the sisters, particularly those who are seriously ill, close to dying or have suffered losses or changes recently in their lives, the position of Director of Pastoral Care includes many other privileged duties. I coordinate with the Community Life Team in preparing Wake Services and Funeral Liturgies as well as special prayer and Memorial Services which commemorate and enhance the various Liturgical seasons. Among other duties are setting up the schedule for the sisters who write the petitions for daily Mass as well as preparing for the First Friday Exposition of the Blessed Sacrament for our monthly Holy Hour in Chapel. In addition, I arrange for priests to come regularly for the Sacrament of Reconciliation.

A very special feature of the pastoral care ministry is the program of Friendly Visitors, originally created by Sr. Jane Dardis. Volunteers come for an interview and then are carefully assigned to a particular sister, whom they come to visit and offer assistance in a variety of ways.

Always, I am available to staff to offer support to our sisters and staff, especially at the time of death and loss of a loved one.

There are times when grief lies heavy on the hearts of our sisters, when death sometimes visits us several times in one week and the schedule of Wakes and Funerals takes an emotional toll. The Provincial House is the Retirement home for our Province and the place where our sisters come to spend the last phase of their dedicated lives. And while death brings some sadness, the Wakes and Funerals for our sisters are a time of rejoicing as we sing our thanksgiving to God for their lives of blessed service and love. To be part of all of this is now my joy!



Grant Received From The Raymond C. Kennedy Foundation

On September 13, 2010, the Sisters of St. Joseph received a check in the amount of \$8,250 from the Raymond C. Kennedy Foundation. Mr. Paul Zindell, who graduated in 1966 from St. Patrick's, Catskill with Sister Mary Rose Fox and Sister Katie Sickler (now deceased) was the major sponsor for this award.

The funds will be used to purchase iPads that will be used by our sisters who are experiencing memory loss. Studies have shown that brain stimulation makes it possible for brain cells to be regenerated. See accompanying article by Sister Karen Shults.

The community is most grateful to all The Raymond C. Kennedy Foundation Board members for awarding the community the grant.



Sister Karen Shults, CSJ and Mr. Michael D. DiFabio, Esq., CPA of the DiFabio Law Firm who presented the check.

Healthy Brains

By Karen Shults, CSJ

We have been hearing for years the need to keep our heart and bones healthy. Only recently have we realized that there are things we need to do to keep our brains healthy. Turns out that most of what keeps our bones and heart healthy also improves the functioning of our brains. A healthy life style that includes regular exercise, healthy diets, controlling our blood pressure and cholesterol levels plays a role in general health.

Keeping our brains healthy has a couple of other components. The old adage: "If you don't use it, you lose it" holds true for the brain. Some amount of cognitive decline is part of normal aging. Geriatric specialists say the more you exercise the brain with new, complex and stimulating activities, the healthier your brain will be, better able to stave off memory problems and dementia. The exercises need to be varied because different parts of our brain process different things. For example: long term memory, better critical thinking, visual-spatial ability, calculation and language are in different areas of the brain.

This past Spring I had the opportunity to see and use an Apple iPad. I saw how easy it was to use and was amazed at the myriad of applications (APPS) you could access, literally at your finger tips. The first thing I thought was how wonderful this would be for our Sisters who have early signs of memory loss. There are many Brain Games on line too but many of our Sisters are still uncomfortable with the Computer. One thing led to another and with Sister Carol Rohloff's help, we have received a grant from the Kennedy Foundation to purchase about 10 iPads. We hope to use them with the Sisters living both at the Provincial House and in the Province.

We realize that this is a small start and only a piece of keeping our brains healthy but we are looking forward to providing our Sisters with one tool that can help keep their memory sharper and will be fun too.

*Resource used: University of Connecticut Health Center,
www.today.uhc.edu/headlines/2010/mar10/cognitive_fitness*

Meet Rebecca Sutliff Director of Health Care at St. Joseph's Provincial House

By Kris Ruddy

Rebecca Sutliff began working at St. Joseph's Provincial House on October 3, 2003. She started as a medication nurse on 3A and was then promoted to a nurse manager. Over the next seven years Rebecca has worked her way up the ladder to become our new Director of Health Care. She has worked very hard to achieve her promotion to her new position.



Rebecca, Director of Health Care and Colleen Purcell, the newly appointed Assistant Director of Health Care.

While working a full time job at the Provincial House, Rebecca continued to pursue her nursing degree. The Provincial House generously assisted Rebecca with her college tuition each year that she attended school. Over the years Rebecca has had the opportunity to manage all units, including off floor, which gave her the chance to get to meet all of the Sisters residing at the Provincial House.

As Director of Health Care, Rebecca has many responsibilities. Rebecca supervises 29 full-time employees, 15 part-time employees and multiple employees from temporary agencies. Rebecca must be available to the nursing floors to answer questions, be accessible to the Sisters' nurses, and nurse aides as needed, collaborate with all departments to ensure that the activities of daily living run smoothly, assure that Sisters and staff are treated fairly and with respect, support both the Sisters and staff and implement policy and procedures. Rebecca also tries to visit each Sister on the assisted living floors at least once a week. This allows her the opportunity to communicate with each Sister and assist with any issues they may have. Rebecca encourages an "Open Door Policy" that

allows Sisters to stop in when they need assistance with their medications, health care and health care decisions. Rebecca also enjoys when Sisters stop by just to talk.

Rebecca collaborates with other departments at the Provincial House in order to confirm that the Sisters are getting the proper care. She assists the Activities Department when they need

help providing activities. Her nursing staff works cooperatively with the Physical Therapy Department on a daily basis to ensure that each Sister has the proper positioning device - and receives assistance from Physical Therapy to provide strength, endurance and balance in an effort to encourage independence. Nursing and the Community Life Team collaborate to ensure that Sisters' needs are being met and assist with issues as they arise.

Both Rebecca and the nursing staff here at St. Joseph's Provincial House work together to make the Sisters feel at home. They focus on the Sisters as individuals, by treating each one with dignity; respecting their home by speaking quietly while working; maintaining a clean environment for them; and recognizing each Sister as a person - not just a patient. Rebecca's goals are to focus on Sister - Centered Care: to provide the highest quality of care and to continue to make the Sisters' house a home.



Morrison Senior Dining takes Wonderful Care of the Sisters

By Ronnie Visker



Charlie Stark and Abra Marion

The kitchen – what home can get along without one? This is particularly true at St. Joseph's Provincial House. Counting residents, staff and visitors, the staff of Morrison Food Service is serving over 300 people a day – three meals a day to residents.

I spoke with Abra Marion, Director of Dining Services. She has been here at the Provincial House since 1998. She was Dietary Manager and in charge of the Tray Department when she started. In 2005 she was assigned to her present position as Director.

Abra is responsible for the general nutrition and satisfaction of the residents. She oversees the creation of the menus and the special diets that some of the sisters require. She oversees staff scheduling and is responsible for Human Resource issues for the staff. Abra also prepares the annual budget, which they have achieved each year.

She has a staff of 32 people – 2 managers, 4 supervisory and 26 cooks and prep people who also serve the sisters and distribute trays to sisters in their rooms who are unable to come to the dining room. Abra said of her staff, “They see a need, and they fill it. They don’t do it to get noticed. I have a lot of really great people.”

The Health Department comes unannounced several times a year to perform an inspection audit on the condition of the kitchen, dining room and how food is stored. Also, Morrison has a third party company that comes to do sanitation audits. They have never had any issues from any of these audits.

Morrison conducts a resident survey each year. When Abra started the satisfaction rate was 88% and it’s now at 94%. The staff has been recognized with awards for their work.

The Hospitality Center opened at the Provincial House in 2007. Morrison has been providing the food and staff for almost 1,000 events and meetings that have been held there to date. Patty Thornton, Catering Director, is responsible for coordinating and providing the services needed there.

As we concluded the interview, Abra commented, “I have been happy working with Morrison. I can see myself staying with them a long time and growing with the company. Most of all, I enjoy working with the sisters and staff here at the PH.”



Vision Statement of St. Joseph's Provincial House

By Carm Latham

Susan Szczerbacki, our Administrator of St. Joseph's Provincial House for the past two years, shared with me the following belief statements and the values that each belief carries: respect, integrity, compassion, service, hospitality and courage that are in effect each and every day in our Provincial House "Home."



Susan Szczerbacki

In the tradition of the Sisters of St. Joseph, we who live and work at St. Joseph's Provincial House in Latham, NY, are committed to being a unifying and reconciling presence to all. Our vision is to provide a place where everyone is welcomed and valued.

† We believe in honoring the dignity of each person affirming the sacredness of life.

† We believe in being honest in all our words and actions.

† We believe in building a caring community.

† We believe in meeting the needs of others in a positive manner by using our knowledge, skills and understanding.

† We believe in creating a welcoming atmosphere for all who live, work and visit here.

† We believe in taking risks our values demand of us for the well-being of all.

The responsibilities of Administrator include strategic planning and budgeting for the day to day function of the PH. Additionally she seeks to be aware of the future needs of the Sisters as directed by our Board of Directors. An example of that would be the constant maintenance and upgrades of the House itself. Environmental Services maintain the building in a way that is obvious to all who enter. Currently, we are undertaking the renovation of B-Wing and the electrical system that feeds the house. This close and constant attention is what keeps St. Joseph's Provincial House in pristine condition and a place our Sisters of St. Joseph call their home.

Additionally, Susan also supervises and supports the Director of Health Care, Human Resources, Environmental Services and Morrison Dining. She meets with them daily. Each month, she meets collectively with all the managers to address common issues and concerns. Approximately 120 employees plus the Morrison Dining staff work "with us" at any given time.

The Sisters who reside at the PH make it a wonderful "home" and a great place for lay employees to work. As employees, our goal is to provide our Sisters with the best service possible. Good nursing care, cleanliness of the house, delicious and nutritional meals, careful maintenance of the house and grounds, clean linens, activities, shopping, hairdressers, pastoral care, friendly visitors, gardening, and so much more make the Provincial House a unique and amazing home. It is that respect we offer to our Sisters and they return a hundredfold that really makes it a "home" where we are grateful to work and the Sisters happy to live.

Susan says her hopes and plans for the future are the same today as they were two years ago when she came to the Provincial House.

Her initial goal in her position at the PH reflects a healthy combination of the realistic and the futuristic: "My greatest hope is to influence positive changes at the PH. We will keep what works and fix what doesn't."

Susan finds direction from the words on a plaque given to her mother when she "retired" after teaching 30 years in religious education:

"A woman who, having chosen a good or even a great and noble objective, never loses sight of that objective but manages to overcome all obstacles and see it through to the end. She looks to God alone in whom she trusts, and this trust is the foundation of all she does."

Eight New CSJ Associates Make Commitment at PH Liturgy



On June 13, 2010, the Sisters of St. Joseph and CSJ Associates welcomed eight new associates during a Eucharistic Liturgy in the chapel of St. Joseph's Provincial House, Latham, NY. Marie Iobst, Janet Kiser, Shirley McCray, Lauretta McGuirk, Joan Porco, Kileen Stone, Eleanor Turowksi and Marion Waite made their first commitment as CSJ Associates. Also, during the Liturgy, over 100 CSJ Associates renewed their commitment for another year after spending the weekend on retreat at the Provincial House.

With Rev. Geoff Burke as presider and Sister Claire Pelkey as homilist, the associates joined in celebration with a chapel filled to overflowing with Sisters of St. Joseph, family and friends. Provincial Leadership Team Member, Sister Ann Christi Brink, expressed the gratitude of the congregation to these men and women who live and work as the Sisters do in uniting all persons and all creation with God and with one another in God.

The new CSJ Associates promised to live according to the ideals and values of the Sisters of St. Joseph, to bring those values to their home and workplace and to join with the Sisters in transforming the world, according to the Gospel and with the inspiration of the Holy Spirit.

The CSJ Associates are men and women who embrace the charism of unity and reconciliation and participate in the mission of the Sisters of St. Joseph of Carondelet. The CSJ Associate community lives out this call of the Spirit in their daily lives.

For more information about the CSJ Associates program, write to:
Associates, Sisters of St. Joseph, 385 Watervliet-Shaker Road, Latham, NY 12110
e-mail: associates@csjalbany.org – telephone - (518) 783-3533.



Honorials

Honorials

Honorials

During the fiscal period June 1 to September 30, 2010 contributions were made in honor of the following people.

Maggie Abran
Sister Renee Adamany
Joanne Adams
Marge Aldao
Sister Marcia Allen
Father Ben Osei Ampang
Dorothy Amyot
Fr. Joe Arockiasamy
Sister Katherine Arseneau
Sister Grace Bacon
Sister Marianne Baehr
Anna E. Barber
Esther Barber
Shawn Patrick Barber
Margaret Barbuto
Margaret Barnes
Greta Barrett
Sister Mary Catherine Barron
Susan Bartholomew
Janet and Jerry Batcher
Benman September Birthdays
Rita Berberich
Aurora Bickford
Nicki Bisson
Sister Mary Bartholomew Biviano
Theresa Blizniak
Kelly Block
Agnes and Herbert Bohl
Sister Danielle Bonetti
Ann Marie Borowski
Brother John Bosco
Lisa Bouchard
Josephine Boulers
Fr. Ralph A. Bove
Valerie and Sophia Brand
Carole Brown

Leonard and Grace Brugnola
Lourdes Sue Burg
Rev. Geoffrey D. Burke
Marion Burke
Mary Calderone
Evie and Rocky Camerato
Sister Sara Ann Cannon
Pauline Cappa
Al Cardillo
Phyllis Cardona
Vicki Carfi
Margaret Carroll
Barbara and Joe Cassella
Anthony Cicoria, MD
Sister Theresa A. Clarizio SA
Deacon Sal Clarizio
Sister Maria Cokely
Michael Coluccio
Christine Conley
Sister Patricia Conron
Kathy & Michael Corbett & Family
Sister Helene Daniel Courtney
Michelle Cozzie and Family
Bette Crable
Mr. and Mrs. Joseph Cunningham
Harriet D'Amore
Sister Jane Mary Dardis
Jeanette Davieu
Dr. Edward DeCastro
Sister Frances Patricia Degnan
Sister Mary Lou Delaney
Elizabeth DelMonaco
Kathy DeMarco
Peter DeMarco
Dr. and Mr. Joseph DeMatteo
Lisa DeRosa
Leo Derrick
Sister Kathryn Dolan
Sister Marguerite Edward
Donovan
Florence Dufresne
Mark C. Durfee
Rev. Joseph J. Dworak
Frances Eckler

Marie Ann Eckler
Sister Julie M. Eigo
Margaret Emerson
Peter Endres
Emily Esposito
Sister Sheila Fahrenkopf
John Fandl
Marek Farrah
Ann Femia
Caroline Field
Deacon Dean Finch
Sue Finn
Mrs. Kathleen Fiorillo
Wendy Fitzgerald
Sister William Aloysius Fitzpatrick
Sister Robertine Flaherty
Maria Francione
Jonathan Frid
Sister Janet Furman
Shirley Gaffney
Deacon Joe Gagne
Eva Galuski
Ronald Gast
Theresa Gast
Barbara Gauding
Sister JoAnn Geary
Deacon Steve Genovese
Rev. Joseph J. Getz OSA
Sister Elizabeth Ann Giarrusso
Jane Marie Gilbert
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Betty Grable
Rolf Grant
Donald Grovine
Rose Guely
Anne E. Gunn
Shelley Hack
Mary Beth Halayko
Betty T. Hall
Judi Hall
David Hayes
Sister Marilyn Hayes
Sister Mary Ann Hayes
John Heaney

Rev. Philip A. Hearn
Carol and David Hebert
Maybelle Hebert
Steve Hebert
Sandra Henrie
Loraine Hewax
Hickey Family
Alice Hickock
Tom Hipwell
Carl Hoegerl, C. Scr.
Sister Mary Alfred Holdredge
Most Rev. Howard J. Hubbard
Timothy Jacques
Jeff
Alejandra Juarez
Ann LaMontagne Karl
John Karlen
Rob Kates
Ernie Kauffman
Sister Mary Agnes Kehoe
Loretta Kelly
M. Violet Kelly
Sister Mauretia Kelly
Robin Kelly
Msgr. William Kelly
Sister Ruth Kindelan
Mary Louise King
Suzanne King
Margie Kolothros
Corinne Kraus
Judy and George Kremin
Cheryl Ann Kresky
Deacon Peter Kuhn
Marguerite LaBate
Jerry Lacy and family
Ed Lambese
Phil Lambrinos
Patricia Lando
Sister Maria Jude LaPoint
Barbara A. Lawrence
Bernadine M. Lawryer
Marie Antoinette Lewis
Rev. Taras Luchyna
Laura Lupica



Both Sister Therese Lynch and Sister Claire Weber (l. to r.) celebrate their birthday on September 13th. This year Sister Therese turned 100 while Sister Claire hit the 80 mark.

Sister Therese Lynch, CSJ Celebrates 100 Years

Sister Therese Lynch, CSJ celebrated her 100th birthday on September 13, 2010. Sister ministered at The College of Saint Rose from 1942 thru 1989, a total of 47 years. While there, she held various positions including registrar, academic Dean, academic counselor and administrative vice-president. All the sisters at the Provincial House enjoyed the birthday party in the community room. Sister Therese now joins the CSJ Centenarian Club with Sisters Francis Denise Haley and Sister Chrysostom Cerino.

Honorials

Sister Therese Lynch
Sandy MacGilvray
Deacon Tom Mack
June Magliocca
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Memorials

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June 1 to September 30,
2010 contributions were
made in memory of the
following people.

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To Remember Family and Friends with Prayers . . .

A variety of birthday, congratulations, sympathy, thank you, get well and thinking of you cards are available. If you would like to place an order, please contact:

Development Office • St. Joseph's Provincial House
385 Watervliet-Shaker Rd., Latham, NY 12110 • 518-783-3614

Moving? Please Let Us Know!

We like to keep in touch with our friends; so would you please notify us of any address changes?

Please send to: Sisters of St. Joseph, 385 Watervliet-Shaker Road, Latham, NY 12110, or call (518) 783-3614.

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Francis Deegan
Jackie Deegan
Lucy Deegan
Daniel Defer
Mayo Hanley Derouchie
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Jim Godzac
Alexandria Goehl

Have you ever thought about becoming a Sister of St. Joseph?

We welcome inquiries from single women who have a love for God's people and a desire to live the Gospel. For more information please contact: SisterJeanne Marie Gocha, CSJ
385 Watervliet-Shaker Road,
Latham, NY 12110
(518) 389-0605 or
jgocha@csjalbany.org

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Memorials

Remember the CSJ Sisters in Your Will



Your will is one of the most important documents you write in your lifetime. From time to time, your will may need to be updated to reflect current family members or to add to your favorite charity. If you are making out your will or planning to add a codicil, we invite you to remember the Sisters of St. Joseph in your plans. In this way, you will have a special share in the prayers and works of the CSJ Sisters and the Sisters will benefit, too.

Our legal corporation title and address is to be used:
The Society of the Sisters of St. Joseph, 385 Watervliet-Shaker Rd., Latham, NY, 12110.

Memorials

Memorials

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John Murtagh
Pat Murtagh
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Marge Polito
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Sister Matilda Anne Riley
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Marilyn Stevens
Jane Stewart



An Angel says, 'Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice.'

Memorials

Memorials

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*Connecting
with Calvin...*



**Restoring Unity to the
Church:**
*Explorations in the Ecumenical
Theology of John Calvin*

with
Dr. Randall Zachman

Saturday,
March 26, 2011
9am - 12pm



Restoring Unity to the Church

When: Saturday, March 26, 2011
9am - 12pm

Where: Siena College - Key Auditorium
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Course Fee: Covered by Sponsors; Freewill offering will be taken to support CRTC programming.

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Edna Johnson “A Team Leader” at St. Mary’s Hospital, Amsterdam

By Sister Carol Rohloff, CSJ

Edna Johnson is 98 years old and is a resident of the Sanford Home in Amsterdam. I was first introduced to Edna by Ellie Turowski, a CSJ Associate. I’ve visited with Edna many times with Ellie over the years and am always intrigued by her stories of the Sisters who served at the hospital over the years. Edna speaks lovingly of all. She told us of when she first came to work at SMH as a “cleaner”. Her first assignment was to clean in the kitchen under the direction of Sister Edmund Joseph. They had to clean out the area where the coal burned and you’d laugh to hear her describe the procedure or how they looked covered with soot. Other Sisters she told stories about were: Mother John Joseph, Sister Frederick, Sister Mary Kevin, Sister Ellen Mary, Sister Martha, Sister Austin and many more. It warmed my heart to hear the stories of the sisters “on whose shoulders we stand.”

Here are a few pictures of Edna. You can see how lively and pleasant she is:



Sister Mary Theresa Murphy served as the Administrator of the hospital for years. I asked Sister if she would also write a few words about Edna. The following is Sister’s reflection on Edna Johnson: Any attempt to remember and honor our beloved Edna Johnson is a challenge and words are elusive. Her gentle and loving demeanor and appealing personality, even at her young age when she joined St. Mary’s Hospital, made her an important and sought after member of the “team.”

(Continued on page 19)

(Continued from page 18)

For almost fifty years Edna was employed at the Hospital in many departments and therefore was known by both professional and service members of the staff. Those who might comment about their relationship with Edna would surely mention her generosity, friendliness and cheerfulness. Her many years of service has left cherished memories for both long and short term co-workers.

One of the highlights of the new student nurses' orientation to the hospital was the visit to the "Linen Room" located in the oldest section of the building. This was "Edna's Place." As one entered the room the volume and variety of "linens" was overwhelming. The cleanliness and orderliness was very evident. In her quiet and efficient manner she detailed the daily duties of preparing each day a bundle of linens for each patient. These were distributed by her to the nursing units each morning. She was responsible for mending and patching – much of which went on in the late "Depression Years"!

When the hospital expanded and services were relocated, Edna was assigned responsibility for the residence of the student nurses. Her concept of perfection was demonstrated in the manner that she carried on her duty of orderliness and cleanliness. This was a challenge to these young ladies in their late teens. Although her idea of perfection far surpassed that of most of the students, they accepted and learned by her example, which hopefully served later in their married lives.

Edna administered discipline in a gentle and loving manner but with firmness and expectation of their compliance. They loved her and appreciated her care and guidance. Edna is considered a "jewel" in the minds of all who were privileged to know her. She has remained a loyal and supportive friend, and her years at St. Mary's Hospital are remembered lovingly.

A Friendly Visit

By Kris Ruddy

On Wednesday, August 18, 2010, Dr. Kenneth A.F. Forbes, his lovely wife Eileen and caring daughter Maureen made a return visit from California to the Provincial House here in Latham for a stroll down memory lane. Dr. Forbes had visited the Provincial House over seven years ago in July of 2003 in order to fill in some blanks from his early childhood.

At the age of 18 months Dr. Forbes was placed under the care of the Sisters of St. Joseph at St. Joseph's Infant Home in South Troy, New York. Dr. Forbes remained with the sisters until early 1929 when he returned to live with his mother who, now employed, was able to care for him. Dr. Forbes went to live in Albany with his mother and stepfather and had a wonderful family life. He graduated from both the University of Notre Dame and St. Louis University.

Dr. Forbes is most grateful to the dedicated sisters who cared for him during a time when his mother could not. The Sisters taught him how to behave, right from wrong and acquire a sense of responsibility. They also taught him how to read and write.

Dr. Forbes credits the Sisters for his superb early preparation in life and is very thankful for all the wonderful Sisters who were a part in his life.



A Gift for You...

An Evening of Quiet:
Prayer and Music in Preparation for Christmas
with
Tim Janis
and the Choir of St. Michael the Archangel Parish, Troy, NY



Monday, December 6th at 7:30 p.m.

St. Joseph's Provincial House Chapel, Carondelet Hospitality Center

Tim Janis is one of America's most accomplished and beloved young composers. With well over one million albums sold, numerous National Public TV Specials and 10 Billboard-Charting CD's, Tim Janis creates what many in the media have called Music with a Mission, music projects which aim to advance important causes through music.

The Sisters of St. Joseph of Carondelet invite you to join us in an evening of delightful exploration of the true meaning of Christmas through music.

This event is free and open to the public. There will be an opportunity to make a donation to assist the ministries of the Sisters of St. Joseph of Carondelet.

For a preview, we invite you to visit Tim Janis at his website, www.timjanis.com.

This event is possible through the generosity of Tim Janis and the John, Marie and Joseph Whalen Foundation.

Where Are They Now? *By Sister Patricia Allen*

In this issue of Newslines we will finish with the last five sisters who entered from St. Francis de Sales parish in Utica, New York. We feature Sisters Mary Louise Delaney (S. Kathleen William), Honora Margaret Kinney (S. Stephen Frances), Mary Anne Rodgers (S. Richard Anne), and Sisters Catherine Joseph and Catherine Sean Croghan.



Sister Mary Lou Delaney's ministry began at Our Lady of Agnes Parish in Whitehall. As a catechetical teacher, she taught in primary grades at St. Mary's Hoosick Falls, St. Mary's Oswego, St. Mary's Endicott, St. Luke's Schenectady, St. Vincent de Paul Syracuse and St. Patrick's

Syracuse. She was a Pastoral Associate at Our Lady of Mt. Carmel Parish in Gloversville and then ministered as secretary at Notre-Dame Bishop Gibbons Schenectady. After that she worked at the Eddy in Troy and then in the CSJ Community Development Office. She then went to minister at New Life Center in Philomont, Virginia. Sister returned to a job in our Data Office and is now working with our Senior Sisters on the Community Life Team (see related article). Sister also founded and coordinates the CSJ prayer shawl ministry.



Sister Mary Anne Rodgers

taught high school science and math at St. Mary's Academy, Little Falls and then at St. John the Baptist Academy, Syracuse. She served as a pastoral associate at Upstate Medical Center Syracuse, St. Joseph's Hospital Syracuse, Community General Hospital, Syracuse and DePaul Management Corporation, Albany. Sister Mary Anne also worked as Vocation Director for the Syracuse Diocese. She worked in St. Louis, Missouri at Carondelet Health Services and then at Seton Health in Troy. Sister is presently ministering on our Province Leadership Team.



Sister Catherine Joseph Croghan

taught at St. Anthony's Syracuse, Sacred Heart Utica and St. Agnes Utica. She then ministered caring for her elderly and ill mother. While doing so she ministered at St. John's Parish, Utica. Presently, Sister is serving at St. Joseph's-St. Patrick's, Utica.



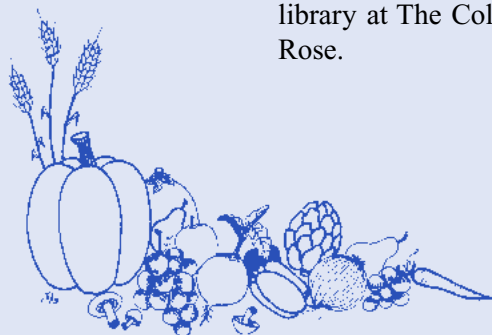
Sister Honora Margaret Kinney

ministered as a history teacher for many years at The College of Saint Rose. She then worked at New Horizons in Utica and then at the Bowman Day Care Center. She also worked at the Pine Hills Montessori School in Albany. Presently she is working at the library at The College of Saint Rose.



Sister Catherine Sean Croghan

(Sister Catherine's younger sister) studied nursing while living and ministering to our infirmed Sisters on 2A at the Provincial House. Since 1975 Sister Catherine has been ministering at St. Mary's Hospital in Amsterdam. She currently serves in the operating area.





St. Joseph Workers

By Sister Francis Anne Gilchrist



We have been anticipating this beginning for a long time and it is finally here! In mid August, Elizabeth Gravelle from Poughkeepsie, NY and Genevieve Henel from Glens Falls, NY arrived to “open the house” and then in mid September, Amanda Roark from Goddard, KS arrived to round out the 2010-2011 Pioneer SJWs.

Since 1836, when our sisters arrived in St. Louis from France, we have ministered to meet "the needs of the dear neighbor without distinction." Our founder, Fr. Medaille, SJ bid them to do so.

Sometimes this meant that we established groups to assist in carrying out this mission of service. We needed assistance to do all that needed to be done. Once again, we have extended ourselves and initiated a new community and service program.

The ST. JOSEPH WORKER PROGRAM is sponsored by the Albany Province of the Sisters of St. Joseph. The three women participating in the program will be serving at Bethesda House -

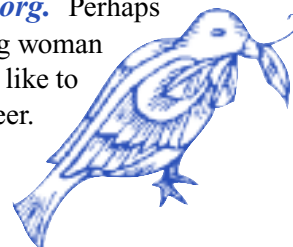
Genevieve Henel; Dominican Retreat and Conference Center - Amanda Roark; and St. Helen's School - Elizabeth Gravelle. They share community by living together and ministering in Schenectady.

These three WORKERS share **Community**, delve into **Social Justice**, further explore **Spirituality** and enhance **Leadership** as part of the year under the guidance of Sister Betsy Van Deusen, CSJ. We are grateful for your prayers and your financial contributions are most welcome as well. **Check out our website at www.sjworkers.org.** If you are interested in participating in a future program, or know someone who might be, please contact Sister Betsy at evandeusen@csjalbany.org.



Genevieve, Liz and Amanda at the top of Brooman's Nose.

May the gifts of the Holy Spirit enliven your soul, mind and heart! Learn about St. Joseph Workers by visiting www.sjworkers.org. Perhaps you know a young woman 21-35 who would like to serve as a volunteer.



NeighborsNetwork One Year Later

By Sister Lynn Abdelnour, CSJ

A year ago Sister Carol presented us with an opportunity to introduce a new venture, **NeighborsNetwork**, an affiliated project of the Sisters of St. Joseph (CSJs) and The Mohawk Valley Resource Center for Refugees (MVRRCR). Our mission is “... *to promote the well-being and self sufficiency of culturally diverse individuals and families within our community by providing necessary resources to start a new life in a new country. This mission is carried out in a spirit of hospitality, welcoming the integration of varied cultural values enhancing the larger community’s quality of life.*”

We are very pleased to be able to report that to date we have had three very successful projects: Our maiden project took place during December 2009 with “**WONDER-FULL WINTER-2009!**” Through the generosity of many of our Sisters, area businesses and churches and the dedicated work of the 4th through 6th grades at St. Francis de Sales School in Herkimer, we facilitated the distribution of 277 Christmas stockings to refugee families through the Mohawk Valley Resource Center for Refugees.

Our **SPRING PROJECT–“SPRING FLING 2010,”** provided 277 refugee family households with spring cleaning supplies. During the second week of April, new Refugee families to Utica, being served at the Mohawk Valley Resource Center for Refugees (MVRRCR), received laundry baskets, laundry detergent, brooms, dust pans, sponges and other items that would help them maintain their residences, in this, their new home.

Our second project for 2010, “Gear Up 2010” benefited the refugee children. Again through the generosity of the many, especially the St. John the Evangelist Community in New Hartford NY, Blessed Sacrament Parish in Mohawk NY, and the networking among our sisters at the Provincial House, over 150 children received back packs filled with much needed back to school items. We also supplied needed supplies for two college students which included not only stationary but a dorm refrigerator, pillows, blankets and desk supplies.

NeighborsNetwork works under the premise that networking works. In order for NeighborsNetwork to accomplish such success, we depend solely on the premise that “if you ask for it, it will come.” We identify a need in the refugee community and through interacting with our sisters, local parishes, area businesses and individuals, we receive the items needed to make our projects successful. Teenagers and adult volunteers join together to compile the identified items and prepare them for distribution by the staff at the Mohawk Valley Resource Center for Refugees.



We would not be able to do what we do without the support of both the area community and the CSJ community. Together, we make life a little easier for our neighbors who share this small patch of earth we call home...Utica, New York.

Mark ✓ your
Calendar...

**CSJ
Annual
Classic
Golf Tournament
May 9, 2011**



**Ziti Dinner
April 2, 2011**



Sisters of St. Joseph, Albany Province
385 Watervliet-Shaker Road
Latham, New York 12110-4799

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Summer Means ICE CREAM, Yum!



The Provincial House Activities Department had many summer time activities for the sisters. Needless to say everyone enjoyed the Ice Cream Social.

