



News Release

MICHAEL HELCO APPOINTED EXECUTIVE DIRECTOR OF SAINT THERESE – ST. MARY OF THE WOODS IN AVON

Avon, Ohio (March 18, 2025) – Saint Therese – St. Mary of the Woods has named Michael Helco as its Executive Director, with responsibility for administering, directing, and coordinating the services and programs for the senior living community in Avon, Ohio. Helco started in February and reports to Lisa Kalla, Chief Operating Officer for Saint Therese, the parent company.

Helco has a strong background in skilled nursing management and improving financial outcomes at a campus level. Licensed as a Nursing Home Administrator and Certified Assisted Living Executive since 2017, he has operated at interim, contract, and permanent capacities throughout all major Ohio markets. He has led previous campuses to improve occupancy, developed process improvements to enhance staff and resident satisfaction, and managed daily operations to improve the campus's operational health.

“We are excited to have Micheal’s leadership and breadth of experience,” said Kalla. “With his collaborative leadership style and strong administrative expertise, we look forward to the positive impact he will bring to the team.”

Helco was born in Youngstown, Ohio and now lives in Westlake. He graduated with a bachelor's in Neuroscience from Hiram College in Hiram, Ohio, and a Master's in Public Health from Youngstown State University in Youngstown.

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About Saint Therese: Minnesota-based Saint Therese was founded in 1964 and prides itself on its rich tradition of providing exceptional care for seniors. It has locations and services in Brooklyn Park, Woodbury, Corcoran, Shoreview (all Minnesota), IHM Senior Living Community in Monroe, Mich., and St. Mary of the Woods in Avon, Ohio. Most communities provide the full continuum of care from independent living, assisted living, memory care, skilled nursing and transitional care. Saint Therese at St. Odilia in Shoreview specializes in hospice and palliative care. Ascend Rehabilitation provides rehabilitation therapy, health and wellness services. Saint Therese is a nonprofit, 501(c)(3) senior care organization.

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