



The Rose

THE SAINT THERESE NEWSLETTER



A LASTING LEGACY

INSIDE: PROJECT UPDATES | BARB RODE | GRATITUDE REPORT

SPRING 2022

Dear Friends,

As I reflect on my years at Saint Therese and my retirement, I can't help but be grateful for this incredible journey. I am starting a new chapter in my life but I take Saint Therese, the residents and staff and countless memories with me in my heart.

My years at Saint Therese have blessed me and rewarded me with an extraordinary sense of accomplishment and a confidence that we are making the lives of seniors better through ordinary acts of kindness and compassion.

I have had the immense honor of serving Saint Therese and this exceptional team for the past 21 years. Together, we have achieved many milestones and found innovative ways to serve seniors.

As Saint Therese embarks on the fruition of years of planning with the reinventing of its flagship community at New Hope and construction of a new community in Corcoran, I feel confident that these projects are focused on thoughtful growth and grounded in Saint Therese's mission.

I will leave knowing that Saint Therese is an exceptional organization with a talented group of people who strive each day for excellence and who are empowered to make a difference. And with supporters and volunteers, like you, who consistently provide the financial resources, time and talents that ensure we fulfill Saint Therese's mission.

I believe that Saint Therese's brightest and most innovative days are ahead of it and I can't wait to see what its future holds.

It has been a blessing to serve Saint Therese's residents and staff.

God bless,

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

Save the Date **Virtual Foundation Gala:** October 6, 2022

Last year we raised nearly **\$80,000** for the White Rose Scholarship Fund through the virtual Gala. Because of you, we will be able to award more scholarships to our deserving employees. Don't miss your chance to participate this year!

NEW HOPE & CORCORAN PROJECT UPDATES

We are closer to starting renovations at Saint Therese of New Hope and building the new Saint Therese of Corcoran community.

NEW HOPE

Saint Therese of New Hope will get its most significant renovation in its history. The renovation, which in total will take about 3-5 years, is expected to begin in mid-summer of this year. It will include an extensive makeover of its 7-story independent and assisted living building (the Residence) as well as the landmark care center that provides 24-hour skilled nursing, and all areas in between. It will also add a new independent living building.

The first phase of the project will be the complete overhaul of the more than 200 apartments in the Residence and its common areas, including its signature outdoor patio.

"Our community will continue to be a home for residents throughout construction," said Barb Rode, President and CEO of Saint Therese. "We don't want this to disrupt our residents' lives, or those who are interested

in moving here. Our team is dedicated to making it a smooth transition."

The reimagining of the Residence is expected to be completed in late 2023. Meanwhile, construction will continue in phases for the rest of the campus, such as the care center and a new town center that will sit between the care center and the Residence. The town center may include a variety of community conveniences such as dining, a swimming pool, chapel, gift shop, and a fitness and wellness center. The location of the new independent living building is currently in design.

Changes to the care center include all private, larger, handicap-accessible rooms with private bathrooms. When done, expected in a 3-5 year timeframe, the care center will have 64 skilled nursing rooms, 30 memory care and 64 transitional care unit/rehabilitation suites.

CORCORAN

All systems are "go" for the new Saint Therese of Corcoran community to break ground this summer. When complete, this community will have a full continuum of care, including 204 total units with 54 skilled nursing (including transitional care), 34 assisted living, 17 assisted living/memory care and 100 independent living units.

The Saint Therese team has been meeting regularly with the city of Corcoran to ensure we're moving through the city approval process.

While the architects and designers have been putting the finishing touches on the overall design, the Sales & Marketing team has been marketing the community to future residents.

Those who have already put down a deposit for Corcoran will be able to reserve an apartment in the next few months.

For more information about these projects contact our staff at 952.512.2019.





2002



2003



2006



2011



2012



2013



2017



2019

BARB RODE A Trailblazing Voice for Seniors

Later this spring, Barb Rode, president and CEO of Saint Therese, will retire from the organization she successfully led and shaped for 21 years. But she won't stop advocating for seniors and their care, because that has been her *raison d'être* since she started in the industry.

Barb was in her mid-20's and working at a container factory in St. Paul when her dad became ill and was admitted to a hospital. For the next seven years she was an eyewitness to his sometimes suboptimal care and came away believing she could do it just as well as anyone else, and maybe better.

"I didn't want seniors to have to go through what my dad did," Barb said. "I didn't think seniors had a voice; they still don't. I wanted to get into a position to make decisions."

And that she did. She began work as a nursing assistant and rose through the ranks, all the while raising two kids and getting her education part-time. She received an associate degree in business management from Century College, a bachelor's degree in business organizational studies from Bethel College, and her long-term care administrator license from the University of Minnesota. She also received a master's degree in Gerontology from Nova Southeastern University in Florida and certification in

Catholic health care directives from the National Catholic Bioethics Center.

After nine years as the administrator at Cuyana Regional Medical Center in Crosby, Minn., she came to Saint Therese, which at that time only had the one community in New Hope.

Here is where she was truly in the position to make decisions that would impact patient care. And along the way she impacted her employees who came to respect her for her vision, resolve, innovativeness, and willingness to do anything to take care of residents.

She will literally help out in whatever way is needed. That means serving as the administrator when a location is short-staffed, helping serve food in the dining room, changing beds, calling state legislators to plead for more PPE, and screening visitors at the front entrance.

"Barb is very much that of a servant leader," said Kym Fisher, Chief Human Resource Officer, an observation echoed by many on her team. "She has led Saint Therese with compassion and love for the seniors, while inspiring those around her to do things they never thought they could."

"She is a limitless leader and a front line warrior during the pandemic," said Calvin Shelangoski, CFO. "Because of that she is respected by her staff. It's not the title

they respect, it's her actions every day."

"She's real, she's super innovative and she never lets grass grow under our feet. Once we finish a project, we move on to the next innovation, while still maintaining what we've implemented," said Dinah Martin Kmetz, Executive Director, Project Management, who has worked with Barb for the past 17 years. "She has a vision in mind and she's tenacious about achieving it."

Among the achievements:

- **Palliative care.** Barb learned about a group in Canada that was leading the way in palliative care. So, she gathered a group of colleagues and drove up to Thunder Bay to conduct a whirlwind tour of five facilities to learn everything they could. In so doing, Saint Therese became one of the first nursing home settings in the Midwest to have a palliative care program.
- **Cardiac care.** Once again, Barb saw the need to improve cardiac care for residents in its TCUs and flew to New York to learn how it was being done at a leading hospital and implement those practices here at home.
- **Artificial intelligence.** Saint Therese is currently piloting AI technology to help monitor seniors to prevent strokes or infections. This could be a game-changer in care as there's a need to take care of more people with less staff.

In addition, Barb has overseen the

expansion of Saint Therese from the one community in New Hope to two other full continuum of care communities, Saint Therese at Oxbow Lake and Saint Therese of Woodbury; a palliative care facility with Saint Therese at St. Odilia; a stand-alone rehabilitation, wellness and home health care company, Ascend Rehabilitation; and a transitional care unit on the fourth floor of North Memorial Hospital.

Her reputation extends beyond Minnesota, as she has been an active leader in the industry on the national level, serving on multiple boards and committees.

"Everyone knows Barb," said Pat Taffe, who has worked with Barb for the past seven years as chairman of the Saint Therese board. "When I've traveled with her to different industry events, everyone wants to ask her questions and get her opinion on issues in the senior industry."

"She's who we are out in the community, what we're about, what we do; why we do it has been built on the foundation of Barb's leadership. She has been the heartbeat of the organization and will be missed," added Shelangoski.

It's quite fitting that this year, McKnight's, a leading senior care publication, has named Barb to its Hall of Honor for its Women of Distinction 2022 awards. She will be honored in May at a ceremony in Chicago.

We will honor her as well this spring as she continues her mission to combat ageism and be a voice for seniors.

Saint Therese

Youth Volunteer Scholarship

To honor volunteer service and encourage the development of intergenerational relationships, Saint Therese awards two \$2,000 educational scholarships annually. These scholarships are in recognition of youth volunteers who give of their time and talents to serve seniors within and around our communities.

“Volunteering has made me feel like I belong. The smiles and nods from residents as I pass brightens my day.”
— Hallie

Saint Therese is proud to announce that the following youth volunteers have been selected to receive a scholarship for the 2022-23 academic year:

Grace Schafhauser and **Hallie Sweeter.**

“I have continued to volunteer with the elderly, and have made a myriad of meaningful connections. Jane inspired me to continue on the path of helping the elderly, and helped me come to the indomitable resolution that I want to be a nurse.”

— Grace

Congratulations and we wish all the applicants the very best in their future endeavors.



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Gratitude Report

January 1, 2021 - December 31, 2021

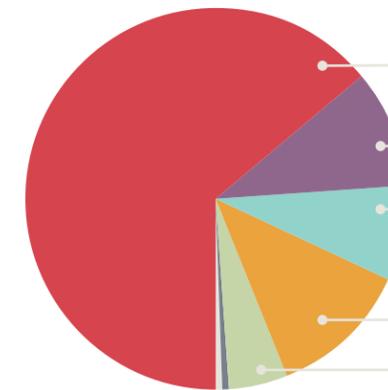
With your support, Saint Therese continues to do ordinary things with extraordinary love for the residents we serve and their families. We are so grateful for the many ways our community has stepped up and are pleased to share information on our work with you.

Total funds raised: **\$421,766**

2,572 gifts
by **813** donors

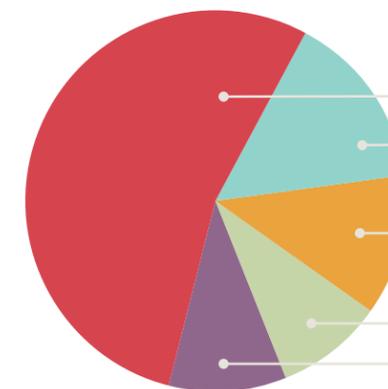
Employees donated
\$16,121

584 tribute gifts
totaling **\$94,040**



WHERE YOU SUPPORTED

- 64% Saint Therese Foundation
- 10% Saint Therese of New Hope
- 8% Saint Therese of Woodbury
- 12% Saint Therese at Oxbow Lake
- 5% Saint Therese at St. Odilia
- <1% Ascend Rehabilitation
- <1% Transitional Care by Saint Therese



HOW WE INVEST IN OUR COMMUNITIES

- 54% Resident programs
- 15% Administrative and general
- 12% Depreciation and interest
- 9% Team benefits and payroll tax
- 10% Plant operations and property expense

Our donor list is available online at sainttherese.org/annual-report. For a printed copy, please call our staff at 952.283.2219.



Saint Therese

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Contact us to learn more

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