

Sister M. Helen Paul Podesla – 50 years

Born in New York City, Sister Helen entered the Sisters of Saint Francis in 1960 and professed perpetual vows August 15, 1968. She attended St. Francis Nursing School in Poughkeepsie, completing a training course and earned her RN license from St. Mary's Hospital Nurses Training School in Orange, N.J. Sister Helen Paul attended Mercy College and Bank Street College of Education in NYC earning her master's in Education and minor in Supervision and Administration in Early Childhood Education. She was appointed nursing supervisor at the Children's Rehabilitation Center and was nurse manager and office manager for D.O.C.S. in Yonkers, N.Y. Sister Helen Paul also served on the council for the Sisters of St. Francis and was as member of the Shared Futures Task Group. Presently she gives her time to service in the community as regional treasurer. On the lighter side, Sister Helen Paul enjoys computer games and going out with friends to share a meal.