



NEW YORK STATE SENATOR

Jack M. Martins

## Mary Frances Jeffrey

JACK M. MARTINS May 11, 2016

| ISSUE: **2016 WOMEN OF DISTINCTION**



*Women of*  
**DISTINCTION**  
HONORING WOMEN IN NEW YORK

*Mary Frances Jeffrey*

Mary Frances Jeffrey is a true believer in Gandhi's famous saying, "The best way to find yourself is to lose yourself in service to others."

Ms. Jeffrey's passion for helping others took root early in life. She earned a nursing degree from Adelphi University and spent nearly a decade working as a caregiver for others before leaving work to raise her family.

Since that time, Ms. Jeffrey has traveled across the United States and throughout the world to care for those in need. Most recently, she and her daughter, also a nurse, spent four weeks in Zambia providing medical services and literacy training. As a leader with her local church's youth group, she has traveled with students to impoverished areas to help others in need by collecting and distributing supplies, providing educational opportunities and helping build up local infrastructure.

Ms. Jeffrey has also immersed herself in giving back to her home community of Manhasset. She was SCA President at Shelter Rock, board member and coach for Manhasset Softball, board member of Friends of the Manhasset Library, Adventures in Learning and St. Ignatius Retreat House. She is also deeply involved in her church, St. Mary's, serving as a lector, eucharistic minister, Rosary Society President and consolation minister.

In recognition of her many philanthropic endeavors, Ms. Jeffrey was named to the Town of North Hempstead's Women's Roll of Honor and, together with her husband, John, was honored by St. Ignatius Retreat House and Adventures in Learning.

Ms. Jeffrey and her husband have lived in Manhasset for the last 25 years and are the proud parents of six children.