

# Fall 2019 Catalog

October, November, & December



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**2<sup>nd</sup>** Half with  
Lyngblomsten

Engage.  
Discover.  
Thrive.

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

## About 2nd Half with Lyngblomsten



### Engage | Discover | Thrive

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the east metro area, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:



The 2nd Half with Lyngblomsten enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

Learn more at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## All Are Welcome!

## About Lyngblomsten



Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- **Community Services:** Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- **Senior Housing:** Lyngblomsten offers market-rate and low-income apartments with assisted living services available.
- **Healthcare:** Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer's disease and other dementias, Parkinson's disease, and palliative care.

Learn more at [www.lyngblomsten.org](http://www.lyngblomsten.org).

**Our mission:** *Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.*

## Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. In an effort to keep programs affordable for all, the fees charged cover a fraction of the actual cost to run the programs. We invite you to become a supporter by giving a donation to the Lyngblomsten Foundation at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).

## Locations

2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. **Everyone from the community is welcome at both sites.**



### 2nd Half with Lyngblomsten— Como Park

Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108 (651) 414-5293 | [www.lyngblomsten.org](http://www.lyngblomsten.org)



REDEEMER  
LUTHERAN  
CHURCH

### 2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110 (651) 429-5411, ext. 15 | [www.rlc-wbl.org](http://www.rlc-wbl.org)

## Directory

**Lynn Amon, Site Coordinator—  
White Bear Lake**  
(651) 301-9445  
[lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org)

**Mary Deaner, Site Coordinator—  
Como Park**  
(651) 414-5293  
[mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

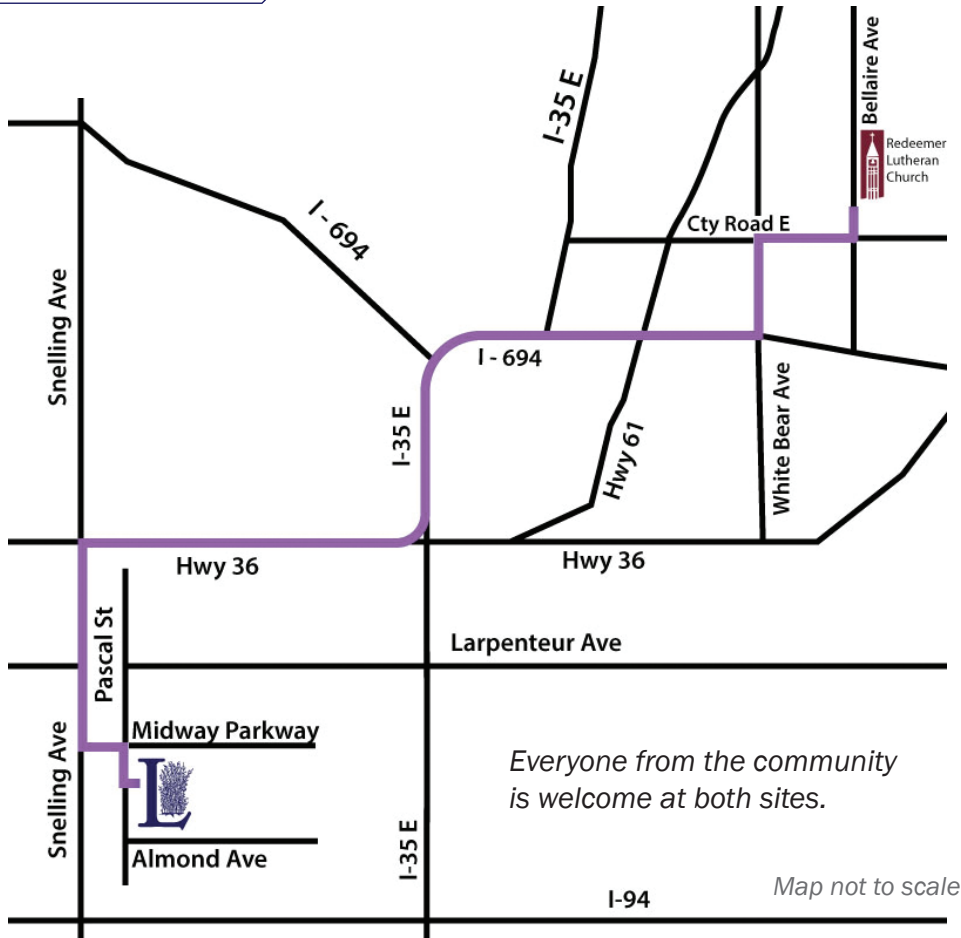
### Registration

Online: [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)  
Phone: (651) 632-5330

## Connect with Us!

- [facebook.com/Lyngblomsten](https://facebook.com/Lyngblomsten)
- [@Lyngblomsten\\_US](https://twitter.com/Lyngblomsten_US)
- [Lyngblomsten](https://www.linkedin.com/company/lyngblomsten)

## Map & Directions



## Equipping and Affirming Caregivers on their Journey

There are four kinds of people in the world: those who have been **caregivers**, those who are **caregivers**, those who will be **caregivers**, and those who will need **caregivers**.

Caregiving is varied. You may be a 24-hour caregiver or you may support a neighbor or a family member by helping with yard work, providing a ride to the doctor, or picking up groceries. Caregiving can be rewarding and exhausting. Connecting with others through a support group or meeting with a 2nd Half with Lyngblomsten staff member to learn about available resources can be a way to take care of yourself.

Consider letting 2nd Half with Lyngblomsten help equip and affirm you on your caregiving journey! Peruse this catalog (especially the Resources & Support section, pages 20–25) or visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) to discover programs, classes, and services that can enrich your life.

Finally, I'd like share with you one of my favorite poems about caregiving: "The Caregiver's Daily Affirmations" from the Caregiver's Survival Network. Tear out this page and stick it to your refrigerator door or bathroom mirror. And always remember: you are appreciated and loved!

### The Caregiver's Daily Affirmations

I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgement.

I make progress every day whether I see it or not.

I care for myself with dignity, love and respect.

I am not alone.

I am capable.

If nothing else, I am getting stronger every day.

I am not afraid to ask for help.

I am appreciated.

I am loved.

Blessings,



Carolyn Klaver, RN

Community Dementia Care Specialist & Gathering Site Coordinator

## MERRY & BRIGHT: HOLIDAY OPEN HOUSE

**Tuesday, November 19**

**10 AM–3 PM at Anna's café & gifts on the Lyngblomsten campus**

Holiday games, holiday music, hot chocolate and cookies, and drawings for prizes and gift store discounts (10, 20, 30, 40, and 50% off!).

**Stop by Anna's throughout the year!**

- Drop by for lunch or a snack when you're on campus: Monday–Friday, 9 AM–4 PM, and Saturday and Sunday, Noon–4 PM.
- Volunteer as a cashier and get 20% off all purchases! Contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org) for details.

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### November is National Family Caregivers Month!

Check out Lyngblomsten's blog, *Navigating Aging*, for helpful articles on caregiving. Topics include managing stress, hosting a family meeting, using respite care, and more.

Visit [www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog) and select the "Caregiving" category.

The 2nd Half with Lyngblomsten catalog is published quarterly.

Lyngblomsten Community Services  
1415 Almond Avenue, St. Paul, MN 55108

   [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

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### Location Key:

**CP** = Como Park

**WBL** = White Bear Lake

**Armchair Traveler: Alaskan Trip by Airplane Bus, Ship, and Rail**

Thursday, October 24

1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Join Jay Frazier as he recounts his trip to Alaska. The expedition included stops in Anchorage, Fairbanks, and Seward, as well as a ride on the McKinley Explorer luxury dome railcar to Denali National Park and journeying aboard a cruise ship to Glacier Bay National Park, Juneau, and Vancouver, Canada, via the Inside Passage.

*Presenter: Jay Frazier.*

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.

Program #1024ea

**Armchair Traveler: Korea—One Country or Two?**

Tuesday, November 5

1–2:30 PM at Redeemer Lutheran Church, Library

Mike and Sylvia Lovett will present highlights from their trip to Korea. They visited the United Nations Korean War Memorial in Busan, traveled north to the demilitarized zone, and met people working with young North Korean refugees in Seoul. They will also include highlights of another trip they took along the Chinese–North Korean border. *Presenters: Mike and Sylvia Lovett.*

**Free program;** \$3 for pie and coffee (optional; pay at the door). U.S. veterans will receive free pie and coffee in honor of Veterans Day.

**Registration preferred;** walk-ins welcome.

Program #115ea

**Armchair Traveler: Caribbean Cruising, A Cross-Generational Experience**

Thursday, November 21

1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Hear about Janet Byrnes' travels in the Caribbean aboard the Norwegian Epic cruise ship. The three ports of call during her trip were St. Thomas, U.S. Virgin Islands; Tortola, British Virgin Islands; and Norway's private island Great Stirrup Cay. Janet will also share what it was like traveling with three generations of family members.

*Presenter: Janet Byrnes, Lyngblomsten Care Center Assistant Administrator.*

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.

Program #1121ea

**Art History**

Last Monday of the month

10–11:30 AM at Redeemer Lutheran Church, Library

Join local artist Angie Renee who will lead a group discussion about famous artists in history.

- **October 28: Olive Rush**

Olive Rush was an illustrator, muralist, and an important pioneer in Native American art education.

Program #1028ea

- **November 25: George Morrison**

Let's look at the paintings of Native American artist George Morrison.

Program #1125ea

**Fee:** \$12/class; scholarships available.

**Registration preferred;** walk-ins welcome.



## Beginning Ukulele with MacPhail Center for Music

Tuesdays, October 1–November 19  
11 AM–Noon at The Heritage at  
Lyngblomsten, 2nd Floor Lounge

This course is for beginners who want to have fun playing a stringed instrument that is accessible, portable, and easy to learn. Simple chord charts and well-known songs are used to develop skills within a group. This class is taught using a 4-string (G-C-E-A tuned) ukulele. Students provide their own instrument. Baritone ukulele players are also welcome!

**Fee:** \$225

**Special Registration:** Register online at [www.macphail.org](http://www.macphail.org) or call (612) 321-0100.

## Books-Cheese-Wine with Author Carolyn Holbrook

### *Earth Angels*

Thursday, October 10  
5:30–7 PM on the Lyngblomsten  
campus, Community Room (lower level)

*Earth Angels* is an essay that will be published as part of a collection in spring 2020. The title essay is about a time when the author hit a pedestrian. Later, she took the pedestrian to lunch and, to her surprise, she called Holbrook an angel because the accident helped her work through some personal struggles. Holbrook weaves in this tale with other personal stories.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #1010ea

## Books-Cheese-Wine with Authors John & Joe Gindele

### *Yorkville Twins: Growing up in New York City, 1944–1962*

Thursday, November 14  
5:30–7 PM on the Lyngblomsten  
campus, Community Room (lower level)

*Yorkville Twins* is an endearing collection of stories involving immigrants, survival, growing up, achieving success, and learning what it is to be an American. It is a love story of family, friends, neighbors, and the Yorkville lore. The Gindele twins share memories of growing up in a rough ethnic neighborhood with a family of seven.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #1114ea

## Cocoa & Canvas: Seasons Greetings

Thursday, November 7  
6–8 PM at Redeemer Lutheran Church,  
Fellowship Hall

Just in time for the holidays, join us to create your own one-of-a-kind seasonal masterpiece on canvas. The instructor will give you step-by-step painting instructions. Paint, brushes, fellowship, and hot cocoa are all included! *Instructor/Artist: Jan Gunderson.*

**Fee:** \$25, includes supplies; scholarships available.

**Registration required** by November 4.  
Program #117ea

## Creative Writing: From Prompts to Paper

Thursdays, October 3–November 21  
1:30–3 PM at the Lyngblomsten  
Apartments, Dining Room

In this 8-week series, Margie O’Loughlin, longtime community news reporter, will give participants a chance to write from a prompt and share their writing with classmates. The atmosphere is supportive and fun, and no previous experience is necessary. Sharpen your writing skills, encourage memory recall of your personal history, and make new friends!

**Fee:** \$24/series; scholarships available. Series is FREE to Lyngblomsten campus tenants and residents.

**Registration required** by October 1.  
Program #103ea

## Exploring Art

Tuesdays  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Exploring Art is a series that focuses on an historical or current artist, his or her impact on society, artistic style, time period, artistic influences, and carryover for today’s art. Participants will create visual art project(s) using the artist’s style. *Teaching artists: Art with Heart instructors Debbie Lyon and Renee Des Jarlais.*

- **October 1–22:** **Peter Max** is one of the most famous of all living artists who uses bold colors and uplifting images.  
**Fee:** \$40; includes supplies. Scholarships available.  
**Registration required** by September 27.  
Program #101ea

(cont’d in next column)

- **November 12 & 19:** First session will cover **Andrew Wyeth**, a 20th-century painter known for his realism in portraiture and pastorals. Second session will cover **Norman Rockwell**, a 20th-century American author, painter, and illustrator.  
**Fee:** \$20; includes supplies. Scholarships available.  
**Registration required** by November 9.  
Program #1112ea
- **December 3, 10, & 17:** American painter **Wayne Thiebaud** is best known for his still lifes of edible treats and everyday objects in his singular illustrative style.  
**Fee:** \$30; includes supplies. Scholarships available.  
**Registration required** by November 29.  
Program #123ea

## Giving Voice Chorus—St. Paul

Mondays, September 9–December 16  
(No session November 25)  
10 AM–Noon on the Lyngblomsten  
campus, Newman-Benson Chapel

This unique and joy-filled choral experience is for people living with Alzheimer’s and their care partners. Sing old and new songs, learn vocal technique and ensemble skills, and share musical memories together. No vocal experience is required, just a love of singing. Each registration requires a partner. For more information about the Giving Voice Chorus, visit [www.givingvoicechorus.org](http://www.givingvoicechorus.org).

**Fee:** \$75/person

**Special Registration:** Register online at [www.macphail.org](http://www.macphail.org) or call MacPhail at (612) 321-0100.

## Ice Palaces of the St. Paul Winter Carnival

Thursday, December 12  
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Learn about the ice palaces of the St. Paul Winter Carnival from enthusiast Bob Olsen, who has been dubbed the “official unofficial historian of the Saint Paul Winter Carnival Ice Palaces.” In 1975, he built an ice palace for the Winter Carnival and helped extensively with the 1976, 1986, 1992, 2004, and 2018 ice structures. Refreshments will be served.

**Fee:** \$6

**Registration required** by December 10; limited to 40 people.

Program #1212ea

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## Lyngblomsten Community Sage Singers

### *A MacPhail Sing for Life Partnership*

Wednesdays

9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room

Come make a joyful noise with the Lyngblomsten Community Sage Singers, led by MacPhail teaching artist Paula Lammers. Classes build on the tradition of choral singing, and repertoire combines familiar and new material. New members always welcome!

- **Fall Session held September 18–November 6.** Choir rehearsals lead up to the fall concert in November.  
Program #918ea
- **Holiday Session held November 13–December 18.** Experience joy as you sing familiar holiday tunes.  
Program #1113ea

**Fee:** \$20/session; FREE for Lyngblomsten residents and tenants.

**Registration required;** walk-ins welcome.

## Lyngblomsten Community Sage Singers Veterans Day Concert

Sunday, November 10  
2–3 PM on the Lyngblomsten campus, Newman–Benson Chapel

Join the Lyngblomsten Community Sage Singers for a Veterans Day Concert featuring patriotic music. Light refreshments will be served. Consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten’s Music & Memory program.

**FREE** No registration required.

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## Meet the Minnesota State Climatologist

Thursday, December 5

1–2 PM on the Lyngblomsten campus, Community Room (lower level)

The Minnesota State Climatology Office exists to gather, archive, manage, and disseminate historical climate data in order to address questions involving the impact of climate on Minnesota and its citizens. It strives to understand and predict the weather in order to better our lives. Meet Luigi Romolo, Minnesota State Climatologist, and learn about climate change, forest migration, water quality, and more!

**FREE**

**Registration preferred;** walk-ins welcome.  
Program #125ea

## Minnesota Opera presents the Story and Music of *The Barber of Seville*

Tuesdays, September 17–November 12 (no session on November 5 due to performance)

1:30–2:30 PM at the Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Minnesota Opera presents the story and music of *The Barber of Seville*. Learn about this comedic masterpiece with teaching artistis from the Minnesota Opera. Figaro, Seville’s quick-witted barber, helps a young woman flee an unsuitable suitor and find true love. Naturally, nothing goes according to plan. No singing required. Participants will have the opportunity to attend a performance of *The Barber of Seville* at the Ordway Center on November 5 (details will be given in class). *Teaching Artists: Pablo Siqueiros and Marcia Aubineau.*

*This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislature appropriation from the arts and cultural heritage fund.*

**Fee:** \$12/series; FREE to Lyngblomsten residents and tenants. **Registration preferred;** walk-ins welcome.  
Program #917ea

## OboeBass! presents Pages of Music

1st Friday each month (Upcoming: October 4, November 1, & December 6)  
10–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for music education performances by OboeBass! duo Carrie Vecchione and Rolf Erdahl as they present “OboeBass! in Concert.” Rolf and Carrie will share how all their music was created.

**FREE** No registration required.

## Paint & Wine: Welcome Friends

Thursday, October 3

6–8 PM on the Lyngblomsten campus, Community Room (lower level)

Join us to welcome in friends for autumn and the fall holidays. Each participant will create his or her own masterpiece titled “Welcome Friends.” The instructor will give you step-by-step painting instructions. Paint, brushes, fellowship, and two glasses of wine are all included! *Instructor/Artist: Jan Gunderson.*

**Fee:** \$25, includes supplies. Scholarships available.

**Registration required** by October 1.  
Program #103ea2

## Second Sunday Concerts with MacPhail

2nd Sunday each month

2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring musical performances from MacPhail Center for Music. Light refreshments served following the concert.

- **October 13:** Andrea Leap, voice. The Great American Songbook.
- **November 10:** Lyngblomsten Community Sage Singers Veterans Day Concert (see page 11 for more details).
- **December 8:** Andrea Stern, harp. Celestial Christmas.

**FREE** No registration required.

Consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten’s Music & Memory Program.

## 500 Card Group

Tuesdays

1–4 PM on the Lyngblomsten campus, Community Room (lower level)

Join us for a game of 500! Beginners welcome.

**FREE**

Please register to reserve your spot.  
Program #101so

## Bingo & Lunch

1st Friday each month

Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Lunch is served at noon and Bingo starts around 1 PM. Prizes for every game.

- **October 4: Pizza lunch.** We'll serve pizza, salad, and dessert.  
**Registration required** by October 2.  
Program #104so
- **November 1: KFC lunch.** We'll order chicken, mashed potatoes and gravy, and more from Kentucky Fried Chicken and top it off with dessert.  
**Registration required** by October 30.  
Program #111so
- **December 6: House of Wong lunch.** We'll serve egg rolls, sweet and sour pork, chow mein, chicken fried rice, oriental salad, and dessert.  
**Registration required** by December 4.  
Program #126so

**Fee:** \$8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

## Cards & Socializing for Senior Deaf Community

3rd Friday each month (Upcoming: October 18, November 15, & December 20)

1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

**FREE**

**Learn more:** Contact Marlys Carlson at marlysmcarlson@gmail.com.

## Coach Bus Trip: A Tisket, A Tasket in Otsego, MN (101 Market)

Tuesday, November 19

10:30 AM–2:30 PM

Join us for an often-requested visit to the 101 Market in Otsego, Minnesota, for a special luncheon emanating from the seasonal floral availability. The day will include a look at the coming holiday season and a demonstration on decorating with flora and fauna. A delicious array of luncheon dishes will be served with special ambiance in the greenhouse. Decor, floral, and gift shopping is available.

### Bus site pickups:

10:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

10:45 AM from the Lyngblomsten campus, Community room (lower level)

**Fee:** \$62 includes coach bus transportation, floral demonstration, lunch, and tip for the driver.

**Registration and payment required** by October 29.

Program #1119so

**Laugh 'N Chat**

Tuesdays (not meeting November 5)  
9–11 AM on the Lyngblomsten campus,  
Community Room (lower level)

Anyone can join this group for sweet treats, coffee, chatting, and laughing. The conversation is enriching, enlightening, and sometimes hilarious. What a great way to start the day!

**Fee:** Coffee and treats provided for a small fee.

**No registration required.**

**Out & About: Minneapolis Central Library**

Thursday, October 10  
1–2 PM at Minneapolis Central Library  
(300 Nicollet Mall, Minneapolis)

Minneapolis Public Library was founded in 1885. Minneapolis Central Library as we know it today opened in 2006 and houses the largest collection of items in the Hennepin County Library system. Our docent-led tour will focus on the library's art, architecture, and collections. We will meet at the Statue of Minerva in the atrium to begin.

**Bus site pick-ups:**

12:15 PM from the Lyngblomsten campus, Community Room (lower level)

12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 3:30 PM

**Fee:** Tour is FREE. \$7 for transportation; please pay day of the event.

**Registration required** by October 8.  
Program #1010so

**Out & About with Lunch:****St. Paul Curling Club**

Wednesday, October 23  
10:45 AM–2 PM at the St. Paul Curling Club (470 Selby Avenue, St. Paul)

Learn about the sport of curling and watch matches at the St. Paul Curling Club. A soup and salad lunch buffet has been arranged during our time at the club by the club's chef. This tour will include some stairs.

**Bus site pick-ups:**

10:15 AM from the Lyngblomsten campus, Community Room (lower level)

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$26 includes curling club tour, demonstrations and matches, and buffet lunch. \$7 for transportation; please pay transportation fee the day of the event.

**Registration and payment for lunch and tour required** by October 14.

Program #1023so

**Out & About: Minnesota Vikings Museum Tour**

Thursday, November 7  
1–2 PM at the Minnesota Vikings Museum (2645 Vikings Circle, Eagan)

The Minnesota Vikings Museum is a place for fans and legends alike to experience the comprehensive history of the Minnesota Vikings and football in Minnesota. With a 360-degree video theater, multiple interactive exhibits, and hundreds of historical artifacts, fans can learn the fascinating stories and insider details of the franchise throughout its 50-plus year history in fun and unique ways. This will be a guided tour.

*(cont'd on next page)*

### Bus site pick-ups:

11:45 AM from the Lyngblomsten campus, Community Room (lower level)

Noon from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$15 for tour. \$7 for transportation; please pay transportation fee the day of the event.

**Registration and tour payment required** by October 17.

Program #117so

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### Out & About: Christ Church Lutheran Tour

Wednesday, December 11

1–2 PM at Christ Church (3244 34th Avenue South, Minneapolis)

In 1948, Finnish-American architect Eliel Saarinen designed Christ Church Lutheran in Minneapolis' Longfellow neighborhood. Christ Church embraces modern principles while eschewing historical styles. In 1962, Eliel's son, Eero, completed the Education Wing. Christ Church Lutheran was and is widely considered to be the building that heralded a new form of ecclesiastic architecture. It was designated a National Historic Landmark in 2009. Join us for this docent-led tour.

### Bus site pick-ups:

Noon from the Lyngblomsten campus, Community room (lower level)

12:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$8 for tour. \$7 for transportation; please pay transportation fee the day of the event.

**Registration and tour payment required** by November 20.

Program #1211so

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### Out to Lunch: Sarna's Classic Grill

Friday, October 25

11 AM–2 PM at Sarna's Grill (3939 University Avenue NE, Columbia Heights)

Good food. Good friends. Good fun. Sarna's has a casual, laid-back atmosphere with an upsacle twist. You'll find pasta, tacos, and American fare all in one place. Join us!

### Bus site pick-ups:

10:15 AM from the Lyngblomsten campus, Community room (lower level)

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own.

**Registration required** by October 23.  
Program #1025so

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### Out to Lunch: Iron Ranger

Friday, November 15

11 AM–2 PM at Iron Ranger (1085 Grand Avenue, St. Paul)

Home actually is on the range. Iron Ranger is a St. Paul neighborhood pub that is a continuation of a family business that began more than 100 years ago in the northern Minnesota mining town of Hibbing. Come try poutine, a pasty, cabbage rolls, or porketta (other options are available).

### Bus site pick-ups:

10:15 AM from the Lyngblomsten campus, Community room (lower level)

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own.

**Registration required** by November 13.  
Program #1115so

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**Out to Lunch: Jax Cafe**

Friday, December 20  
11 AM–2 PM at Jax Cafe (1928  
University Avenue NE, Minneapolis)

Jax Cafe has served the families of northeast Minneapolis for 75 years. It serves only the finest menu of premium cuts and fresh seafood flown in from all over the world. Sandwiches, burgers, walleye, and steaks with a few NE specialties as well!

**Bus site pick-ups:**

10:15 AM from the Lyngblomsten campus, Community room (lower level)  
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own.

**Registration required** by December 18.  
Program #1220so

**Redeemer Primetime: At Christmas Time**

Thursday, December 19  
9:30–11 AM at Redeemer Lutheran Church, Atrium

Join us for our annual Christmas brunch with the special program “At Christmas Time” by Mary Hall. From the nightclub scene to stardom opportunities, Mary Hall found the only way to peace and happiness was by following the path that God had chosen for her life. With a smooth vocal range of nearly three octaves and unique guitar style, Mary Hall will create a very special Christmas concert experience. Christmas brunch will be served at 9:30 AM with devotions and program following at 10 AM.

(cont'd in next column)

**Fee:** \$7

**Special Registration:** Sign up at the Redeemer Lutheran Church Welcome Desk or call the church office at (651) 429-5411 between November 21 and December 15.

**Redeemer Primetime: Beyond the Rainbow: Garland at Carnegie Hall**

Thursday, November 21  
9 AM–1 PM at the History Theatre

When Judy Garland took to the stage at Carnegie Hall for her legendary comeback concert, “the house was packed with adoring fans of one of America’s most beloved singers and entertainers.” This stirring musical tribute tells Judy’s story from her childhood in Grand Rapids, Minnesota, to Hollywood and “beyond the rainbow.” Hear the hits that made her famous, including “The Trolley Song,” “Get Happy,” and “Over the Rainbow.”

Meet the bus at Mad Jacks Sports Cafe (935 County Road E East, Vadnais Heights) at 9:15 AM. Bus will leave for the theatre promptly at 9:30 AM for a 10 AM performance. After the play, we will return to Mad Jacks for lunch (cost on your own).

**Fee:** \$35 covers *Beyond the Rainbow* and bus transportation. Lunch is on your own at Mad Jacks.

**Special Registration:** Sign up at the Welcome Desk at Redeemer Lutheran Church or call the church office (651) 429-5411 between September 19 and October 17. Your check to Redeemer Primetime will be your reservation.



## Ageless Grace Exercise Class

Fridays

1:30–2 PM on the Lyngblomsten campus, Apartments Dining Room

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic. Classes provide chair exercise and cognitive and social benefits. *Teacher: Pola Rest.*

**Fee:** \$1/class

**Registration preferred;** walk-ins welcome.

Program #104hws

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## HealthRHYTHMS Drumming

2nd Monday each month (Upcoming: October 14, November 11, & December 9)

10–11 AM at Redeemer Lutheran Church, Fellowship Hall

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. All drum and percussion instruments will be provided. Join us for one hour of drumming, wellness exercise, and guided imagery. No experience is required. *Teacher: Cheri Bunker.*

**Fee:** \$5/class.

**Registration preferred;** Walk-ins welcome.

Program #1014hws

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## The Healthy Brain

Wednesday, October 16

10 AM–Noon at Gladstone Community Center (1945 Manton Street, Maplewood)

Can your brain span match your lifespan? Discover strategies to help ensure a healthier brain based on four things you can do for mental fitness. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential.

*(cont'd in next column)*

*Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.*

**FREE**

**Registration preferred;** walk-ins welcome.

**Special Registration:** Call (651) 748–7250 or register online at <https://tinyurl.com/y2z6qjpp>.

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## Living Well with Chronic Conditions

Tuesdays, October 15–November 19

9:30 AM–Noon at Community of Grace Lutheran Church (4000 Linden Street, White Bear Lake)

Living Well with Chronic Conditions is a group-based workshop that helps people with chronic conditions such as diabetes, cancer, and heart disease learn healthy ways to live and be active. The workshop is led by two peer leaders and meets once a week for six weeks.

Participants will learn how to:

- Eat healthy and be active in new ways.
- Communicate with family, friends, and their healthcare team.
- Reduce stress and increase relaxation.
- Address issues like depression and isolation.
- Receive support from other participants.

The workshop is open to adults of all ages with chronic conditions, as well as their family members and caregivers.

*Instructors: Rachel Wolk and Gail Carroll, Fairview Community Health & Wellbeing.*

**Fee:** \$15; includes a copy of the book *Living a Healthy Life with Chronic Conditions*.

**Registration required** by October 7.

**Special registration:** Register online at <https://yourjuniper.org/Classes/Register/1282> or call Becky Hulden at (651) 632-5335.

## Morning Talks

**A monthly education series for the community**

**(formerly Market Place Morning Talks)**

2nd Wednesday each month

9:30–10:30 AM at Cardigan Ridge

Senior Living (3300 Rice Street, Little Canada)

- **October 9: Superfoods**

Superfoods are nutrient-rich foods considered to be beneficial for one’s health and well-being. *Presenter: Gina Dierfeldt from Humana.*

**Registration required by October 8.**

Program #109hws

- **November 13: Holiday Party**

Entertainment provided by Cardigan Ridge.

**Registration required by November 12.**

Program #1113hws

*Complimentary coffee and treats provided.*

*Co-sponsors: 2nd Half with Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, The Estates of Roseville, and Cardigan Ridge.*

**FREE**

## The Psychology and Spirituality of Wise Aging

Wednesday, October 2

1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Becoming an elder represents a new stage of life, rich with the possibility of growth. However, the blessings of being an elder don’t occur automatically but take intention and practice. Join us for an introduction to what it means to age wisely. You will hear about the common challenges of aging as well as those qualities that enable us to harvest our life experiences, apply the wisdom we’ve acquired, be a model and guide to others, and importantly, come to peace with ourselves, with aging, and with our death.

*(cont’d in next column)*

*Presenter: Ed Colon, a volunteer hospice worker and the provider of workshops on life review, reminiscing, and the spirituality of aging.*

**Fee: \$10**

**Registration preferred; walk-ins welcome.**

Program #102hws

## Redeemer Primetime: Helping the Hands that Heal

Thursday, October 17

9:30–11 AM at Redeemer Lutheran Church, Atrium (9:30 AM coffee and treats, 10 AM devotions and program)

Global Health Ministries (GHM) was founded in 1987 by returning Lutheran medical missionaries. Since 2014, GHM has begun a “new era in mission” involving a shift towards “providing support to our partner Lutheran Church healthcare programs through extended relationships to develop sustainability and effectiveness in management, and achieve measurable improvements in community health.” Come hear Rob Thames share stories about this exciting and necessary ministry.

Freewill offering will be collected.

**Registration preferred; walk-ins welcome.**

**Special Registration:** Sign up between September 19 and October 13 at the Redeemer Lutheran Welcome Center or by calling the church office at (651) 429–5411.

## Rhythms of Life: Musical Documentary about Community Drumming

Thursday, October 3

6–8 PM at Redeemer Lutheran Church, Fellowship Hall

Join HealthRHYTHMS instructor Cheri Bunker to view the documentary *Rhythms of Life*, a musical documentary about community drumming. The film features inspiration from internationally recognized drum circle leaders, music therapists, professional musicians, and lots of people who love to drum. Drum circle to follow after the film for those who would like to experience drumming. No drumming experience necessary; drums provided. *Teacher: Cheri Bunker*

**Fee:** \$5

**No registration required.** Walk-ins welcome.

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## Today's Veterans: Challenges and Benefits

Thursday, November 7

10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Come celebrate Veterans Day and learn about the changing face of Minnesota's veterans. Learn about challenges veterans face today and receive resources and information on federal, state, and local veterans benefits. Hear what Ramsey County Veterans Services is doing for our veterans and their dependents. *Presenter: Christina Rost, a Veterans Service Officer (VSO) for Ramsey County Veterans Services. She is a veteran and served nine years in the military.*

**FREE** No registration required.

## Visit with a Faith Community Nurse

Visit one-on-one with Lyngblomsten Faith Community Nurse Becky Hulden, which may include discussion of a health concern, education and advice, blood pressure and pulse assessments, help navigating the healthcare system, referrals to community resources, and spiritual support.

Visits are available by referral or by appointment at either Redeemer Lutheran Church in White Bear Lake or on the Lyngblomsten campus in St. Paul.

**FREE**

**Schedule an appointment:** Call (651) 632-5335 or email [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

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## Yogadevotion

Tuesdays, October 29–December 17  
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins with a Scripture-based devotion that speaks to a practice of faith during breath work. The class includes core strengthening, standing, balance, and floor poses. Class ends with a restorative yoga pose that allows time for reflection and thanksgiving for God's presence. This multi-level class offers modifications for poses to meet individual needs. Please bring your own yoga mat.

**Fee:** \$72; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate Yogadevotion on memo line).

**Registration required** by October 25.

**Special Registration:** Contact Sue Johnson at [suejohns3@gmail.com](mailto:suejohns3@gmail.com) or (651) 387-3443.

## Caregiver Services

### Caregiver Resource & Referral Program

For caregivers or care partners looking for ideas, suggestions, education, and support. Lyngblomsten's trained and experienced social workers and nurses will listen to your needs and formulate a plan by facilitating:

- **A brief needs assessment**—can often be completed over the phone or by email.
- **A personalized response**—lists of resources, referrals to programs, and educational materials provided.
- **A follow-up call** to ensure you received the information and support needed.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

#### **FREE**

**Learn More:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

### Caregiver Support Group

3rd Wednesday each month  
(Upcoming: October 16, November 20, & December 18)  
1–2:30 PM on the Lyngblomsten campus, The Heritage 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include education, resources, and time to talk. For those caregiving for an adult with any healthcare issue or disease.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

#### **FREE** No registration required.

**Learn more:** Contact Jeanne Schuller, MSW, at (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org).

### Coffee and Conversations for Caregivers

1st Thursday each month (Upcoming: October 3, November 7, & December 5)  
10–11:30 AM at Redeemer Lutheran Church, Library

Through prayer, sharing experiences, and learning from one another, this support group will benefit from ongoing support. Group is offered only for caregivers to attend.

#### **FREE** No registration required.

**Learn more:** Contact Pastor Candee Moser at (651) 429-5411, ext. 12.

### Dementia Caring & Coping Series:

2nd Thursday each month  
1:30–3 PM at Ramsey County Library–Roseville (2180 North Hamline Avenue, Roseville), Community Room

Dementia Caring & Coping is a monthly speaker series that focuses on topics related to memory loss. Upcoming sessions include the following:

- **October 10: Living with Lewy Body Dementia**  
Learn about the challenges faced by care partners and persons living with this type of dementia. We'll discuss medical research, best practices for caregiving, and how to be an advocate to get the best treatment possible. *Presenter: Paula Biever from the Lewy Body Dementia Association.*
- **November 14: Strategies for Living with Ambiguity**  
Ted Bowman, grief and family educator, leads a practical session on living well with ambiguity and ambiguous losses. Dementia care will be emphasized, but the implications for living well with ambiguity will be broadly applicable.  
*(cont'd on the next page)*

• **December 12: After A Diagnosis—I'm More Than A Symptom**

Resources for you and your support circle to live a purposeful life after a diagnosis of dementia. Rescheduled from April 11.

*Sponsored by 2nd Half with Lyngblomsten and the Roseville Alzheimer's and Dementia Community Action Team.*

**FREE** No registration required.

**Learn more:** Call Carolyn Klaver, RN, Community Dementia Care Specialist, at (952) 261-5235.

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**Dementia Friendly Faith Communities Coffee Chat Network**

Friday, November 8  
10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Learn from and share insights and tips with other congregations working to become Dementia Friendly Faith Communities. This is a networking meeting held three times a year that follows the Dementia Friendly Faith Community training, but is not a requirement. Training materials will not be covered in this networking session. *Facilitator: Carolyn Klaver, RN, Community Dementia Care Specialist.*

**FREE** No registration required.

**Learn more:** Contact Carolyn Klaver at (952) 261-5235 or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org).

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**Former Dementia Caregiver Support Group**

3rd Tuesday each month (Upcoming: October 15, November 19, & December 17)  
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue W, Roseville), Heritage Room

*(cont'd in next column)*

Move past grief and loss to reclaim the “new you” after caregiving and create a meaningful life beyond your former role. Share with others who have had a similar journey.

*Sponsored by 2nd Half with Lyngblomsten, Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

**FREE** No registration required.

**Learn more:** Call (651) 791-5316.

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**In-Home Respite Companion Training for Family & Friends**

**Two options:**

Tuesday, November 12, from 10 AM–2 PM at Redeemer Lutheran Church, Library

Wednesday, November 20, from 10 AM–2 PM on the Lyngblomsten campus, Community Room (lower level)

Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. This training will help friends, family members, neighbors, volunteers, and faith community members feel empowered and prepared to offer their assistance by visiting an older adult with memory loss in his or her home. Lunch provided. *Facilitators: Lisa Brown, MSW, Caregiver Resource Social Worker, and Jeanne Schuller, MSW, In-Home Respite Program Development Coordinator.*

*Supported in part by a Live Well at Home Grant (MN Department of Human Services) and Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**FREE**

**Registration required** by November 8 for training on November 12.

**Registration required** by November 15 for training on November 20.

**Special Registration:** Contact Jeanne Schuller at (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org) to register and for more information.

## Memory Loss Caregivers Support Groups

Tuesdays or Thursdays from 10–11:30 AM at:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Those who are caring for someone with Alzheimer's disease or a related dementia are welcome to attend.

Facilitators trained through the Alzheimer's Association.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**FREE** No registration required.

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

## REACH—Resources for Enhancing Alzheimer's Caregiver Health

One-on-one caregiver support, education, and counseling. REACH is a proven approach used by caregiver consultants to support those who are caring for someone with Alzheimer's or a related dementia. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors exhibited by the person with dementia, feel confident in the care provided, and improve their ability to cope. Four one-hour sessions to be scheduled by caregiver and counselor.

*(cont'd in next column)*

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**Fee:** Sliding scale

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

## Group Respite (The Gathering)

Visit [lyngblomsten.org/TheGathering](http://lyngblomsten.org/TheGathering) for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss and gives five hours of respite to caregivers who desire a break. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (people experiencing memory loss). There is one volunteer paired with every participant.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**Contribution:** Sliding scale

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

## Resources for Churches

### Older Adult Ministry Forum: Becoming a Dementia Friendly Faith Community

Friday, October 18

10 AM–Noon at St. Odilia Catholic Church (3495 North Victoria Street, Shoreview)

Learn about the basics of Alzheimer's and other dementias, tips for raising awareness to become more dementia friendly, ideas for providing spiritual

*(cont'd on next page)*

support to people with dementia, and resources for getting started in becoming a dementia friendly faith community. Open to people of all faiths! Light refreshments will be served. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.*

**Fee:** \$10

**Registration required** by October 16.  
Program #1018rs

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### **Older Adult Ministry Forum: Managing Today's Volunteers in Your Faith Community**

Tuesday, November 5

10 AM–Noon on the Lyngblomsten  
campus, Newman-Benson Chapel

What does it take for successful volunteer recruitment and retention in your faith community? It is important to keep abreast of the changing profile of today's volunteers so that we can recruit, train, support, and retain volunteers. Come learn about key concepts of ongoing monitoring, what volunteers need in order to be attracted to your faith community's needs, and what keeps them volunteering. *Presenters: Shelli Beck has worked in Volunteer Services at Lyngblomsten for the past 10 years and has trained volunteer leaders for the past eight. Travis Salisbury has engaged volunteers as the Coordinator of Liturgical Celebrations for The Basilica of Saint Mary, Minneapolis, for the past 16 years.*

**Fee:** \$10

**Registration required** by November 4.  
Program #115rs

### **Parish Nurse Ministry Resource Group**

A resource and networking group for nurses serving in faith communities to connect for education and professional support. Membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new Parish Nurse Ministry programs, regular nurse network meetings, opportunities to apply for Lyngblomsten Foundation grants, and more.

**Fee:** \$125 for annual membership. Join at any time.

**Learn more:** Contact Becky Hulden, RN, at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

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### **Support Groups**

#### **Caregiver Support Groups**

See pages 20–22.

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#### **Grief Support Group**

2nd Thursday each month (Upcoming: October 10, November 14, & December 12)

1–2:30 PM on the Lyngblomsten  
campus, Newman-Benson Chapel

For those experiencing the loss of a loved one to join with others learning to cope with grief, offer mutual support, and share information with time for reflection and prayer. *Leader: Kelley Bergeson, Lyngblomsten Director of Spiritual Care.*

**FREE** No registration required.

**Need help training  
volunteers for your  
faith community?**

Check out **Care Ministry Network**, an online platform developed by 2nd Half with Lyngblomsten that provides standardized training for volunteers and volunteer leaders of congregational care ministries for older adults.

**Learn more at [www.CareMinistryNetwork.net](http://www.CareMinistryNetwork.net).**

## Parkinson's Disease Support Group

1st Thursday each month (Upcoming: October 3, November 7, & December 5)  
1–3 PM on the Lyngblomsten campus,  
The Heritage 2nd Floor Lounge

For those living with Parkinson's disease or other movement disorders and their caregivers.

**FREE** No registration required.

**Learn more:** Contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org).

## Twin Cities Support Group for Persons with Lewy Body Dementia

1st Wednesday each month (Upcoming: October 2, November 6, & December 4)  
10–11:30 AM at Centennial United Methodist Church (1524 West County Road C2, Roseville), Asbury Room

Support group for persons in the early stages of Lewy body dementia who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Caregivers are also invited, and those who may need assistance during the meeting should be accompanied by a caregiver. *Facilitator: Paula Bieber, Co-Facilitator of the MN E Metro LBD Caregiver Support Group.*

*Co-sponsored by 2nd Half with Lyngblomsten, the Lewy Body Dementia Association, and Centennial United Methodist Church.*

**FREE** No registration required.

**Learn more:** Contact Paula Bieber at (651) 308-9003 or [paula.bieber@gmail.com](mailto:paula.bieber@gmail.com).

## Vision Loss Support Group

2nd Wednesday each month (Upcoming: October 9, November 13, & December 11)  
1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will be available at each meeting. New members always welcome; come as often as you are able. *Facilitator: Sue Bauer, Vision Loss Resources Community Service Specialist.*

**FREE** No registration required.

**Learn more:** Contact Becky Hulden at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

## Other

### White Bear Area Senior Housing Awareness Day: Aging in Community

Friday, October 11

1–4 PM at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

Come learn about ways to remain safely in the home of your choice. Community-based agencies will be available from 1–4 PM with information on their in-home programs and services. Representatives from local senior housing options also will be available. Between 1:30 and 4 PM, there will be 30-minute information sessions on a variety of housing-related topics.

**FREE** No registration required.

**Learn more:** Call (651) 653-3121.



## Wings of Nutrition Bread Program—Free Bread

Tuesdays

8:30 AM on the Lyngblomsten campus,  
Community Room (lower level)

(cont'd in next column)

Free bread is available for anyone who would like to participate. Bread is available until it runs out.

## Service Activities

### Volunteer at Open Hands Midway

Monday, November 25, at Open Hands Midway (436 Roy Street N, St. Paul)

#### Choose from 2 shifts:

9:30–11 AM (meal preparation), or

11:30 AM–2:15 PM (serving and clean-up)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran Church in the Midway. On Mondays, they offer a meal, fresh produce, bakery, clothing, and household items free to people in need. They can use our help! We have been invited to help prepare and serve a Monday meal. Lunch is provided to those who help serve it. *NOTE: First shift has greatest need for volunteers.*

#### Bus site pick-up:

From the Lyngblomsten campus,  
Community Room (lower level)

First shift: 9 AM; Return 11:15 AM

Second shift: 11:15 AM; Return 2:30 PM

**FREE:** includes transportation. Please consider a donation to the organization itself instead.

**Registration required** by November 12.

Program #1125sop1 (morning shift),

and #1125sop2 (afternoon shift)

A general orientation is held each month and is the start to your volunteer journey with Lyngblomsten. After orientation, we will work to place you in a position that fits your desires. ‘

Specific training for your role varies in length depending on what you choose. We ensure that all volunteers are fully trained and work diligently to make sure that you are comfortable in your role.

### Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of programs and classes feel welcome and comfortable. Volunteers will help with set up, attendance, welcoming, and clean up.
- **The Gathering:** In a group setting, work one on one with a person with memory loss. The day is planned by a Lead Volunteer. Volunteer as a lead or as a one-on-one volunteer.
- **In-Home Respite:** Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved one. As an In-Home Respite Companion, you will spend two to three hours visiting with an older adult with memory loss in his or her home.

**To learn more about any of these volunteer opportunities,** please contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org).

## Volunteering

As a Lyngblomsten volunteer, you will be part of a community that strives to provide growth, socialization, and dignity to everyone involved. We list a few of the opportunities for volunteering below. If you have a gift or talent that you want to bring to 2nd Half with Lyngblomsten, please do not hesitate tell us about it!

(cont'd in next column)

## Registration Information

The following registration, payment information, and policies apply **ONLY** to program registrations taken through Lyngblomsten. Some programs indicate special registration instructions through a partner organization.

### 3 ways to register:

**1. Complete a Registration Form**, found on page 27 or download/print at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf). Submit your Registration Form and payment through the mail or by dropping them off at either 2nd Half with Lyngblomsten program site.

#### Mail:

2nd Half with Lyngblomsten—Registration  
1415 Almond Avenue, St. Paul, MN 55108

#### Dropbox:

#### 2nd Half with Lyngblomsten—Como Park

Lower level of the Lyngblomsten campus,  
Community Services Offices  
1415 Almond Avenue  
St. Paul, MN 55108

#### 2nd Half with Lyngblomsten —White Bear Lake

Redeemer Lutheran Church  
3770 Bellaire Avenue  
White Bear Lake, MN 55110

**2. Register online** at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) (select “Online Registration”).

**3. Register on the phone** by calling (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

### Payment

We accept cash, check, and credit card.

- Make checks payable to “Lyngblomsten Services,” unless noted otherwise.
- Payment by credit card is only available for online registration. If you pay by credit card, there is an additional fee of \$1.99 per registered class.

## Policies

### Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is canceled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline will receive a full refund minus a \$7 per program processing fee. No refunds will be given after a program has started. Supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless noted otherwise).

### Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten’s website at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) for the most current updates. You will be notified if a program or class is canceled.

### Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change.

### Photos

Participant pictures may be taken during activities and be included in Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

### Scholarships

Partial scholarships are available for certain classes and programs indicated in this catalog, with a maximum discount of 25 percent. Requests are limited to one scholarship per person, per quarter. To request a scholarship, call (651) 632-5330 before the first day of class.

### All Are Welcome

2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.

# Registration Form

Print more registration forms or register online at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).



A Center for Enriching Lives after 50

**Please complete form and mail to:**

2nd Half with Lyngblomsten—Registration  
1415 Almond Avenue, St. Paul, MN 55108

**Name** \_\_\_\_\_

**Phone** ( \_\_\_\_\_ ) \_\_\_\_\_

**Address** \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Email** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

**Age**     Under 55 yrs     55–69 yrs     70–84 yrs     85+ yrs

I would like to register for the following programs:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____

\* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

**TOTAL PAYMENT ENCLOSED** \$ \_\_\_\_\_

*All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to “Lyngblomsten Services”).*

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 26.



**LYNGBLOMSTEN**  
Community Services

1415 Almond Avenue  
St. Paul, MN 55108  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

Nonprofit  
Organization  
US Postage  
PAID  
Twin Cities MN  
Permit #2376

**CHANGE SERVICE  
REQUESTED**

# Did You Know?

Last year, more than 1,100 people participated in one or more opportunities offered through 2nd Half with Lyngblomsten.



Yet participant fees only cover a small portion of what it costs to offer these programs and services. Nearly **75% of the total costs** need to be raised by the Lyngblomsten Foundation each year.

Help us continue to provide opportunities for adults 50+ that bolster socialization, relieve caregiver stress, and encourage living your best life possible by making a contribution to the Lyngblomsten Foundation!

## Here's how you can help

1. Donate online at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate) (under Designation, select "2nd Half with Lyngblomsten").
2. Send your donation to the Lyngblomsten Foundation at 1415 Almond Avenue, St. Paul, MN 55108 (make checks payable to the "Lyngblomsten Foundation" and designate "2nd Half" on the memo line).
3. Suggest a donation from your donor-advised fund or direct your IRA distribution to the Lyngblomsten Foundation.

For more information, contact Patricia Montgomery,  
VP of Communications & Stewardship, at  
(651) 632-5322 or [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org).