



# The Rose

THE SAINT THERESE NEWSLETTER



## HEARTFELT PURPOSE

INSIDE:

FOREVER GRATEFUL | A LIFE REMEMBERED | UPPING OUR GAME | PET THERAPY

SPRING 2024

## Dear Friends,

This month marks my second full year as president and CEO. As I look back, I am extremely proud of what we have accomplished together these past two years. We've expanded our mission to Monroe, Michigan, broke ground and seen our vision for our new Corcoran community come to life, tackled extremely challenging workforce issues and rolled out a new operating system.



We've recently redefined our core values, emphasizing seven key principles: **Welcoming, Heartfelt Purpose, Integrity, Respect, Collaboration, Stewardship, and Fun.** These values serve as the bedrock of our organization, shaping our identity, beliefs, and actions. They are unwavering standards that govern everything we do, from daily decision-making to personnel assessment and mutual accountability. Together, they epitomize the essence of the **Saint Therese Way.**

This issue of *The Rose* is dedicated to highlighting one of our core values - **Heartfelt Purpose.** We profoundly and sincerely believe in what we do, and that it is our calling. We see ourselves first and foremost as servants to our residents and one another. Our people are passionate, energetic, spirited with fire in their hearts. We use our drive and commitment to energize, engage and inspire.

In this issue, discover how our passionate staff are following their calling and providing compassionate end-of-life care at Saint Therese at St. Odilia. You will learn about how the life of a staff member, who was dedicated to the pursuit of offering the best in quality, evidence-based patient care, has inspired others to continue their technical training. Learn about our innovative initiatives aimed at enhancing the mental and physical well-being of our residents through accessible community life programs. Finally, you will learn about the heartwarming accounts of our volunteers—both human and furry—bringing companionship and joy to our communities, one smile at a time.

There are many exciting things happening at Saint Therese. As we continue to move forward, what will remain central to all we do, is you. Whether you are a resident, family member, employee, volunteer or donor, our heartfelt purpose is to follow our calling and be servants to you. I am so grateful you are a part of our Saint Therese family!

Thank you for your continued support,

Craig W. Abbott  
President and CEO

*Cover: Carol Kampa, Saint Therese of New Hope resident, is shown enjoying the Residence outdoor patio and the tomato plant she lovingly plants each spring in memory of her husband, Carroll.*

# FOREVER GRATEFUL

*Families touched by Saint Therese at St. Odilia*



*Kristin Klein and mom Margaret*

The essence of our core value of Heartfelt Purpose is especially present at Saint Therese at St. Odilia (St. Odilia), our hospice and palliative care home in Shoreview, Minnesota.

For more than 13 years, its Palliative Care Director, Nolay Freeman, and the team of nurses, nursing assistants and cooks, have given people in their care - and their families - a sanctuary that provides comfort and peace.

“The giving nature of the other residents and the staff wasn’t something I was prepared for, and I was humbled by it,” said Kathryn Hohmann, the middle daughter of Helen Hohmann, who died in early January at age 98. Kathryn and her three siblings were frequent visitors of her mom during her three months at St. Odilia.

Kathryn said she loved being there, walking in, smelling the cooking and seeing people in the kitchen and at the

table in the common room. “I came into this feeling a grimness, yet there were so many smiles, caring, touch, good food, warmth, color and flowers. It was not what I expected.”

She and her siblings felt blessed by the caring staff. “I’m so glad we were able to duck under the loving wings of your community at a tough time for our family.”

Nolay agrees that her staff is exceptional. “They are ready to take on anything and everything. They are willing to learn, and they pitch in and show up for each other.”

She said the pace of hospice and palliative care is different than other places. “We listen, hear their stories and help the resident and the family transition to the next phase. We meet them and their families in a very vulnerable state. I ask our team to make the residents feel at home, and safe.

*...continued*

In a matter of days, the residents *are* at peace, they do feel safe.”

Nolay honors the Bible’s message of servant leadership every day, “Whoever would be first among you must be servant of all.” (Mark 10:42-44)

The small, eight-bedroom community on the grounds of St. Odilia Catholic Church, has a staff of 28. That’s comprised of 26 direct care staff (nurses

and nursing assistants), two, very important cooks, and five volunteers (who visit, play games, work on puzzles, help with arts and crafts, and assist with office tasks). We’ve cared for more than 1500 residents since we opened in 2011.

Sometimes people are in their care for just a brief time – hours, days or weeks. For others it’s longer, such as the case of Margaret Klein who was at St. Odilia for more than two years, passing away in 2021 at age 90.

Her daughter, Kristin Klein, said St. Odilia was an amazing fit for her mom. “We liked the size of the place, the warmth of the people. My mom

You can ensure that we continue to provide palliative and hospice care in this special, intimate environment for residents like Helen and Margaret, by donating to St. Odilia’s sustaining fund.





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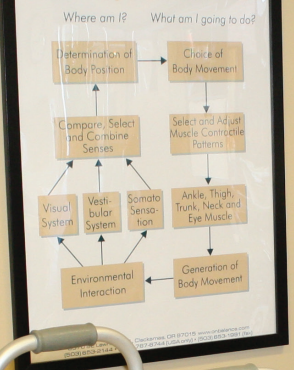


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wanted to know people were around her, so having such a loving and home-life environment was invaluable to her.”

And invaluable to Kristin as well, who is an only child and works full-time. But she said she had confidence that if she couldn’t take care of her mom, she didn’t have to worry.

“I always felt like my mom was in good hands with the St. Odilia staff. **I’m forever grateful.**”



# A LIFE REMEMBERED. *A Legacy Created.*

A commitment to serving others, providing an exceptional level of care, and demonstrating compassion and a drive for continued excellence in the field of geriatrics. These are the traits that described Mark Stanfield.



Mark was a physical therapist at Saint Therese of New Hope from August 2007 to July 2015, when he unexpectedly passed away. In his memory, his wife and parents

designated his memorial donations to Saint Therese. This was an opportunity for us to do something special to honor him and we decided to use the funds to start the Mark Stanfield Memorial Scholarship Fund. This Fund supports advanced education and professional development for therapists and is awarded to staff who demonstrate the same traits as Mark.

Amy Taylor-Greengard, Vice President

of Ascend Rehabilitation, and Mark's former supervisor, remembers hiring Mark and fondly recalls working with him. "He was instrumental in helping launch our fall prevention and assisted living services programs. He had a way about him that naturally lent itself to creating special relationships with his patients. And he had a thirst for continuing his training and education."

Since 2015, one annual Mark Stanfield Memorial scholarship award has been made. Since then, the Fund has grown, thanks to the continuation of donations to the Fund by Mark's family and Ascend staff, through the Saint Therese employee giving program. This past year, we awarded three therapists with a scholarship for their professional development.

Miranda White, a physical therapist with Saint Therese since 2013, has fond memories of Mark. She described him as a compassionate physical therapist, passionate educator, and supportive coworker and friend. She was a recent Mark Stanfield Memorial

*...continued*

scholarship recipient and took the course “Modern Management for the Older Adult,” through the Institute of Clinical Excellence.


Miranda said, “This course is one that had been highly recommended by other former coworkers, and one I had been interested in taking for several years, but due to cost, had put off

Memorial donations have an immeasurable impact on our ability to fund programs and services for our residents and staff. To learn more visit [sainttherese.org/give](http://sainttherese.org/give)

considering. When I found out I could use funds from Mark’s scholarship fund to take it, I was thrilled and touched it would be thanks to someone I know who was dedicated to the pursuit of offering the best in quality, evidence-based patient care.”

Jessica Huntley, an occupational therapist at Saint Therese for 14 years, not only worked with Mark, but when her Dad needed outpatient physical therapy, Mark became his therapist. She was a recent scholarship recipient and took a self-directed occupation therapy course on pelvic health. Jessica said, “having known Mark, it meant a lot to me personally to receive this scholarship.”


Through his scholarship fund, Mark’s commitment to serving others and providing an exceptional level of care is being passed down. In this way, we continue to honor his memory and provide opportunities for our staff to get the education and training that allow them to be the very best therapists, just like Mark.



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\*as of to April 10, 2024



# UPPING OUR GAME *in Activities*

Over the past year, there's been a revolution - or maybe an evolution - of sorts, in the types of activities we provide to residents at our Saint Therese communities.

While we still have the traditional favorites - bingo, card games, happy hour, and the like - we're now offering up a cavalcade of different entertaining and creative outlets. Here's why:

- Residents told us they want more stimulating and educational programs, and that request will probably increase as more Baby Boomers join our ranks.
- Participating in hobbies and other social activities can lower the risk for developing health problems, including dementia, heart disease,

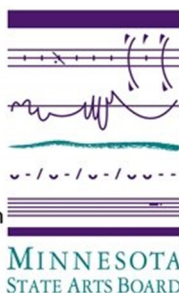
stroke, and some types of cancer. Research also suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better.

- We've also seen that engaging in innovative art and music programs gives seniors an opportunity to express themselves and gain a sense of achievement. Depending on the activity, it also encourages movement and coordination to maintain fine motor skills, hand-eye coordination and overall physical dexterity.

For those reasons, the Saint Therese Foundation has been very proactive in seeking grants for funding from organizations that support innovative art programs. This includes partnering with COMPAS, an award-winning provider of customized creative experiences that inspire, energize, and re-invigorate older adults. According to COMPAS, today's seniors seek more out of their lifespans than previous generations. They view their current stage of life as *...continued*



This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



an opportunity to pursue a renewed sense of purpose, and they expect their living environment to support that aspiration.

In an effort to fulfill that aspiration, this past year, our residents have been able to take part in diverse seven to nine week-long arts programs such as: Japanese loom weaving, drumming circle, classical music education, creative movement, story quilts and creative writing, just to name a few.

**Drumming Circle** - We've had two artists lead programs that celebrate world music through drumming and chanting. This became so popular, Saint Therese Foundation obtained funding from Hennepin County to purchase our own drums for the Saint Therese of New Hope and Saint Therese at Oxbow Lake communities, and to train our Community Life staff to facilitate the classes themselves.



Forrest C., Oxbow Lake Resident, with his finished loom project

**OboeBass!** The talented husband and wife team of Dr. Rolf Erdahl and Dr. Carrie Vecchione introduced residents to the world of classical music. Their engaging and entertaining seven-week program at Saint Therese at Oxbow Lake immersed participants in the world of classical music with finesse.

**SAORI Weaving** SAORI Weaving is a modern form of hand-weaving done on a loom. Led by artist Chiaki O'Brien, Saint Therese at Oxbow Lake residents used colors and textures to create a one-of-a-kind piece of art.

“The types of art programs we’ve been able to bring into our communities have been an opportunity for our residents to not only keep their hands and bodies, but also their minds active. They have tried new art forms and learned about different cultures, and themselves along the way,” said Jen Bettencourt, Vice President of Philanthropy for Saint Therese.

1 “Participating in Activities You Enjoy As You Age,” National Institute on Aging, <https://www.nia.nih.gov/health/healthy-aging/>

These new art programs could only be brought to our communities through the grant funding and generosity of our donors that support community life. **You can support our community life programs by making your own donation today.**



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# PET THERAPY

*Providing Comfort & Companionship for Our Residents*

Some of our volunteers have four legs and wear a bandanna around their furry necks and are accompanied by their human partner. These pet therapy teams bring comfort and companionship to Saint Therese residents. And oh boy, do they have an impact!

- Therapy animals are more than friendly pets. They are specially trained and certified along with their human partner to form a therapy team. And did you know that not all therapy animals are dogs? Therapy animals can be cats, guinea pigs, alpacas, horses, llamas, donkeys, rabbits, even rats!
- The training begins with basic good manners and then goes beyond. Both ends of the leash, human and animal, meet high standards to pass a therapy team certification exam.
- Once certification is achieved, therapy teams choose which locations to visit. Visits are often to hospitals, schools, veterans' homes, senior communities, libraries, workplaces, airports and more. Pet therapy teams are in high demand and Saint Therese is fortunate to have several who visit our communities.
- How does a pet therapy visit work? It can take place in a variety of ways, depending on what works best for the team and the community. At Saint Therese, therapy teams generally visit individual resident rooms, guided by



*Gretchen, Regina, and Laura, from IHM with Greta!*

staff to residents who would most enjoy and benefit from a pet therapy visit. But there are also spontaneous group visits in the hallway or lounge areas as the team moves around. Many love to stop and say hello! Dogs walk on leashes while cats and rabbits ride in a stroller.

Saint Therese of New Hope has a therapy cat visitor named Harry, who volunteers weekly with his partner Ami. Says Ami, "I always wanted to do pet therapy with my dogs, but they just did not have the right disposition. *...continued*

While volunteering at Saint Therese for Eucharistic ministry, I learned many residents here are cat lovers. Then one day I found Harry at an animal shelter. I was so impressed by how calm and friendly he was, purring and letting me hold him despite the chaotic and loud environment with lots of dogs barking.

After adopting him and finishing therapy pet training and registration, I was so excited for Saint Therese residents to meet him! The highlight of my week is bringing Harry in to visit. I love seeing the looks of surprise when people see a cat.

There are only five other therapy cat teams registered in Minnesota with North Star Therapy Pets, so Harry is pretty special! I feel a lot of joy knowing people look forward to seeing him each week, especially those who miss their own pets at home. And Harry really enjoys the attention.”

Recently Harry and Ami visited Mary Ellen, brightening her day. Watching Harry snuggle in his blanket on Mary Ellen’s lap was a heartwarming sight. Mary Ellen shared that she has always had cats and dogs in her life as she scratched Harry’s neck and patted his head. Ami and Mary Ellen chatted about her family and pondered the family photos on the wall of her cozy room.



Mary Ellen, Henry and Ami

The benefits of animal therapy can be more than meets the eye. Lindsey Thompson, Community Life Director at Saint Therese of New Hope remarks, “We have seen firsthand the positive impacts that pet therapy has for our seniors at Saint Therese. We have witnessed what therapy animals have to offer with their calming demeanor that helps residents feel at peace, decrease anxiety, and so much more. They bring joy, laughter and foster memories about happy times with the special pets in their lives. A simple interaction with a therapy animal can have a great impact, offering positive and stimulating experiences for those they are serving.”

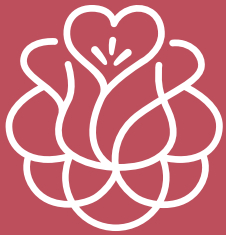
We are always open for additional pet therapy teams to join our volunteer program.

## THANK YOU TO OUR AMAZING VOLUNTEERS

In 2023, 808 individuals volunteered 17,955 hours in our communities!\*

We are blessed to have such a committed group of volunteers who share their time and talents with our residents and staff. To learn how you can volunteer with Saint Therese, visit [sainttherese.org/volunteer](https://sainttherese.org/volunteer).

\*IHM Senior Living Community volunteer data included is for July 1 - December 31, 2023.



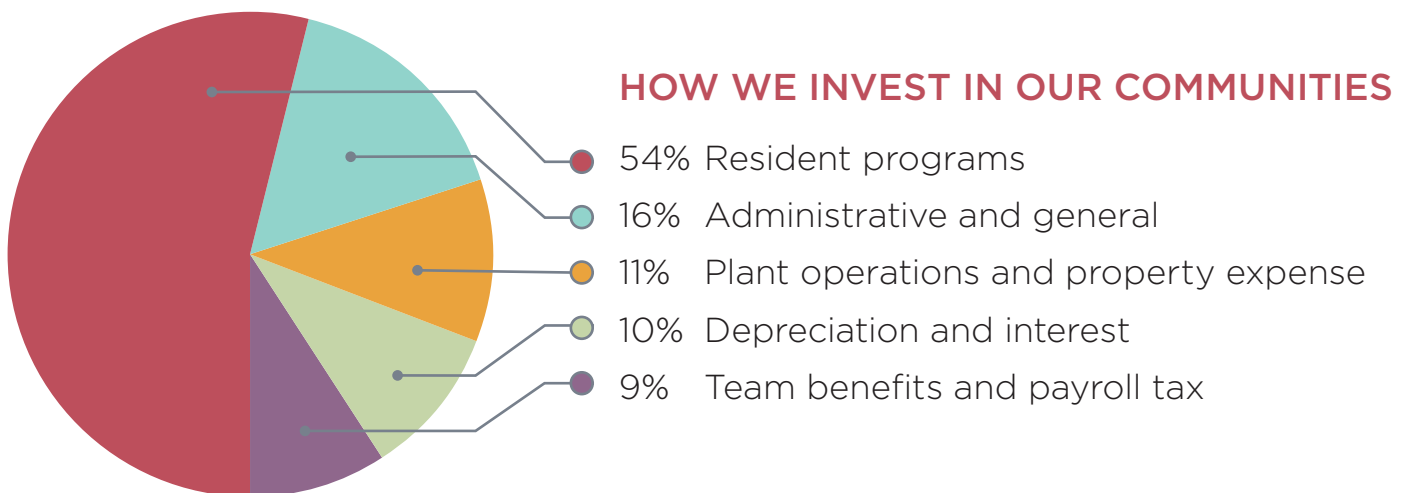
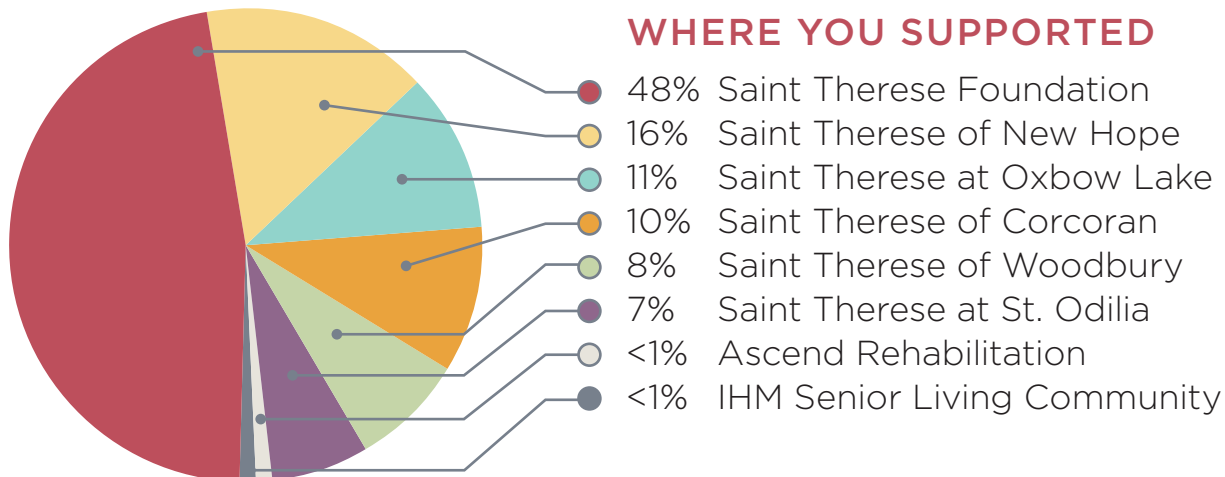
Saint Therese Foundation

# GRATITUDE REPORT

January 1, 2023 - December 31, 2023

With your support, Saint Therese continues to do ordinary things with extraordinary love for all that we serve. We are so grateful for the many ways our community has supported us and are pleased to share information on our work with you.

| Total funds raised: <b>\$422,165.18</b>       |  |  |  |
|---|--|--|--|
| <b>2,804</b><br>gifts by<br><b>793</b> donors | Employees<br>donated<br><b>\$11,866.56</b> | <b>481</b> tribute<br>gifts totaling<br><b>\$91,222.50</b> | <b>1,184</b> pastoral care<br>gifts totaling<br><b>\$81,252.03</b> |



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Our donor list is available online at [sainttherese.org/annual-report](http://sainttherese.org/annual-report)



Saint Therese

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