

MCH Resident Celebrates 100 Remarkable Years

ROCHESTER, N.Y. -- Alberta Male marked her 100th birthday in January surrounded by family, friends, and the Monroe Community Hospital (MCH). Born in 1926 as the second of nine children and named after her grandmother, the MCH resident has lived a life defined by dedication, vitality, and a love of family.

Alberta devoted years of service to Kodak. She has always embraced life with enthusiasm, enjoying biking, swimming, roller skating, and music concerts. Known for her sharp wit and vibrant personality, she continues to inspire those around her.

She attributes eating well, taking care of herself and being around lots of family, who all remain central to her life. She shares a special bond with her niece, Linda, who spends time helping care for her, and her sister Carol, who has also supported her over the years.

Her large extended family includes two brothers, numerous nieces and nephews, and great-great-grandchildren, all important in Alberta's life.

Monroe County Legislator Virginia Eleanor McIntyre also attended the birthday celebration held at MCH, noting on her social media that it was "such a pleasure to recognize Alberta ... what an honor to be invited to celebrate her incredible inspiring life with her family."

Alberta's life stands as a testament to the power of family, community, and personal legacy — a legacy that continues to brighten the lives of all who know her.

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About Monroe Community Hospital

Monroe Community Hospital is a skilled nursing facility located in Rochester, NY, offering long-term care along with Rehabilitation, Respiratory, Pediatric, Dementia/Memory and Palliative & Hospice services, a robust calendar of resident programs, and much more. With 200 years of service to the community, MCH continues to lead in innovation and compassion while offering essential care across the healthcare continuum for individuals of every age.

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