Lori Helmer ’85
2015 CSB S. Emmanuel Renner Service Award recipient

Lori Helmer ’85 was born running in September 1963. “Less than 10 minutes in the delivery room, and she never slowed down,” remembers her mother, Dori. Her family and friends agree that’s part of who Lori was — she never slowed down and was always determined to succeed. She completed 15 marathons, was an avid skier and her enthusiastic spirit continued into every phase of her life. Many remembered her “constant, vivacious energy and the sparkle in her eye.”

Lori arrived at Saint Ben’s in 1981. She considered those four years as some of the best years of her life. She made lasting memories with friends and actively participated in numerous clubs including the Accounting Club, Joint Events Council, Alpha Kappa Sigma sorority and VISTO club. “Saint Ben’s loved her, and she loved them,” recalls Sara Rohe ’85, Lori’s childhood and CSB friend.

Sara remembers Lori living the words, “Whatever you do, get as involved as you can and remember where you came from.” Lori began volunteering, in various capacities, immediately after graduation. She served on the CSB Alumnae Board from 2001-2008, belonged to the CSB Presidents’ Circle for over a decade and volunteered at many CSB/SJU sponsored events. Lori loved helping current students and alums in whatever way she could.

Lori’s passion for Saint Ben’s continued throughout her life. She never hesitated to tell others how Saint Ben’s helped launch her professional career as a certified public accountant and, eventually, vice president and senior personal trust relationship manager for Northern Trust. In her spare time, she was a board member for the Ordway Circle of Stars, a member of the Minneapolis Foundation Board and a volunteer with numerous other civic organizations.

Lori chose to see the best in others and her life was filled with joy in return. “She was a busy, engaged, take-charge, active person — as a young child, as a teen, as a daughter, as a mother and as a businesswoman. She never forgot her commitment to her family and community,” says Dori, proudly.

Lori passed away all too soon on Nov. 6, 2014, in a tragic accident while running. In honor of her dedication to Saint Ben’s, she is presented with this year’s Sister Emmanuel Renner Service Award. Lori remains a vibrant example of what it means to be a leader, steward and volunteer to her alma mater.

“I love Saint Ben’s not only because of the fantastic education that I received, the fabulous time I had while attending Saint Ben’s and the wonderful friendships that I developed while on campus, but most importantly for the network of friendships that I have developed since graduating from Saint Ben’s. I love to say that I am a Bennie.” Lori Helmer ’85