

# SENIOR LIFESTYLES

## Sisters sing to support religious' retirement

By Kathleen Schwar  
Assistant editor

Admittedly, a trip to Los Angeles the first week of June was a major draw. But two Rochester Sisters of St. Joseph say their trip had a significantly greater purpose than seeing the West Coast.

Sisters Eileen Conheady and Barbara Gulino, both second alts, blended their voices into those of an all-nun group known as Sisters in Song to produce "Sisters in Song Rejoice!"

Sisters in Song has sold 70,000 of its first two albums. Proceeds support retirement of men and women religious.

Released a few weeks ago, "Sisters in Song Rejoice!" is not a Christmas album, but is an inspirational production, Sister Gulino said.

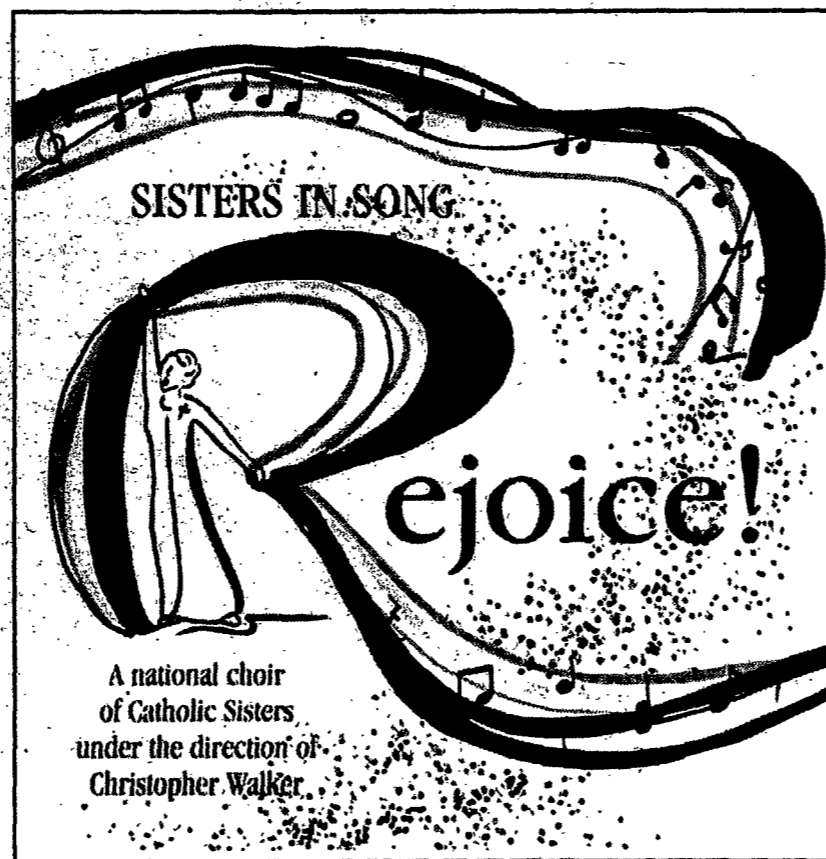
"They are very reflective, moving melodies," said Sister Gulino, a Unity Health System chaplain who works with nursing-home residents and chronic-care patients. "There is a lot of feeling in them."

Sister Theresa LaMetterey, a Sister of St. Joseph from Orange, Calif., was project director for the new album, for which 675 nuns auditioned. With the exception of 11 solos interspersed among the 15 songs, she said, "anytime you hear a choir singing you're hearing an 80-voice choir."

Sister Diane Branch, another Rochester Sister of St. Joseph, had sung for the previous two CDs, along with Sister Conheady, who works full-time in community outreach for Rochester's Holy Rosary Parish.

Noting that the proceeds support retired religious, Sister Conheady, 69, said, "It seems like a beautiful way to raise money for them, not for myself so much — you know how you never think you're old — but the retirement needs of other people. Some of those are in small communities without a retirement fund."

"What struck me was what can be accomplished when you have just one goal and put every bit of energy into that particular project," said Sister Gulino, 64. "We had to sign off the whole world in order to accomplish what we needed to accomplish."



Sisters in Song, a national choir of Catholic religious women, recently released their third collection of music. "Rejoice" includes a "Celtic Alleluia" and versions of the "Salve Regina" and "How Great Thou Art."

The first two Sisters in Song projects featured the voices of 60 nuns. But when Sister LaMetterey and Christopher Walker, the liturgical music composer who conducted the sessions, heard and reheard the audition tapes, they couldn't whittle the list to fewer than 85. Walker was a co-composer of the "Celtic Alleluia," Sister Conheady pointed out, which is on the album.

Thanks to donations from groups as varied as the Serra Club and the Sisters of St. Joseph Health System in southern California, 80 of the 85 invited sisters were able

to sing, Sister LaMetterey said. They ranged in age from 35 to 78, and came from 28 states and 58 religious orders.

The album was recorded in less than a week. "Sometimes we were up until 11 at night," Sister LaMetterey recalled.

Some of the sisters, including those from Rochester, were treated to trips to the Getty Museum and the vibrant Hispanic community centering on Olivera Street in Los Angeles. They also walked the boardwalk on Santa Monica beach.

Proceeds from the CD and cassette sales go to the National Religious Retirement Fund and Support Our Aging Religious, a nonprofit organization in the Washington suburb of Silver Spring, Md. Known by its acronym, SOAR, it assists religious orders in financial need. The first two albums garnered \$500,000.

Although the Rochester Sisters of St. Joseph do not profit directly from sales, they did, for instance, receive a \$20,000 grant in 1998 from SOAR for medical security equipment and for renovating space in their infirmary, according to Sister Janice Morgan, president. And from the National Religious Retirement Fund they have received \$25,000 toward retirement planning. The sisters have had their own fund and have participated in Social Security since the 1960s.

Still, Sister Morgan said, "We feel as though we can always look for more. The concern is we are not fully funded for our retirement."

"I would never say we are deprived of anything," Sister Gulino said. While the SSJs may not have the equipment, space or personnel of other retirement or nursing facilities, she said, "Our gift is our care, support and love of one another, which can be over and above what they need, in my mind."

**EDITORS' NOTE:** "Sisters in Song Rejoice!" is available for \$15.95 (CD) or \$10.95 (cassette) at Cornerstone Crafts, SSJ Motherhouse, 4095 East Ave., Rochester; and by calling Sister Gulino at 716/368-3268 or Oregon Catholic Press at (800) 548-8749. A Web site is set up at [www.ocp.org](http://www.ocp.org) and [www.sistersinsong.org](http://www.sistersinsong.org).

This article includes reporting by Catholic News Service.

## The Ideal Alternative To Home Ownership

For Independent Senior Living

Owned by Bishop Sheen Ecumenical Housing Foundation, Bloomfield Meadows features one and two bedroom apartments all on one floor. Each apartment has a full kitchen and bath, living room and dining area with individually controlled heat and air conditioning. A convenient community space and laundry facilities are also available. Rent ranges from \$550.00 to 700.00 per month and includes utilities. This exceptional opportunity is available to seniors 62 or older who meet income guidelines.

RESERVE YOUR APARTMENT NOW FOR 2001 AND WE WILL MOVE YOU FOR FREE!



BLOOMFIELD MEADOWS

For information call 716-657-4680

P.O. BOX 70 • 25 BLOOMFIELD MEADOWS, BLOOMFIELD, NY 14469



## Happy Holidays from Lakeville Estates

CORNER OF ROUTES 20A & 256 (NORTH END OF CONESUS LAKE)

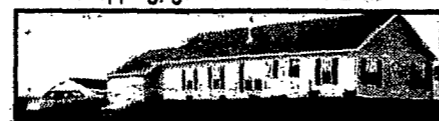


A senior (over 55 yrs) manufactured homes community overlooking the scenic hills surrounding Conesus Lake

- 175 Sites • Doublewide, single-level, drywalled homes • Attached garages with blacktop driveways
- All grounds maintenance performed by management • Fixed lot rental fees from \$225 per month • Ideal for seniors on a fixed income • Price range of homes from \$70,000's and up • Models on site • Many floor plans available when ordering • Purchase a model - immediate occupancy • Home delivery within 12 weeks when ordering • Free market appraisal on existing home, if necessary • Conveniently located to I-390 (Exit 8 - 1 mile), shopping, golf and Conesus Lake

**OPEN HOUSE HOURS!**  
Mon. - Fri. 10 am to 5 pm • Sat. & Sun. 1 pm to 4 pm  
Dave Leugemors, Sales Manager

Call 716 346-6740



## NOTICE!

WE PROUDLY ANNOUNCE

### Our Holiday Open House Celebration

Legacy at Willow Pond, an Independent Senior Living Community, is holding its annual Holiday Open House Celebration on **Saturday, December 16th 2000 starting at 10:00 a.m. until 2:00 p.m.** This is an open invitation to any individuals in the Greater Rochester Area ages 55 and older

Legacy at Willow Pond is a community consisting of 89 luxury apartments for seniors. Designed with the needs of today's Senior Citizen, Legacy offers its residents multiple choices that eliminate daily stress and worries that may inhibit Seniors from enjoying their retirement years to their fullest.

Legacy features fine dining in the octagon dining room, a library with free Internet service, housekeeping, linen service, recreational activities, meticulously designed gardens, transportation, home health care agency access, emergency call systems, fire safety systems, beauty salon, convenience store, cozy fireplaces and much, much more.

During Legacy's **Holiday Celebration** we will feature Holiday Music and Entertainment. Legacy will also have Hors D'oeuvres prepared by its very own Chef.

The owners of Legacy, who have served residents in Greater Rochester for over 30 years, encourage any individuals in the Greater Rochester Area interested in discovering more about their retirement options to attend Legacy's Holiday Celebration.

Legacy at Willow Pond is located off of Route 441 in Penfield just west of Wegman's Plaza on the corner of Route 250. More specific directions, please do not hesitate to contact us.

Any questions regarding this event may be answered by contacting:

**Linzi Burns, Legacy's Director**

**716-388-7663**



40 Willow Pond Way • Penfield, NY 14526  
[www.rochesterindependentliving.com](http://www.rochesterindependentliving.com)

"Gracious Independent Senior Living"