



Spring 2017

In This Issue

Introducing Lifesprk – Page 3

Remembering Special Friends – Pages 4 & 5

A Commitment to Pastoral Care – Page 11

Making the Most of a Student Internship

Saint Therese of New Hope cultivates interest in long-term care

Every morning at 8:30, Student Administrator Zach Greisch starts his day at Saint Therese of New Hope, usually with a warm greeting from tenants charmed by his welcoming demeanor and kind smile. Having completed half of a year-long practicum, Greisch is ready to graduate this spring from the University of Wisconsin – Eau Claire with a degree in Health Care Administration. Although completion of an internship is a graduation requirement, Greisch personally selected Saint Therese of New Hope to help further his education in the health care field.

“Saint Therese has a long history and great reputation as a provider of high quality senior care. This is where I want to be. The friendly and welcoming environment makes me feel at home,” Greisch said.

Continued on page 7



Slow and Steady

Joe Senser is making strides with Saint Therese Rehab

For many of our tenants, residents and their loved ones, falling is a common fear. There are many things we can do to prevent a fall: remove small floor rugs in walkways, wear comfortable shoes with treads and make sure we stay active and strong.

For Joe Senser, fall prevention was the last thing on his mind. Former Minnesota Vikings tight end, Joe was a 1,000 yard receiving Pro Bowl player who scored the very first touchdown at the Metrodome in 1982. He is an active husband, father, grandfather and businessman.

Just 7 months ago, life changed drastically for Joe in an instant.

“Joe had a very severe stroke,” Amy Senser explained. “He’s not supposed to be here. They said he wasn’t going to make it.” Joe nodded in agreement as he watched his wife’s eyes swell with tears.

Yet, here he is on a bright Friday morning: a regular with Saint Therese Rehab, determined to fight back. Not sure where to continue his next phase of recovery, the Sensers were referred by a friend to Saint Therese.

Joe visits Saint Therese of New Hope four days each week, armed with a cane in his left hand and Amy holding his right. Janet Bauer, his occupational therapist, concentrates on helping Joe rebuild strength in his arms and shoulders so he can re-learn normal movement patterns. Bauer’s efforts teach Joe new ways of doing the little things others may take for granted, such as brushing his teeth or buttoning a shirt.

“Occupational, physical and speech therapies with Saint Therese Rehab work as a collaborative team to improve Joe’s mobility, muscle strength and his ability to communicate throughout his recovery process,” Bauer said.

Continued on page 6



Slow and Steady: Joe Senser is making strides at New Hope.



Letter from the President & CEO

Dear Friends,

This year began with the loss of two dear friends: long-time supporter, Anne Dolan Kelly, and Saint Therese Board Chair Kaye Foley. It has been an honor to be a friend and associate of these two remarkable women. It's difficult to find the words to bestow the amount of respect and admiration each deserve.



Kaye's commitment to health care and the Saint Therese mission has left a lasting imprint on the Saint Therese community. As a champion of caregivers, Kaye's passion was nursing. She led efforts to broaden the outreach of Saint Therese which resulted in expansive growth, doubling the number of those we serve.

Anne supported Saint Therese from the very beginning. She was a member of the board, member of the Auxiliary at New Hope, a dedicated Associate Dinner committee member and a sponsor of educational opportunities for our staff. Anne's love of others echoed throughout her volunteerism. She was always finding ways to inspire others to become involved. Many current board members and donors can trace their involvement back to Anne.

Kaye and Anne were two separate sources of inspiration for many to not only become involved at Saint Therese but to give back to others in every facet of life. Kaye and Anne's lasting impact on the Saint Therese community will forever be cherished and their legacy will live on through their Heritage Society gifts.

Our thoughts and prayers are with the Foley and Dolan Kelly families. Please join me in celebrating their memory.



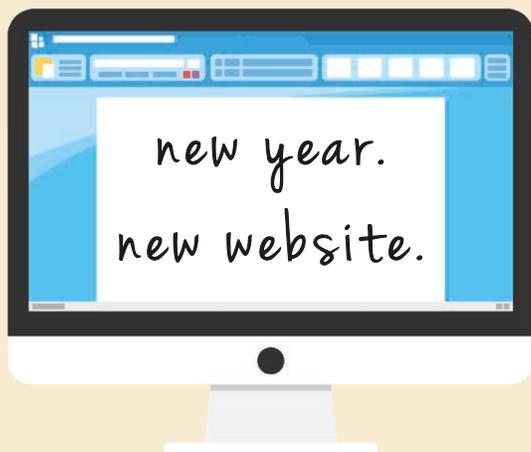
Barbara A. Rode, LNHA, MS, NCBC
President & CEO

MISSION

Saint Therese, a Catholic organization serving seniors of all faiths, is dedicated to the well-being of each individual.

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It's official.
Saint Therese has launched a new website!

Easier navigation and up-to-date information.
It's been designed with you in mind.

www.sttheresemn.org

Introducing Lifesprk

Bringing home care innovations to Saint Therese

Since 2016, Saint Therese and Lifesprk have been exploring ways to collaborate in order to build a stronger continuum of home and community-based services.

Saint Therese's values, mission and vision are aligned with Lifesprk. As a result, we made the decision to integrate At Home Solutions by Saint Therese private pay home care with Lifesprk to build a system of excellence for the seniors and families we serve. The best of each organization's capabilities and competencies creates a seamless home care experience.

"Lifesprk offers a broad array of home-based services to support individual care plans," said Amy Taylor-Greengard, executive director of Saint Therese Rehab. "We are united by the same goal: helping seniors and their families live the healthiest, safest lives possible."

Saint Therese has taken the first steps to a more streamlined approach to care with this change in our private pay home care. We have found a creative way to leverage our partnerships, secure our future and are now better positioned to meet the changing needs of those we serve.



For more information about home health care, please visit: www.sttheresemn.org/home-health-care.

The Redwoods Groundbreaking

Phase two of Saint Therese of Woodbury, the Redwoods senior apartments, officially broke ground on the sunny afternoon of October 19, 2016. A special service and blessing was led by President and CEO Barb Rode and board member Father Michael Byron.

The Redwoods will feature beautiful one and two bedroom apartments with nine foot ceilings and will be home to a fitness center, community and club rooms and guest suites. New tenants will be within walking distance of the campus Town Center and have access to dining options, social programs and events, the theater and chapel. Tenants can also take advantage of health and wellness services offered at Saint Therese of Woodbury.

For more information about the Redwoods senior apartments at Saint Therese of Woodbury, visit: www.sttheresemn.org/redwoods.



Join Us!

Fore! Look out! This year you have two opportunities to play golf while supporting Saint Therese care and communities.

Monday, June 12
Wild Marsh Golf Club,
Buffalo

Thursday, August 17
Oak Marsh Golf Club,
Oakdale

Both tournaments are noon shotgun starts and include a box lunch, buffet dinner, exciting hole games and contest prizes.

Visit www.sttheresemn.org/fundraising-events to learn more.



Remembering a Saint Therese Advocate

Anne Dolan Kelly: October 20, 1920 – January 26, 2017

It is with great sadness that Saint Therese shares the news of the recent passing of Anne Dolan Kelly, a dedicated Saint Therese advocate and board emeritus member. Anne, who passed away in January 2017, was an inspirational champion for philanthropy at Saint Therese for nearly 50 years. She leaves a great legacy.

Anne was introduced to Saint Therese by her close friend, founder Betty Hidding. Enthused by the exceptional care and values of Saint Therese and its staff, Anne became involved as a volunteer and member of the Saint Therese Auxiliary.

Fundraising was a natural fit for Anne who not only had a vast network of local connections but also experience leading several fundraising campaigns for other prominent local Catholic organizations. Her involvement in Saint Therese's annual Associate Dinner guaranteed each event was successful and memorable.

Over the years, Anne's commitment to Saint Therese was strengthened. As a member of the Saint Therese board of directors and development committee, Anne focused on inspiring others' involvement, including that of many current board members and donors. She will be remembered for her tireless effort and incredible ability to connect people in meaningful ways to important charitable work.

Anne will be dearly missed by many at Saint Therese. We thank Anne for her kind and generous heart.



*Anne Dolan Kelly
will be dearly
missed by many at
Saint Therese.
We thank Anne
for her kind and
generous heart.*



Honoring a Saint Therese Leader

Kaye Foley: June 3, 1947– February 6, 2017

Saint Therese mourns the loss of Kaye Foley, chair of the Saint Therese Foundation board of directors and retired vice president of Patient Care Services and chief nursing officer at North Memorial Medical Center.

Inspired by the quality of care her mother received while living at Saint Therese of New Hope, Kaye became a board member in June 2007 and was appointed chair in June 2011. Having been a registered nurse for more than 35 years, Kaye took pride in using her extensive health care experience to guide Saint Therese in its mission to deliver the same continuum of compassionate care once experienced by her mother.

At Saint Therese, Kaye's impact was extensive. Her recruitment efforts resulted in a diversified board with multiple areas of expertise. Kaye led the organization through the expansion of Saint Therese at Oxbow Lake, the Grand Opening of Saint Therese of Woodbury and the strategic planning and development of Transitional Care by Saint Therese at North Memorial Medical Center.

Kaye was a friendly face at many of the Saint Therese Foundation events where she was eager to volunteer. She was a frequent participant in many of the Saint Therese committees, including the annual Associate Dinner committee.

Kaye was an outstanding leader not only at Saint Therese but within her community. Kaye spent much of her time serving on local nonprofit boards including The Women's Health Leadership Trust, The Go Red for Women Executive Leadership Team and the Program Development Committee for the Minnesota Organization of Leaders in Nursing.

Saint Therese is sincerely grateful to Kaye for her countless contributions. She will be missed.



Saint Therese is sincerely grateful to Kaye Foley for her countless contributions. She will be missed.



Slow and Steady

Joe Senser is making strides with Saint Therese Rehab

continued from page 1

Although Joe's ability to walk and talk diminished following his stroke, he has not lost his ambitious attitude or sense of humor. His first appointment this morning is with Cortney Place, a speech language pathologist who works with Joe to recover his voice. The two have developed a special bond, laughing together through their mistakes and celebrating the daily victories they achieve, no matter how small.

"Joe has demonstrated improvements with simple words, phrases and some sentences. He's also successfully recovered his infectious smile," Place said.

Amy sits next to Joe, holding his hand and smiling with every little success. She helps reinforce the articulation skills Place is focused on improving.

"He's made great progress. Simply said, it's nothing short of miraculous," said Amy.

Joe's eyes light up when he sees Iva Carey, lead physical therapist with Saint Therese Rehab, open the door. He gives Iva a thumbs-up and slowly meets Carey in the gym. Carey structures her time with Joe to focus on strength and balance, relearning how to walk and challenging him to continue making progress, which he says has been slow and steady.

Working with Joe is rewarding because of his positive attitude. He'll try anything. He's an athlete so he's familiar with being coached and pushed. He's willing to try something new or change his approach if I ask him," Carey said.

Before no time, Carey has Joe comfortably fitted into the Solo-Step, a state-of-the-art overhead track and harness system designed to protect patients from falling during the rehabilitation process. Saint Therese has been home to this system for the last year.

"There are so many benefits to the Solo-Step. It's easy to use, lightweight and non-restrictive. This system is a safe way to work with someone like Joe who is a different height or weight than me. I'm able to challenge him in ways I couldn't before Saint Therese had this system," Carey said.



Joe takes a few steps forward with Carey in front of him. He's slow but he's stable and very focused. The harness rotates with his body as he turns around to walk back to his starting point. Carey places a wood plank flat on the floor in front of where Joe is standing. He steps with one foot on the plank and swings the other foot over, successfully stepping over the obstacle Carey created. It may look easy but it's taken Joe a lot of hard work and determination to get this far in his recovery.

"For him to fall would be disastrous. It's my very worst fear," said Amy with her hands clasped over her lips, intently watching Joe. She breathes a deep sigh of relief every time he clears the plank in celebration of his feat. "He's a big, strong guy. The Solo-Step gives him freedom to move and the time needed to renegotiate his movements with his mind. He wouldn't be where he is without Saint Therese and the specialized equipment they offer."

Iva clears Joe's walking area of the plank and claps her hands together with a smile. She asks Joe if he wants to try showing everyone his putting skills. Joe's eyes light up and he says, "Oh, yeah!"

The gym is filled with cheers for Joe as he swings the putter. Despite all the challenges, he manages to sink one in the putt cup. Amy pumps her fists in the air in triumph. He's still scoring those points.

When asked how he feels, Joe says, "I feel steady. I feel safe walking." That in itself is a huge accomplishment.

To learn more about Saint Therese Rehab, visit: www.sttheresemn.org/rehab.

Making the Most of a Student Internship

Saint Therese of New Hope cultivates interest in long-term care



continued from page 1

At Saint Therese of New Hope, staff is committed to making internships valuable learning experiences. Dinah Martin Kmetz, executive director, explained that internships are crucial opportunities to encourage long-term employment and boost morale in a senior living organization.

“If we provide constructive programs to students, Saint Therese will not only see an increase in future staffing benefits but a heightened quality of life in our communities,” Martin Kmetz said. “This is much more than a cost-effective recruiting strategy.”

Students create meaningful engagement opportunities, increase residents’ sense of belonging and self-esteem and have an overall positive impact on seniors’ mental and physical health. Seniors do not shy away from giving advice or sharing stories with the interns and they welcome the energy brought in by students.

Martin Kmetz has seen firsthand the benefits of internships in senior care communities. She began her career as an intern at Saint Therese of New Hope. Now she finds herself in the role of the mentor, teaching and guiding new student administrators.

“I strive to deliver the same experience I had that made me want to stay in senior care. Several areas in Saint Therese offer an internship experience, including Saint Therese Rehab and therapeutic recreation,” Martin Kmetz said.

Rachel Franz just completed a dietetic internship at Saint Therese of New Hope in anticipation of her graduate degree in Public Health-Nutrition. Franz said the best part of her time at Saint Therese of New Hope was her interactions with seniors.

“I really like interacting with residents and listening to all their stories,” Franz said.

Coaching an intern can be time consuming but rewarding when the appropriate effort is made. Staff is encouraged to make students a priority. Interns at Saint Therese of New Hope are encouraged to collaborate with leadership, generate new ideas and inspire others with their energy.

“Student interns have unique roles. Everyone is willing to take time out of their busy schedules to help me learn,”

said Greisch. “No matter what my schedule looks like, every day is a fresh experience with new challenges.”

Integration of classroom education with hands-on experience is crucial for graduation preparation. Students learn the necessary leadership skills to handle the daily requirements of senior care including emergency situations and how to cope with the stress that comes with taking care of others.

During her practicum, Franz learned how to communicate effectively with a new patient population, found creative ways to navigate challenges faced during the later stages of life such as risk of aspiration or the impact dentures have on dietary preferences. She also learned how to collaborate with caregivers to give residents the best experience possible.

“I have learned everyone plays a critical role in senior care,” said Franz.

Interns make real-time connections among an organization’s mission and values and compliance with protocols and procedures, learning how both affect daily operations. It is through everyday interactions at Saint Therese of New Hope that students develop critical-thinking and problem-solving skills essential for success in the health care field. By the end of a practicum, interns have cultivated a strong network of supporters and mentors in a field of interest.

“Working in senior care can be very challenging and it’s easy to get caught up in worrying about regulations and focusing on things that can go wrong. Dinah [Martin Kmetz] continues to remind me that what we really do is take care of people,” Greisch said.

Greisch has made quite a few connections throughout his internship. He’s continuously greeted by staff as he walks through the corridors and it’s difficult to count how many times a resident has stopped for a hug, handshake or hello. It’s pretty evident Greisch has positively impacted the Saint Therese community.

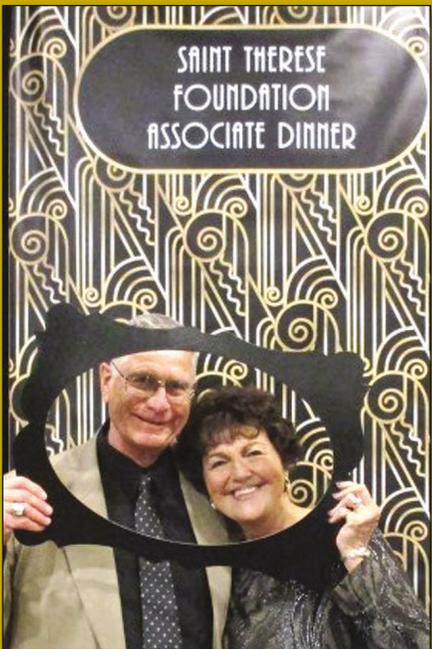
For more information on student internships at Saint Therese of New Hope, please call 763.531.5000 or visit: www.sttheresemn.org/volunteer-applications.



27th Annual SAINT THERESE FOUNDATION ASSOCIATE DINNER

On October 6, 2016, 175 friends and family gathered to show support for the care and services provided by Saint Therese. The event was held at the Marriott Minneapolis West where guests enjoyed spirit and gift card raffles, a silent auction and the sweet sounds of a jazz duo. Anne Marie Bartlett, director of care management, and Naomi Evans, speech language pathologist, shared what dementia is and how we can focus on an individual's best-abilities.

Thanks to the generosity of our donors, sponsors and attendees, nearly \$70,000 was raised in support of memory care at Saint Therese. With this amazing support, Saint Therese will continue to expand its dementia programming to serve individuals in need of memory care, now and in the future, to meet this growing need in our communities.



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We are grateful for your Support.

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North Memorial Health Care
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St. Thomas the Apostle,
St. Peter and Paul
and Church of St. Anne

Communication Tips for Dementia Caregivers

Dementia care is also known as memory care

Dementia care at Saint Therese focuses on quality of life through innovative, person-centered programming. Anne Marie Bartlett, director of care management, shares some tips for caregivers as part of our ongoing commitment to dementia care education and services:

- Approach a person with dementia from the front so he or she has an opportunity to see and recognize you.
- Lead with the person's name. It will help get attention so he or she can respond to you.
- Use short, simple and clear sentences to help a person with dementia fully understand you.
- Avoid pronouns like it, his, her, them, those, etc. It can be confusing and frustrating if the person cannot remember what the pronoun is referring to.
- Wait for a response. Response time for a person with dementia can be delayed by up to 30 seconds.
- Use visual or hands-on cues to help illustrate your words.
- Be aware of your nonverbal messages, including: volume and tone of voice, expressions and body language.
- Be patient. Be supportive. Be friendly. At every stage of dementia, there is a person who needs comfort and compassionate care. A person living with dementia has not lost his or her capacity for love and emotion.

SAINT THERESE OF NEW HOPE'S Caregiver Support & Memory Loss Group

3rd Saturday of each month: 9:00 a.m.
3rd Monday of each month: 3:00 p.m.

8000 Bass Lake Rd | New Hope
Room #290

For more information, call: 763.531.5024

SAINT THERESE AT OXBOW LAKE PROUDLY HOSTS AN: Alzheimer's Support Group

Led by a facilitator trained by the Alzheimer's Association.

2nd Monday of each month: 6:00 p.m.

5200 Oak Grove Pkwy | Brooklyn Park
Town Hall Activity Room

For more information, call: 763.493.7000

Saint Therese Celebrates National Volunteer Week:

April 23-29

Saint Therese celebrates our volunteers: individuals who have become a much needed friend to a tenant or resident, who have lent an ear to listen to someone who just wanted to talk and who show up every day, rain or shine, serving seniors in whatever way they can.

Saint Therese is thankful for the countless ways our volunteers serve seniors, such as: escorting residents throughout campus, having a one-on-one visit, facilitating a bingo game, assisting with Music and Memory programs, providing office support services, guiding pet therapy visits and more. We are appreciative to our volunteers for enhancing the quality of life at Saint Therese.

Volunteer groups are also a vital part of making a difference at Saint Therese. Girl Scout troops, Confirmation groups, Key Club members and corporate teams bring a contagious level of energy and enthusiasm. Groups have successfully managed special projects and programs, engaged residents with Christmas carols and have even planned and hosted onsite concerts. An activity with a volunteer group is both memorable and enjoyable for our residents, tenants and staff.

Thank you volunteers for all you do. To join our team of outstanding volunteers or for more information, visit www.sttheresemn.org/volunteer.

*Colby Lovett,
therapy visitor*



*Claire Leiter,
volunteer at
Oxbow Lake*

A Touching Tribute

Fifth grader makes donation in memory of grandma



One of Christian Stone's favorite people was his grandma, Barb Stone. He looked forward to phone calls with Grandma Barb because it was hard living far away from her and Grandpa Jerry. She always made sure to ask Christian about school and how his sports were going. He was proud to share his accomplishments with Grandma Barb because she genuinely loved his updates.

Grandma Barb and Grandpa Jerry loved having Christian and his family camp with them. They had a big camper where his family came together to enjoy Grandma Barb's famous recipes. She loved cooking. Christian never minded the six hour car ride they took from Illinois to northern Minnesota to see Grandma Barb and Grandpa Jerry. It was worth it.

The only ride to Minnesota that Christian didn't like was the last drive he took with his family to visit Grandma Barb while she was in hospice care at Saint Therese at St. Odilia. Christian's mother, Wendie Stone, explained to her son this could be his final visit with Grandma Barb.

"On our last visit, my dad and sister were very sad and crying a lot. The caregivers went over to my sister and hugged her. It showed how much they really cared," Christian said.

Unfortunately, Grandma Barb lost her courageous battle with cancer in July 2016.

Barb and Jerry Stone called Saint Therese at St. Odilia their home away from home for nine weeks. The Stones learned about the community a year earlier after a close friend selected it for her end of life care. Barb was a resident in one of eight bedrooms at the home-like Shoreview community. Her care plan focused on maintaining ideal comfort levels as well as fulfilling psychological, social and spiritual needs.

"It was an easy decision knowing [our friend's] family had an excellent experience at Saint Therese at St. Odilia," said Wendie. "The community and its wonderful staff brought us such comfort at one of the most difficult times in our lives."

Today, Christian is in the fifth grade at Saint Patrick Catholic School in Illinois. His class recently received an anonymous donation with the instructions that each student was to donate an equally divided portion to a charity of his or her choice. Christian's decision was immediate.



"I gave my donation to Saint Therese at St. Odilia because the caregivers there were so kind to my Grandma Barb and our entire family while we were visiting," Christian said.

From skilled nurses and caregivers to a relaxed family lounge, Saint Therese made sure Barb and her loved ones had everything they possibly needed. Because of his fond memories, Christian took it upon himself to ask his friends and classmates to consider Saint Therese at St. Odilia as recipient of their class donation portions. One of the friends Christian appealed to elected to include his donation with Christian's.

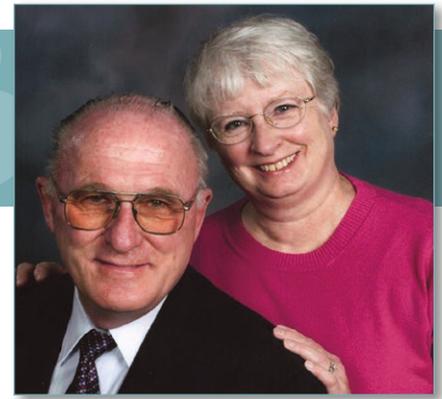
"Saint Therese took such good care of my grandma during the last few months of her life. I told my classmate, Devin Minarik, about Saint Therese and he also donated his portion," Christian said.

Christian and Devin's donation has gone directly to the community of Saint Therese at St. Odilia in honor of Grandma Barb.

To learn more about tribute gifts, visit www.stthereseemn.org/giving or call 952.283.2219.

A Commitment to Pastoral Care

Giving other families the chance for faith-based support



Richard and Anne Louise Vosika's long history with Saint Therese began 20 years ago when Anne Louise's parents moved to the New Hope campus. Richard's aunts and uncle also chose Saint Therese to become home. It was here where our continuum of care helped secure long-term care and hospice services for those Vosika family members who needed it in their final days. What could have been a scary experience was made special.

"Saint Therese staff not only cared for our loved ones but they also welcomed our family as their own," Richard said.

Pastoral Care staff invited the Vosika's to stay overnight, ensured they were comfortable, visited and prayed with them frequently. The campus priest provided last rites to their family members upon request.

"Looking back, we realize the staff prepared us for our loved ones' last and most important journey with great care and hospitality. This is why Saint Therese is an organization so close to our hearts," said Anne Louise.

In the years following, Richard and Anne Louise have continued to support Saint Therese and its Pastoral Care program because Pastoral Care was instrumental in guiding the Vosika's loved ones' end-of-life experiences.

"Our hope is to help ensure the same special care our family received can be experienced by others," said Richard.

After several years of giving, Richard and Anne Louise decided to continue their support of the Pastoral Care program at Saint Therese for as long as possible with an estate gift. While discussing their charitable goals with the Saint Therese Foundation, they learned of the process in place allowing donors to designate gifts to specific programs or services offered at Saint Therese.

"Our estate gift commits our support to Pastoral Care for years to come," Anne Louise said.

The Vosika's became members of the Saint Therese Foundation Heritage Society when they informed Saint Therese of their intentions to include the organization in their estate plans. Informing Saint Therese ensures any future gifts are used in a manner consistent with charitable interests.

To learn more about becoming a member of the Heritage Society, contact Matt Crawford at 952.283.2217.

Saint Therese at Oxbow Lake Celebrates 10 Years!

On September 15, 2016, over 200 tenants, residents and family members joined us for the Saint Therese at Oxbow Lake 10th Anniversary celebration despite the pouring rain. The evening started with a prayer service in the Our Lady of Peace Chapel, expressing gratitude for the community that has served the Brooklyn Park campus for 10 years. Afterwards, participants gathered in the dining room and club room for an indoor picnic, festive games and upbeat entertainment by the Dick Macko Band.

We are proud of the special community that has developed since the first tenants moved into Oxbow Lake in fall 2006. Saint Therese at Oxbow Lake is a vibrant place for seniors full of friendship, support and fun.





SAINT THERESE
FOUNDATION

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18,262 Days of Senior Care

Did you know Saint Therese will celebrate its 50th Anniversary in 2018?

We're already planning the party! You can help. Send your Saint Therese photos, memories and stories to katies@sttheresemn.org or call 952.283.2218.

To send by mail*:
Saint Therese Attn: Marketing
1660 S. Hwy 100 | Ste. 103 | St. Louis Park | 55416

**mailed materials will not be returned*