



Ann Gabel

December 30, 1943 - January 2, 2024

Devoted wife, mother and grandmother, Ann Gabel died on January 2, 2024. The oldest daughter of Dr. John and Vera Grimm, she was born and raised in Santa Monica, CA. She received her Associates Degree from Stephens College, Columbia, MO and her Bachelor's Degree from Dallas Baptist University. She married 1st Lieutenant USAF, William R. Gabel on May 1st, 1965, at Corpus Christi Catholic Church in Pacific Palisades, CA.

She leaves her loving husband of 58 years, Rod Gabel, son Bill and wife Sheila Gabel of Plano, TX, daughter Suzannah Aftosmis of Allen TX, and 6 treasured grandchildren - Berkeley Ann, Sydney Marie, and Addison Grace Gabel and Brooke Ann, Kylie Elizabeth and Brady James Aftosmis. She also leaves her brother Bill and wife Joan Grimm of Santa Maria, CA, sister Suzannah and husband Marshall Sale of Santa Fe, NM as well as numerous adored nieces, nephews, grandnieces and grandnephews in CA, TX, OR and GA. Her brother, John, pre-deceased her in 2002.

During her life Ann often referred to herself as a 'Jack of all trades, Master of none". However, her membership in the Junior League led her to a much loved and successful 30-year career in Volunteer Services Management in hospitals. She retired from Texas Health Resources as systems wide Director of Volunteer Services. Prior to that, she led volunteers at MD Anderson Cancer Center in Houston TX, Presbyterian Hospital, Plano TX, Children's

Medical Center of Dallas TX, Presbyterian Healthcare Foundation, Dallas TX and Presbyterian Hospital of Dallas. She was a sustaining member of the Junior League of Dallas and served as President of the Junior League of Elizabeth-Plainfield, NJ, President of the Houston TX and the Dallas TX Directors of Volunteers in hospitals and President of the Texas Association of Directors of Volunteer Services. Her commitment to volunteer services was punctuated with the dedication in her name of the Ann G. Gabel Volunteer Center at the Presbyterian Hospital of Dallas.

Ann will be missed by all those that knew her. She was a selfless individual who approached life with a heart full of compassion, humility and grace. Despite physical challenges, she pursued many creative outlets some of which included building decorative keepsake scrapbooks and documenting family history for her family and relatives. Notably, she loved connecting with her dear friends and gathering in her elaborate craft room, spending countless hours swapping stories and thoughtfully, making one-of-a-kind handmade cards for those special occasions for friends and family or sometimes just to say she was thinking of you. She was always considerate of others, and this was amplified in her final act of donating her body to the UT Southwestern Medical Center for furthering MS and other medical research.

The family wishes a special thank you to the UT Southwestern MS Clinic and its staff for their loving care provided to Ann for over 30 years. They helped her find her way with MS and all of its challenges.

In lieu of flowers, Ann requests memorial gifts be directed in her memory to either:

- UT Southwestern Medical Center, PO Box 910888, Dallas, TX 75391-0888 or online at <https://engage.utsouthwestern.edu/donate-now> to support the Multiple Sclerosis Clinic

- Texas Health Resources Foundation, PO Box 200038, Arlington, TX 76006 or online at www.TexasHealth.org/donate (select Texas Health Dallas and type Volunteer Services Dept. under the Specify Program box).

A memorial service will be held at 1pm on Friday, February 23, 2024 at St. Thomas Aquinas Catholic Church (6306 Kenwood Avenue, Dallas, TX).

Previous Events

Memorial Service

FEB **23**. 1:00 PM (CT)

St. Thomas Aquinas Catholic Church
6306 Kenwood Ave.
Dallas, TX 75214

Tribute Wall



“ *Ann was a class act/lady! She loved her family, friends, colleagues, volunteers, patients, and the visitors. I miss my daily visits with Ann for numerous years at Presby. I learned from Ann how she treated everyone with grace.*

Jeff Light - February 22, 2024 at 06:33 PM



“ *Magnificent Life Spray was purchased for the family of Ann Gabel.*



February 21, 2024 at 04:56 PM

“ My wife, Linda, was living her last days when Ann called our home to speak with her. Linda did not take phone calls because the energy to talk was not always available to her. The energy to do most things had dissipated. Even the simple act of eating was demanding and we thought that soon she'd be unable to eat at all.

I muted the phone and said, “ It’s Ann Gable “ and to my surprise,Linda gestured for me to bring her the phone. Linda was experiencing some very difficult days dealing with side effects of her chemotherapy treatments and the effects of her ovarian cancer. During these times, Linda did not talk very much to me or anyone else. She sat quietly in her chair, watching the action around her . If I were to ask her if she wanted a drink or anything else, her answer to me was usually delivered by a nod.

Our home was very quiet during those days . The television and radio were silenced in order to bring a calm. I did most of the talking and it was generally about preparing something or letting her know about our next visit to Presbyterian Hospital, or sharing some news from our family.

So when my wife gestured for me to bring her the phone, I thought how unusual that was. What was it about Ann that my wife would wish to generate the kind of energy necessary to speak with her during those challenging times? As I crossed the room to give her the phone , my wife’s face and eyes began to show some expression. She took the phone, brought it to her ear and I could faintly hear Ann say “Linda, it’s Ann Gabel.“ Linda smiled.

That began a conversation which transported my wife from the realities of her physical infirmity to a place where she was able to escape and find relief from her pain with another like minded woman who identified with her.

Both Linda and Ann knew and were experiencing the challenges of overcoming the arduous life of confinement. Each understood

restrictions and immobility, and by this mutual understanding , Linda was spirited away from her circumstances into the voice of a woman with deep understanding, integrity, sympathy and poise. Each woman knew the value of pressing forward without complaint. Each day was a demonstration in courage . They were simpatico.

I was very impressed as this conversation continued in such a lively and animated manner. This was atypical for my wife to have this kind of energy and enthusiasm, and I was so grateful to Ann .

I did not know then that much of Ann's life's work was in Voluntarism and now, was once again coming to fruition in that engaging moment with my wife on the phone.

It was like a prayer being answered. It was as if God, in his mercy, sent an angel to suspend the physical challenges that my wife was facing and the angel's name was Ann.

For those few moments of conversation, there was no pain. There was no discomfort. There was no preoccupation with the end of life. It was the kindness and thoughtfulness of Ann that allowed my wife, Linda to escape the realities of her situation. No drugs or medication or medical equipment could achieve what Ann did for my wife in those moments together.

After the conversation, my wife preserved that smile and enthusiasm, handed me the phone and said, Honey, I'd like something to eat."

Ann overcame her challenges to help my wife overcome hers. I am reminded of a scripture which I believe captures an essential aspect of Ann Gable. Galatians 6:2-

." Bear one another's burdens and so you will fulfill the law of Christ."

Al Raya



“ *Simply Elegant Spathiphyllum was purchased for the family of Ann Gabel.*



February 04, 2024 at 04:11 PM



“ *Braden planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Ann Gabel.*

Braden - February 04, 2024 at 04:11 PM



“ *Dear Bill,
We read your email containing the news of your Mother's passing with sadness. Ann and Rod, and Gail and I, have been friends for the better part of 60 years, beginning in the mid-1960's, when we were all fully engaged in some intense activities during Vietnam. Our memories of Ann and the sharing of many experiences of those difficult times of war and the subsequent joys of years and decades of close friendship, fill us with nostalgia and gratitude for the gift of knowing her.
We send our heartfelt condolences to you and your Dad, and all of the Gable family.
Robby and Gail Robinson*

Robby Robinson - February 01, 2024 at 09:43 PM

AL

“ Anthony & Sheila Madigan Levatino purchased the Gracious Lavender Basket for the family of Ann Gabel.



Anthony & Sheila Madigan Levatino - February 01, 2024 at 07:07 PM

AL

“ Anthony & Sheila Madigan Levatino planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Ann Gabel.

Anthony & Sheila Madigan Levatino - February 01, 2024 at 07:07 PM

GD

“ I'm deeply sorry to hear about Ann's passing. Her warm smile and soothing voice always greeted me when we visited . May cherished memories bring comfort during this difficult time. My heartfelt condolences to Rod, and the rest of the family and all who knew and loved her.
Glenn

Glenn Daly - January 29, 2024 at 09:52 PM

TA

“ My greatest memory of Ann is that she was always such a kind soul. Her gentle spirit would shine every time I was in her presence and I’m a better person for having known her. I also love that she was so easy to laugh and kept us laughing, too. I have lived away for many years but always came back for Chicks’ Christmas where it seemed like I was never gone. Annie, thanks for 25+ years of loving friendship and all the beautiful cards and crafts!



Tracy Aitken - January 20, 2024 at 11:10 PM

BJ

“ Ann was a longtime special friend and she was always gracious and smiling. She will be missed by her friends in Houston. Brenda & Fred Jackson

Brenda Jackson - January 19, 2024 at 05:31 PM

PC

I did not know that she died. She was a beautiful person inside and out. I know she will be missed. Sending my love to Rod, Bill, Suzanna and the whole family.

Peggy Chmielewski - February 01, 2024 at 12:25 PM

DH

Rod. I have thought about you and your family since I learned of Ann’s passing. She was a wonderful member of our Presby and THR family Always upbeat and ready to do whatever was necessary to make a positive outcome. Her kindness, joy and dedication were shining examples to all of us. I enjoyed so much her company and times we worked together. God now has His loving arms wrapped tightly around her. I look forward to when I will see her again. Warmest regards. Doug Hawthorne

doug Hawthorne - February 20, 2024 at 09:02 PM

JM

Rod, we were deeply saddened to hear of Ann's passing. We're sorry that we didn't have the chance to know her. It's clear that she was a very special lady who will be greatly missed by many. Our parish is offering many prayers for the peace and comfort of your family and all who loved her.

With our deepest sympathy and affection,

Jim and Madeleine Myers

Jim and Madeleine Myers - February 23, 2024 at 02:00 AM