



## Rita Frances Kaminski

May 9, 2018

This obituary is written in part by Rita herself, taken from her own autobiography.

“My story is about a woman who, at one time, thought she had it all. She lost everything because of an illness, searched for a cure and gained more than she ever could have imagined. Through daily challenges she gained wisdom about true love and the interconnectedness of all humans.” Rita Kaminski

“I grew up in Berkley, a small mid-western town, in Michigan. Previous to Berkley, we lived in the Polish section of Detroit. I was born in Harper Hospital and was baptized in St. Stanislaus church. My family lived in a big, old house with my great aunt and uncle. I was the youngest of three girls.

In the 50s, life was simple and focused around family, church and school. My father was very religious and we prayed together as a family every night. My mother was a full-time mom. We socialized with other family members and I played with my cousins. I loved visiting my cousins because it was the only time I could eat junk food. My mom was rigid about our diet and seldom bought pop, chips or candy. My aunts had junk food around and I took full advantage of these visits.

I graduated from Our Lady of Mercy High School in '67 and afterwards started Nursing School. In the fall of 1969 I quit nursing school at Providence Hospital and planned on going to college to get a nursing degree. I chose college because it offered a more expanded education in nursing.

I finished college and took my state boards in nursing and passed with flying colors. I was now a registered nurse.

In the summer of '73, I had been working at St. Joseph Mercy Hospital in Pontiac Michigan.

Later, after working in the emergency room for about a year, I was approached by a nursing manager to develop a critical care course. The course was a huge success. The

next few years were very busy and there were nights I would fall asleep in my books.

I loved my life and everything I was involved in. There were papers and tests and research. I was preparing to become an adult nurse practitioner. Wayne State University in Detroit was a leader in preparing nurses for advanced practice. I took my clinical rotation at the then Health Care Institute in Detroit, which was affiliated with the university. My busy life of juggling work and school was drawing to a close. I graduated from Wayne State University as a nurse practitioner in June 1980.

I was able to start a multidisciplinary home care cardiac rehabilitation program. I helped designed and print brochures and I gave in-service to staff along with the therapists. We also had a hospice starting in the office next to us and we provided the support staff, RN's, aides, social worker with hospice training volunteers

It was nine months after my mother's death in 1983, and I just received a death sentence myself. If I could have picked a disease from a long list of possible diseases this would have been the last one. This was NOT a good disease to have; it was the mother of horrific diseases. This was not fair. This was just not part of my script.

No MS journey is alike and in spite of the people and the circumstances that surround you, it is really about you and how you adapt and change, as your physical needs change. In the end, it is about loving and honoring yourself and those around you who share part of this journey with you. If you are alone, know and feel that God is within you.

In 1986 I moved to Montana to be near to my sisters and met many lovely people in Great Falls and a few with MS who were dealing with their losses.

I started a program through my church called ' helping hands 'and volunteers were matched with someone who needed assistance such as a ride to church, help with grocery shopping etc. We had more volunteers than people who needed help and the program was a success, it brought people together.

Years later, I decided to move to Sedona, Arizona. I hired a mover and had a friend drove my car to Flagstaff while I flew to Flagstaff. I was searching for a cure and thought I could find the answers in this magical town.

Due to an accident in Sedona, I lost my ability to stand and in 1999, I moved back to Colorado to be nearer to family.”

Rita lived in independent housing in Fort Collins till she could no longer live by herself and moved into a skilled nursing till her death on May 9th, 2018.

In her last years of life, Rita grew strong in her Catholic faith. She gave the very little she had to every charity that mailed their petitions to her.

Rita's last wish was to be a nun! Rita's Hospice Chaplain, Cathy was instrumental in contacting the Sisters of Walburga Abbey in Colorado who accepted her as an Oblate in their Benedictine Order in early 2018.

With much gratitude, Rita's family graciously thanks the Sisters of Walburga, especially Mother Marie, for granting Rita's wish to an Oblate.

"These are times of great change, a time of new awakenings, Jesus lives within you, in every cell of your body" Rita Kaminski

Rita's family:

Sister Jan, sister Monica, brother-in-law Tom, daughter Nancy and son-in-law Pete and grandchildren Anna, Peter, Molly and Max, nephews Paul and wife Allison, great nephew Zane, nephews Mark and Mike, niece Chrissy and husband Aaron, great niece and nephew Anna and Henry.

# Previous Events

## Rosary

MAY 18. 10:00 AM - 10:30 AM (MT)

St. Elizabeth Ann Seton Catholic Church  
5450 South Lemay Avenue  
Fort Collins, CO 80525  
[seas@seas-parish.org](mailto:seas@seas-parish.org)  
<http://seas-parish.org/>

## Memorial Mass

MAY 18. 10:30 AM (MT)

St. Elizabeth Ann Seton Catholic Church  
5450 South Lemay Avenue  
Fort Collins, CO 80525  
[seas@seas-parish.org](mailto:seas@seas-parish.org)  
<http://seas-parish.org/>

## Committal Service

MAY 18. 2:00 PM (MT)

Abbey of St. Walburga  
1029 Benedictine Way  
Virginia Dale, CO 80536-7632

# Tribute Wall

MT

“ Dear Monica, Janet, and family. I am so sorry to hear about Rita's passing. It has been so many years that we have seen each other as cousins but I do remember my mom and dad ( Chester and Anne Kaminski) and all of us kids going over your house to play. If I remember correctly there were grape vines in your backyard. Those were good memories for me and I'm sure you have plenty of memories to cherish with Rita. My condolences and prayers to the entire family. Please remember she will always be with you in spirit!! Mary Thorpe

Mary Thorpe - May 21, 2018 at 10:10 AM

GOES  
FUNERAL CARE

“ 2 files added to the album Memories Album



Goes Funeral Care & Crematory - May 14, 2018 at 10:34 AM

MB

What a gift Rita was in my life. She taught me so much by her shining faith & by choosing happiness everyday, in spite of everything. She was a joy, who loved to listen/watch EWTN, and laugh at jokes with me in great abandon. What a joyful energy & spirit-filled heart! Thanks for sharing Rita with me. Melody Brake

Melody Brake - May 16, 2018 at 10:54 AM