

The Rose

The Saint Therese Newsletter

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A legacy of fun

Honoring an extraordinary friend

Donna Stelmaszewski was a lifelong resident of 'Northeast' Minneapolis, an incredibly dedicated volunteer and a generous donor to a number of causes. She was also the life of the party at Saint Therese.

Donna was introduced to Saint Therese in 1993 and joined the Saint Therese Auxiliary at our New Hope campus in 2002. It was with this special group of women where she fulfilled her passion for providing seniors with (what Donna often referred to as) the little extras that make life more fulfilling. She enjoyed organizing parties, luncheons and activities for care center residents to ensure community life at Saint Therese was always buzzing.

See the rest of her story on page 3.

An extraordinary 50 years



Saint Therese

1968-2018

Dear Friends,

Fifty years ago, the vision for a senior community offering exceptional health and spiritual care came to fruition as Fr. Gordon Mycue, Elizabeth Hidding, Sr. Marcelline Jung, OSB and Jerry Choromanski's proudly opened the doors of Saint Therese. Their generous support and investment of time symbolized a lasting commitment to the well-being of seniors and their families — something we are very proud to continue.

As we celebrate this milestone, we are overwhelmed by the generosity of those before us. Their commitment over the years shaped the values of our organization, paving the way for the mission we hold dear today: do ordinary things with extraordinary love. When Saint Therese opened in 1968, donors and volunteers ensured spiritual care would be central to the lifestyle at Saint Therese; a culture of philanthropy was born that would grow the heart of our community and spread throughout the organization.

The Saint Therese Home Auxiliary began running a gift shop, raising funds for therapeutic recreation and community life activities, ensuring residents would live active and fulfilling lives. Candy strippers began lending a hand to our seniors, becoming some of the first volunteers of what would become an army of individuals driven to compassionately serve the community.



As the years went by, that culture of philanthropy carried its way to other communities when our supporters expanded our mission to Saint Therese at Oxbow Lake in 2006, Saint Therese at St. Odilia in 2011 and again in 2016 to Saint Therese of Woodbury and Transitional Care by Saint Therese in Robbinsdale. At each of these locations, you were committed to ensuring future Saint Therese residents would have fulfilling experiences centered on spirituality, exceptional care and robust community life programming.

Today, our founders' legacy of love continues on through you, our friends and supporters, inspiring all of us at Saint Therese to do make life extraordinary for our communities. In this issue of the Rose Newsletter, we celebrate how donors, volunteers, families and employees today carry on the same tradition that started so many years ago — doing ordinary things with extraordinary love.

Sincerely,

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

A legacy of fun

Continued from the front cover

"Donna was always so hospitable. Whether it was during an auxiliary meeting or at a party hosted for care center residents, Donna always came with treats in-hand and big smile on her face," said Susan Connolly, director of volunteer services.

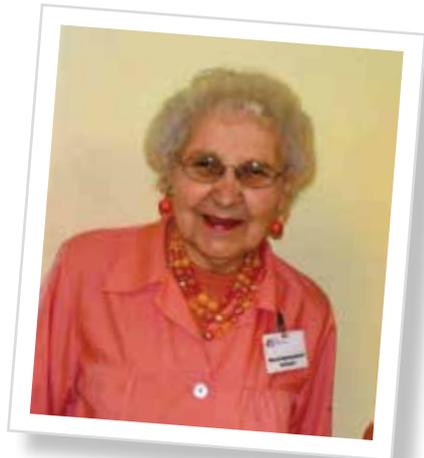
Donna wanted to ensure the charitable work of the auxiliary would continue to enhance the lives of future Saint Therese residents. As a result, she included the auxiliary in her estate plan. When Donna passed away in 2016, her love for Saint Therese residents was carried on through a \$48,000 donation.

The auxiliary chose to use her gift to establish The Donna Stelmaszewski Auxiliary Endowment Fund with the Saint Therese Foundation. Each year, earnings from the endowment supports parties, and other therapeutic recreation activities for the residents at Saint Therese of New Hope.

"What a special gift Donna left! We couldn't think of a better way to honor her legacy and the auxiliary's longstanding commitment to providing a little extra fun," said Mary Hartkopf, friend and fellow auxiliary member.

Saint Therese will always remember Donna for her servant's heart and her love for parties, which will now live on forever.

To learn more about including Saint Therese in your estate plan, please call Chris Hinnenkamp, vice president of fund development: 952.283.2217.



Love makes all the difference

Mary Forman began volunteering at Saint Therese of New Hope in 2016 per the recommendation of her friend and former nursing colleague, Kaye Foley. As the longtime chair of Saint Therese's board of directors, Kaye recognized the value of Mary's many gifts and talents and knew she would be a treasured part of our organization.

Mary's extensive nursing background means she can provide a helping hand in any part of our care center but her heart is drawn to supporting our memory care neighborhoods. Although Mary recognizes the impact her nursing education has on her ability to care for seniors, she says it's really past experiences with her mother that inspires her to enrich the lives of residents with dementia.

Mary recalls a time when she and her mother were traveling with family members and her mother was convinced they were headed in the wrong direction. Despite reassurances,

her mother became visibly upset. Once Mary's brother, who was driving, decided to indulge his mother by following her directions, the rest of the trip was pleasant. Seeing the group happily reach their final destination was a moment of realization for Mary.

"My mother taught me there are easy ways to help people feel comfortable in their own reality and to meet people where they are," said Mary. "Be present. Acknowledge people. Pay attention and listen."

Mary doesn't always get acknowledgment from the memory care residents she serves but has learned it takes time to establish a connection. Although it can be frustrating, she never gives up and remains hopeful she is reaching those who may seem unresponsive. What keeps her going? She remembers the constant love and devotion shown by families of residents who have dementia, especially during times that may be trying.

The 2018 Golf Classic was a success!



Over
\$36,000
was raised



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

Connect with us on Facebook to see all event photos:
[@SaintThereseMN](#)

“Volunteering in memory care at Saint Therese helps me remember my mother,” Mary says. “I really enjoy the feeling I get when making a difference in someone’s day.”

Jodi Halvorson, therapeutic recreation coordinator, works closely with Mary at Saint Therese and is grateful for the support Mary provides the entire memory care neighborhood.

“Mary validates everyone — residents, families and employees — and makes everyone feel important,” Jodi says. “She knows who needs her, she knows everyone’s name and she simply makes people feel like people.”

We are forever grateful to Mary for her time and commitments and continue to be blessed by Kaye Foley’s legacy at Saint Therese.

Learn more about volunteer services or apply today: sainttherese.org/volunteer.



“Be present.
Acknowledge
people. Pay
attention and
listen.”





Remembering the 2017 Associate Dinner

What a wonderful night! On October 5, 2017 over 225 friends of Saint Therese gathered for the 28th Annual Associate Dinner. The Saint Therese family was joined by WCCO's Frank Vascellaro, comedian Daren Strelbow and speakers Sally Combs and Father Joseph Gillespie. **Thanks to the generosity of our donors, sponsors and attendees, over \$100,000 was raised to support hospice care programming throughout Saint Therese.**

End of life is a delicate time. Through emotional support, spiritual guidance and comfort-focused care, we are honored to guide our residents and families through this special life journey. With funds raised from this event, we will continue managing this experience with great care, love and compassion for everyone involved. Thank you for your generosity.



Connect with us on Facebook to view all event photos:

[@SaintThereseMN](#)

Thank you to our 2017 Associate Dinner sponsors!

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Church of St. Anne
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Memorial gifts enhance hospice experience

Pat and Jim Duffy made an impression on everyone they met. Pat was a social butterfly and life of the party. Jim always had a positive attitude and a creative solution for just about anything.

Once moved into Saint Therese at Oxbow Lake in 2006, the Duffys became the center of life at their new community. They loved spending time with neighbors and both were instrumental in cultivating various social groups. Jim loved to play cards; he was a regular in bridge and cribbage groups. True to her nature, Pat ensured fellowship was a regular occurrence. She consistently brought the community together for coffee and treats in the Bistro following Mass, a tradition still continued to this day.

After several wonderful years together at Saint Therese, Jim went to God in November 2014 and Pat joined

him in June 2016. Their family made the decision to request memorial donations be directed to Saint Therese in both obituaries.

The response Saint Therese received was tremendous. As generous gifts continued to arrive throughout 2016 in remembrance of Pat, the Duffy family realized these contributions could impact resident and family life at Saint Therese if designated to a service dear to Pat and Jim's hearts — hospice care.

"While Jim and Pat's experience with hospice was wonderful, our family identified a couple of areas that could be improved. We recommended Saint Therese purchase rollaway beds for families staying overnight and provide a basket with literature about hospice and music for the residents," said Marcia Sutherland, daughter-in-law of Jim and Pat.

Since Duffy memorial gifts began arriving, Saint Therese Foundation has continued to see the impact of their family and friends' generosity. From the moment these items arrived, Saint Therese began seeing the impact of the generosity of our family and friends.

"The rollaway beds have been very well received by residents and families," said Daniel Siemens, pastoral care associate. "Family members don't always plan in advance to stay



overnight. The beds allow them to decide spontaneously to stay and get some sleep if they don't want to leave their loved one." Daniel also said the hospice baskets have also been wonderful.

"We were able to purchase literature that helps families understand the hospice and vigil process. We also purchased a CD player and peaceful music to help soothe residents," said Daniel.

Another long-time resident and family recently experienced hospice at Saint Therese. Joan Garofano, an Oxbow Lake resident for eight years, passed away on January 26. During the process, her family benefited from the enhancements made possible by the Duffy memorials.

"It was a beautiful home-going for mom," said Diane Griffis, Joan's daughter. "We didn't expect the

process to be so seamless and special. Daniel taught us how to talk and read to her while also comforting us. He helped us use music in the hospice basket. Our mother was having a difficult time one evening. We put on one of the CDs and immediately she found peace. We played that same CD day and night until she went to God."

Inspired by their experience, Joan's family also included in her obituary a request that memorial gifts be directed to Saint Therese at Oxbow Lake. Their gifts are already impacting pastoral care and activity programming for memory care.

Saint Therese is blessed by the generosity of memorial gifts. We are honored to ensure they are used to improve the resident and family experience.

To view the full list of memorial gifts from January 1, 2017 to June 1, 2018, visit sainttherese.org/gp/memorials.

Celebrating an extraordinary 50 years

THE 2018 SAINT THERESE
Foundation Gala

OCTOBER 4, 2018 + 5:00 P.M.

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Grant program enhances person-centered care

Two years ago, Elaine settled into her suite in Saint Therese at Oxbow Lake's memory care neighborhood. She constantly missed Alan, her late husband, and her children whose visits were rare. She was lonely. And although she yearned for companionship, Elaine struggled to connect with her new caregivers and other residents.

Unfortunately, she also experienced late-day confusion as a symptom of dementia, also known as sundowning, and would often wander up-and-down the neighborhood. Searching for anyone available, she always asked to be taken home.

Saint Therese employees desperately wanted to find a way to help Elaine become comfortable while devoting enough time to her neighbors as well. Although physically, Elaine's needs were met, her emotional and social well-being required more.

With help from a recent \$1 million grant from Empira, Saint Therese has welcomed a new program leader, Kally Fuller, whose central objective is to remain focused on improving the effects of sundowning. She interprets residents' behavioral expressions as a form of communication in which to engage and develop individual, environmental and relational solutions.

Resources and education sponsored by the grant, allow Saint Therese employees to implement a variety of interventions with her a personalized care plan to help soothe Elaine and support her every day needs.

Some of these interventions include: a specialized watch to monitor sleep patterns, aromatherapy to calm anxiety, familiar decorations to make her suite feel like home and personalized music ready to help Elaine reminisce. Employees were able to travel with her to re-visit her hometown, Stillwater, and help her reconnect with her past. In addition, Kally began behavior expression tracking to better understand and respond to any unmet needs.

"The program saved Elaine's life and made it worth living again," said Kally.

"Today, she is calmer and more comfortable being around others as well as alone. She seems to feel at home again. We have even been able to reduce her anti-anxiety medications."

Elaine's is one of countless stories made possible by Saint Therese's partnership with Empira.

Empira, formed in 2001, collaborates with members (Saint Therese, Elim Care Inc, Presbyterian Homes & Services and Volunteers of America) who share the common goal of advancing person-centered, clinical, and holistic care for senior residents. Members work in partnership to enrich quality of life for older adults through applied research that produces holistic clinical excellence and nationally recognized results.

To learn more, visit: www.empira.org.

Community members enhance Woodbury's chapel

As our Woodbury community members settled into their new home last year, residents came together to enhance one of their most cherished spaces - the chapel.

"Our beautiful chapel became a home parish to many of our residents," said Jean Martens, director of life enrichment and pastoral care. "We asked what could be added to this sacred space to make it feel even more like their home parish. Many residents, including former resident chaplain Father Bill Martin, felt the Stations of the Cross would be a welcomed enhancement."

The pastoral care team partnered with the Saint Therese Foundation to raise money for the purchase and install of the Stations of the Cross at Saint Therese of Woodbury.

After reviewing a wide variety of styles and sizes, we identified a beautiful set of brass and silver stations, uniquely crafted in Italy. Each set is made-to-order, based-on the purchaser's specifications. Once the Stations arrived, it was clear they exceeded even the highest expectations.

"The construction of this chapel in Woodbury was funded by long-time donors of Saint Therese," said Chris Hinnenkamp, vice president of fund development. "It was special to watch our new residents pick-up where others had left-off — continuing in the tradition of enhancing pastoral care through philanthropic support."



We are grateful to the donors who helped make this possible:

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