



MISSIONARY SISTERS
of the SACRED HEART of JESUS
Bringing Christ's love to the world

THE UPDATE

September 10, 2026

Built by Hands and Hearts

Five years ago, the [Cabrini Women's Mental Health Service](#) started out as nothing more than an idea.

"An ambitious idea," Chief of Mental Health and Cabrini Outreach, Sharon Sherwood said. "Some might even have called it a slightly crazy idea – the idea that women deserved a dedicated mental health service designed around their needs, their stories, their strengths, and their recovery."



Noting their five-year milestone, the staff of the Cabrini Women's Mental Health Service take time to celebrate and savor all that has been accomplished on behalf of women and their mental health.

That idea grew into something incredible. Since opening its doors in 2021, the service has grown substantially, according to Cabrini Clinical Psychologist, Rivkah Nathanson.

"Over the past five years, the number of clients we have on the ward continues to grow," Rivkah said. The 30-bed unit has supported an incredible 1371 women via inpatient admissions over the years.

~ Account continues on following page.

Cabrini Women's Mental Health also assisted 36 women last year via generous donors to our Access Fund which ensures women can access specialist care regardless of their financial situation.

But behind every admission and every dollar donated is a woman whose life has been changed. "The impact for clients is really meaningful," Rivkah said.

The impact the Service has made has been recognised by the healthcare industry, too. The Service was named a finalist in a 2025 industry excellence awards program for its exceptional achievements. "Australia's First Women's Mental Health Hospital" was published in the journal *Australasian Psychiatry* celebrating the efficacy of the model of care and its contribution to the growing evidence base for specialist, gender-sensitive mental health care.

"The breadth and scope of the service that we offer has significantly improved over time," Rivkah said. "We're constantly improving based on feedback that we get from clients, and at the moment it's really a nice holistic, trauma-informed program that incorporates various different therapeutic approaches."

"The most important thing is that women who are struggling have a place to come and get the help that they need and get back on track to living the life that they want to live, and to feel supported in that."

Supporting women is the goal Sharon had in mind when the idea was conceived years ago, although she's quick to point out that the Service's growth was never the work of one person alone.



Reflecting on this five-year milestone, she says the credit belongs to everyone who has helped to build it. "A service is built by lots of hands and hearts," Sharon said. "It's built by nurses, psychiatrists, psychologists, occupational therapists, social workers, exercise physiologists, art therapists, music therapists, pastoral care, administrators, hospitality staff, cleaners, volunteers, lived-experience voices, families and, most importantly, the women we care for."

~ submitted by Margaret Stewart, Group Director, Mission and Identity, Cabrini Health



Editor's note: The Province Communications staff joins many, many others in wishing Margaret Stewart a blessed and happy retirement. It has been a pleasure to collaborate with Marg as she has shared the good news from Cabrini Health over the last few years. The article above is her last contribution for The Update. Godspeed, dear Marg, from all of your Cabrinan collaborators and friends.

We extend a warm welcome to Brigid Meney, who will succeed Marg in her role at Cabrini Health.

A New Mission Statement and Core Values



Department leaders, managers, and administration at St. Cabrini Nursing Home were presented with framed copies of the new mission statement during a blessing service.

On Wednesday, August 19, we had a beautiful Service of Blessing and Presentation of our new Mission Statement and Core Values at the St. Cabrini Nursing Home in Dobbs Ferry, NY.



After many months of conversations with the nursing home staff members, a new mission statement and core values document have been created. From left: St. Cabrini Home Administrator Bonnie Burke, Assistant Administrator Jessica Garcia-Robinson, Sr. Patricia Rawdon, Director of Mission Integration of the Carmelite Sisters for the Aged and Infirm, and Fr. Ron Galt, Vice President of Mission at St. Cabrini, proudly display copies of these guiding principles.

Beautifully framed statements were presented to every department leader, clinical nurse manager, administration and the volunteer department to be hung in prominent areas of departments, clinical units and throughout our facility. It was a major project and undertaking. It involved having reflective and meaningful conversations with department staff, clinical staff and leadership, residents and volunteers to create a Mission Statement and set of Core Values that truly reflect our heritage, who we are, what is important to us and how we care for each other.

~ submitted by Fr. Ron Galt, St. Cabrini Nursing Home, Dobbs Ferry, NY

Please Make a Note:

Sr. Regina Palamara, MSC has new contact information:

Sr. Regina Palamara MSC
Apt 614
Ivy Park at Burbank
2721 Willow Street
Burbank CA 91505



New email address: Reg.Palamara33@gmail.com

Cell phone: [\(818\)-653-5233](tel:(818)-653-5233)

Sister's landline has been disconnected.

A Program Note of Interest

Bishop Fulton J. Sheen will be beatified on September 24th.

The ceremony will be covered by EWTN at 10 a.m. EDT on that date.

Cabrini World Newsletter

The summer edition of the MSC Generalate newsletter is now available.
Learn all about the events and gatherings taking place throughout the Institute of
the Missionary Sisters of the Sacred Heart of Jesus.

To access the newsletter please click [here](#)



Prayer Requests

Temporary Protected Status ending

Homeland Security has ended TPS for more than 1 million people from 14 countries, including El Salvador, Venezuela, Haiti, Honduras, Nicaragua, Afghanistan and Syria. Only about 103,000 from three countries remain protected with termination dates in October for Ukraine and Sudan, and November for Lebanon. In our prayers, let us remain ever mindful of these people whose lives are being so seriously impacted.

September 11, 2001

We take time to remember the innocent lives lost twenty-five years ago on September 11th - the fallen, the heroes, and the countless souls whose earthly journeys ended far too soon.

Gracious God, we ask for your enduring grace upon the families who carry the ache of a missing loved one, and upon the first responders, survivors, and families whose health, minds and spirits are still impacted by the events of that day.

Where there is grief, bring your gentle solace. Where there is pain, bring healing. Strengthen our hearts with the memory of the resilience, courage, unity and compassion that arose on that day.

Guide us to walk forward in peace and hope for our world.



Patricia Stancato, CLM

Your prayers are requested for Patricia Stancato, a Cabrini Lay Missionary, who is seriously ill at this time. Please pray for her return to full health.

