



interchange

Gifts of our Heritage... living our Legacy

Volume 17, Issue 2 - Summer 2012

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Dear Friends and Family,

With the recent installation of new leadership, the Rochester Franciscans will embark on a new chapter in the life of the Congregation.

As planning begins for the next six years, it only seems fitting to take a moment to look back on the heritage and legacy that precedes them, while recognizing that history is always in the making; and a new legacy is being created.

Kathy Gatliff

Editor

Director of Communications & PR

Sisters of Saint Francis - Rochester, MN

SAVE THE DATE!

Upcoming Events at Assisi Heights

Apple Fest

Saturday, September 22, 1-4 PM

Festival of Art

Saturday, November 3, 1-4:30 PM

Umbrian Christmas III:

Celebrate with Francis, Clare and Friends

Saturday, December 1, 7-11 PM - Evening for Adults

Sunday, December 2, 1-4 PM - Holiday Tours

Saturday, December 8, 1-4 PM - Family Event

Exhibit Honors Franciscan-Mayo Collaboration

by Matt Dacy, Director of Heritage Hall, the museum of Mayo Clinic

The partnership between Mother Alfred Moes and Dr. William Worrall Mayo "comes to life" in a new exhibit entitled "Faith of Our Founders" at Heritage Hall, the museum of Mayo Clinic. Life-sized figures of Mother Alfred and Dr. Mayo, in historically accurate costumes, greet viewers. The figures were carefully constructed and hand painted to match the passport descriptions and period photographs of each person.

This exhibit depicts the pivotal conversation in which Mother Alfred shared her vision to build a hospital, following the 1883 tornado that made the Sisters and the Mayos partners in healing. In this conversation, Dr. Mayo resisted... but Mother Alfred persisted, and carried the day. Mayo Clinic and Saint Marys Hospital, a global center of medical excellence, resulted from their shared commitment to serve patients and advance medical science.

Other features in the exhibit include artifacts from the Rochester Franciscans and the Mayo family and a video that shows the path of the tornado on a 19th century map of Rochester overlaid by a contemporary map. (The tornado hit near the location of Apache Mall and churned its way northeast, until it dissipated near the site of Century High School.) Another video presents the shared values of Mayo Clinic and the Sisters of Saint Francis embedded into a timeline of Mayo's history.



Sister Mary Lonan Reilly, Ph.D., (shown above in front of the display) served as subject matter specialist on this project, working closely with the team of Mayo Clinic exhibit designers. The Sisters of St. Francis of Mary Immaculate, Joliet, Ill., also provided archival information about Mother Alfred.

Heritage Hall is located in the Mathews Grand Lobby, street level of the Mayo Building. It is open from 8:00 a.m. to 5:00 p.m., Monday-Friday, without charge. This new exhibit was made possible by a generous gift from the Gerald and Henrietta Rauenhurst Foundation to the Rochester Franciscans. Since 2007, funding from Mr. and Mrs. Rauenhurst has supported a wide range of creative initiatives that celebrate the "miracle of relationships" described in the two-volume history, *The Sisters' Story* by Sister Ellen Whelan, Ph.D.

Past projects include the play, *A Leap of Faith: The Founding of Saint Marys Hospital*; the documentary film, *Healing Hands: The Sisters of Saint Francis and Mayo Clinic*; and a film dramatization, *In the Words of Dr. Will: The Primary Value of Mayo Clinic*; additional projects are under development.

Our Legacy Lives On: Sister Joseph's Amazing Endowment Fund

by Sister Ellen Whelan, Ph.D.

Sister Joseph Dempsey started an endowment fund for scholarships when she opened Saint Marys Hospital School of Nursing in 1906. Friends of the hospital provided seed money and nursing alumni generously augmented the fund. Now 106 years old, the fund has survived a century of trials and turns. To this writer, the fund is amazing, not only for its longevity and contribution, but also for the amazing role of Sister administrators in its history. From Sister Joseph to Sister Domitilla, to Sister Mary Brigh and Sister Generose, each leader made a unique contribution to the fund, and ultimately, to the profession of nursing and patient care.

The endowment fund had its roots in 1878, the year Sister Joseph joined Mother Alfred Moes as a Rochester Franciscan. When Mother Alfred founded Saint Marys Hospital in 1889, she chose Sister Joseph as the hospital's first superintendent. Sister Joseph and the pioneer Sisters of Saint Marys were not trained nurses. Edith Graham, Rochester's first registered nurse, taught them the rudiments of nursing. As a profession, nursing was in an early developmental stage. Nurses' routine duties included many housekeeping tasks, along with preparing and serving meals.

Until 1906, Sisters were the only nurses, about 20 in all. The nursing school provided needed lay staff and gave students the special advantages that Saint Marys could offer. A diploma school, it offered educational preparation and supervision with clinical experience on nursing floors. Nursing classes included Sisters and lay students. Studying and working side by side, they developed a lasting mutual regard and a shared loyalty for their alma mater.



S. Mary Joseph Dempsey

Sister Domitilla DuRocher excelled as a student in Saint Marys School of Nursing. Recognizing her gifts, Sister Joseph asked her to direct the school. In preparation, she entered Columbia University's Department of Nursing in 1918. Known as the premier nursing degree program in the country, Columbia's faculty championed nursing reform. It was through completion of this degree program, and the implementation of valuable lessons learned at Saint Marys, that Sister Domitilla rose to become a national leader in nursing. Sister Domitilla was among those indomitable women who raised nursing from a disdained menial job to the status of a respected profession.

The years 1970 and 1986 were milestones for Sister Joseph's Endowment Fund. In 1970 the school of nursing closed, as did many other diploma schools. Named for the school, the endowment fund was at risk. Sister Mary Brigh Cassidy, graduate of the school and hospital administrator, rose to the challenge. The hospital's Board of Trustees established "The Tuition Fund for Nursing Education" with income from the Sister Joseph Endowment Fund allocated for this purpose.

The fund faced another hurdle in 1986, when Saint Marys Hospital integrated with the Mayo Foundation. Sister Generose Gervais and colleagues astutely guided the endowment fund through the transition. The endowment fund now functions under the auspices of the Saint Marys Hospital Sponsorship Board. Sister Jean Keniry, a former assistant administrator for Nursing Services at Saint Marys, serves as board chair.

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Pamela Johnson

Scholarships from Sister Joseph's Endowment Fund continue through Mayo's Nursing Awards Program. Annually, Saint Marys nurse recipients receive scholarships for professional development. Pamela Johnson, Chief of Nursing, Mayo Clinic, recently paid this tribute to the endowment fund:

"The Department of Nursing is very grateful for the Sister Joseph Endowment Fund. This scholarship fund supports the ongoing development of nurses seeking higher education and helps our staff cover costs for school that may not be covered by the tuition reimbursement program or other funds. The recipients of this scholarship fund have deeply appreciated the support that this fund provides them in advancing their nursing education which helps to enhance their contributions to patient care."

Today, the Endowment Fund offers an even wider number of nurses the opportunity to advance their education, thanks to Saint Marys Hospital's integration with the Mayo Foundation. As Pam Johnson suggests, the goal of advancing nursing education is to enhance the quality of patient care. We give thanks for those courageous nurses and their selfless advocates who left us this amazing legacy.

Reflecting on Our Heritage: Saint Marys School of Nursing by Sister Elizabeth Gillis

"Enter in to Learn-Go Forth to Serve" was the motto of Saint Marys School of Nursing (1906-1970). Students were frequently reminded of the meaning of that motto and another familiar philosophy, "the needs of the patient come first." Many Sisters were among the 3,800 graduates who, as registered nurses, dedicated their lives to continued learning and service in countless areas of nursing and health care. As students, young Sisters witnessed and were inspired by the competent and compassionate patient care provided by Sisters who had long years at Saint Marys Hospital and they began their own life-long pursuit of learning and service. Three Sisters who learned and served at Saint Marys and far beyond are: Sister Paula Leopold, 1940 graduate, and Sisters Merici Maher and Jean Schulte, 1950 graduates.

Sister Paula Leopold remembers the impact of World War II and staffing shortages at the hospital. Mayo doctors were drafted and registered nurses volunteered to serve in various branches of the military. Nursing students joined the Cadet Nurse Corps in preparation for service. Young women of Japanese-American ancestry, interred in the relocation camps in western states, began enrolling in the School of Nursing in 1942, after the Army and Navy approved the school's request. Families of applicants were investigated and approved by the Federal Bureau of Investigation before prospective students were released from the relocation camps. The integration of Japanese-American students into the mostly Midwestern student population continued the practice begun at the opening of the hospital in 1889: all are welcome regardless of race, religion, ethnicity, or socio-economic status.



Sister Paula served as a surgical nurse in the operating rooms of Dr. Waltman Walters and Dr. Chuck Mayo, and as a head nurse on nursing units at Saint Marys. In later years, she provided elder care for homebound residents and served in a small hospital in Jenkins, KY. Always ready to learn and do, Sister Paula at age 96 remarked, "*I would do it all over again!*"

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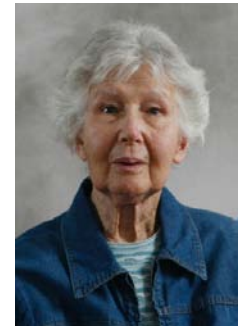
Sister Merici Maher served in surgery for two decades, beginning in 1949, while still a student. She continued on to become a head nurse, and then Operating Room Supervisor, from 1953-69. Those years were marked by many significant innovations in surgery including reconstructive plastic surgery, the beginnings of thoracic surgery in 1954, and open heart surgery in 1956. As it was in the early days, the relationship of the surgeons and surgical nurses was characterized by mutual respect, trust, and cooperation. Sister Merici recalled how every detail of a new surgical procedure was reviewed before the surgery was begun and that accomplishments and challenges were shared. She said, *"I loved Saint Marys! It was a lot of hard work but [I received] so much satisfaction from patients and surgeons. The*

doctors were just great. If we had a particularly hard surgery, the resident would keep the operating room staff informed of the ongoing condition of the patient. We functioned as a team, learning from one another to achieve the best for the patient."

Subsequently, Sister Merici earned a Master's degree in Public Health and taught community nursing to baccalaureate students at DePaul University in Chicago. This was another opportunity to learn and to serve the health care needs in the city that became her classroom. Later, she brought her expertise and values to the Benedictine Sisters of Chicago, serving as the Director of their health care center. Finally, in full circle, she provided child care for several children of her nieces and nephews and tutored elementary students at St. Julianna's in Chicago.

As a young Sister, Merici had been mentored and supported by Sisters at Saint Marys who convinced her that she could accomplish whatever was asked of her. Now, she was doing the same.

Sister Jean Schulte became the head nurse in a nursing unit even before she graduated. She felt a strong responsibility to carry on the tradition that comfort care and the needs of the patient come first. *"We were embued with this philosophy,"* she said. *"We learned it without it being preached except by the stories about Sister Fabian, Sister Joseph, and other early Sisters."*



After earning a Masters in Nursing, Sister Jean's focus turned to nursing education and preparing Teresans [students at the College of St. Teresa in Winona, MN] enrolled in the baccalaureate program. She worked with Sister Ancina, who was greatly admired and respected as an educator in Minnesota and nationally. Jean recalled, *"She made dear friends all over and people wanted to hear what she had to say. She knew everybody. I was just learning and I kept my eyes and ears open. Sister Ancina possessed such quality within her heart and mind and expressed this through her philosophy of nursing and in teaching the history of nursing. She mentored and supported me and taught me how to do the same for others."*

In 1963, Sister Jean took her philosophy of nursing and patient care to Javeriana University in Bogotá, Colombia, where she began a baccalaureate nursing program. She stated, *"Saint Marys philosophy of nursing was my heritage, and I knew from the time I was a young Sister that I had a responsibility to carry this on."*

In 1968, in response to an invitation from the Kellogg foundation, Jean went to Guatemala to serve as a consultant in health care. She saw this as an opportunity for the community to branch out and serve the under-served, especially the poor. In later years, Jean's commitment to the poor and respect for the dignity of persons led her to serve as a chaplain in a Texas border city hospital and as the assistant director of the Storehouse, where the working poor and homeless could obtain household needs.

Building on the values and philosophy of learning and service, these three Franciscan Sisters expanded the heritage they had embraced as young Sisters, and through their own compassionate presence and service, extended this heritage to countless others.

Sharing Gifts of Ministry... Creating a New Legacy

by Sister Eleanor Granger, Director of Development

Peace to all of you!

Each day, the Sisters of Saint Francis pray that we will not fail to be on FIRE with Christ's message! There are many ways to do that, but we Franciscans heartily agree that we cannot do it alone. Together with you, we can ignite that fire by carrying out our mission of being led by the Spirit. This Holy Spirit leads us to be a compassionate presence for peace in our world, striving for justice and having reverence for all of creation.

In this economy, we are well aware that many of you are struggling. Yet, in the midst of these struggles, you continue to find ways to support us. Thank you!

Let me share a few **pastoral care/compassionate care** ministries of our Franciscan Sisters, who reach out to the people of God daily:



Sister Maribeth Graves is the Staff Chaplain at a large hospital in the Twin Cities metro area. Each day, S. Maribeth visits with patients and their families at facing serious illness, surgery, or end of life issues. As a chaplain, S. Maribeth interacts with her colleagues, and, together, they seek ways to bring God's mercy and solace.

Sisters Colleen Byron and Patricia Himmer serve as receptionists at the Gift of Life Transplant house in Rochester, MN. Daily, the Sisters meet their guests with warmth and compassion; often welcoming the same families coming back for numerous follow-up visits.



S. Colleen and S. Pat

Creating a New Legacy in Education

by Sister Christine Stanoch



Sister Dawn Nothwehr, OSF, PhD, is the Professor of Catholic Theological Ethics and Director of the Certificate Program in Healthcare Mission Leadership at Catholic Theological Union of Chicago (CTU); a position she has held for nearly two years.

Full Professorship is an outstanding achievement and it takes significant effort over a ten year period. The candidate has to be a successful teacher in her discipline, as well as across all disciplines. This individual needs to be recognized for scholarship and publication, attending meetings in the field, and holding membership in several organizations. A third criterion, is to provide evidence that she is committed to the mission of the university, CTU, and engaged as a faculty member in programs and activities to promote the school's ministry. Finally, the candidate must be engaged in outreach to the wider Church, providing programs and guidance to her students who will take up ministerial works in the future.

As you can see, this requires a total commitment. Our Sister, Dawn, received excellent marks in all categories. In a Vesper service, a representative of the Board of Trustees and the CTU Academic Dean and Vice President, Barbara E. Reid, OP, proclaimed her achievement.

Fast forward to today. In the past two years, Sister Dawn has not rested on her laurels. Her current focus in climate change and environmental ethics led her to author the book, *Ecological Footprints - An Essential Franciscan Guide for Faith and Sustainable Living*, due out in October, 2012.

Congratulations on your continued achievements, S. Dawn!

Note: To obtain S. Dawn's book, you may pre-order online at www.litpress.org.



S. Dawn receives professorship plaque.

Our Legacy in Cambodia: COERR Language Skill Center

by Yuwatey Suy, Director of Business Affairs, Sisters of Saint Francis

In January 2012, my mother, my husband, and I went to visit the COERR (Catholic Office for Emergency Relief and Refugees) Language Skill Center in Battambang, Cambodia. The COERR school was formed by Sister Joseen and to which the congregation has made a loan for an expansion of the school. All the teachers meet on Saturday morning to prepare for the classes in the coming week. We had an opportunity to be there with them. I shared with all the teachers that the Sisters of Saint Francis appreciate their hard work to provide a high-quality standard of education and their dedication to run the school with a corruption free system. I also let them know that the Sisters pray for them and the school.

Mr. Sotith Srun, the school director, on behalf of all the teachers, expressed gratitude to the Sisters for the loan which is enabling them to build a new building. They also appreciate that they are not alone and are encouraged by the support of the Sisters in spirit and in financial assistance.

Continued on the next page

This year, the enrollment is the largest ever. A total of 4,777 students were enrolled in the school in January 2012. There are 2 groups of students: a junior group (ages 12 to 17) and an adult group (ages 18 and over). There are 3,885 adult students and 1,892 in the junior group. By comparison, in January 2010, the total enrollment was 4,300, while in the year 2000, the total enrollment was 900. More than half are university students and the rest are high school students, civilian workers, unemployed adults, business people, etc.

There are 14 levels of instruction: levels Pre A, Pre B, and levels 1-12. The students receive certificates of English proficiency at Levels 6, 9, and 12. Currently, there are 3 different buildings used to hold 206 classes each week. The school director saw the need for a new building to support the growth in the enrollment. The loan from the Sisters is making this need a reality.



Student fees range from \$35 to \$55 for six months tuition. The school does not have funding for the poor students who cannot afford to pay the fees, but will allow these students to enroll if they can pass the exam.

The teachers receive a salary based on the number of classes they teach. The range per class is from \$50-80 per month, depending upon seniority and qualifications (i.e. teaching certificate, Bachelors or Masters degrees, etc.) Compared to other English schools in Cambodia, COERR Language Skill Center teachers are paid almost the same rate as some local university lecturers. But if we consider the cost of living, this amount meets only their basic needs. In fact, the teacher's salary, their bonuses, staff retreats, and other gifts make up about 80% of the center's operation expenses. Since the fees are very low compared to the other Universities, the center can't afford to provide any medical and health benefits to the teachers.

Thank you, Sisters, for your support of the COERR center in Cambodia.

PS: Sotith just wrote that he got a phone call from a Cambodian man who lives in Washington State asking about our Center. The man wants to send his nieces and nephews who are in Cambodia to the Center--about ten of them! He said he was told that it was a good school.

Continued on the next page

An Update on the Well Project:

In April 2009, the Sisters of Saint Francis, as well as several other individuals, provided enough funds to drill 28 water wells in different towns in Cambodia. All the wells used manual pumps and the water was very clear. During our trip in January 2012, we had a chance to visit some of the families who received the wells. Some families have replaced the manual pumps with electric pumps. One family uses the electric pump to irrigate the rice field during the dry season. They have a small piece of rice field that had not produced enough rice for the family for the whole year. Since they have the well with electric pump, they can grow rice twice a year (in regular rainy season and in the dry season) and have enough rice to feed their children! A few families told us they have made good money by raising pigs. Because they have enough clean water close to home, they are able to use it to clean the pigs and pigs' shelters, which helps to reduce the chance of bacteria growing. Before having a well, they could not afford to have this business; now they are also able to enjoy a happier, healthier life since they have clean water to bathe, to drink, to cook, to wash clothes and household materials.



Yuwatery at the well.

Every family we met expressed their gratitude to the Rochester Franciscans for their wells. *Thank you, Sisters!*

Apple Fest: Amnesty and Absolution

by Sister Marlys Jax

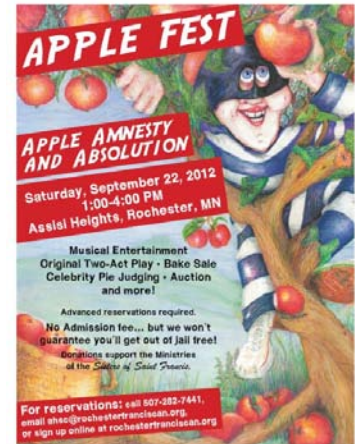
Life on the edge of the orchard... Think back. Way back. Lapse into the daydreams of Fall in the 1960's and beyond with memories of the sweet smell of apples...

And then you snap out of it...and sixty or so years later you hear the call, or rather the summons, to return. We are not kidding! Here is your invitation to come back to the rolling greens and wooded oak savannah hills of Assisi Heights and enjoy again the natural beauty, apples and all, for an **Apple Fest!**

Here are the facts: Many local youth showed their prowess by sneaking up the serpentine drive, lured by the ripening reds in the orchard. Notable to this risky undertaking was the task of descending the hill unnoticed with bushels, boxes, bags, even suitcases, of ripened fruit. Local students from John Marshall HS, Lourdes HS, and Saint Marys Hospital School of Nursing students were regular participants in this adventure.

Apple Amnesty with Absolution is the answer to the gnawing memories of such bandits! Mother Alfred now invites you to return and receive absolution on Saturday, September 22 at the Assisi Heights Apple Fest from 1-4 pm. Come hear the hilarious escapades from the past. If you are 'not guilty' of said offense, come enjoy the festivities with family and friends. This fundraiser is a family event, which includes a play, dessert and surprises planned by the culprits themselves. You will not be disappointed, and may even go home with an apple pie!

You may report any offender anonymously to outreach@rochesterfranciscan.org. We need their name, email, address and/or phone number. Reward given for the largest number of bandits turned in! Proceeds from this event support the ministries of the Sisters of Saint Francis.



Experience the Gift of Our Surroundings

Assisi Heights Spirituality Center

Looking for a unique venue for your next retreat, meeting or special event?

Look no further... we are here for you.

We have created a peaceful atmosphere, conducive to open dialogue, prayer, idea exchange and contemplation.

Let your worldly concerns slide away as you approach the drive to Assisi Heights. The serenity of our surroundings will embrace you and lift your spirits.

Come explore the possibilities...

To arrange a tour of our facility or to check space availability for individual or group retreats, or your next meeting or special event, please contact:

Lynnette Stadtherr, AHSC Event Coordinator

507-280-2195

ahsc@rochesterfranciscan.org



A Gift in Bronze - Representing Our Heritage

by Sister Ramona Miller

Guy Tedesco, a Midwestern artist, gifted Assisi Heights with a bronze sculpture of a bust of Saint Francis of Assisi. According to Mr. Tedesco, *"the bust is taken from a life-sized figure of Francis I created for the Conventual Franciscan Friars at Mount St. Francis, Indiana. My studio is located in an old dairy barn on their grounds."* He goes on to say that the life-sized bronze Francis is lying on a hillside, next to a natural spring in the forest. Mr. Tedesco describes his design as a "human moment" in the life of Francis, and a humble attempt to portray that humanity. The artist's efforts are to give a saint (Francis) his humanity back and humbly allow God to touch us through him as a fellow human being- *"to feel the compassion, love, and joy in his face in spite of his trials and tribulations and his flawed humanity; to feel the warm embrace of his heart through his loving eyes and his gentle smile."*

This gift is now on display in the Walters Conference Room at Assisi Heights. The bust is created with a bonded bronze material, composed of powdered bronze and resin. The surface is over 98% bronze. The base is a copper clad wooden box with a lined compartment accessed by screws from the underside.

Why did the Sisters receive this piece of art? Mr. Tedesco asks the Sisters to remember his mother and his loved ones in prayers. Also he asks us to remember and recommend him, if we hear of any need or desire for an artist/sculptor/designer; whether it be for religious projects, churches or chapels of any faith; or for non-religious projects. To view his work, mission and history, go to: www.quytedesco.com.



Cherish the Gifts of Your Heritage!

by Sister Ann Redig

As you reflect on your life and gifts, it is natural to investigate who you are, and from whence you came. Your heritage is in your bones and heart - some are visible firsthand in those you know – your parents and grandparents – and some remain stored for you to discover.

As a Franciscan community, we too, are living on the shoulders of our heritage, specifically the Gospel and the lives of Saints Francis and Clare of Assisi and all Franciscans who have served through the ages. We share the heritage of our Rochester Franciscan foundress, Mother Alfred Moes, and all the Sisters who have lived the richness of this life for the last 135 years.

Join us, as a Sister or Cojourner, as we make our future together in God's love, while living out the gems of our Rochester Franciscan heritage.

For more information on how you can join us, contact Sister Ann at 507-282-7441 ext. 206, or sisterann@rochesterfranciscan.org.



Sisters of Saint Francis | 1001 14th Avenue NW | Rochester | MN | 55901