



## Michael F. Fernando M.D.

October 3, 1942 - November 4, 2009

Albany-Michael F. Fernando MD, 67, passed away on November 4th 2009 surrounded by his loving family and friends in St. Peter's Hospital in Albany.

Dr. Michael Fernando was born on October 3rd, 1942 in Nuwara-Eliya, Sri Lanka. He graduated from the Faculty of Medicine, University of Colombo in 1969. In 1971, he relocated to the United States to do an internship at St. Clare's hospital and ultimately his residency at New York University's Rusk Institute in Rehabilitation Medicine. He made his home in Altoona, Pennsylvania in 1979 where he lived with his wife and son until 1988. From there he relocated to Albany where he now resides and where he practiced at his beloved place of work the Eddy Cohoes Rehabilitation Center and the Eddy Heritage house.

For those who knew him, Dr. Fernando practiced with compassion and empathy, had the gentlest of hearts, spoke with the kindest of words, and enriched the lives of those whom he touched. He was a devoted husband, loving father, and imparted a rarity of selflessness and purity of thought we should all strive to embrace. He espoused and embodied the ideals of Buddhism and cherished a meditation of loving-kindness which carried him through his illness:

"May I be Free from Anger; May I be Free from Ill Will; May I be Free from Mental and Physical Suffering; May I look after Myself and Live Happily -as I

am. So may my Noble Mentors, My Wife Nelun and My Son Praveen, All our Relatives, My Friendly Beings, Indifferent Beings, and Unfriendly Beings, Be Free From Anger; Be Free From Ill Will; Be Free from Mental and Physical Suffering; May They look after Themselves, Live Happily, and Be Free from Suffering; May whatever They have Gained, Not be Lost, All Beings are Owners of Their Kamma.”

Dr. Fernando is survived by his wife of 35 years Nelun, and his son Michael.

Funeral services Saturday, November 7, 2009 at 6:30 pm in the McVeigh Funeral Home, 208 North Allen Street, Albany. Relatives and friends are invited and may call Saturday, November 7, 2009 3:00 to 7:00 pm in the funeral home. Those wishing to remember Dr. Fernando in a special way may send a contribution to the American Cancer Society, 260 Osborne Road, Loudonville, NY 12211

To leave the family a special message on their guestbook; obtain directions or a Prayer Card; or share a photo with the family, please go to [www.McveighFuneralHome.com](http://www.McveighFuneralHome.com)

# Tribute Wall



“ *McVeigh Funeral Home, Inc. created a Tribute Video in memory of Michael F. Fernando M.D.*



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McVeigh Funeral Home, Inc. - November 04, 2009 at 12:00 AM



“ *Michael F. Fernando M.D.*

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October 08, 2023 at 09:24 PM



“ *Dear Nelun. Our family was so lucky to have known Mike. He was a kind and courageous man filled with such a special quiet love. Alex adored coming to your house and spending time with both of you. He still talks about it and so the mark of who you and Mike are in his life will be joyful forever. Thank you Nelun ... our hearts go out to you and we send you love and aloha from Hawaii. Larry and Juan and Alex. xx###imported-begin##Larry Pellegrini, Juan de Armas and Alexander Pellegrini###imported-end##*

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November 15, 2009 at 12:42 PM



“ *Just today I learned of Dr. Fernando's passing. I was so saddened as I had worked with him from his first day at the Eddy Cohoes Rehabilitation Center. He had such a wonderful laugh and gentle way. I hope you both find peace in the wonderful things he did for so many of his patients and staff that had the opportunity to work with him. You are in my thoughts.*

*Kelly Hoffman##imported-begin##Kelly Hoffman##imported-end##*

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November 12, 2009 at 01:58 PM



“ Dear Nelun Akka & Praveen

*We were sorry to hear of your loss and our thoughts are with you. I have been reminiscing the good times we all had and can almost hear his laugh everytime.*

*Was it in 1976 that I dropped you off at Gatwick airport to join Felix to start life as a married couple. I even remember tasting the wedding cake! Subsequently in the same year I remember meeting Felix, the first of your cousins to meet him while on board a Cunard ship in Delaware. I know how you wrote to my parents telling them that I put on a great show at that first meeting of the newest addition to the family, properly attired in uniform instead of my customary scruffy jeans.*

*I remember my annual visits to Albany and the time he spent making each one of those trips memorable. Nothing was too much for him despite the fact that he had just completed a full day's work. He had the knack of making people feel special. His boyish laughter and mannerism, was only accentuated by the boy size clothes he wore, that I used to bring for him from M&S in UK at your behest - were they not the largest size in the boys section!!*

*I spoke to him from Newark airport every time I departed after a business trip and you were at work. Always his cheerful self and me rushing to the gate for the final boarding call. Those were good times.*

*My only regret is that I did not get an opportunity to repay some of his kindness and generosity during your last visit to UK. I would really have loved that but at least we met him briefly, not very long ago.*

*I prefer to celebrate his life and hope you will be able to do the same in time. I am sure that is what he would have wanted. Sure he would have laughed about that as well.*

*Love from Kamlesh and Samanthi##imported-begin##Kamlesh and Samanthi##imported-end##*

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November 10, 2009 at 02:34 PM



“ *Dear Nelun, Our thoughts are with you at this time. It was good to meet Felix when you visited Melbourne a few years ago. Rufty & Srilal Fernando##imported-begin##savitri fernando##imported-end##*

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November 10, 2009 at 03:34 AM



“ *Please accept our deepest sympathies. Felex and Rex went on fishing when we were in Pennsylvania and they enjoyed the day. It was with Savithri and Vasantha.##imported-begin##Rex and Ruby Opatha##imported-end##*

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November 09, 2009 at 09:58 AM



“ Dearest Nelun & Praveen:

*The departure of our dearest Felix saddens us, however none could give another Pina or Pawa; if so the Buddha would not had Passed away, leaving us in dukkha. The Buddha had educated us about a thing called, “Ashta Lôka Dhamma.” Eight effects: Gains-losses, insult-praise, respect-disrespect, and happiness-dukkha. So it is not always dukkha, there is happiness too. There are losses as well as gains. These dhammas arise and fade away repeatedly. We must face all these dhammas. These are the “Ashta Lôka Dhamma.” These are all common dhammas, and Buddhists must know about these. These “Ashta Lôka Dhamma” are the pronouncements of the Buddha. The truth about dukkha; we are born with death in hand; thus, death is certain, but when and where is uncertain. We will grow different, separate from all that is dear and appealing to us. Please look upon it as a test of how well we have understood the life, how well we can apply the understanding we have supposedly learnt. Therefore, this is an opportunity for us to develop patience and tolerance. If we are not put under difficult and severe conditions, we will have no chance to practice patience and tolerance. It is true, isn't it? - That no matter how many sophisticated machines, procedures and drugs we may come up with, eventually, there is no escape. It is not how long we live but how well we live that counts and we know we loved each other, as the wife, son, & friends, loved him as the best husband, father, and friend - shared a lot, and lot of sacrifices too. Yet, one had to leave before the others, and the others have to live. That is the way with life - A successful life is not about dying. It is about living well, which dearest Felix had done excellently - this gave us an opportunity to reconsider our lifestyle and the more important values in life. Let us appreciate our family and friends more, and value the time we spend with our loved ones. Let's understand the precariousness of life - that there is an essential flaw in life. Let's become kinder, simple, sharing and more appreciative of the kindness we receive from people. Let's forgive those who had hurt us. Let's love more richly, more deeply, and acquire less materialistic things. In this way, we can say that our life is healed because we are reconciled with*

*the world and we are at peace.  
May Beloved Felix Have Happiness forEver Experiencing Nibbana  
Soon! And  
May all above words ease the suffering of us all!  
With Loving Kindness, Malinie & Kirthie##imported-begin##Kirthie &  
Malinie##imported-end##*

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November 08, 2009 at 05:20 PM



“ *Words can't express our sadness on the loss of Michael. Please accept our sympathy and know you are in our prayers. We will remember his spirit and the nice times we had at St. Peter's together.*

*With heavy hearts,  
Jon and Debbie##imported-begin##Jon and Deborah  
Highter##imported-end##*

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November 08, 2009 at 05:36 AM



“ I am unsure how I express my feelings at this difficult time. Felix, my cousin's husband, was a gentle, kind considerate and humorous man. My recollection of the times we spent together, on holiday, either in the States or in the UK, is the fun and laughter we enjoyed on all those occasions. The last time he stayed at my place in the UK I vividly recall seeing a very different facet of his personality that I had not witnessed before. He was so happy, having watched Mamma Mia, the stage musical, that on getting home he joined in the sing-a-long we had which included his wife Nelun and our other cousin Nela.

Felix, you were a diamond of a man, irreplaceable and unforgettable. You are at peace but those left behind are the ones who are left to grieve and who would find it difficult to adjust to this huge loss. You lived an exemplary life and you gave your best to your wife, son, other family members, friends patients and the wider world. You'll be sorely missed not just today but in the years ahead. May your journey through Sansara be peaceful and short and may you attain the blissful state of Nirvana.

You knew me as Tedda and therefore I'll sign off as that.

Tedda###imported-begin###Dr. Menaka de Silva ###imported-end###

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November 08, 2009 at 05:31 AM



“ Dear Nelun Loku Ammi and Praveen Aiya,  
My deepest sympathies. I know Felix mama is in heaven and that he is in peace. I love you both.

Love Eshi###imported-begin###Eshi###imported-end###

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November 07, 2009 at 01:20 PM



“ *What a kind and thoughtful neighbor he was, and, from what I've heard and read, a wonderful doctor as well. His devotion to and pride in his family was obviously profound. We are so sorry. May your loving memories and the support of family and friends bring some comfort to you in years to come.*

*Jill and Dick Rifkin###imported-begin##Jill Rifkin###imported-end##*

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November 07, 2009 at 12:12 PM



“ *Dear Nelun and Praveen:*

*Please accept our deepest sympathies.*

*He was a wonderful friend, who made our stay in Albany a memorable one.*

*May he attend Nirvana.*

*Upali, Menaka, Charm, Chaya, and Chathu.###imported-begin##Upali and Menaka Karunasiri###imported-end##*

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November 07, 2009 at 10:25 AM



“ *My prayers are with you. Please accept our condolences.  
Alex and Godfrey###imported-begin##Godfrey R. Vaz###imported-end##*

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November 07, 2009 at 08:31 AM



“ Dear Nelun and Praveen  
Please accept our heartfelt sympathies. Felix has been a wonderful person, we wish we could talk to him before he passed away, May he attain Nibbana, May God Bless upon his Soul.##imported-begin##Lalith, Chintha, Chandi and Priyangi Rajakaruna##imported-end##

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November 06, 2009 at 07:57 PM



“ We were so saddened to hear of Michael's passing. Although it has been many years since our sons were best pals at the Albany Academy, we still remember you all with great affection. Nelun and Michael, please accept our heartfelt condolences on the loss of your beloved husband and father. May you find comfort in the knowledge that he lived his life with honor and integrity and found his greatest joy in his loving wife and son.##imported-begin##Bill, Chris and Michael VanDyne##imported-end##

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November 06, 2009 at 01:00 PM



“ There was sadness when I heard of my good friend passing away. We had a wonderful time when I was doing my residency in New York. We met often and had very pleasant and great times. When I had chicken pox in New York during my bachelor days, he brought food for me, that kindness will never be forgotten. A life well lived, who is someone so special and remarkable. Our deepest sympathies to Nelun & Praveen. Love, Esiri & Chandrika##imported-begin##ESIRI & CHANDRIKA##imported-end##

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November 05, 2009 at 08:38 PM



“ *To A Dear Departed Friend Whose Loving Kindness, Generosity and Charisma, will never be erased from our memories. The bright light he lit in our lives will never be extinguished as long as we live. With our deepest sympathies*  
*Ananda and Nalini Ranatunga##imported-begin##Ananda and Nalini Ranatunga##imported-end##*

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November 05, 2009 at 05:59 PM