



Lyngblomsten Lifestyle

Winter 2019



Our Turn in History Capital Campaign launches! *See pages 9–13.*

STORIES OF LIFE:

Care center resident directs
Christmas play for 59th year

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Introducing Author Your Life
Unveiling “Old Glory”

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Letter from the Editor

*The new year stands before us,
like a chapter in a book, waiting to be written.*

—Melody Beattie

Dear Readers,

It's a fresh new year, full of hope and promise. It's page one of the next chapter of each of our lives.

In this edition, you'll read about two major initiatives—one, weaving our Author Your Life philosophy through all areas of Lyngblomsten, and two, completing the Our Turn In History Capital Campaign for contributing funds needed to renovate the Lyngblomsten Care Center. Two very different goals—one shared mission: enhancing the quality of life for older adults. Read on and see how you can be part of both efforts.

At Lyngblomsten, we're writing a pivotal chapter this year, and we're glad you're part of our story.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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On the Cover:

Resident Sonya Quam poses for a photo before the debut of the play she's directed 59 times.

Introducing

Author Your Life

Helping anyone connected with Lyngblomsten live the best life possible

By Brandi Jewett

ENCOURAGING PEOPLE TO LIVE THEIR BEST LIFE is a philosophy that has been a part of Lyngblomsten since its founders first conceptualized a home for aging adults more than a century ago.

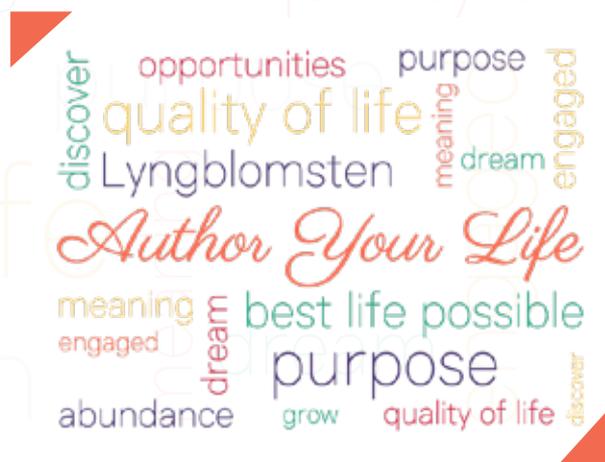
Over the past two years, efforts have been made to name and define this philosophy. Now called Author Your Life, it seeks to inspire people to live their best life and help others do the same. It sets Lyngblomsten apart as an organization where everyone connected with us can age vibrantly, live fully, have purpose, and be as well as possible in mind, body, and spirit. Author Your Life was introduced to employees in 2018, and now in 2019, it is being introduced to all Lyngblomsten constituents.

“Our goal has always been to encourage folks to try new things or become reengaged in things that they once enjoyed,” Lyngblomsten President & CEO Jeff Heinecke said. “Access to activities, events, and resources should not be the barrier to one living the life they want to live. And if an individual has physical, emotional, and mental limitations that might prevent them in participating, we look for innovative and creative ways to eliminate those barriers as well.”

The rollout of Author Your Life helps Lyngblomsten achieve a goal laid out in its strategic priorities defined in 2015: create destination services that, among other goals, integrate vibrant aging values into all aspects of its operations.

“We want people to know we’re a destination because of Author Your Life, that this philosophy is embedded and woven into every aspect of what we do,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten, who leads the Author Your Life Workgroup.

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AUTHOR YOUR LIFE IS FOR EVERYONE

At its heart, Author Your Life encourages people to achieve their goals, learn new skills, discover new interests and talents, continue enjoying lifelong passions, and help others do the same.

To create this impact, Lyngblomsten seeks to serve as a resource that provides and creates opportunities for anyone in the Lyngblomsten family—residents, tenants, participants, their families, volunteers, employees, and supporters—to pursue dreams and goals. Lyngblomsten is a thread that connects many people, and in turn links each of them to others with talents, skills, and passions that may help them achieve their best life possible. In addition to people, the organization also seeks to provide opportunities and resources to help anyone looking to author his or her life, such as access to supportive programs and services.

In one scenario, a care center resident could learn piano with the help of a volunteer. In another, an employee could pursue a nursing degree with the support of Lyngblomsten's staff scholarship program.

"Author Your Life is going to be different for everyone," Lewandoski said. "That's why we ask the question, 'What does authoring your life mean to you?' I don't think all of us or the people that we serve have those answers yet if we were to ask them, but it's nice to get them thinking about it."

While embracing the Author Your Life philosophy will be different for each person in the Lyngblomsten community, the goal is the same in the end: To encourage everyone to intentionally discover and explore their talents, desires, and goals—and embolden others to do the same.

HOW YOU CAN GET STARTED

So how can you get started authoring your life?

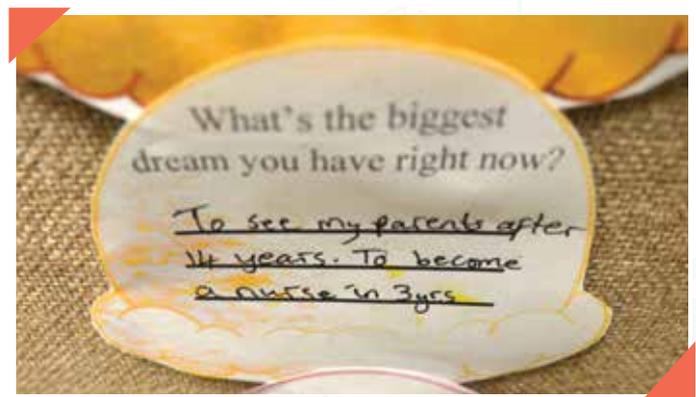
First, find your inspiration. Ask yourself: What does authoring my life mean to me? Do you want to learn a new skill, rediscover an old talent, or have another goal in mind? You're on the right path, and we can help. Turn to page 7 for the Author Your Life activity page that will help you identify dreams and goals.

Now that you have a sense of direction for your journey, it's time to take the next step. Author Your Life works through connection. Share your aspirations with someone you trust to find people and resources that can help you live purposefully.

With people and resources at the ready, your vision of a well-authored life is more attainable no matter what life events have been part of your story.

With Lyngblomsten, we can all join together through Author Your Life to encourage each other to live the best life possible at any age.

To learn more about Author Your Life, visit www.lyngblomsten.org/AuthorYourLife. **L**



An inspiring statement written by a Lyngblomsten employee displayed during an Author Your Life ice cream social.



Care center resident directs Christmas play for 59th year

▲
Cast members of *The Christmas that Bounced* smile at director Sonya Quam.

By Brandi Jewett

Author Your Life is our philosophy on living well that's meant for anyone connected with the Lyngblomsten family. To introduce this to the broader community, we'll be profiling individuals who are authoring their lives in each edition of Lyngblomsten Lifestyle in 2019. This edition, we're focusing on one of our residents—Sonya Quam—who at age 82 is excited to be helping friends young and old learn to shine on stage.

It was happenstance that connected Sonya Quam with the one-act play *The Christmas that Bounced*.

Decades ago as a parish worker for Trinity Lutheran Church in Long Island, NY, she found herself searching for a play that could be performed by the congregation's Sunday schoolers. Quam happened on *The Christmas that Bounced*, read it, and decided it was the one.

The play has stuck with Quam, a former tenant of The Heritage at Lyngblomsten and current care center resident. Since 1959, she has directed a performance of the play every year, even stepping

"I lovingly crack the whip," Quam jokes of her role as director. "I make sure the lines are delivered just right."

—Sonya Quam



in from time to time to fill in when actors were struck with illness.

While usually performed in community churches, including several performances at Grace University Lutheran Church in

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▲ Jane, played by The Heritage tenant June Borowski, delivers her lines.



▲ Clara, played by Macalester College student Brynna Davis, tries on a fur coat given to her by her husband Sam, played by Heritage tenant David Merry.



▲ Sonya Quam watches cast member and Lyngblomsten employee Caryn Erickson deliver lines during a rehearsal.

Minneapolis, this year’s performance came close to home for Quam. On November 30, actors recruited from Lyngblomsten and Macalester College performed *The Christmas that Bounced* in the dining room at The Heritage at Lyngblomsten.

The opportunity to direct a play at 82 years old with the support of the Lyngblomsten community is meaningful to Quam, who got her start in performing as a young girl. She recalls dressing up during her mother’s coffee parties and acting in plays during high school.

The ability to continue this lifelong passion is an opportunity Quam meets with gratitude. The same can be said of her peers performing in the play, which include tenants and a staff member from The Heritage and a student from Macalester College.

★ “It puts the lifeblood right back in them,” Quam said. ❄️

The play follows the holiday gift-giving follies of seven people—a cast of characters whom Quam speaks of as if they were old friends when she describes their predicaments.

Planning for the play first got underway in the summer, according to Caryn Erickson, Service and Activity Coordinator for The Heritage at Lyngblomsten. Erickson and Macalester College intern Brynna Davis both served as co-directors and performed in *The Christmas that Bounced*.

“Since Sonya moved in, she’s been talking about this play,” Erickson said. “She and I got our heads together in July and started planning. Then she started recruiting people for the cast.”

Quam and her peers are examples of people pursuing passions and applying their talents to live the best life possible as they age. It’s all part of Author Your Life, Lyngblomsten’s philosophy on living fully and aging vibrantly (turn to pages 3–4 for more information and to page 7 to get started authoring your own life). **L**



Author Your Life

Intentionally living your best life possible

Use this page to help you begin your journey with Lyngblomsten and Author Your Life!

How can you get started authoring your life?

Step One



First, find your inspiration. Ask yourself: What does “authoring my life” mean to me? Write down your response below.

Do you want to learn a new skill, rediscover an old talent, or have another goal in mind? Take a moment to write down a few potential goals or opportunities that you would like to pursue. There are no wrong answers or time limits.

1.

2.

3.

Step Two



Now that you have a sense of direction for your journey, it's time to take the next step! Share your aspirations with someone you trust to find people and resources that can help you live purposefully.

Who are people with whom you could share your aspirations or even help you author your life and achieve your goals? Write their names below.

1.

2.

3.

Step Three



With your goals identified and shared, it's time to author your life! Go out and make those dreams a reality. Using the information you just completed, write one action step you can take now to get started.

With Lyngblomsten, we can all join together through **Author Your Life** to encourage each other to live the best life possible at any age.

▶ See the video at www.lyngblomsten.org/AuthorYourLife

Start the New Year off right with 2nd Half with Lyngblomsten!

You can make 2019 a year of discovery and fulfillment

2nd Half with Lyngblomsten enrichment centers for people ages 50 and over offer programs and services in a variety of areas that include education and the arts, social and outings, health and wellness, resources and support, and volunteer opportunities.

There's something for any New Year goal!

- **Want to try something new?** Attend an art class to find your inner painter or a yoga session to find inner peace.
- **Wish to expand your social circle?** Hop on a coach bus and visit new places or stay closer to home with lunch outings around the Twin Cities area.
- **Looking to improve your health?** Choose an exercise class that fits your needs and abilities or attend a program on taking better care of yourself.
- **In need of support?** Browse a variety of resources for caregivers, churches, and more that include support groups, educational programs, and respite.
- **Want to help others?** Connect with volunteer opportunities both on and off Lyngblomsten's campus.

Online registration is now available!

You can sign up for offerings through an online registration portal. The website contains every opportunity found in the print version of the 2nd Half with Lyngblomsten quarterly catalog.

Registering online has many benefits:

- Register whenever you want.
- Know immediately if a class is already full or if you are on the waitlist.
- Pay for classes how you want: by credit card, check, or cash.
- And much more!

Try it now at www.lyngblomsten.org/2ndHalf. Not online? 2nd Half with Lyngblomsten still accepts registrations by phone, mail, and leaving forms in our drop box on campus.



Happy Anniversary! For 40 years, Lyngblomsten Community Services has provided programs and services to older adults. It all started in 1979 with a senior center that has since become part of the 2nd Half with Lyngblomsten offerings you enjoy today.

Parish Nurse Grant Awarded to Local Faith Community

The Lyngblomsten Parish Nurse Ministry Resource Network, through funding provided by the Lyngblomsten Foundation, has awarded grant money to the following faith community to enhance its current program to benefit the health and wellness of older adults in 2019:

Salem Lutheran Church, West St. Paul

Parish Nurse: Louise Nesdahl, RN

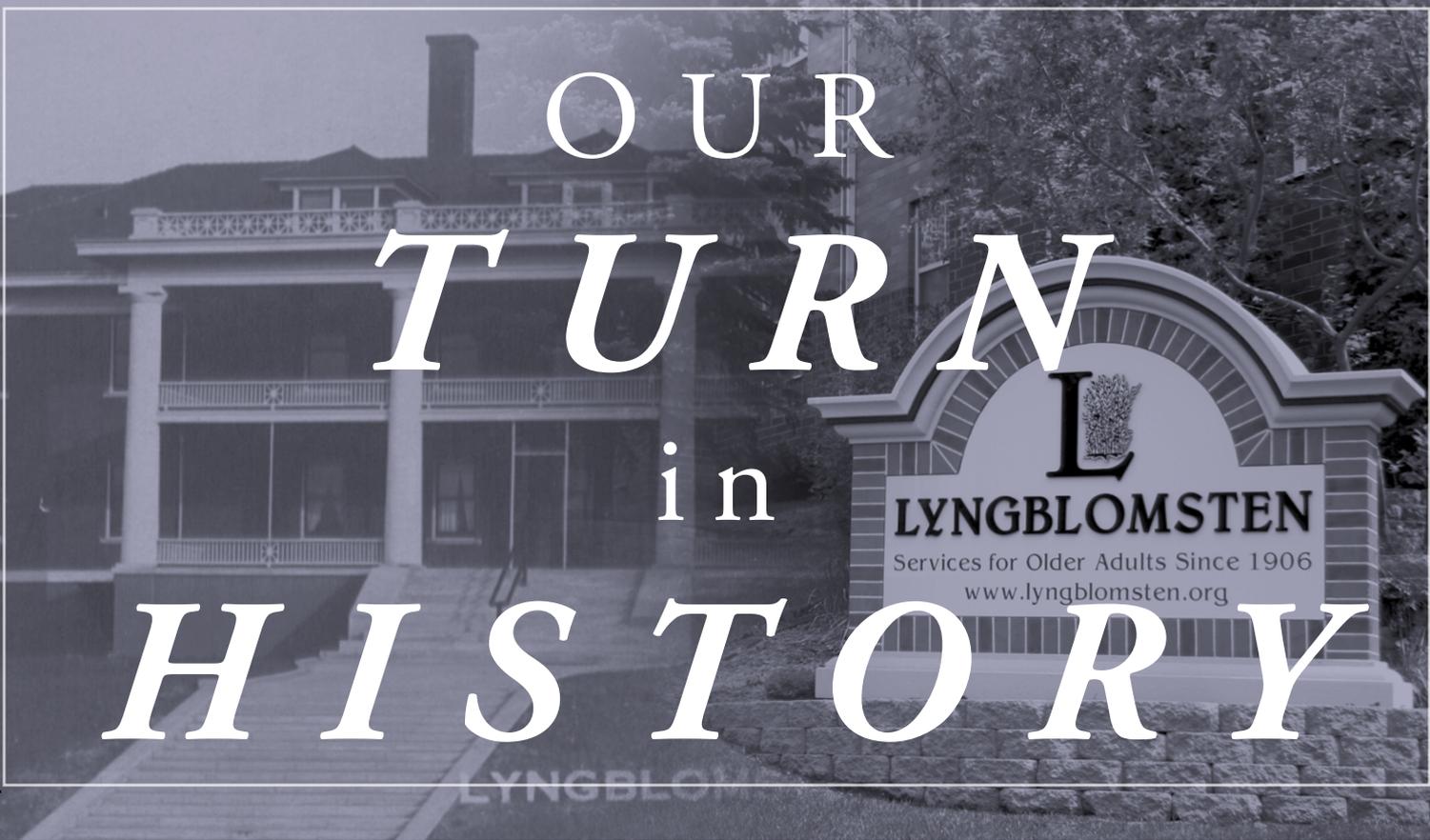
Grant Project: Fun, Fit, and Falls Prevention

The project introduces new complementary wellness therapies to congregation and community members across all ages through an introductory drumming class and a six-week chair yoga class.

The Lyngblomsten Parish Nurse Ministry Resource Group is a resource and networking group that connects nurses serving in faith communities to educational and professional support. Annual membership benefits include opportunities to apply for grants, monthly network meetings, registration for Older Adult Ministry Forums, and more.

If your faith community is interested in learning more about parish nursing,

contact Becky Hulden, RN, Parish Nurse Ministry Resource Network Coordinator, at (651) 632-5335 or bhulden@lyngblomsten.org. More information is available at www.lyngblomsten.org/parishnurse.



OUR TURN in HISTORY

FOR MORE THAN A CENTURY, Lyngblomsten has served the needs of aging adults through a continuum of care on its campus. At its heart is the Lyngblomsten Care Center, first constructed in 1963 and then expanded in the 1980s. Over the decades, Lyngblomsten supporters have provided additional life-enhancing improvements to the building, such as the Newman-Benson Chapel and a more homelike atmosphere through the creation of resident neighborhoods.

As Minnesotans age in the coming decades, Lyngblomsten will be needed more than ever, while consumer expectations are higher than ever. We are now the generation called to be the visionaries, to step out in faith and to invest in Lyngblomsten, as the 11 founding women did in 1906. The following pages provide an overview of the \$9 million renovation in progress to improve the Lyngblomsten Care Center and campus to better meet the current and future needs of older adults in our community.

We invite you to join us, listening to your own sense of call, offering your prayers and financial support as we step forward to take our turn in history.

Continued on page 10

There are three major components to the renovation project.

Improve Current Living Facilities

Remodel Resident Rooms and Bathrooms

Improvements will be made to the functionality and aesthetics of resident rooms and bathrooms, particularly those in the North Building (constructed in 1963) where bathrooms were not designed to accommodate a wheelchair or transfer lift.

All resident rooms will receive new flooring, paint, lighting, and updated furnishings. Resident rooms in the North Building will receive new closet doors and remodeled bathrooms.

Sketch of proposed renovation of a resident room, which includes new flooring and updated furnishings.



Sketch of a renovated resident bathroom in the North Building, which can accommodate a wheelchair or transfer lift.



Image Source: Wold Architects and Engineers

Improve Infrastructure

It is essential to have a safe building infrastructure and working systems. Currently, some have been in service for more than 50 years.

Maintenance and system upgrades will include items such as:

- Repairing our care center building exterior,
- Replacing windows,
- Replacing the emergency generator and fuel oil tank, and
- Upgrading the existing phone system.

Visit www.lyngblomsten.org/Renovation
Lyngblomsten Care Center renovation project

Enhance Community and Quality of Life

Remodel Neighborhood Kitchens and Living Spaces Create New Activity and Lounge Spaces

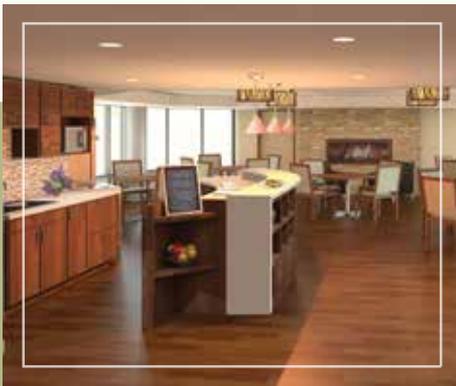
Neighborhood community spaces need to be updated to ensure they encourage residents to linger and use the space throughout the day with family, friends, and one another.

Plans include:

- Remodeling kitchen and dining areas in the North and South Buildings to include fireplaces, 24-hour snack and beverage bars, and additional lounge seating.
- Creating new activity and lounge spaces in the North Building.

Update Main Lobby and Corridors

Visitors and residents will enjoy a beautifully remodeled main lobby with new lounge areas and fireplace.



Sketch of proposed renovation of the Lokensgard Neighborhood kitchen and dining room.



A view of the front entry landscaping while standing at the renovated island looking toward the main entrance at 1415 Almond Avenue.

*Image Source: Colberg|Teus
Landscape Architecture*

Create Outdoor Activity and Social Spaces

Landscape Main Entry, Visitor Parking, and Island Park

Lyngblomsten wants to make it easy for residents and guests to spend time enjoying the outdoors. Initial improvements will feature a beautifully landscaped park-like island outside the main entrance to the care center.

to watch a video showing the plans for the project and see photos of completed areas.

Our Campaign Goal

Our goal for the Our Turn in History Capital Campaign is **\$2,000,000**.^{*} In 2018, efforts occurred to secure early commitments to the campaign. As of December 19, the campaign has raised \$459,255.

Now everyone is invited to help us reach our goal by the end of 2019!

You can support the campaign through a variety of gifts:

- One-time cash gift
- Stocks, bonds, or mutual funds
- Matching-gift programs available at many workplaces
- Pledge gift: Commit to a pledge with **recurring payments to the campaign over a three-year period**. You choose the amount you'd like to give and timing of payments.

Yes! I want to support the Our Turn in History Capital Campaign.

- Fill out and send in the enclosed envelope, or
- Visit www.lyngblomsten.org/Donate. In the "Designate" dropdown menu, select "Capital Campaign."

Visit www.lyngblomsten.org/OurTurnInHistory to see progress on the capital campaign or to download a pledge form.

- ▶ For more information, contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

**The projected cost of the remodeling project is \$8,750,000. The balance not covered by the capital campaign has been financed. Application was made to and approved by the State of Minnesota for a moratorium exception grant that will cover the majority of interest fees for the life of the loan*

Creating History Together

As a faith-based organization, Lyngblomsten is committed to providing the highest quality supportive services to all older adults, regardless of their incomes. While we don't believe a lavish environment is necessary, we do believe our residents should live in safe, comfortable, functional, and appealing environments that they are proud to call home.

Because Lyngblomsten is a Medicaid service provider, the State of Minnesota establishes the rates we charge. This limits Lyngblomsten's ability to fund capital improvements through rate increases. Raising \$2 million will not only increase the achievability of our capital improvement plan, but it will also ensure that Lyngblomsten retains sufficient rainy day reserves and can leverage resources to pursue new opportunities.



It is our turn in history, and I invite you to join me in making a meaningful gift to this campaign. Together, we are today's supporters who will ensure that our frailest older adults, in their times of greatest need, will have the compassionate care, dignity, and quality of life they deserve. Together, we will pass on an even better Lyngblomsten to future generations.

–Jeff Heinecke, President & CEO

Leading the Charge:

A Condensed Q&A with Capital Campaign Co-Chairs Todd Readinger and Mike Santoro

Todd and Mike both serve on the Lyngblomsten Foundation Board of Directors. Todd initially got involved with Lyngblomsten through his work, and Mike became acquainted when his mother-in-law lived at the care center for about seven years. Read on for a brief look at why they've volunteered to serve on the Capital Campaign Committee and why they hope you'll get involved too.

You both have dedicated many hours to the Our Turn in History capital campaign. Why are you motivated to work so intensely on this fundraising effort?

Todd: Because seniors are staying in their homes longer, and when they do come to Lyngblomsten Care Center, they need more care and we need to be able to provide that kind of care and make it easy on the residents as well as the staff. The service people are getting from the staff at Lyngblomsten is high quality, so why not have a facility that reflects that quality and also makes it easier for staff to do their jobs?

Mike: I have always been impressed with the care that is given at Lyngblomsten. While the facility is functional, I began to feel that the living quarters in the care center should reflect the exceptional care that is provided. The residents who live there and staff who spend much of their time there should have a place that is warm and welcoming. I am excited to be part of this campaign as it reflects the true character of Lyngblomsten.



▶ Mike Santoro (left) with Todd Readinger (right)

There are many worthy causes that need financial support. Why should individuals support the Our Turn in History capital campaign?

Todd: Together through this campaign, we can transform the Lyngblomsten Care Center into a facility that is top-notch architecturally while maintaining affordability. The other thing is anyone who's had contact with staff at Lyngblomsten knows how professional and caring they are, and what good service they provide. One way to retain good staff is to have a good facility.

Mike: Upgrading resident rooms and shared spaces will make a huge difference for the residents, and with the redesign, residents will be able to greet their families and friends in community spaces that are both inviting and relatively private. Every time I speak with individuals who know about Lyngblomsten or have been somehow involved, the one phrase I always hear is: "It's a good place." So those who believe in this place should realize that now is the time to bring the care center to today's architectural standards. We have come quite far but have far to go to meet our fundraising goal. Now is the time to be a part of the campaign. **L**

Our Turn in History Capital Campaign Leadership Team

Mike Santoro & Todd Readinger, Co-Chairs

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Read the full interview at
www.lyngblomsten.org/OurTurnInHistory.

Lyngblomsten Foundation: The Conduit for a Community of Difference-makers

By Patricia Montgomery

The story of Lyngblomsten is a wonderful one. Our beloved 11 founding women get much credit for their vision and tenacity, and it is well deserved. However, our rich history—which spans more than 11 decades—would not have existed beyond those 11 original supporters had it not been for the generous community of supporters who have provided thousands of financial gifts over the years. Those gifts have transformed vision after vision into reality, which has resulted in a higher quality of life for so many older adults. Donors make it possible for Lyngblomsten’s mission to go from words to actions.

Although fundraising has been part of Lyngblomsten since 1906, it wasn’t until 1985 that those efforts were formalized and the Lyngblomsten Foundation was established to raise funds to support the mission of Lyngblomsten.

Today, the Foundation needs to raise \$1.3 million annually to meet the needs for ongoing programming. Fundraising for special initiatives, like the capital campaign highlighted in this edition, occur on top of fundraising for regular programming needs. What this means is that in 2019, your help is especially needed.

Your gift to the Lyngblomsten Foundation helps provide vital services and support that promote vibrant aging for older adults. There are a number of ways you can support Lyngblomsten’s mission, including through fundraising events, planned/legacy gifts, memorial and honorary gifts, and more.

Every gift makes a difference as we work together to ensure that older adults and their families have the opportunities, services, and support they need on their aging journey.

Share Your Financial Resources

There are numerous ways individuals can give to the Lyngblomsten Foundation:

- Make a recurring monthly gift for ongoing programming.
- Establish a pledge gift for the capital campaign.
- Honor a special person by making a memorial or tribute gift.
- Give a gift of stock or securities.
- Give a gift through your workplace with employer matching funds.

Create a Legacy through an Estate or Planned Gift

You can designate the Lyngblomsten Foundation as a beneficiary of your will, trust, retirement plan, or life insurance policy. Many such planned gifts can offer significant tax savings, and some arrangements, such as charitable gift annuities, can offer you more income in your retirement years while also leaving a legacy gift that will help future generations of older adults. **L**

Make a difference in the lives of older adults!

Contact Patricia Montgomery, VP of Communications & Stewardship, at (651) 632-5322 or pmontgomery@lyngblomsten.org to discuss how you can support the Lyngblomsten Foundation.

Learn more about supporting the Lyngblomsten Foundation through financial gifts at www.lyngblomsten.org/donate. And for details on all the ways you can make a difference—as a volunteer, corporate volunteer group, sponsor, and more—visit www.lyngblomsten.org/Get-Involved.

Lyngblomsten campus honors veterans through art, song, and more

By Brandi Jewett

An American flag swayed softly as patriotic melodies filled the Newman-Benson Chapel at Lyngblomsten during a November program honoring veterans.

While many of the songs sung at the program have history going back decades through times of war and triumph, this flag's story is shorter but nevertheless powerful.

The flag, called "Old Glory," is a collaborative art piece handcrafted from textiles by tenants of the Lyngblomsten Apartments and The Heritage at Lyngblomsten.

"As we honor and pay tribute to the veterans here among us today, we also can celebrate Lyngblomsten's resident artists whose efforts culminated in the art that hangs on the side of this chapel," said Kimber Olson, a teaching artist who helped with the art's creation. "They transformed countless yards of ordinary white cloth and sheep's wool into materials to make this art."

Over the course of a month, tenants dyed, painted, and designed portions of the art piece, which was unveiled November 9 during Lyngblomsten's annual Veterans Program.

Among the piece's creators was tenant John Youngren, who served four years in the U.S. Army Air Corps—now known as the U.S. Air Force—during World War II. His daughter, Laura Youngren, recounted memories of his service during the program. After hearing from the Youngrens, Lyngblomsten volunteer Steve Hedrick led the audience in a round of patriotic tunes on guitar, prefacing the songs with stories of their origins and the singers who made them famous.

"I can't help but reflect on the fact that what unites all of us is these songs and the heritage that so many of you have brought us," Hedrick said.

Lyngblomsten's musical tribute to veterans continued two days later on Veterans Day with a concert performed by the Lyngblomsten Sage Singers. Led by Paula Lammers, an instructor with MacPhail Center for Music, the group performed favorites such as "Yankee Doodle" and a medley of U.S. Armed Forces songs. The nearly 30-person choir is composed of Lyngblomsten residents, tenants, volunteers, and community participants. **L**



ABOVE

"Old Glory," a collaborative art piece created by tenants of the Lyngblomsten Apartments and The Heritage at Lyngblomsten, now hangs in the Newman-Benson Chapel at Lyngblomsten.

LEFT

Tim Youngren (left) helps his father John Youngren (right) practice tracing stars with melted wax as part of the creation process for "Old Glory."

RIGHT

Tenants and volunteers who helped create "Old Glory" pose with the finished piece.

Jim Nash named Fergstad Award recipient at President's Dinner

By Brandi Jewett

The President's Dinner held November 4, 2018, honored dozens of dedicated Lyngblomsten donors and recognized the standout service of one.

Jim Nash, a volunteer and donor with two decades of history with the organization, received the Anna Quale Fergstad Award for Distinguished Service. He is the thirteenth recipient of the award, which recognizes those who have made a substantial impact on Lyngblomsten through giving generously of both their time and treasure in addition to service through their church and other community organizations.

Since 2001, Nash has served more than 7,100 hours as a volunteer with Lyngblomsten. Over the years, he's found himself face-to-face with participants of The Gathering group respite program and behind the counter of the campus gift shop and the wheel



Lyngblomsten President & CEO Jeff Heinecke (left) presents supporter Jim Nash with the 2018 Anna Quale Fergstad Award for Distinguished Service.

of Lyngblomsten buses. In addition to dedicating his time, Nash also has made generous financial gifts to the Lyngblomsten Foundation and is a member of the President's Club.

Attending the dinner were members of the President's Club and Heritage Society, members of Lyngblomsten's corporate and foundation boards, and the capital campaign committee. The President's Club honors those who have given \$1,000 or more in the most recent fundraising year. The Heritage Society honors those who have designated the Lyngblomsten Foundation as a beneficiary of their will, trust, retirement plan, or life insurance policy.

Attendees heard updates from President & CEO Jeff Heinecke on several Lyngblomsten initiatives throughout the night, including Author Your Life (see page 3 for more details), eMenuCHOICE, pursuit of a second campus, and the renovation of the Lyngblomsten Care Center and its capital campaign (see pages 9-13 for details).

Thank you to all who choose Lyngblomsten to be a recipient of your generosity. It allows us to continue our mission of enhancing the lives of older adults. **L**

To see photos from the event, visit www.lyngblomsten.org/photos.

VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS

Lyngblomsten is currently in need of volunteers for the following activities:

▪ **Support older adults with memory loss:**

2nd Half with Lyngblomsten provides programs and services for older adults with memory loss and their caregivers. Respite programs allow caregivers to take a break while volunteers engage with older adults. Spend a day volunteering one-on-one with a participant at The Gathering, a group respite program that offers a day of stimulating activities for people with memory loss. Or serve as a Memory Loss Respite Companion by visiting an older adult with memory loss in his or her own home as part of 2nd Half with Lyngblomsten's in-home respite program.

Upcoming New Volunteer Orientations:

- Saturday, January 12, 2019, from 10 AM-Noon
- Tuesday, February 5, 2019, from 6-8 PM
- Thursday, March 7, 2019, from 6-8 PM

To learn more or register for new volunteer orientation, contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Corporate Connections

By Tim Overweg, Director of Community Engagement

Volunteer.

Donate.

Sponsor.

Learn.



Lyngblomsten has been the recipient of many fantastic corporate volunteers. If you are a consistent reader of *Lyngblomsten Lifestyle*, you will have noticed that many of these groups return again and again. What keeps them coming back? We believe they keep coming back because they understand their impact.

The volunteers that come to us from the corporate world know that they are not taking on a project with an outcome that can be easily measured. Serving at Lyngblomsten does not revolve around what one does—it is about who one is.

They arrive as a group, but serve as individuals. They invest the currency of a smile, listening to a story, some laughter, a touch, a “hope to see you again.” They leave as a group, but with their own individual sense of impact. Then, when they re-group to discuss another opportunity to volunteer, impact overrides activity and Lyngblomsten is at the top of the list. **L**

Thank you to the corporate groups who served between September and November 2018!

- Bright Health
- Crystal D
- Meridian Services
- UnitedHealthcare Medicare & Retirement

Age Boldly with Lyngblomsten luncheon raises funds to support enrichment opportunities

John Sweeney sought new opportunities as he aged and told a crowd gathered in November for an Age Boldly with Lyngblomsten fundraiser luncheon he didn't have to go far to find them.

Sweeney is a participant and volunteer for 2nd Half with Lyngblomsten. He told more than 110 luncheon attendees about his positive experiences with taking and teaching classes through 2nd Half with Lyngblomsten. The enrichment centers offer supportive services for older adults, including educational programs, wellness resources, caregiver support, social programs, and service engagement opportunities.

Throughout the luncheon, Lyngblomsten staff and volunteers shared the story of 2nd Half with Lyngblomsten and asked those present to consider supporting it. Tim Overweg, Director of Community Engagement for Lyngblomsten, explained how a gift is worth more than its dollar amount.

“It's not just a gift of money, it's an investment,” he said. “When you invest, you're doing so much more than keeping the coffee brewing at a 2nd Half with Lyngblomsten site. You're investing in older adults by providing them with a place to belong.” **L**

To learn more about Age Boldly with Lyngblomsten and upcoming events, visit www.lyngblomsten.org/AgeBoldly.

Thank you to our sponsors for their generous support!

Presenting Sponsor **SourceGroup** Gold Sponsor Northland Securities



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.

OUR GUIDING PRINCIPLES:

For our **participants**, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

For our participants' **families**, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

For our **employees**, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

Through our **community** of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

OUR PROMISE

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

OUR PILLARS:

- Influenced by Christ
- Innovation & Leadership
- Resources & Support
- Person-Centered & Dignity-Enhancing Experiences
- Engaged Lifestyle

Gifts to the Remembrance Fund In Memory or Honor of a Loved One

September 1, 2018, through November 30, 2018

In Memory of

- | | |
|---------------------------|------------------|
| Rosemary Druar | Shirley E. Olson |
| Lily Beth Frentz | Lorraine Sobania |
| Jeanne Griesbach | James Starling |
| Richard Hoekstra | Mabel F. Swanson |
| Alice and Bill Hydukovich | Elsie G. Trapp |
| Philippa A. Lindquist | |

For more information about making a gift in honor or in memory of your loved one, please contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.



Thank You

Thank you to the following corporate congregations for their participation in our annual Spirit of Giving Christmas gift collection: **Amazing Grace Lutheran Church, Centennial United Methodist Church, Falcon Heights United Church of Christ, Incarnation Lutheran Church, Roseville Lutheran Church, and Prince of Peace Lutheran Church.** Their generosity made it possible for all Lyngblomsten residents and tenants to receive gifts this year for Christmas. Thank you for helping us continue this wonderful Christmas tradition for residents and tenants!

Events Calendar

Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Saturday, January 12

New Volunteer Orientation

10 AM–Noon on the Lyngblomsten campus
Registration required. Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

Sunday, January 13

Second Sunday Concert

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.*

Tuesday, February 5

New Volunteer Orientation

6–8 PM on the Lyngblomsten campus
Registration required. Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

Wednesday, February 6

Lifelong Learning & the Arts Volunteer Continuing Education: Music & Movement

9–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel
Learn about the use of music and movement when volunteering with Lyngblomsten.
Registration required. Contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

February 7–April 11

AARP Tax Assistance

Tuesdays & Thursdays, 9 AM–1 PM on the Lyngblomsten campus, Community Room
This is a FREE service provided by AARP volunteers who will help you file your tax returns. 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.

Sunday, February 10

Second Sunday Concert

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.*

Sunday, February 24

Lyngblomsten Supporters Appreciation Event

2–4:30 PM at Vadnais Heights Commons
Invitations will be mailed.

Thursday, March 7

New Volunteer Orientation

6–8 PM on the Lyngblomsten campus, Newman-Benson Chapel
Registration required. Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

Friday, March 8

Volunteer Development Series: Gray Matters—Depression in Older Adults

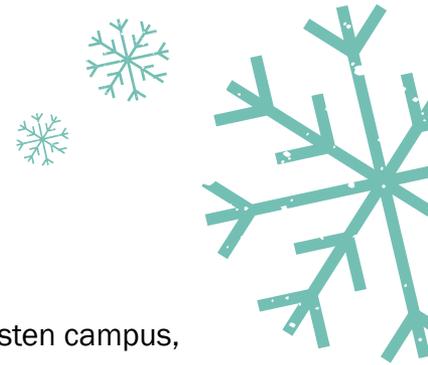
6:30–8 PM on the Lyngblomsten campus
Depression is not a normal part of aging. Join NAMI Minnesota to discuss risk factors and warning signs for depression in older adults.
Registration required. Contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

Sunday, March 10

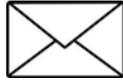
Second Sunday Concert

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.*

**Please consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten's Music & Memory program.*



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



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**CHANGE SERVICE
REQUESTED**

Save the Date!



Lyngblomsten Foundation
Spring Gala

Friday, April 26, 2019 | Vadnais Heights Commons

Save the date to join us for a special evening as we raise funds to support 2nd Half with Lyngblomsten programs.

Learn more about 2nd Half with Lyngblomsten at www.lyngblomsten.org/2ndHalf.

TAKE YOUR TURN IN HISTORY

The Lyngblomsten Foundation is embarking on a campaign to raise funds to support our care center renovation. Turn to page 9 to learn more about the capital campaign and how you can make a difference in the future of care at Lyngblomsten!



Does your employer match?

Many employers offer programs that match charitable contributions and volunteer hours made by their employees, retirees, and/or employees' spouses.

Have questions? Contact Tim Overweg, Director of Community Engagement, at (651) 632-5319 or toverweg@lyngblomsten.org.