



The Rose

A Saint Therese Newsletter

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Saint Therese

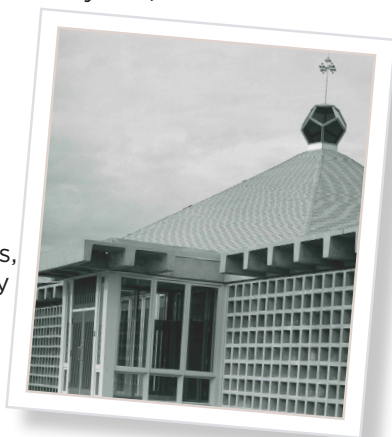
Growing our legacy

at Saint Therese of New Hope

For those who frequent Saint Therese of New Hope, you know how appealing it is. There's a distinctive energy felt the moment you enter. Our residence lobby buzzes with the activity of sociable, upbeat seniors and steady stream of people coming and going. The Little Flower chapel is hushed in a beautiful body of Adoration. Long-time employees gather near the main chapel, softly singing a hymn during an Angel Walk, as a resident makes his final departure with a funeral home director.

The vibrancy of our New Hope community nearly hides the deterioration brought on by more than 50 years of service, innovative ideas and faith-based traditions. We're the first to admit: we know our flagship building isn't exactly picturesque anymore.

Just as senior care has evolved, Saint Therese of New Hope has readily adapted to meet the needs of our residents. Over the years, we've added a floor to our care center, introduced senior apartments, brought dementia and palliative care to a midwest nursing home for the first time, grew gardens, built patios, renovated our lobby and main entrance, established Café Rose...



The list goes on.

Our main entrance in New Hope
as seen in 1968.

[Learn more on page 6.](#)

Dear Friends,

I sit down to write this letter having just returned from a meeting with our board of directors where we reviewed a plan to strengthen the future of Saint Therese of New Hope. It's a vision to redesign and modernize a special community so it no longer reflects mid-century trends but, instead, meets the present-day needs and preferences of everyone.

The details you'll see later in this issue are designed to align with our vision: grow our senior communities with thoughtful intention, driven by compassionate care for the individuals and families we serve.

And, I'm pleased to announce our board agrees. We are approved to finalize the planning phase of this project so to complete financing.

Since joining Saint Therese in 1995, I've witnessed our organization grow with intention from a single entity to many throughout the Twin Cities. I'm humbled by our residents, families and supporters of New Hope who have been with us every step of the way as we introduced our mission to the cities of Brooklyn Park, Shoreview, Robbinsdale and Woodbury.

Now is the time we return to our roots with gratitude to make a difference on grounds our founders chose



Together, we'll support this historic community in its transformation. We'll see it become a true reflection of Saint Therese's standard of care and the innovation that continues to emerge from within its doors today.

Unfortunately, making this vision a reality won't happen overnight. It will be a couple years until we can host you all for a ribbon-cutting and dedication.

If you're like me and are eager to get involved, call us: 763.531.5000. We're grateful for any support you may offer to help fortify the growth of our legacy at Saint Therese of New Hope.

Peace and blessings,

A handwritten signature in black ink that reads "Barbara A. Rode". The signature is written in a cursive, flowing style.

Barbara A. Rode, LNHA, MS, NCBC
President and CEO

THE 2019 SAINT THERESE

Foundation Gala

On October 10, we welcomed Archbishop Hebda, emcee Tim McNiff and 225 of our friends to the 30th Annual Foundation Gala. Our program featured Board Chair Pat Taffe, Board Member David Krenn and Saint Therese residents Fr. Matthew Ehmke and Marge McLaughlin.



Attendees saw our plans for regrowth in New Hope and how we will be approaching the task of modernizing the building so it reflects the love living within.

Foundation Gala donors, sponsors and attendees gave \$78,000 from the heart to revitalize Saint Therese of New Hope.

THANK YOU, SPONSORS!

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Connect with us on Facebook to see event photos: @SaintThereseMN

My First Month at Saint Therese

by Patsy Renneisen, Saint Therese resident

On my last birthday, I attended Mass at Good Shephard. It was the first time I had gone since before Christmas because of a health issue. My sister had just died two weeks before and I was praying for her. All of a sudden, I felt the Holy Spirit tell me it was time to move where I could celebrate Mass every day: Saint Therese.

Moving-in [to Saint Therese of New Hope] was not very stressful like I imagined it would be. The residence employees were all very friendly and full of information that made the process easy for me and my family who helped moved me in.

In no time, I was settled and feeling at home!

Palm Sunday was a delight as for the past two years (ever since I gave up driving my car), I had been attending Mass only through the television. God bless the Diocese of St. Cloud and St. Olaf in Minneapolis for their televised services!

After Mass, I went to the theater to watch the movie, "Passion of the Christ", produced by Mel Gibson. Of course, I'd seen it before but it really set the tone for my first Holy Week at Saint Therese. Really, I had not enjoyed a true Holy Week for a number of years due to my living circumstances.

Holy Thursday Mass was just lovely and Fr. Blane did a good job presenting the liturgy.

Good Friday was just as it should be: sad and devout.

I did not go to Easter Vigil Mass because I decided I wanted to go to Mass on Easter morning instead—just like I did when I was a kid.

Easter morning Mass was so joyful and beautiful. I really enjoyed all the lovely flowers and lively music!

My daughter joined me later that day for a delicious dinner in our beautifully decorated dining room. Thank you to our dining employees for working so hard and dressing up so the holiday was an occasion to remember.

Since celebrating Easter during my first month at Saint Therese, it has been a project to set-up my routines and accept my new neighborhood.

I have to say: moving to Saint Therese was really just the most right thing for me to do. I am thanking God that he brought me here—very close to Him in the Blessed Sacrament.



The Saint Therese Foundation

17th Annual **Golf Classic** & *4th Annual* **Golf Open**

were **both** great success!

\$36,000 raised

84 golfers

32 sponsors

including:



GOODIN
FOUNDATION



Essential Decisions, Inc.,
Lifesprk, The Catholic Spirit
& Medline Industries, Inc.

21 volunteers



\$22,000 raised

73 golfers

20 sponsors

including:



Essential Decisions, Inc., Lifesprk,
The Catholic Spirit & CareAparent

22 volunteers

Thank you sponsors, volunteers, golfers & donors
for your ongoing support of our mission.

Connect with us on Facebook to see event photos: @SaintThereseMN



Growing our legacy

Continued from the front cover

Above all, we have served thousands of seniors and their families.

Although we're committed to investing in our roots—the grounds on which our mission began—we've begun to question whether the integrity of our structure is as strong as our principles. And, that speaks a great deal about whether the current design can fulfill the ongoing needs of our community.

*"Parts of the building are weary.
But the spirit of Saint Therese is not weary,"
said Sr. Marie Fujan, Pastoral Care Coordinator.
"It's life-giving."*

There are other factors to also consider.

It's no secret that senior care is different today than it was in 1968. Care centers resembled hospitals. Floor lifts, wheelchairs and walkers were smaller. Lifespans are now longer as medicine has improved. But, aside from advancements in technology and treatment, personal preferences have changed.

Today's seniors pursue home-like locations, no matter condition. They want technology and seek amenities and activities to preserve—even find new—interests and hobbies. They require enough personal space to welcome loved ones regularly so to maintain the lifestyle they've built for themselves.

This means it's time to focus on modernizing our New Hope community in a way where the legacy born there perseveres. We're being called to rebuild.

"We're going to bring the best of what we've got in our other communities to make sure New Hope provides the top amenities and services for every resident and their family," said David Krenn, member of the Saint Therese Foundation Board of Directors.

And although the days of shared lodging and bathrooms, community laundry facilities and cafeteria-style dining are gone, we know the future is bright for Saint Therese of New Hope. Redesigning the physical community will ensure it genuinely portrays everything it stands for:

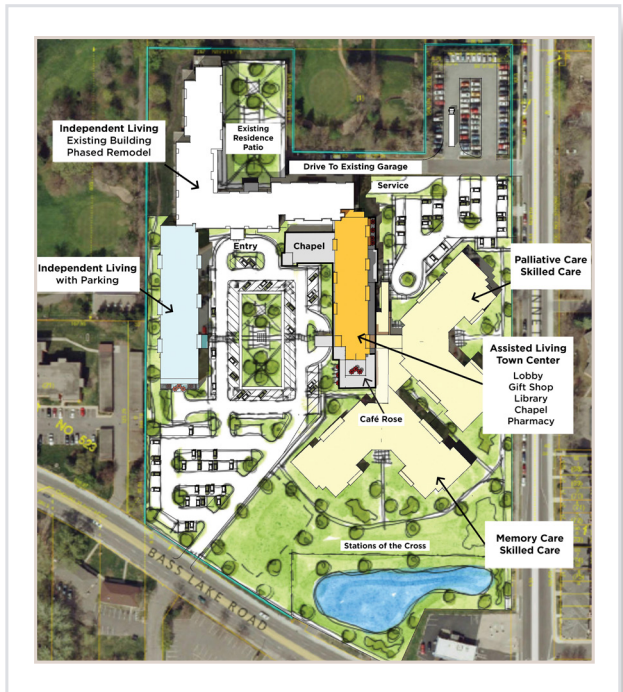
“New Hope is the core—the very heart of the mission of our organization,” David said.

As in any active project, space or amenities may be redesigned, added or removed as our vision adapts to fit the needs of our community. We look forward to keeping our Saint Therese family updated as plans develop.

Before we know it, Saint Therese of New Hope will blossom into a contemporary, senior lifestyle community set apart only by our timeless mission, faith-based guiding behaviors, innovative services and signature continuum of person-centered care.

What does the plan for New Hope look like?

- **Position location as a leading health & wellness resource in the metro**
- **Warm water therapy pool**
 - If made possible by our generous donors
- **Private care suites with personal bath**
 - A few shared rooms with a larger footprint; residents will have more space & privacy
- **Open-concept Town Center with a new chapel at its core**
- **Indoor & outdoor social hubs to provide ample visiting space**
- **Move our Stations of the Cross so they're more accessible for everyone**
- **Remodel apartments**
 - Partners still finalizing details. More to come.



Details subject to change.

Living a Life of Harmony

Take notes from Dolores Maus Felsheim

Dolores Maus Felsheim was born into a family of musicians. In fact, when she was 5 years old, her grandmother introduced her to the piano and Dolores hasn't stopped playing since.

By age 10, she was certain her great passion in life was music and knew she was meant to be a music teacher. Throughout high school, she gave private piano lessons to achieve her dream. And on her own, she financed her education at the College of Saint Teresa in Winona.



One evening in 1951, Dolores accompanied her parents and cousin to a dance hall in Centerville, Wisconsin. A handsome merchant marine named Paul asked Dolores to dance. That dance became an evening of friendly banter. And because he couldn't possibly have the privilege of escorting her home that night, a dinner date was made.

A true gentleman caller, Paul picked up Dolores at her parents' home and politely greeted her father. This continued for six months before he proposed. The pair were engaged four years as they studied and began careers; Dolores wanted Paul to pursue his passion just as she was.

On July 4, 1955, Dolores and Paul wed at her family's parish—St. Mary's Catholic Church—in the small town of Minneiska, between Wabasha and Winona. Two of her students played the organ and the parish choir, which she directed, sang hymns.

The newlyweds moved to South St. Paul and joined St. Augustine's Church. The parish had just opened a Catholic school; Dolores saw an

opportunity to reignite her career in her new city. The parish sisters eagerly helped recruit Dolores' first students—about 25—for private music lessons.

By 1960, Dolores earned three undergraduate degrees from the MacPhail College of Music: music education, piano and piano pedagogy.

Meanwhile, Paul worked as a geologist for the United States government and traveled quite a bit. Between trips, he ensured his wife could host students in their new home by building a piano studio in their basement. By 1965, they were the proud parents of two daughters.

"I have been greatly blessed," Dolores recalled with a smile.

Even while raising children, she taught up to 45 lessons each week, was a full-time vocal music teacher at Woodbury Elementary and attended the MacPhail College of Music. Due to her dedication and hard work, she finished all required classes and training towards a master's degree in music education.

Just like her grandmother did, Dolores introduced her children and grandchildren to the piano when they were about 5 years old. Their lessons continued throughout high school. Two are still current students.

"I'm so proud of my family," Dolores added.

At 88, Dolores still loves teaching piano as a resident at Saint Therese of New Hope. Her treasured Chickering baby grand now resides on the third floor, near her apartment, so she can easily welcome her students to to join her at home just as she did in South St. Paul.

"I love that I still have the opportunity to get to know my music students," Dolores said.

If interested in taking piano lessons with Dolores, call Activities Coordinator Julie Thomas: 763.531.5038.



What Matters Most

The Work of Aging

For more than two years, Saint Therese has been on a journey of growth: learning from care center residents about what matters most to them. We join them in reflection upon their lives—reminiscing and storytelling; talking about their relationships, spiritual beliefs, purpose and legacy.

We have four Quality in Living Specialists (QILS) whose focus and priority is visiting long-term care residents. These visits are intimate conversations that grant us opportunity to help residents understand their medications and health condition. It's also when we empower each person to maintain a strong voice throughout their care.

This is a program funded by the Minnesota Department of Health through Empira, an organization collaborating with care centers to create unique quality improvement programs that enhance aging services and enrich lives. Currently, this service is offered at only 10 local providers.

As part of preparation for this kind of work, our QILS read two books to prepare for this work: "Being Mortal" by Atul Gawande and "The Four Things That Matter Most" by Ira Byock, M.D. The team agrees the books are excellent reading

and shed light on professionals who have worked towards understanding the meaning of and quality of life for those they serve.

It's in our culture to save life and avoid death. But, QILS know it's important to acknowledge talk to loved ones about thoughts and feelings during the late part of our lives— to offer and accept forgiveness, thank each other and say, "I love you". Sometimes, residents will share a wish or a goal and that inspires our team to arrange special plans or activities.

The list of memorable activities led by the QILS has grown long: singing songs, organizing photo shoots with families and finding a volunteer to help reintroduce a resident to the hobby of sewing.

"It's so rewarding to implement the wishes, dreams and hopes shared with us, when and if we can," said Anne Marie Bartlett, QILS.

And, they continue to introduce new ways of communication; connecting residents with out-of-state loved ones by email and phone or writing legacy letters. They also assist in the painting of self-portraits to creatively initiate meaningful discussion.

Depictions of former homes, waters crossed when arriving in America, special flowers and symbols of prayer are common themes.

The specialists also host groups to gather and talk about life as it is now as well as reminisce about the past. It's a time of uplifting conversation, laughter, tears and realization that there's so much life to live and experiences to enjoy with loved ones.

The QILS complement Saint Therese employees' every day service as they work to uphold the physical, spiritual, emotional and social well-being of seniors. Their work is ongoing in hopes of evolving the image and connotation long-term care currently has. Historically, moving into a "nursing home" has implied death is imminent. However, that's absolutely not the case.

Long-term care is just the start of another chapter. No matter physical or cognitive needs, life is very much present— even if or when changes in condition alter thoughts or physical abilities.

Their story continues here.

"We're privileged and blessed by each moment we have with our residents. When the end of days does come, we unite to sing them back to their Creator: 'Jesus, remember me, when you come into your kingdom'," said Anne Marie.

When Saint Therese employees— QILs, nurses, aides, therapists, social workers— take time to listen and learn thoroughly about each resident, our services become much more holistic and personalized.

After all, sometimes what may seem like even the smallest of efforts can make the biggest difference in someone's well-being.



Quality in Living Specialists
Kathy Lee, Anne Marie Bartlett
& Gary Schneider with
resident Doris May Flye.



Residents' hand-painted
self-portraits.



Quality in Living Specialist
Denise Stewart & resident
Donna Allred.

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