A native of Reading, Pennsylvania, Ann Louise Impink is one of three siblings born to parents, Marie and Raymond Impink, also from Reading. She was baptized at St. Paul Church.

Ann Louise entered the School Sisters of Notre Dame in September 1952 in Mendham, N.J. at the tender age of 13. She professed first vows on August 21, 1959. Sister Ann Louise has had varied ministries including serving as director of religious education at Our Lady of Providence in Neptune, N.J.; St. Boniface and St. Joachim in Philadelphia; St. Joseph Pro Cathedral I Camden, N.J.; and in pastoral ministry in N.J. and Pennsylvania.

In 1992, she ministered for a year in la Paz, Bolivia. Upon her return, she served as an early childhood teacher at the Parent Child Center in Philadelphia. In 2003, she ministered as chaplain and pastoral care at Holy Redeemer Hospital in Meadowbrook, Penn. while providing community service at St. Peter Church in Philadelphia for more than a dozen years.

Sister Ann Louise earned her Bachelor of Science in Elementary Education from College Misericordia in 1968 and a Master of Arts in Religious Studies from Mundelein College in 1988.