

Then & Now May 2010

Sister Frances Gabrielle Hess



Born in Elizabeth, N. J., **Sister Frances Gabrielle Hess** was named after her father, Frank, and mother, Gabrielle. She had three brothers and a sister. When she was 6 years old, the family moved to Detroit. She attended Holy Cross, Lansing through the third grade; grades four through 12 were spent at Visitation in Detroit.

After graduation she worked at Chrysler Engineering in Allen Park from 1942-48 in the engineering laboratories, assisting with experiments. In 1953 she graduated from Marygrove College with a bachelor of education degree. Later that year she entered the IHM community.

As a postulant, she taught sixth grade at St. Mary Academy. Other teaching experiences were at St. Patrick in Wyandotte, Immaculata High School and St. Cecilia in Detroit. In 1959 she began graduate classes in biochemistry, microbiology and research at Michigan State University in Lansing, eventually earning her master of science degree from Wayne State University.

In 1963 Sister Frances Gabrielle began the teaching and administration of the Dietetics and Food Science Programs at Madonna University in Livonia. She was a registered dietician. In the photo at the right she is shown teaching a seminarian student a cooking lesson. She retired from Madonna University in 1995 and moved to the Motherhouse.



She and longtime friend Sister Mary Cabrini (pictured at left in photo with Sister Frances Gabrielle) moved together into a double room in Memory Care in the newly renovated Motherhouse in 2003. Sister Frances Gabrielle was able to help with Sister Mary Cabrini during her years with Alzheimer's. Even though

Sister Mary Cabrini died in 2007, Sister Frances Gabrielle decided to stay in her room on the Memory Care floor. She loves the staff and nurses who work there. "They are absolutely the best. They take such good care of us. I don't want to leave."

One of her favorite pastimes is reading. Sister Frances Gabrielle is currently reading *Rediscovering God in America* by Newt Gingrich.

