



The Rose

THE SAINT THERESE NEWSLETTER



NEW BEGINNINGS

INSIDE: GROUNDBREAKING | CRAIG ABBOTT | CYCLING WITHOUT AGE

FALL 2022

From Craig's desk

Over the past five months I have been overjoyed to begin my own new beginning here at Saint Therese. I've taken time to get to know our residents and staff and learn about the challenges each are facing and the opportunities we have as an organization. We have a long road ahead of us, but I am confident that we are on the right path.



Now, more than ever, we must come together in ways that honor our mission and the diversity of ideas and experiences that we all bring to the table while learning from those experiences and each other. I believe that, together, we will continue to push forward, learn, grow, and adapt.

This issue of *The Rose* highlights some of the ways we are moving toward a brighter future. You will read about the groundbreaking of our newest community in the City of Corcoran, a cycling activity our Woodbury residents are having a blast with, how our talented staff are celebrating their uniqueness and heritage, and how we are addressing some of the hardest healthcare challenges we have ever faced.

At Saint Therese, our mission, and these stories, are made possible through the philanthropic support of donors like you. We hope you will be as inspired as I am as I think about the future of Saint Therese and we prepare for tomorrow's opportunities. I thank you for what your support enables us to do for our residents and our staff.

My deepest gratitude for your continued support,

Craig W. Abbott
President and Chief Executive Officer, Saint Therese



More than 50 people attended the groundbreaking ceremony for Saint Therese of Corcoran on a brilliantly sunny and warm September morning. Saint Therese President & CEO Craig Abbott and Board Chair Patrick Taffe led the festivities and commented on what this new community means to Saint Therese.

"This building will not be ordinary. It will be extraordinary because of the extraordinary love and purposeful planning that has gone into it," Abbott said.

Taffe talked about the tie to the past, and the fact that one of Saint Therese's founders, Father Gordon Mycue, was the long-time pastor at St. Thomas the Apostle Church, less than a half-mile down the road from the building site. "It feels like we've come home, and we can imagine Father Mycue smiling down on us, along with the other founders, Jerry Choromanski, Elizabeth Hidding, and Sister Marcelline Jung," said Taffe.

Making the event even more extraordinary was the presence and participation of the Most Reverend Bernard A. Hebda, Archbishop of St. Paul and Minneapolis. The

Archbishop not only provided a blessing but he also took part in the ceremonial sod-turning with the other leaders.

His blessing included the following: "Whenever we look to the interests of our neighbor or the community and serve them, we are, in a sense, God's own co-workers. Let us pray for his help through this celebration, my brothers and sisters, that God will bring this construction to successful completion and that his protection will keep those who work on it safe from injury."

Construction will begin in the coming months with a targeted opening of spring 2024. The initial phase will include a variety of multi-story buildings with 153 apartments for independent, assisted living and memory care. Features of the community include a variety of dining experiences, a chapel, wellness center with a pool, library, golf simulator, theatre and an outdoor amphitheater and woodworking shop.

To find out more about the Corcoran project, visit sainttherese.org/corcoran.



...AND WE'RE OFF!

Starting a new job is exciting and a bit daunting for anybody, leadership roles are no exception. In business, the “First 100 Days” is often used as a benchmark for a new leader to develop an understanding of the organization, its customers and interdependencies, and work toward developing a strategic plan to achieve end-to-end organization excellence. The belief is that the 100-day mark provides an unrivalled opportunity to move the business confidently in a new or modified direction.

That aptly describes Craig Abbott’s approach to his first 100 days as President & CEO of Saint Therese. Since he took over the helm in late May, Craig has done much of what experts¹ say is critical to a new leader, namely: listen and learn; build relationships, overcommunicate, connect and establish trust; slow down to speed up; integrate into the cadence of the organization; and react to mission critical situations.

Here is a snapshot of some of what’s been occupying Craig’s first 100 days:

- Early on Craig traveled to all of the Saint Therese communities and met with staff, the Ascend team, leadership team members, board members and other internal and external constituents.
- He tackled the workforce challenges everyone in senior living is facing. It is at the top of his list in terms of organizational priorities, acknowledging that we are in unprecedented times and are navigating significant headwinds. To work on the workforce challenge quickly and aggressively, he formed the CEO Advisory Council on Workforce Initiatives, a group of staff and leadership from across the entire Saint Therese organization, to assist in purposefully working through some of the current struggles.
- Craig meets regularly with his leadership team and is engaging them in a disciplined operational planning

process to ensure everyone is aligned around key organizational priorities.

- In August, the Board held their annual Advisory Board retreat. This served as an opportunity for Craig to update the Board on his first 90 days and for him to outline several of the organizational priorities that leadership will be focusing on over the next several months.
- In September, Craig led the groundbreaking ceremony for our Saint Therese of Corcoran project. Find more information on this exciting event on page 3.
- He continues to explore different scenarios around the repositioning of Saint Therese of New Hope and has given the green light to a comprehensive marketing campaign to increase interest among potential independent living residents.

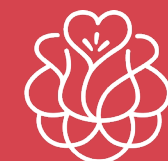
- He also has established a new bi-monthly internal newsletter, *Saint Therese Happenings*, that will help provide employees and Board members with updates and insights into some of the great things that are happening throughout Saint Therese.

It’s an impressive start and we’re excited to learn what Craig has in store for his next 100 days.

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Saint Therese
WOODBURY

**VOTED BEST SENIOR LIVING RESIDENCE
SIX YEARS IN A ROW**



¹ Entrepreneur magazine, “6 Crucial Things to Do in Your First 100 Days in a New Leadership Role,” Aug. 15, 2017



Honoring our Heritage

Why is honoring our heritage important? Honoring our own heritage not only helps us to examine our history and traditions it also allows us to develop an awareness about ourselves and those around us. At Saint Therese, we take pride in the cultural diversity of our staff and residents.

This September, Saint Therese of New Hope held a month-long series of events, Heritage Days, to celebrate the diversity of its community. Christine DeLander, Executive Director at Saint Therese of New Hope, estimates that 70 percent of their staff comes from outside the U.S. and she wanted to find a way for them to celebrate their uniqueness. Heritage Days also gave the residents an opportunity to learn more about the staff and get to know them on a deeper level.

The staff at New Hope hail from around the globe, including Liberia, Sierra Leone, Kenya, India, Senegal, The Philippines, Ghana, Mexico, Nigeria, Ethiopia, Norway, Italy, Sweden, Poland, Germany, the UK, Ireland, Lithuania, Belarus, China, Vietnam, and Denmark.

DeLander, a native of Kenya herself, was a key driver in planning the events which included showcasing a map of the world where residents and staff could pin where they are from; a table that displayed their country flags; special menu items at the

cafe; a “Celebrate your Heritage Show and Tell” event, and the signature and most popular gathering, a Cultural Fashion Show, that drew a boisterous crowd of staff and residents.

We are proud to be able to celebrate and honor the different heritages represented at Saint Therese!

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Wealth Management

CYCLING THROUGH WOODBURY

Sometimes a trip down memory lane can begin with a simple cycle ride. Most people, including Saint Therese residents, have fond memories of riding bicycles or teaching their children and grandchildren to ride. These memories often fade as riding becomes more difficult with age but thanks to the Cycling Without Age program, our Saint Therese of Woodbury residents get to remember the thrill of feeling the wind in their hair and the sunshine on their faces while safely seated in a trishaw cycle.

With the support of donors and some amazing volunteers, this international wellness program was introduced to our Saint Therese of Woodbury community in May 2020. Since then, it has offered a unique opportunity for our residents to remain active and enjoy the outdoors. What really makes this program special is that those without the physical ability to pedal a bike themselves, can enjoy a ride on the trishaw.

“It’s been a fun experience and even easier than expected since the Cycling Without Age Trishaw is an electric bike which makes it easier to transport the



“What a great thing for people who can’t do it on their own. This is just amazing. I am truly enjoying it!”

Scott Hoversten, pilot and Janice W., resident of Saint Therese of Woodbury

residents who sign up for rides” said pilot volunteer, Cathy Reardon.

Several times a week, six volunteer pilots rotate taking the residents out for a 45-minute ride around campus. Each pilot has their own unique cycling route through the many pathways surrounding campus so that no two rides are ever the same. Not only do the residents get to experience the ponds, wildlife, and landscape of the area but they also get to enjoy the jovial banter with the pilots.

“It doesn’t get any better. This is a great opportunity for the residents and very rewarding for me to be a part of it,” said Scott Hoversten, pilot volunteer.

This experience brings together our residents, volunteers, and community. Together, they experience the simple joys of a childhood favorite.

To find out more about volunteering, visit **sainttherese.org/volunteer**.





Saint Therese

1660 South Highway 100, Suite 103
Saint Louis Park, Minnesota 55416

12 GIFTS IN 12 MONTHS

You can make a difference all year long

We have a simple way for you to make a difference all year long. By making a monthly gift you will become a part of a community of loyal donors who provide regular support for the activities programs at Saint Therese.

Our monthly donors are very important to Saint Therese. They fund activities like painting and watercolor classes, musicians who entertain and storytelling and writing classes. They know that staying active and engaged through the arts can transform a resident's ordinary day into an extraordinary day. **Be part of our mission, and become a monthly donor.**

Visit sainttherese.org/give to set up your monthly gift.



Saint Therese

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