

Avila News and Views

A publication of the Resident Council at Avila Retirement Community

Albany, NY

August 2023

FROM THE EDITOR'S DESK

This issue is devoted to our residents—new and old—plus our wonderful staff.

It's terrific that we have so many new residents to profile (we missed a few, but they will be included in future issues). Unfortunately, due to space limitations, we are unable to print your stories and poems in this issue. We look forward to including them in our November publication.

We hope you enjoy reading about your new neighbors, compliments to our staff, and remembering special moments during the last few months.

WELCOME DINNERS

By Tom Fitzgerald

Five new Sisters of the Society of the Sacred Heart were welcomed to the Avila community by both buildings. The Lodge held a pizza party for all Lodge residents and Mickey Fleishman organized a dinner at Avila. The sisters moved to Avila recently from Abba House, their previous home in Albany. The two events provided an opportunity for enjoyable conversation and to learn more about the sisters. The Avila family continues to be enhanced by the sisters of this order. Welcome to our five new residents!



Photo by Marlene Forbes



Photo by Tom and Ellen Fitzgerald

MEET OUR NEW NEIGHBORS

CHARLOTTE BUCHANAN

Interviewed by Pat Binzer



Photo by Patricia Binzer

Charlotte and Charlie Buchanan came to Avila from their home on the Hudson River in Glenmont as they planned to begin a simpler life after 52 years of marriage. When they toured Avila, they were impressed by the residents they met who seemed content, friendly, and welcoming. They observed that there were many activities available to residents, and residents could choose what they wished to do, with no pressure to become more involved.

Their professional lives in the Albany area included a career as a lawyer with two firms for Charlotte following her graduation from Albany Law School and as vice president, secretary and a member of the board of directors of Albany International for Charlie. They were transplants from Wisconsin when the family firm of Appleton Wire Works Corp consolidated

with Albany International. Both Buchanans served on not-for-profit boards that would help people achieve personal goals with some support from others by opening doors of opportunity.

In 1997 Charlie co-founded "Sponsor-A-Scholar" to provide students who were at risk of dropping out of high school, but who appeared to have drive to win, with mentorships, extra learning from teachers and financial assistance to gain access to higher education. The organization changed its name to 518Elevated in 2022.

Charlotte was appointed by the NYS senate as chairperson of the State Commission on the Capital Region from 1995-1997 to evaluate local government services and make recommendations for improvements requiring less cost and more citizen involvement.

Health care and biomedical ethics were a special interest she pursued by teaching a course on bioethics at UAlbany and serving on local medical boards concerned about medical ethics.

Charlotte wanted to do something to help the Russian people when the Soviet Union dissolved and appeared to be moving toward becoming a capitalistic and democratic society. With the involvement of Albany Mayor Whalen, Albany adopted Tula as a sister city, and the Albany-Tula Alliance was formed. Over the next 25 years, residents of Tula and visitors from the US absorbed knowledge and understanding for each other's culture and values by working together, connecting families, businesspeople, professors, and musicians. During this time, Charlotte presented many lectures at the Tula University and was presented with an honorary doctorate by the university.

When Charlie retired from Albany International, they decided it was time for extensive travel, going to the farthest and hardest places first, while they still could. So off they went to China, Japan, Australia, and New Zealand.

Charlotte and Charlie enjoyed golf, music of all kinds, dance, and skiing. They both became ardent gardeners; Charlie's gardens were in neat straight lines. Charlotte preferred curvy lines for her flower beds.

The Buchanans were parents of four children, grandparents of twelve, and great-grandparents of five. Their eldest son, Michael Buchanan, died suddenly of unknown causes two days prior to Charlie's death. Charlie died on March 24, 2023, at Albany Medical Center soon after he had moved to Avila.

We welcome Charlotte to our Avila community.

IRA EGLOWSTEIN

Interviewed by Pat Binzer

Ira is settling into Avila after having lived most of his life from New Jersey to Buffalo. He was born in Newark, New Jersey, attended Southside High School and went on to graduate from M.I.T. with a degree in electrical engineering. He served two years in the Army Signal Corp in Arizona as a project engineer. From there he began his career with Westinghouse.

He became a project engineer with Westinghouse in the Batavia-Buffalo area where he commuted from the Buffalo suburb of Williamsville each day to provide his three children with an excellent school district.

This decision paid off for each of them. Following college completion, each child developed an interesting career, and as is true for many of us who are not able to describe exactly what our children do for a living, the same was true for Ira when describing two of his children's careers. Marla, the oldest became an obstetrician and mother of three, and resides here in Albany. His son Howard lives in New Hampshire with a career in software technology. and the younger daughter, Sheila, mother of one child, lives in Seattle and works for Boeing. Not exactly sure of what she does for Boeing, Ira knows she attends many international meetings. He is extremely proud of the accomplishments of each of his children, he added with a big smile.

The family vacations were primarily to the south Jersey shore, the scene of his youth. When asked about hobbies and volunteer work, Ira replied he and his wife just did what they felt like doing. He also declared she was his favorite relative, an intelligent and great person; a good cook who did no unnecessary fussing.

Prior to moving to Avila, Ira and his wife were residing in an independent living community in Syracuse where she passed away in March. This prompted Ira to move to Albany to be nearer to his older daughter. Having lived here for only a brief time, he enjoys the friendliness of the residents and being in close touch with his daughter, who often visits here. He also credits the cellphone for bringing his whole family closer together.

Welcome to Avila Ira. We're glad you have joined our community.



Photo by Patricia Binzer

ELLEN AND BOB ELIE

By Ellen and Bob Elie

Ellen and Bob Elie moved to Avila in mid-April 2023 after selling their home in Venice, FL.

Bob grew up in Schenectady and Ellen in Saratoga. They spent most of their 60 years of marriage in Latham, NY. They wintered in Venice, originally as snowbirds, then for the last 13 years as permanent residents. They decided to move north to be near family and friends.

Bob graduated from St. Mary's Seminary and University in Baltimore, MD. After graduation, he began his career with the NYS Department of Labor.

During his 37-year career, he held several different positions, retiring as a regional director. Ellen graduated from the College of St. Rose. She was an elementary school teacher, then took time off to raise their four children and did substitute teaching.

She returned to work for the NYS Department of Labor and retired from the Department of Taxation and Finance as a senior administrative analyst.

Ellen and Bob have two daughters and two sons. Janet is an attorney in private practice and lives in Shelburne, VT. Sheila is an art teacher living in Shoreview, MN. Paul is a writer and senior fellow at Georgetown University, and resides in Brooklyn, NY. Matthew is a sound designer and backstage production manager for the Saratoga Performing Arts Center. They have six grandchildren, ages 18 to 23, five currently in college and one a college graduate.

Bob and Ellen have enjoyed travelling both in the US and other countries. Destinations have included national park tours, Canada, the British Isles, France, Germany and Italy. They have taken a few ocean and river cruises to the Scandinavian countries, Bermuda, the Caribbean islands, Prague, Budapest, and St. Petersburg, Russia. Bob enjoys golf, bike riding and reading. Ellen enjoys watercolor painting, playing Mah Jongg and other games. She loves butterflies and sunsets. They both enjoy music, going to concerts and plays, and are ready for new adventures.

Bob has volunteered in jail and prison ministry and has served on the boards of several homeowners' associations. Ellen has been active in school and church groups and with the Latham Women's Club. Bob and Ellen both served on the Albany Diocese Peace and Justice Commission.

Bob and Ellen are very happy at Avila. They especially appreciate the responsiveness of staff and the friendliness of the residents.



Photo by Tom and Ellen Fitzgerald

CARL, KATHY AND LUCY ENGLEBARDT

By Tom and Ellen Fitzgerald

Recently, we had the opportunity to learn more about the Englebardt family, Carl, Kathy and Lucy, their frisky, lovable mini-Aussi-poodle, who joined our Avila family in late spring. They moved a short distance from a home in Niskayuna, already acquainted with Avila through their visits with Kathy's sister, Mimi Becker. As they described their professional careers and interests, it quickly became apparent that they are a wonderful addition to our community.



Photo by Tom and Ellen Fitzgerald

Carl grew up in a large family in Schenectady while Kathy hails from Shaker Heights, Ohio. They met and fell in love while he studied at Union and she at Skidmore. Sure that they were meant for a long life together, they moved to Chicago as Carl pursued medical training at the University of Chicago and she completed her undergraduate degree at Northwestern University. They returned to the Capital region for Carl's internship at Albany Medical Center Hospital. Carl then worked in emergency room medicine in Saratoga Springs and Troy, NY, where they experimented with living a rural lifestyle. It was here that their daughter Terra was born.

When Carl decided that plastic surgery would become his specialty, he chose the Cleveland Clinic which also afforded Kathy the opportunity to be close to family and friends while focusing on their young children. After completing his training and surgical residencies in general and plastic surgery, they returned to Schenectady where Carl spent 36 years in private practice as a plastic surgeon. Kathy herself developed her own private practice in psychotherapy during this time.

Carl has a passion for motorcycles and loves to describe the 20 different types he has owned and used over the years. Their honeymoon was spent traveling to cities in Eastern Canada by motorcycle; Carl steering and Kathy in back giving directions! In Europe, however, Kathy was relegated to a sidecar for their travels. Presently, Carl maintains his interest in the Chinese board game *Go* and wonders if anyone else plays. Kathy especially enjoys the aqua motion classes and may take up Mah Jongg and gardening.

The couple is proud of their family: daughter Terra is a professional singer and musician in California; son Sam is a venture capitalist in New York City, and their youngest son Ezra, who is in management with CVS, living in Wellesley, MA, has blessed them with two grandchildren.

Lucy, too, has adapted well to guarding her apartment. When you enter, she is likely to succumb to a good scratch while kissing your hand. Her loveable behavior reflects the warm personalities of her owners, Carl and Kathy whom we welcome to Avila.

MARVIN AND SHERRY FREEDMAN

Interviewed by Pat Binzer



Photo by Patricia Binzer

To the Freedmans' home is where your heart is, and Albany is their home. Albany is where they were born, went to School 16 and School 19 and on to Albany High School. After college, their careers kept them right here in town where they raised five children and made many contributions to the quality of life we see all around us.

Marvin graduated from Siena College and began further studies at Albany Law School. The sudden death of his father required an abrupt change of plans for him. He had to take over the family business. He knew nothing about insurance but was determined to grow the business and continue what his father had begun. Several decades later he retired with the satisfaction of a job well done, and the Anchor Insurance Agency changed hands. His thriving

insurance agency was sold, building and staff included, to be incorporated into a full-service banking operation. He commented that he only had one job his whole life and it was a good one.

Sherry began her working career as a classroom teacher and left teaching, so she thought, to join the staff at the Times Union. The transition to the newspaper world lasted more than 28 years where she developed the local program "Newspapers in Education" providing materials and strategies for teachers to use the Times Union as a dynamic teaching tool. Using her skills as a teacher, Sherry provided ideas through workshops and presentations to accompany the ideas to generate interest in the value of using the Times Union.

The Freedmans' working lives were enhanced by their community giving lives. Marvin made time to use his business savvy to contribute wisdom and energy to Congregation Beth Emeth and numerous organizations throughout the Capital Region, serving on boards and shepherding key projects to fruition. earning him title as a "mensch."

This title was on display in his former home with the dozens of plaques and proclamations of gratitude that had been presented to him.

Sherry's giving life came about when visiting her father at the Daughters of Sarah Nursing Home where she noticed that several residents had no visitors. Many residents had no one to speak up for them if there was an unmet need. Determined to do something about the situation, she became a certified NYS ombudsman, someone who is trained to help older people navigate the systems to help their quality of life. She continues as an ombudsman for Massry Assisted Living and Daughters of Sarah Nursing Home.

The decision to move to Avila was an easy one for them. They could keep all their doctors, favorite restaurants, theatres, shopping places, and of course, their close ties with relatives and friends. They could go to Florida in the winter without worries "back home" and return home in time for Marvin to play golf three times a week.

SR. JOAN GANNON

By Joan Gannon and Karl Gohlke



Photo by Karl Gohlke

Sister Joan Gannon was raised in Washington, DC. She was the youngest of 6 children, 21 years junior to her oldest sibling. She developed a close personal relationship with Jesus Christ very early in life which eventually motivated her to join the Society of the Sacred Heart following her sophomore year at Manhattanville College.

She had been attending Sacred Heart schools for 14 years and wanted to enter a missionary order but was persuaded by well-chosen Jesuits that the Society of the Sacred Heart was right for her. Following the completion of her training and final vows, she commenced her service teaching in several of the schools. However, when ministry other than teaching became a possibility, she accepted an

invitation to work in a parish in Portsmouth, RI. Soon the Christian Action Center in Newport, RI, began to attract her and she followed an increasingly strong call to work among the most disadvantaged people in our country: prisoners, migrant farmworkers and refugees from violence-ridden countries (in Indiantown, FL), people dying of AIDS (in NYC). Those 20 years were the richest years of her life.

In 1999 she was asked by Sr. Kathleen Hughes to join the provincial team in St. Louis. She became the team contact for the RSCJ in the southern portion of the United States.

At the end of the team's six-year term Joan returned to Albany and has been working at Teresian House in pastoral counseling, attending to the needs of her sisters as well as others. She had been living at Abba House before joining the Avila community. She is residing at the Lodge and continues to work with her fellow sisters in service to others.

DORTHEA GREENE AND LINDA MORSE

Interviewed by Rose Ann Schaeffing

Dorthea Greene is a third-generation Californian. She graduated from college in Oregon with an MFA in theater. In her senior year she traveled for the USO for seven exciting weeks with a troupe of college actors entertaining at U.S. military bases in the south Pacific.

If you were in the service in 1959 and saw the musical *The Boy Friend*, that was Dorthea as one of the “perfect young ladies” in a French finishing school.

In real life in the 60’s she worked in advertising in Los Angeles. (She says the TV series *Mad Men* got the atmosphere of the time pretty much right, even though the show was set in NYC, not LA).

She loves movies (especially classic Hollywood films), travel, opera, small projects she can complete in a day or two, making birthday cards on her computer for friends, gin rummy and sushi.

Linda Morse was born and raised in Pasadena, CA. She says she chose Latin American Studies at Cal State Fullerton, and then got practical and earned an MBA at Pepperdine University. She worked in marketing and group sales, mostly for Southern California theme parks, among them Disneyland and Universal Studios.

She loves chocolate, following politics, opera, poker, genealogy, her six nieces and nephews, reading non-fiction and biographies. Dislikes avocados, black caviar and dark wintry days.

Both women also enjoy golf, tennis and gardening. Now they are enthusiastically working on developing some pool skills.

In the early 80’s they quit their jobs and opened a marketing consulting firm. Eventually they branched out into the temporary help business placing upper and midlevel specialists in various fields, mostly mortgage lending and human resources professions. On retirement in 1998, they moved east to NYC and eventually settled in the Berkshires.

“Travel has been an overriding interest of ours for a very long time,” Linda says. “Our trip to Japan in 2014 was our most favorite journey. In that spring, we stayed at a ryokan in Yamanouchi, Nagano and visited the park where the famous Japanese snow monkeys live. Every December through April, the monkeys make their way from their snowy mountain homes to the park, where they can splash about in hot springs. We were dropped off at a trail heading through a redwood forest to the park entrance. The trail was an easy walk, however very muddy due to melting snow. It took about 20-30 minutes to reach the park. Once there, we saw countless adult and young snow monkeys of all ages. They were very active and cute. And screaming at us on sight. Visitors are instructed not to interact with the monkeys – avoid eye contact – for the animals’ safety. If they get too chummy with humans, it does not work out well for them. Even with those precautions they are unafraid of humans and will get quite close while still shrieking. While the youngsters play, the adults spend most of their time grooming each other and lolling about in the hot springs. Not a bad life. In the winter they stay in the water most of the time, only getting out to eat. All in all, it was an unforgettable visit for us.”



PAT AND BILL KLOHCK

By Pat and Bill Klohck

Pat and Bill Klohck became our new neighbors in June. Pat grew up in Albany, attending St. Casimir's School, Vincentian Institute, Maria College and UAlbany. Bill is imported; born in NYC, he lived in Massachusetts and Newfoundland before moving to Gloversville.

Their UAlbany Economics professor suggested they should get to know each other better, which worked out fantastically (by any spelling). They attended *Fantasticks*, a musical, and later married at St. Casimir's Church, Albany.

After several years in an international accounting firm's tax and audit departments, Bill opened the world's smallest CPA firm in the Gloversville home they built, retiring decades later, still in the same home-office suite. His firm performed audits of school districts across NYS.



Bill was an active member of the NYS Society of CPAs Public Schools Committee. He edited the NYS Education Dept's annual Reference Manual for Audits of Public-School Districts for many years, and wrote countless NYSED, Comptroller's Office and School Boards' Association guidance documents. His firm also helped hundreds of family businesses with taxes, working with friends for decades.

Pat launched her career with BS and MS degrees in business education from UAlbany, followed by a master's in library science. She enjoyed teaching a mix of word processing, law, computer, shorthand, accounting and marketing classes at Amsterdam High School for 37 years. At the school, she liaised with the NYS Police Careers in Law Enforcement program, taking students on tours of prisons, providing them in-person interaction with US, state and local police officers, judges, legislators and emergency management officials. Her students organized Christmas gifts for less fortunate children and financed field trips to Boston, NYC and Montreal with annual orange and grapefruit sales.

Pat was elected a trustee of the Gloversville Library and served on the board in various capacities for 25 years. She chaired the search committee for new librarians, campaigned to assure the library's enhancement from free library to public library status, and worked with the committee resulting in the 1904 Carnegie Library's complete renovation.

When not working, feeding birds, hatching loggerhead turtles or relaxing at their lakeside cottage, they read avidly and enjoyed bicycle and cross-country skiing treks. Their month-long Canadian Maritimes honeymoon in a pop-up trailer began a lifetime of travel. Destinations included Alaska, US and Canadian National Parks. Retirement made Europe practical. They have enjoyed a lifetime of travel adventures. Asked to pick a favorite, they agree little stuff creates their lasting memories: gliding in a 10-dog dogsled under a crisp moon with Northern Lights in Norway, Orkney's Ring of Brodgar, floating down the Merced River, going through Yosemite Valley in a two-person raft.

You will often see Pat and Bill taking quiet evening walks around Ávila's grounds. You are always invited to join them. They would love to hear *your* stories!

SISTER ANNE "NANCE" O' NEILL

Interviewed by Wilbur Shapiro



Photo by Lynn Altonin

Sister Nance was part of a community of nuns belonging to the Society of Sacred Hearts, which came to Avila from the Abba House on April 26, 2023

Sister Nance became a nun in 1950, when she was an educator in Noroton, Connecticut. She was the head of the school. Sister Nance had a talent for finance and therefore became an apprentice in finance.

Sister Nance interned in finance at Manhattanville College. She complained to her superior that she and other educators didn't have sufficient knowledge of finance. Her superior gave Sister Nance two years to become sufficient in finance. To accomplish her goal, Sister Nance studied at the MIT Sloan School of Management, where she obtained her advanced degree in one year. She was the only woman in her class.

At one time, the sisters did not have Social Security. She worked on that problem and covered the costs involved in two and a half years.

The society was divided into 5 separate provinces, with 23 schools. The decision was made to combine the provinces into one. They called upon Sister Nance to lead the effort and made her Provincial Administrator. The job took six years to complete.

Next, she accepted an assignment in Indonesia. Indonesia is the fourth most populated country in the world. There are six religions in Indonesia, and you must belong to one to become a citizen. The six religions are: Muslim, Buddhist, Hindu, Christian, Catholic and Confucian.

Sister Nance stayed in Indonesia for 33 years where she taught at Catholic universities and started many new interfaith programs. Today, the Catholic church is thriving in Indonesia.

Women today are doing many things once considered men's work. The head of IBM is a woman, and the head of General Motors is a woman. Sister Nance belongs in that category. A brilliant woman who used her skills to benefit her society and mankind. She is a very welcome addition to the Lodge at Avila.

SISTER ELIZABETH "BETTY" RENARDO

Interviewed by Wilbur Shapiro

Sister Betty was part of a community of nuns belonging to the Society of Sacred Heart, who came to Avila from the Abba house on April 26, 2023.

At the age of 18, Sister Betty decided that she wanted to help the disadvantaged and she joined the Society of Sacred Heart. She may have been influenced by her brother, who is a priest, but the strongest influence came from her RSCJ (Religious of the Sacred Heart of Jesus) aunt regarding her vocation.

After matriculating the initial requirements and training for several years, she went to Rome and took her final vows. The sisters also had an audience with the pope. Somewhere along the way, Sister Betty became a registered nurse.

For the next eighteen years, sister Betty practiced in southwest Louisiana in a small town called Grand Coteau.

The population was poor and mostly African American. She became well known in the community as she spent many hours in people's homes attending to their medical needs and she also shared the life of her RSCJ community.

She formed a senior citizen group and provided outside speakers, social activities, and meals to the elderly population.

Sister Betty lived and shared with several other nuns. The Thensted Outreach Center provided services to all in the town. Jesuit priests administered the parish and provided religious services, such as Mass, to all who asked.

It was a pleasure to interview Sister Betty who truly believes in the goodness of people and who provided assistance to the poor and needy.



Photo by Wilbur Shapiro

HERBERT STEELE

Interviewed by Pat Binzer



Photo by Patricia Binzer

Herb is one of our newer Avila residents, but he is no stranger to the area. He moved to Avila to be closer to his wife, who is a resident at the Teresian House. For many years they lived in Chadwick Square, a townhouse development in the Town of Bethlehem. In the brief time he's been here he said he likes his new apartment and most of the food. He is enjoying the movies, the concerts and even some of the exercise classes.

Born in Cooperstown, he considers Saratoga Springs his hometown, since that is where he went to elementary school and high school. He is still an avid follower of all the school's sports activities.

He graduated from Norwich University, the oldest private and senior Military College in the United States, with a degree in civil engineering. He fulfilled his military obligation in Texas, where he was assigned to a team to build a training center for helicopter pilots. He later finished a master's degree in public administration at Syracuse University. In 1960 he began his long-time career in the state of New York in the Civil Service Department in personnel administration, heading up sections responsible for designing technical oral and written examinations for the state technical titles.

In his early years, he was a bit of a stamp collector. But in his later years, his interests turned to golf and growing perennials. He and his wife also discovered the joy of traveling from California to Canada to the Caribbean and driving throughout Europe.

He has a favorite brother, 95, who lives in Florida, and he also keeps in touch with his brother-in-law and family. He has three sons: John, Leonard and Stephen. John lives in Maryland and Nevada and is a lawyer who is also a "super senior amateur golfer." Leonard lives in Florida and is retired from Pratt Whitney where he designed jet engines and from Aerojet Rocketdyne, where he was responsible for parts for rockets. Stephen is a sports medicine MD and a family practitioner who lives in LaQuinta, CA. Herb also has seven grandkids who live across the US.

Welcome Herb to the Avila family.

SR. JUDITH VOLBRECHT

By Karl Gohlke



Photo by Karl Gohlke

Sister Judith Volbrecht was born in Rye, NY, and raised in Princeton, NJ. She attended private schools and graduated from Newton College of the Sacred Heart. She entered the novitiate of the Religious of the Sacred Heart order in 1960. After making her final vows in 1968, she taught at Sacred Heart Schools in Princeton, NJ.

All her life Judy had felt that God was calling her to Africa. So, when she began her doctoral studies at the University of Pennsylvania, she chose to study cultural anthropology. She did her field work in Ghana, finding God among the Ashanti people and culture. She received her degree in 1978 and spent a number of meaningful years doing research ,based in Sacred Heart communities in Kenya and Uganda.

She returned to the USA and taught anthropology at several colleges in New Orleans, LA, until the Archdiocese of New Orleans hired her to do mission education at the Catholic schools there. After nine happy years, Judy was invited to join two Sacred Heart Sisters from Puerto Rico to establish a community in Haiti, bringing Religious of the Sacred Heart to the poorest country in the western hemisphere.

In Haiti, the RSCJ began a program of popular education for children. Sister Judy was the liaison for a program by which a parish in Michigan sponsored 400 children to go to elementary school. She was also on a committee which founded a teacher's training college. It opened in 2008 and is still in operation, despite the current political situation..

In 2012 she made a major change in her ministry and returned to America. She became a chaplain at a regional prison in New Orleans, where she remained for eight years. When COVID became a problem, she moved to Albany in 2022.

Sr. Judy projects a quiet demeanor but interrelates easily. She enjoys reading and participating in group activities. She became involved in Avila's programs soon after arriving and is interested in becoming more involved in the future.

NEWS AND VIEWS MOURNS THE PASSING OF ONE OF ITS COLLEAGUES.

Karl Gohlke was for many years both a member of the *News and Views* editorial board and our staff photographer. Even when he was ill, he was still at it, as evidenced by the interviews and photos of the Sisters Joan Gannon and Judy Volbrecht in this issue. His many contributions to Avila are appreciated by all.



SISTER MARY MARGARET MCDONNELL DESIGNATED "WOMAN OF CONSCIENCE" HONOREE FOR 2023

By Tom Fitzgerald

At the 44th AASH National Conference held this May in Portsmouth, R.I., our own Sister Mary Margaret "Peggy" McDonnell received the "Woman of Conscience" Award in recognition of her lifelong devotion to health care ethics education. Sr. Peggy founded the Center for Ethics and Advocacy in Health Care in a north Chicago suburb in 1995. Previously Sr. Peggy worked in Boston's Neighborhood Community Center as well as Newton (MA) Community Day School and Newton College and obtained degrees from Newton Theological and Divinity School with a concentration in faith and ethics.

The Avila community congratulates Sr. Peggy for this well-deserved award recognizing her lifelong devotion to ethical health care practices. This community is privileged knowing that you, Sister Peggy, are a resident here at Avila.



Photo by Tom and Ellen Fitzgerald

FOCUS FEATURE: AVILA'S FINE STAFF



"Huge thank you to our talented maintenance department. We had racoons who had taken residence in our attic space and with a ladder, trap, and peanut butter, Gordie, Tom, Tom, and Dave became wildlife rescuers and captured three racoons. It is wonderful living in the Pine Bush with our various creatures, but David and I are very thankful that they are outside, where they belong!"

David Ditton and Andrea Edwards



"Residents of Avila have experienced problems with newspaper delivery when carriers leave or lack interest in delivering papers. After receiving several complaints, Larry Prichard took personal initiative and began writing apartment numbers on the top of newspapers so that the carrier would remember to deliver them to the correct units and not forget some. It worked for all of us. Thank you to Larry for taking some personal initiative on our behalf."

Tom Fitzgerald

"I want to thank Tom T. for his skill and patience while installing my new TV. It was greatly appreciated. I also want to thank Tom K. for fixing my blinds. His help and smile made my day."

Shirley Levey

SINCE OUR LAST ISSUE . . . (Photos and commentaries by Tom and Ellen Fitzgerald)



Avila celebrates the Fourth of July: Food, conversation, and community sharing.

Dennis and Thomas Murphy demonstrated their long-time interest and love for birds in their natural setting by organizing the July–August display cases showing pictures taken by the brothers and reference books dealing with birds.



The police may be still looking for three inmates who successfully escaped from Alcatraz Prison many years ago. However, our own Nicola MacNeil, Avila fitness center instructor, competed in the Escape from Alcatraz Triathlon in June to test her training against 1,600 competitors from 40 countries.

Those who finished swam 1.5 miles from Alcatraz Island across San Francisco Bay to the mainland, then biked 18 miles, before finishing with an 8-mile run. At the end of this grueling event, Nicola was awarded the eighth-place medal in her age group. She happily showed her impressive medal to a recent Aqua Motion class, while still sporting her assigned competition number printed on both arms.

Congratulations to Nicola. Avila is proud of you!





In July, the Rev. Jane T. Brady-Close led Avila residents in the Protestant prayer service held monthly. Prentiss Carnell and Lois Wilson organize the services. All residents are welcome to attend future services.

Wednesday Happy Hour at the Lodge is filled with good music by Brian Matthews, good conversation, wine and hors d'oeuvres for everyone's enjoyment.



Flowers are everywhere at Avila, thanks to the dedicated women of the bud vase groups, who meet every Wednesday morning to organize and prepare the flowers for the tables in the dining rooms and reception areas at both Avila and the Lodge.



AVILA DISPLAY CASES

Avila is looking for residents who have items to show in the display cases opposite the administrative offices.

If you have items to display, please complete the sign-up sheets in the Event books.