

# Saint Benedict's

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SAINT BEN'S  
*salutes*  
TOM PETTERS



COLLEGE OF  
Saint Benedict

four Bennies who are living lives of passion and purpose on their own terms. They're making their marks in technology, home healthcare, athletics, and education. All understand the importance of investing energy in what feels right.

## WALK THAT MILE

Feeling out of touch? Frustrated? Confused by others? Lace up and walk a little while in their shoes.

“Personalizing every situation you are in goes a long way to preserving dignity that we all want,” Kristin Kopp '93 said. “When you personalize every situation, you are not simply seeing another face or another number. You go the extra mile and attempt to walk in their shoes.”

For more than 20 years Kristin has served the Twin Cities, working with seniors in transition, families in crisis or people with disabilities. Her last job changed her perspective.

“I was in a job that didn't have any meaning for me,” she said. “I was just punching a time clock and getting a paycheck. I was bored and knew I was wasting my time and my life because it wasn't doing anything for me inside.”

So, she quit and started doing some soul searching regarding where she felt she made the greatest impact. After some market research, At Home Solutions LLC was founded with a pretty good goal for clients: age in place.

“Aging with dignity means thinking about how we personally would like to age in the most healthy, least-restrictive environment. Many times that means at home,” Kristin explained. Her company offers home management and caregiver services that help elders remain independent and maintain their decision making. Services include home adaptation, transportation, companionship, homemaking, medication reminders, and dropping by to check in.

Whether starting a business, getting married, having kids, or buying a home, understanding the perspective of others is essential. “People don't realize the amount of time, anxiety, hard work, tears, frustration, and pain -- everything involved with huge decisions in our lives,” Kristin said. “It's important to be present for others.

“Many times we don't take the time to listen to others, and we lose track of what is best for the person who is standing next to us. Or, we know what's best for us but can't transfer that to someone else. Often, we're just too busy to take that time for others,” Kristin said. “Buy a cup of coffee and talk. A half hour or forty five minutes will go a long way.”

# LESSONS



Kristin Kopp '93