

Engage | Discover | Thrive

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**2nd Half with
Lyngblomsten**

Winter 2017 Catalog

January, February, & March

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake
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 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:

- Education & the Arts
- Health, Wellness, & Spirituality
- Social & Outings
- Resources & Support
- Service Opportunities

Learn more at www.lyngblomsten.org/2ndHalf.

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
www.lyngblomsten.org



2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110
www.rlc-wbl.org

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 independent 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.

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. Some classes and offerings are provided with additional grants and funding through community partners and are noted in the program description. Learn more about the Foundation at www.lyngblomsten.org/get-involved.

Come get to know us... we sure want to get to know you!

"You are never too old to set another goal or to dream a new dream." –C. S. Lewis

With 2nd Half with Lyngblomsten, it is all about **Engaging** with others, **Discovering** new things, and **Thriving**. In this catalog we hope you find something that intrigues you, sparks a new interest, or stands out as a helpful resource that can support you. You might find yourself during this second half of life with lots of dreams, or you might find you have some loss of dreams. You may be looking for a fun place or a place to learn something new. You may have set some new goals to incorporate into your lifestyle, or you're interested in checking out some new scenes around the Twin Cities. Whatever your situation, we hope you come to get to know us... and recognize that this second half can be a time of great joy and vibrancy no matter what circumstances are in your life!

During January and February, we hope to see you at one or all of our Coffee Talks. Come learn something new, share a few laughs, and enjoy some good coffee and friendship. Then in March, you won't want to miss the 2nd Half Sampler. You will have a chance to get to know the staff and instructors, win prizes, and learn about upcoming opportunities. The Coffee Talks and 2nd Half Sampler will be offered at both 2nd Half with Lyngblomsten locations in the Como Park and White Bear Lake neighborhoods. All are welcome!

So as you begin a new year, go ahead and set some goals, but take time to dream and believe that life is full of possibilities no matter your age!



Julie Pfab
Director of Community Services, Lyngblomsten

Get to Know 2nd Half with Lyngblomsten

Coffee Talks

10–11 AM **FREE**
RSVPs appreciated
to (651) 632-5330.



Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities.
BONUS: Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

Presentation topics include:

- **Volunteerism** on January 16 (p. 25)
- **Caregiver Support** on January 23 (p. 22)
- **Caring for Your Whole Self—Mind, Body, Spirit** on February 9 (p. 16)
- **Social Connections & Well-Being** on February 27 (p. 14)

2nd Half Sampler Open Houses

Como Park: **March 8** on the Lyngblomsten campus, Community Room (lower level)

White Bear Lake: **March 13** at Redeemer Lutheran Church (Atrium)

3–6 PM **FREE**

Stop by to mingle, enjoy refreshments, and learn more about 2nd Half with Lyngblomsten and the many opportunities available.

- Meet instructors and Lyngblomsten staff
- Preview upcoming programs and trips
- Learn about resources
- Get the new Spring catalog
- Win prizes!

Registration Information

The following registration, payment information, and policies apply **ONLY** to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

4 ways to register:

Registration form on page 27, or download/print a form at www.lyngblomsten.org/2ndHalf.
Cash or checks accepted. Make checks payable to "Lyngblomsten Services."

Phone: (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.

Mail:

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

Email: 2ndHalf@lyngblomsten.org. We will follow up to confirm your registration.

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

**Call (651) 632-5330
to register!**

Policies

Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances, in which case a refund will be issued. Cancellation requests must be made by the registration deadline indicated. No refunds will be given after a program has started. A processing fee of \$7 per program will be deducted from your refund. Program/class supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless otherwise noted).

Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten's website at www.lyngblomsten.org/2ndHalf for the most current updates. You will be notified if a program or class is cancelled.

Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change:
www.lyngblomsten.org/2ndHalf.

Photos

Participant pictures may be taken during activities and be included in 2nd Half with 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

For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

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.

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Directory

**Lisa Brown, Site Coordinator—
White Bear Lake**
(612) 559-3646
lbrown@lyngblomsten.org

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

**Andrea Lewandoski, Director of Lifelong
Learning & the Arts, Lyngblomsten**
(651) 632-5318
alewandoski@lyngblomsten.org

The 2nd Half with Lyngblomsten catalog
is published quarterly.

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

www.lyngblomsten.org/2ndHalf

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Location Key: CP = Como Park site
WBL = White Bear Lake

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FREE AARP
Tax Assistance

Tuesdays & Thursdays, February 7–April 13
Appointments required. See page 24 for details.

Location Key: CP = Como Park site WBL = White Bear Lake site

Armchair Traveler: Central Turkey and Cappadocia

Wednesday, January 18

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

Presentation includes a description of the Cave Cities, Underground Cities, Fairy Chimneys, Christian Cave churches, a short history of the country, and carpets from Turkey (as time allows). *Presenter: Lyall Schwarzkopf*

Free program; \$3 for pie and coffee.

Registration required by January 16.

Program #118ea2

Armchair Traveler: Thin Places—Exploring the Ancient Faith in Celtic Lands

Thursday, February 16

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

A presentation about Celtic Christianity in the lands of Ireland, Scotland, and northern England. *Presenter: Rev. Kelley Bergeson, Chaplain and Director of Spiritual Care, Lyngblomsten*

Free program; \$3 for pie and coffee.

Registration required by February 14.

Program #216ea

Armchair Traveler: The National Park Service

Wednesday, March 29

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

The National Park Service celebrated its 100th anniversary in 2016! Join Mari Bongiovanni to hear about Death Valley National Park, Big Cypress National Preserve, Everglades National Park, Yosemite National Park, Glacier National Park, and Joshua Tree National Park. Mari is a lifelong St. Paulite choosing to explore the beauty of our national parks during retirement.

Free program; \$3 for pie and coffee.

Registration required by March 27.

Program #329ea



Art with Heart Workshop: Snowmen at Night

Wednesday, January 18

10:30 AM–Noon at Redeemer Lutheran Church, Classroom

Inspired by the book *Snowmen at Night*, participants will use chalk on black paper to create a whimsical scene. Develop your own artistic style, meet new friends, and have fun while learning together! *Teacher: Debbie Lyon, Art with Heart*

Fee: \$10; includes supplies.

Scholarships available.

Registration required by January 17.

Program #118ea

Books-Cheese-Wine with Author Jean M. Larson

Thursday, January 12

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

Jean's book, *Hope on the Journey*, portrays a portion of her journey with her husband's Parkinson's disease. It gives caregivers a voice and lets others feel the emotions of those who walk this journey. Jean is one of Lyngblomsten's own: a family member, donor, volunteer, and delegate. Much of her book takes place while her husband lived at Lyngblomsten. We'll offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

Fee: \$5 if registered by January 10 or \$8 at the door.

Program #112ea

**Books-Cheese-Wine with
Judy Woodward**
History Through a Minnesota Lens

Thursday, February 9
5:30–7 PM on the Lyngblomsten campus,
Community Room (lower level)

Learn about Minnesota history and more when Judy Woodward, History Coordinator for the Ramsey County Library, talks about some recent works by Minnesota authors. Whether it's fiction or nonfiction, the Pioneer Era or more recent times, there are great stories to be told about our state's past. Come join her for some reading suggestions for the dark days of winter. We'll offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

Fee: \$5 if registered by February 7 or \$8 at the door.
Program #209ea

**Books-Cheese-Wine with
Author Gary K. Olson**
"In the Margins" Poems, which open the deep issues of life and the beauty of the natural world

Thursday, March 9
5:30–7 PM on the Lyngblomsten campus,
Community Room (lower level)

Important things take place in the seams and margins of life: A child dances in the aisle at a performance of the Nutcracker Suite; a little girl, arms wide, trots through a flock of geese trying to make friends. In the midst of life's main events, things happen incidentally, adding delight and meaning. Author Gary K. Olson is a pastor, drummer, husband, dad, and grandfather who lives in Maplewood. His work and life experiences have acquainted him with deep loss and remarkable joy. About his writing he says, "I write feelings, images, and observations of life—mostly life in the margins." We'll offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

Fee: \$5 if registered by March 7 or \$8 at the door.
Program #309ea

Cocoa & Canvas: Northern Lights
Thursday, March 16
6–9 PM at Redeemer Lutheran Church,
Fellowship Hall

The Northern Lights are actually the result of collisions between gaseous particles in the Earth's atmosphere with charged particles released from the sun's atmosphere. Seems so dramatic, but makes a wonderful display with a variety of color for the eye to see due to the type of particles that are colliding! Join artist Jan Gunderson in painting your own colorful display of the northern lights on 16"x20" canvas. Step-by-step instructions will be given along with brushes, paints, and canvas. Dress for mess!

Fee: \$25; includes art supplies.
Scholarships available.
Registration required by March 14.
Program #316ea

Exploring Art: Vincent Van Gogh
Tuesdays, January 10, 17, 24, & 31
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Exploring Art focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. This 4-week series will focus on Vincent Van Gogh, one of the most influential painters of Western art. Learn about his life story and view his most famous works. Create a visual art project each week based on his subject matter and style. *Teachers: Debbie Lyon and Renee Des Jarlais, Art with Heart*

Fee: \$25/series; includes art supplies.
Scholarships available.
Registration required by January 9.
Program #110ea2

**Call (651) 632-5330
to register!**

Exploring Art: Pablo Picasso

Tuesdays, February 7, 14, 21, & 28

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

Exploring Art focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. This 4-week series will focus on Pablo Picasso. Before the age of 50, the Spanish-born artist had developed the most distinct style and eye for artistic creation. There had been no prior artists who had such an impact on the art world or a mass following of fans and critics alike. We will explore his life and art, then create a visual art project each week. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

Fee: \$25/series; includes art supplies. Scholarships available.

Registration required by February 6.
Program #207ea2

Exploring Art: Georgia O'Keeffe

Tuesdays, March 7, 14, 21, & 28

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

Exploring Art focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. This 4-week series will focus on Georgia O'Keeffe. O'Keeffe is known for her flower images, which she painted so large that the viewer is forced to come to terms with their texture and complexity. We will explore her life and art, then create a visual art project each week. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

Fee: \$25/series; includes art supplies. Scholarships available.

Registration required by March 6.
Program #307ea2

Family History—Your Story

Wednesday, March 22

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

Come be inspired to write your story for your children. Helpful hints, ideas, displays, examples, and lecture will inspire your writings from birth forward. Your story can be a few pages or extended to include your parents' or grandparents' stories. Begin your story for your descendants; they deserve this! *Presenter: Gordy Jacobson, Genealogist & Family Historian*

FREE Registration required by March 20.
Program #322ea

Fourth Friday Live Music & Dance

Friday, January 27

6:30–8 PM on the Lyngblomsten campus,
Newman-Benson Chapel

Join us for free live music and dance featuring a live band from MacPhail Center for Music and dance enthusiast Christopher Yaeger. Light refreshments served.

FREE No registration required.
Program #127ea

Giving Voice Chorus—St. Paul

Mondays, January 30–May 22

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 techniques and ensemble skills, and share musical memories together. No experience is required, just a love of singing. Each registration requires a partner. Learn more at www.givingvoicechorus.org. Light snacks provided. *Teacher: Jeannie Brindley-Barnett, MacPhail Center for Music*

Fee: \$50/person

Registration required.

Special registration: Call MacPhail Center for Music at (612) 321-0100 or register online at www.macphail.org.

Lyngblomsten Community

Sage Singers

A MacPhail Music for Life Partnership

Wednesdays, starting January 25

(no class March 29)

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

Join MacPhail teaching artists Joey Clark and Jeanne Bayer for weekly *Sing for Life* choir rehearsals. *Sing for Life* classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material.

FREE Registration required for new members; ongoing.

Program #111ea

Mixed Media Art

led by *Art with Heart*

Tuesdays, January 10, 17, 24, & 31

Registration required by January 9.

Program #110ea

Tuesdays, February 7, 14, 21, & 28

Registration required by February 6.

Program #207ea

Tuesdays, March 7, 14, 21, & 28

Registration required by March 6.

Program #307ea

All sessions: 10–11:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 1st Floor Lounge

Join *Art with Heart* teaching artists Debbie Lyon and Sara Benedett for a 4-week (monthly) series of mixed media visual arts classes. Various skills in mixed media, acrylic, and watercolor painting will be introduced each week including: resist, color mixing, texture, composition, and layering color for special effects. Participants will work on a new project each week. Develop your own artistic style, meet new friends, and have fun while learning together!

Fee: \$25 per monthly series; includes supplies. Scholarships available.

Origami Embellished Spring Wreath

Wednesday, March 8

10:30 AM–12:30 PM at Redeemer Lutheran Church, Classroom

Get an early start on spring and make a unique wreath adorned with origami flowers and leaves created by you. Learn how to make a variety of flowers with fun paper. We will use a pre-made wreath base, fold flowers and leaves, then affix them to the wreath base. Your inner florist may just come out during this project! Each wreath is sure to be a masterpiece to hang on a door or a wall. Beginners are welcome. *Teaching Artist: Kathleen Sheridan, Origami and You*

Fee: \$15; includes all materials.

Scholarships available.

Registration required by March 7.

Program #308ea

Polymer Clay Heart Box &

Jewelry Making

Wednesday, February 1

10:30 AM–Noon at Redeemer Lutheran Church, Classroom

Love is in the air for this Valentine's Day-inspired polymer clay workshop! Join us to create a heart-themed designer box and a simple heart pendant and earrings set to match—a great gift for yourself or a friend. Explore a variety of techniques for creating your own works of art, including instruction on how to mix colors and make shapes. You'll make your creation in class and have the choice of baking it at the event or at home (you'll leave with instructions on how to finish your pieces by setting them in the oven). Easy and fun for all experience levels. *Teacher: Lynn Vinge, Polymer Clay Artist, Polymer Clay Guild of MN*

Fee: \$10; includes supplies.

Scholarships available.

Registration required by January 31.

Program #201ea

Second Sunday Concerts with MacPhail

2nd Sundays 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 afterwards.

- **January 8:** Featured performer TBD.
- **February 12:** Featured performer Andrea Stern on harp.
- **March 12:** Featured performer Modern Spark Trio on piano, violin, and cello.

FREE No registration required.

TED Talks

Thursdays, January 5, February 2,
& March 2
11:30 AM–1 PM at Ramsey County Library
(2150 2nd Street, White Bear Lake)

Please join us to view and discuss TED talks, facilitated by Dr. Charles Wright. Bring your own bag lunch.

TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment, and Design converged, and today covers almost all topics—from science to business to global issues.

FREE

Special registration: Call (651) 724-6007.
Program #105ea

500 Card Group

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

FREE

Please register to reserve your spot.
Program #103so

Bibles & Bagels

Tuesdays
8:15–9:30 AM at Redeemer Lutheran
Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but volunteer treats are brought and coffee is always provided!

FREE No registration required.

Learn more: Contact Barb Wojahn at (651) 429-2557.

Bingo & Pizza

Friday, January 6
Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

We'll serve pizza, salad, and dessert at noon. Bingo starts around 1 PM; prizes for every game!

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

Registration required by January 4.
Program #106so

Bingo & House of Wong

Friday, February 3
Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

Enjoy takeout from House of Wong, voted “Best Place for Asian Food in Roseville.” We'll serve egg rolls, sweet and sour pork, chicken sub gum chow mein, chicken fried rice, Oriental salad, and dessert. Bingo starts around 1 PM; prizes for every game!

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

Registration required by February 1.
Program #203so

Bingo & KFC

Friday, March 3

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

We'll order chicken, mashed potatoes and gravy, coleslaw, and biscuits from Kentucky Fried Chicken, and top it off with dessert. Bingo starts around 1 PM; prizes for every game!

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

Registration required by March 1.

Program #303so

Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming gatherings: January 20,
February 17, & March 17)

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

FREE

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

Program #120so

Coach Bus Trip:

Warming Up in Minnesota

**Faribault Woolen Mills, Lunch,
& Cheese Cave Shop**

Thursday, January 12

We're off on a coach bus trip to tour the wool making process at Faribault Woolen Mills. We'll tour then shop for a warm bargain. After, we'll leave for a wonderful lunch at the Depot Restaurant before heading to the Cheese Cave Shop. Shop for cheese galore and experience a virtual tour about the blue cheese created there. Before heading home we will drive by the oldest Cathedral in Minnesota and the 1929 Moorish-styled Paradise Theater which was rebuilt in 2007, along with the nationally recognized Shattuck-St. Mary's School.

(cont'd in next column)

Bus site pick-ups:

9:45 AM from Gustavus Adolphus
Lutheran Church, 1669 Arcade Street,
St. Paul

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

Return time: Approximately 5 PM

Fee: \$57; includes tours, lunch, and coach bus transportation.

Registration required by December 21.

Program #112so

Coach Bus Trip:

From Russia with Love

Wednesday, February 15

Experience the beautiful Russian Art Museum and its collection of 20th century art, located in a historic renovated church that was styled based on a Texas mission in San Antonio. Afterwards, we'll be off to Bachman's flagship store to have lunch at Patrick's Bistro surrounded by gardens and the feel and smell of spring. There will be time available for shopping before heading home.

Bus site pick-ups:

9:45 AM from Gustavus Adolphus
Lutheran Church, 1669 Arcade Street,
St. Paul

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

Return time: Approximately 2:30 PM

Fee: \$53 includes coach bus, tour, and lunch.

Registration required by January 24.

Program #215so



Coach Bus Trip:**A Little Cheese, A Little Wine**

Wednesday, March 15

Let's meander northeast to Grantsburg, WI, where we'll stock up on cheeses at Burnet Dairy, then head south to Taylors Falls and enjoy lunch at the historic supper club, the Dalles House. Adventure afterward to the Wild Mountain Winery to taste six wines before we end this little getaway.

Bus site pick-ups:

9:30 AM from the Lyngblomsten campus, Community Room (lower level)

9:45 AM from Gustavus Adolphus Lutheran Church, 1669 Arcade Street, St. Paul

Return time: Approximately 5 PM

Fee: \$61; includes coach bus, lunch, and wine tasting.

Registration required by February 22.

Program #315so

Coffee Talk: Social Connections & Well-Being

Monday, February 27

10–11 AM at Redeemer Lutheran Church

Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. **BONUS:**

Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

FREE RSVPs appreciated.

Program #227so

* See pages 16, 22, & 25 for more **Coffee Talks** in January and February.

Out & About:**Minneapolis Institute of Art (Mia)
Martin Luther Art and the Reformation**

Thursday, January 5

Minneapolis Institute of Art,
2400 Third Avenue S, Minneapolis

See the story of Martin Luther and the Reformation brought to life at this once-in-a-lifetime exhibit on loan from Germany. Luther used art and the printing press to challenge Europe's leaders and spread a revolution of religious, cultural, and societal change. Includes paintings, sculpture, and textiles that shed new light on an explosive era and the man who ignited it.

Choose from 2 private group tours led by a docent at the Mia:

TOUR OPTION 1 (Daytime):**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

Return time: Approximately 4 PM

Fee: \$14.50 for the tour. \$7 for transportation; please pay day of the event.

Registration required by January 2.

Limited tickets; register early.

Program #105so

TOUR OPTION 2 (Evening):

Presented by Redeemer Lutheran 2nd Half Ministry Team.

4:30 PM Meet at Redeemer Lutheran Church parking lot to carpool.

5:30 PM Meet at 2nd Floor Rotunda/Fountain Court at Mia (pay parking is available in Mia parking lots)

Tour followed by pie and conversation at Baker's Square in Roseville.

Return time: Approximately 9:30 PM

Fee: \$12 per person for tour. Cost of parking at the Mia and food at Baker's Square is on your own.

Registration required by December 19.

Special registration: Contact Jane Schroeher at (651) 770-9543 or schroehergj@msn.com. Make checks payable to "Redeemer Lutheran" with "Mia Tour" on memo line.

Out & About: The Raptor Center at the University of Minnesota

Thursday, February 9

Established in 1974 as part of the College of Veterinary Medicine, The Raptor Center at the U of M rehabilitates sick and injured raptors and reaches about 150,000 people annually through its unique public education programs. Our presenter will bring us three types of raptors, explaining differences in an interactive manner. We will also enjoy a brief tour of the facility.

Bus site pick-ups:

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

12:30 PM from the Lyngblomsten campus, Community Room (lower level)

Return time: Approximately 2:30–3 PM

Fee: \$5.50 for the program/tour, plus \$5 for transportation. Please pay for transportation on the day of the event.

Registration required by February 2.
Program #209so

Out & About: Cathedral of St. Paul, National Shrine of the Apostle Paul

Thursday, March 30

1–2 PM at Cathedral of Saint Paul, 239 Selby Avenue, St. Paul

Join us for this guided, one-hour tour of the Cathedral. The Cathedral is recognized as a historical landmark, one of the most prominent buildings in the city, and a center of spiritual worship. Over 200,000 guests visit each year. We hope you will join us for a look at this extraordinary house of prayer.

Bus site pick-ups:

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

12:30 PM from the Lyngblomsten campus, Community Room (lower level)

Fee: \$5 for transportation; please pay day of the event. The tour is free. Donations accepted to the Cathedral.

Registration required by March 27.
Program #330so

Out to Lunch at Mendoberri Cafe & Wine Bar

Friday, January 20

11 AM at Mendoberri, 730 Main Street, Mendota Heights

Mendoberri offers food using locally grown products. Whether it be a sandwich, salad, panini, soup, or entree, you will find something to enjoy. House speciality: Apple Strudel... yum!

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 cost is on your own.

Registration required by January 18.
Program #120so

Out to Lunch at Joseph's

Friday, February 17

11 AM at Joseph's, 140 South Wabasha, St. Paul

Join us as we lunch at Joseph's, a St. Paul institution for over thirty years. So many choices, fresh ingredients, and super portions—what's not to like? A favorite is the Reuben—they know corned beef!

Bus site pick-ups:

10:15 AM from Applewood Pointe of Roseville, 1480 Applewood Court W, Roseville

10:30 AM from the Lyngblomsten campus, Community Room (lower level)

Fee: \$6 for transportation; please pay day of the event. Lunch cost is on your own.

Registration required by February 15.
Program #217so

**Call (651) 632-5330
to register!**

Out to Lunch at O’Gara’s

Friday, March 10

11 AM at O’Gara’s, 164 North Snelling,
St. Paul

Let’s beat the St. Patrick’s day crowds and celebrate the wearin o’ the green on March 10! A place of nostalgia, charm, and good humor since 1941, O’Gara’s is the place to be in March. With a variety of soups, salads, sandwiches, burgers, and entrees (yes, they have corned beef and cabbage!), there will be something to please everyone.

Bus site pick-ups:

10:15 AM from Applewood Pointe of Roseville, 1480 Applewood Court W, Roseville

10:30 AM from the Lyngblomsten campus, Community Room (lower level)

Fee: \$5 for transportation; please pay day of the event. Lunch cost is on your own.

Registration required by March 8.

Program #310so

Stitch ‘N Chat

Tuesdays

9–11 AM on the Lyngblomsten campus, Community Room (lower level)

Sweet treats, coffee, chatting, laughing, and oh yes, some stitching! Men and women can join the group whether you stitch or not. The conversation is enriching, enlightening, and sometimes hilarious. What a great way to start the day!

FREE No registration required.

**Ageless Grace® Exercise Classes**

Wednesdays

3–3:45 PM at Redeemer Lutheran Church, Atrium

Fridays

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

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic (and never the same twice). Classes provide excellent chair exercise, as well as cognitive and social benefits. *Teacher: Pola Rest*

Fee: \$1/person per class.

Registration required.

Program #104hws

Coffee Talk: Caring for Your Whole Self—Mind, Body, Spirit

Thursday, February 9

10–11 AM on the Lyngblomsten campus

Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. **BONUS:** Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

FREE RSVPs appreciated.

Program #209rs

* See pages 14, 22, & 25 for more **Coffee Talks** in January and February.

Healthy Benefits of Volunteering

Tuesday, March 21
 2:30–4 PM at Redeemer Lutheran Church, Atrium

“Will volunteering help ME?” Come find out why helping others is beneficial for you too and how giving (time) actually equals getting (time)! *Presenter: Shelli Beck, Lead Volunteer Coordinator, Lyngblomsten*

FREE
 Registration required.
 Program #321hws

HealthRHYTHMS Drumming

2nd Mondays each month
 (Upcoming sessions: January 9, February 13, & March 13)
 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. Join us for drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience required. *Teacher: Cheri Bunker*

Fee: \$5 per session; includes drums and percussion instruments.
Registration ongoing. Walk-ins welcome.
 Program #109hws

“Isn’t that too much?” Talking with Loved Ones About Medical Overuse

Thursday, February 2
 4–6 PM on the Lyngblomsten campus, Newman-Benson Chapel

Sometimes we worry that a family member or friend is overdoing their health care: taking too much medicine, seeing too many doctors without enough coordination, or receiving tests or treatments that experts now think are of questionable value. This workshop will give you tools for raising concerns to family and friends about possible medical overuse without giving offense or hurting the relationship. Learn how to bring up the topic and
(cont’d in next column)

express your worry in a caring, diplomatic way. *Presenter: William Doherty, Ph.D., University of Minnesota*

Co-sponsored by the Health Partners—Como Health Club and Baby Boomers for Balanced Health Care.

FREE
 Registration required by January 31.
 Program #202hws

Market Place Morning Talk: Senior Housing Options A monthly health education series for the community

Wednesday, January 11
 9:30–10:30 AM at Market Place Bingo Hall, 2900 Rice Street, Little Canada

Learn about types of senior housing available, where to start looking, things to think about when touring and considering different options, and where to go for comparison resources and questions. *Presenter: Rachel Von Ruden, LSW, Senior Outreach Specialist, Metropolitan Area Agency on Aging (MAAA)*

Fee: \$1
 Registration required by January 10.
 Program #111hws

Market Place Morning Talk: Downsizing—Taking the Stress Out of Moving A monthly health education series for the community

Wednesday, February 8
 9:30–10:30 AM at Market Place Bingo Hall, 2900 Rice Street, Little Canada

If you are considering a move in the near or distant future, attend this seminar by Gentle Transitions to learn tips and resources to declutter your life and prepare to make a seamless move. Gentle Transitions has 27 years of senior move management experience to share.

Fee: \$1
 Registration required by February 7.
 Program #208hws

Market Place Morning Talk: Finding Relief in Joint & Bone Pain *A monthly health education series for the community*

Wednesday, March 8
9:30–10:30 AM at Market Place Bingo Hall, 2900 Rice Street, Little Canada

Speaker: Dr. Eva Norman, President & Founder of Live Your Life Physical Therapy. Dr. Norman is a certified Expert for Aging Adults, whose specialty is Wellness & Prevention.

All Market Place Morning Talks: Complimentary treats and coffee provided by Little Canada Recreation Association and Little Canada Bingo Hall. Co-sponsors: Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, Golden Living Center.

Fee: \$1
Registration required March 7.
Program #308hws

Meet the Enneagram: A Guiding Map in Times of Transition

Saturday, January 28
9:30 AM–1:30 PM at Gloria Dei Lutheran Church, 700 South Snelling Avenue, St. Paul

This workshop will introduce older adults to the Enneagram—a fascinating, centuries old map that helps you better understand yourself and the motivation behind your behavior. This knowledge helps you prepare for and understand how you can react to transitions in the healthiest way possible. *Presenter: Kate Ostrem, 9 Open Doors*

This project is funded in part by the Lyngblomsten Foundation through the Lyngblomsten Parish Nurse Ministry Resource Group.

Fee: \$5; includes lunch and materials.
Registration required.
Special registration: Call Gloria Dei Lutheran at (651) 699-1378.

Navigating Family Dynamics

Friday, February 24
1:30–3 PM at Redeemer Lutheran Church, Atrium

Navigating family dynamics while caregiving can be overwhelming. Come listen to some tips and techniques that may help guide you with this difficult journey. *Presenter: Carol Davis, MSW, LISW, Family Means*

FREE

Registration required by February 17.
Program #224hws

Redeemer Primetime: Concerned About Your Balance?

Thursday, January 19
9:30 AM coffee, 10 AM program at Redeemer Lutheran Church, Atrium

Fear of falling can result in reduced activity levels, loss of confidence, and a diminished quality of life. Learn helpful strategies for fall prevention, how to recognize attitudes, habits, and home hazards that put us at risk for falls, and physical activities to improve flexibility, balance, and strength. *Presenter: Kate Taylor, Community Health Improvement Coordinator and Lifestyle Coach, HealthEast Care System*

Fee: Freewill offerings help to defray cost of speakers.

Registration required by January 16.
Special registration: Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

**Call (651) 632-5330
to register!**

Redeemer Primetime:
Creativity, Health, & Aging

Thursday, February 16
9:30 AM coffee, 10 AM program at
Redeemer Lutheran Church, Atrium

Health, wellness, and quality of life can be achieved in many ways, including using creativity to work the mind, body, and spirit. Research has shown that mental activity stimulated by arts activities can be especially beneficial to people as they age, including those with dementia. Learn about the latest trends, research, and local opportunities around “Creativity, Health, and Aging.” *Presenter: Andrea Lewandoski, Director of Lifelong Learning and the Arts, Lyngblomsten*

Fee: Freewill offerings help to defray cost of speakers.
Registration required by February 13.
Special registration: Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

Redeemer Primetime:
What to do in a Disaster, such as Tornado, Flood, or Terrorism

Thursday, March 16
9:30 AM coffee, 10 AM program at
Redeemer Lutheran Church, Atrium

The biggest opportunity to save lives occurs before reaching a doctor. About half of deaths occur at the scene of the injury or en route to the hospital. Minutes really do count for these critically ill patients. But we can do things to stop bleeding, resuscitate better while we wait for the ambulance, or on the drive to the hospital. *Presenter: Joel Schmidt, White Bear Lake Fire Department*

Fee: Freewill offerings help to defray cost of speakers.
Registration required by March 13.
Special registration: Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

Spiritual TLC
1st Thursdays each month (Upcoming meetings: January 5, February 2, & March 2)
10–11:30 AM at Redeemer Lutheran Church, Library

Spiritual TLC is a spiritual nurture group for caregivers and others experiencing a trying time. The group will come together for conversation with scripture, prayer, and mutual care.

FREE No registration required.
For questions or more information, contact Rev. Candee Moser at (651) 429-5411.

Wellness Checks
1st Thursdays each month
1–2 PM on the Lyngblomsten campus, Community Services Offices (lower level)

3rd Thursdays each month
11:30 AM–1 PM at Redeemer Lutheran Church

Talk with the Lyngblomsten Faith Community Nurse about health concerns and issues related to remaining independent as health needs change. Health screening services include blood pressure and pulse assessments.

FREE
No appointment needed. Additional times available upon request: (651) 632-5335.

Wellness Presentation—
Basics of Magnification
Wednesday, January 11
1–2 PM on the Lyngblomsten campus, Community Room (lower level)

Learn the differences between varieties of magnifiers that are available for people with vision loss, their proper usage, and limitations. A variety of resources will be available for you to test out. *Presenter: Sue Bauer, Vision Loss Resources*

FREE No registration required.
Program #111hws

* See page 24 for details about the Vision Loss Support Group.

Wellness Presentation—Eat Well

Wednesday, February 1

2–3 PM on the Lyngblomsten campus,
Community Room (lower level)

This presentation will show you the state of our food and agricultural systems today and how they got there. Changes are occurring in our nutrition knowledge and education and you can be a part of it. We teach you what the human diet is and how to easily eat it in your world. Food is meant to be enjoyed, so learn healthy choices that are also good for you.

Presenter: Dr. Jeremy Schingen, DC, Health Source Chiropractic & Rehab

FREE Please register.

Program #201hws

Wellness Presentation—Move Well

Wednesday, March 1

2–3 PM on the Lyngblomsten campus,
Community Room (lower level)

Many exercise programs focus on ONE part of the body and make you feel like you have to do each one to get results in any area. Guess what... there is an exercise program that is simple. We'll show you what types of movement your body needs and why to be healthy. We use evidence to show you what is most important to accomplish your goals to stay safe and as active as possible. *Presenter: Dr. Jeremy Schingen, DC, Health Source Chiropractic & Rehab*

FREE Please register.

Program #301hws

Yogadevotion

Tuesdays, January 3–February 21

4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

Yogadevotion classes begin in the breath in order to center in the Presence of God. We'll start with devotion time, opening with scripture that speaks to a practice of faith during the breath work. The class is a combination of standing poses, balance poses, and floor poses closing with restor-
(cont'd in next column)

ative yoga—a practice of calm alertness that allows a time of reflection and thanksgiving for God's Presence in our lives. This is a multilevel class that offers modifications for all poses. Please bring your own yoga mat. *Teacher: Jean Auger*

Fee: \$64. Payments are made on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Yogadevotion" on memo line).

Registration required by January 2.

Special registration: Contact Sue Johnson at (651) 387-3443 or suejohns3@gmail.com.

Yogadevotion Soma Yoga

Choose from two sessions:

Thursdays, January 5–February 16

2–3 PM at Redeemer Lutheran Church, Library

Thursdays, February 23–April 6

2–3 PM at Redeemer Lutheran Church, Library

Soma Yogadevotion classes offer the same faith-based class structure that Yogadevotion classes do. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles—which can result in moving with more ease and freedom. Some yoga is safe for **any body**. It incorporates mobility, strength, and stability into movements and helps build concentration and a meditative mind. The class is for all levels—from beginner to advanced—and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and a blanket if available. *Teacher: Jane Schroeher*

Fee: \$56. Payments are made before or on the first day of class. Make checks made payable to Redeemer Lutheran (indicate "Soma Yoga" on memo line).

Registration required by January 2 (1st session) or February 20 (2nd session).

Special registration: Contact Jane Schroeher at (651) 770-9543 or schroehergi@msn.com

Caregiver Services

Caregivers Support Group

3rd Wednesday each month
(Upcoming meetings: January 18,
February 15, & March 15)
1–2:30 PM at The Heritage at
Lyngblomsten (1440 Midway Parkway,
St. Paul), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any healthcare issue or disease. New members always welcome; come as often as you are able.

FREE No registration required.

Learn more: Contact Jeanne Schuller, MSW, at (651) 285-9193 or jschuller@lyngblomsten.org.
Program #118rs

Chat Café

3rd Tuesdays each month
(Upcoming meetings: January 17,
February 21, & March 21)
10:30 AM–Noon at White Bear Lake
Senior Center, 2484 East County Road F,
White Bear Lake, Room 157

The Chat Café is a place for engaging conversation paired with a hot, catered meal.

Sponsored by the White Bear Lake Senior Center. Program and meal support by the Rasmussen Family Education and Scholarship Fund.

Fee: Free to attend with a \$5 suggested donation.

Special registration: Call the White Bear Lake Senior Center at (651) 653-3121.

Group Respite (The Gathering)

Visit www.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. The program is offered through Lyngblomsten Community Services, and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment. To maintain the integrity of the program's structure, The Gathering does not accommodate drop-ins or visitors.

A day at The Gathering:

- The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 26 to learn about volunteering with The Gathering).
- Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
- Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

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.

Coffee Talk: Caregiver Support

Monday, January 23

10–11 AM at Redeemer Lutheran Church

Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. **BONUS:** Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

FREE RSVPs appreciated.

Program #123rs

* See pages 14, 16, & 25 for more **Coffee Talks** in January and February.

Memory Loss Caregivers Support Groups

10 AM on Tuesdays and Thursdays at the following sites:

- 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

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to attend. Facilitators are 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. Coordinated through Lyngblomsten's The Gathering, in partnership with the Alzheimer's Association.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or 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 family members and others who are caring for someone with Alzheimer's disease or a related dementia. The goals are to: teach caregivers how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, help caregivers feel confident in the care they provide, and improve their ability to cope. Four core sessions are offered and tailored to what the caregiver needs most.

REACH in Minnesota is supported, in part, by grant number 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, Washington, D.C., and the Minnesota Board on Aging, St. Paul, MN. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.

Fee: Sliding-scale.

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

NAVIGATING AGING

www.lyngblomsten.org/blog

Check out Lyngblomsten's blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- CAREGIVING
- FAITH & INSPIRATION
- HEALTH & WELLNESS
- RESOURCES
- RETIREMENT
- TECHNOLOGY

Resources for Churches

Older Adult Ministry Forum: Becoming a Dementia-Friendly Congregation

Friday, March 10
10 AM–Noon at Immanuel Lutheran
Church, 104 Snelling Avenue S, St. Paul

Don't hide your head in the sand out of fear of the "D" (dementia) word! Move beyond in this strength-based session to offer opportunities to our most vulnerable and voiceless. Show the love of God through ACTION by learning ways to see a person's ABILITIES, supporting and encouraging those with memory loss in your faith community. Light refreshments will be served. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten*

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. If you are signing up as a group, please do so at one time.

Registration required by March 7.
Program #310rs

Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support. Annual membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new/start-up Parish Nurse Ministry programs, opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), and more.

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

Learn more: Contact Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator, at (651) 632-5380 or mnordtvedt@lyngblomsten.org, or visit www.lyngblomsten.org/parishnurse.

Support Groups

Caregivers Support Groups

See pages 21 & 22.

Parkinson's Disease Support Group

1st Thursday each month
(Upcoming meetings: January 5, February 2, & March 2)
1–3 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

For caregivers and people living with Parkinson's disease or other movement disorders. This support group is an informal, self-managed organization whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported. Facilitated by social workers; not a therapy group or class. New members always welcome; come as often as you are able.

FREE No registration required.
Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org. Visit www.lyngblomsten.org/parkinsons for additional information about Parkinson's care at Lyngblomsten.
Program #105rs



Vision Loss Support Group

2nd Wednesday each month
 (Upcoming meetings: January 11,
 February 8, & March 8)
 1–2 PM on the Lyngblomsten campus,
 Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will also be available at each meeting. New members always welcome; come as often as you are able.

FREE No registration required.
 Program #111rs

See page 19 for the topic of the meeting on January 11, **Wellness Presentation on the Basics of Magnification.**

Transportation

Transportation

Mondays
 Provided by 2nd Half with Lyngblomsten—
 Como Park

Transportation to appointments (e.g. medical, meetings, legal) in the St. Paul area is available every Monday for \$8/round trip. Advance notice (by noon the Thursday before) is required. To schedule transportation to an appointment, contact Mary Deaner at (651) 414-5293.

**For more details, resources,
 and support, visit
www.lyngblomsten.org/2ndHalf**

Other

AARP Tax Assistance

Tuesdays & Thursdays, February 7–
 April 13
 9 AM–1 PM on the Lyngblomsten campus,
 Community Room (lower level)

This is a FREE service provided by AARP volunteers who will help you file your tax returns. You will need to bring your:

- W-2s and 1099 forms
- Any information relating to sales of stocks, bonds, real estate, etc.
- Your Social Security card and Social Security numbers of dependents
- Your Property Tax Statement (to complete your property tax refund papers)

FREE

Appointments required:

Call (651) 999-2499. Messages will be picked up by an AARP volunteer who will return your call to schedule your appointment.

Messages will not be picked up until the last week in January, so please do not expect any calls before that time. This message box gets very full at times, so please be patient while waiting for a return call throughout the tax season. The AARP volunteers are working very hard to accommodate you.

Wings of Nutrition Bread Program— Free Bread

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

Volunteers pick up bread that can no longer be sold from grocery stores and bakeries and make it available to the community. 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, February 20

Choose from 2 shifts:

9:30–11:30 AM (meal preparation) or
11:30 AM–2:30 PM (serving and clean-up) at Open Hands Midway,
436 Roy Street N, St. Paul

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran in the Midway. Each Monday they offer a meal, fresh produce, bakery, clothing, and household items FREE to people in need. In 2015, they served 12,271 folks. They can use our help! We have been invited to help prepare and serve a Monday meal. There are two shifts available that day—you can sign up for one shift or both. Lunch is provided 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 2:45 PM

FREE Includes transportation. We hope you may consider a donation to the organization itself instead.

Registration required by February 6.
Program #220sop

Volunteer at Second Harvest Heartland

Thursday, February 16

5:30–7:30 PM at Second Harvest Heartland, 1140 Gervais Avenue, Maplewood

Volunteer at Second Harvest Heartland in Maplewood for an assembly line grocery packing shift to help pack boxes for low-income seniors. Volunteers will stand in place for two hours packing boxes on a conveyor belt with juice, cans of beans, etc. This is a somewhat physical activity with twisting and lifting. Please dress in layers such as jeans, a t-shirt, and sweat-shirt, and wear closed-toe shoes; the warehouse is not heated. Two stools will
(cont'd in next column)

be available for those who need to sit. We will need someone to lift 30 lb. boxes.

Presented by Redeemer Lutheran 2nd Half Ministry Team.

5 PM Meet at Redeemer Lutheran Church to carpool.

5:20 PM Orientation; 5:30 PM Start work.

FREE We hope you may consider a donation to the organization itself instead.
Registration required by February 10.
Special registration: Contact Jane Schroeder at (651) 770-9534. Please provide your phone number and email address for Second Harvest Heartland.

Volunteering

Armchair Traveler Volunteer Presenter

Share your travel adventures and unique experiences with others who share this interest. Give a PowerPoint presentation that captures and conveys the fun and learning you had. This program occurs from 1–2:30 PM on the 4th Thursday of each month in the Lyngblomsten Community Room.

Learn more: Contact Janell Wampler at (651) 999-2597 or jwampler@lyngblomsten.org.

Coffee Talk: Volunteerism

Monday, January 16

10–11 AM on the Lyngblomsten Campus, Community Room (lower level)

Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. **BONUS:** Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

FREE RSVPs appreciated.

Program #116sop

* See pages 14, 16, & 22 for more **Coffee Talks** in January and February.

Lyngblomsten Volunteer Bus Driver

Help Lyngblomsten residents or community participants get to and from events.

Drivers should be courteous and friendly, helping passengers on and off the 13-passenger van, and be prompt with picking up and dropping off riders. No special drivers license is required; however, the driver must pass a Department of Transportation physical and have a clean driving record. Drivers should be comfortable in varying weather conditions and in many different neighborhoods in St. Paul and its suburbs. Training is provided by the Lyngblomsten Transportation Coordinator.

Learn more: Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org.

Volunteer at Lyngblomsten

Upcoming new volunteer orientation dates held on the Lyngblomsten campus:

- Saturday, January 14 from 10 AM–Noon
- Thursday, February 9 from 6–8 PM
- Thursday, March 16 from 6–8 PM

Lyngblomsten volunteers of all ages enrich the lives of older adults each day by sharing their time, experience, and talents. From the young to the young at heart, Lyngblomsten provides opportunities for experiences that will engage you as a volunteer and help us meet our mission and promise to older adults. Youth, adults, families, corporate groups, and church groups are all welcome.

Registration for orientation required.

Learn more: Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Volunteer to serve those with memory loss at The Gathering

Join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss. Volunteers receive comprehensive training so they are able to plan the day's activities and promote socialization for their participants. See page 21 to learn more about The Gathering, or visit www.lyngblomsten.org/TheGathering.

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

Estate Planning Basics for All Incomes

Thursday, February 23
11:30 AM–1:00 PM on the
Lyngblomsten campus, Community
Room (lower level)

Estate planning is not just for the wealthy. Learn how you can plan wisely to honor your values and your loved ones, regardless of the size of your estate. You'll receive basic information, resources, and a road map to guide your planning. There are no sales or solicitations associated with this event.
Presenter: Robert Chandler, Attorney
Sponsored by the Lyngblomsten Foundation.

Fee: \$5; includes catered Italian pasta lunch, presentation, and resources.
Registration required by February 16.
Program #210ea

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facebook.com/Lyngblomsten



[@Lyngblomsten_US](https://twitter.com/Lyngblomsten_US)

Registration Form

Print more registration forms at
www.lyngblomsten.org/2ndHalf.

Please complete form and mail to:

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



A Center for Enriching Lives after 50

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 4.

☐ Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It’s FREE!



1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org

Nonprofit
Organization
US Postage
PAID
Twin Cities MN
Permit #2376

Get to Know 2nd Half with Lyngblomsten

Coffee Talks

10–11 AM **FREE**
RSVPs appreciated to
(651) 632-5330.



Come for coffee and treats, a brief presentation, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. **BONUS:** Everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!

Presentation topics include:

- **Volunteerism**
January 16 on the Lyngblomsten campus
- **Caregiver Support**
January 23 at Redeemer Lutheran Church
- **Caring for Your Whole Self: Mind, Body, Spirit**
February 9 on the Lyngblomsten campus
- **Social Connections & Well-Being**
February 27 at Redeemer Lutheran Church

2nd Half Sampler Open Houses

Como Park: **March 8** on the Lyngblomsten campus, Community Room (lower level)

White Bear Lake: **March 13** at Redeemer Lutheran Church

3–6 PM **FREE**

Stop by to mingle, enjoy refreshments, and learn more about 2nd Half with Lyngblomsten and the many opportunities available.

- Meet instructors and Lyngblomsten staff
- Preview upcoming programs and trips
- Learn about resources
- Get the new Spring catalog
- Win prizes!