



# Lyngblomsten Lifestyle

Spring 2019



## STORIES OF LIFE:

Lyngblomsten Community Services celebrates 40 years of supporting older adults aging well

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Author Your Life:  
Spreading inspiration one story at a time

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# Letter from the Editor

Dear Readers,

Change is the thread that weaves together Lyngblomsten's history—be it the entire organization or a portion of it. Throughout Lyngblomsten, we welcome **change**—like the evolution of programs to meet new needs. And we embrace **tradition**—like innovation to improve the quality of life for older adults, decade after decade after decade.

In this edition, you'll see a brief recap of the 40-year history of Lyngblomsten's services to those living in the neighborhoods surrounding our campus. While others have recently begun exploring how to help seniors age well in community, Lyngblomsten has already been committed to it for four decades. The growing number of older adults is providing impetus, and technology is providing new opportunities.

Unwavering commitment and growing needs will make it even more important to bolster financial support to help keep Lyngblomsten's community services affordable for those who need them most. Perhaps you'll consider pledging your support by attending this year's Spring Gala (see back cover).

Also in this edition you'll see our century-long philosophy of living the best life possible highlighted in the Author Your Life profile on Jean Larson. Read her story for inspiration to embrace life's changes and to recognize the opportunities they bring.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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**On the Cover:** Historical photos tell the story of Lyngblomsten Community Services, which has been serving older adults in the Twin Cities community for 40 years.

# Lyngblomsten Community Services celebrates 40 years of supporting older adults aging well

By Brandi Jewett



*Grilling hotdogs at the senior center's annual Community Ice Cream Social (1993).*

Innovation and people serving people are cornerstones of Lyngblomsten's approach to providing healthcare, housing, and services to older adults. While these cornerstones have been part of Lyngblomsten's lifeblood since its beginnings more than a century ago, they have played a significant role the past four decades in shaping the organization's community services—since 1979 when it opened the Lyngblomsten Community Senior Center.

Then housed in Lyngblomsten's original 1912 building, the community center was considered a home away from home by many who came each day from the community for its noon meal, sought health services, and enjoyed a variety of leisure activities with friends.

"This program launched to aid senior citizens who are interested in improving and sustaining their level of good health as long as possible, and who live in their own home in the areas immediately surrounding Lyngblomsten," Dorothea Fevold wrote for Lyngblomsten's 1980 Annual Report. Fevold, then-Director of Nursing, worked as the first director of the community center.

The center served as a hub for supportive services, but it became a foundation for something bigger—a legacy of community services that has served thousands of older adults and their families over its four-decade existence. Names, offerings, and locations have changed

over the years, but the purpose of Lyngblomsten Community Services has remained constant: To provide resources that support older adults aging well in their community.

The journey of Lyngblomsten's community services has required continuous innovation to meet the needs of older adults and their informal caregivers.

"We've had a lot of things that have evolved—and I intentionally say evolve—because based on the success of what we have been doing, we've been able to grow and evolve with the needs of the community," said Julie Pfab, Director of Community Services since 2010.

## TAKING ROOT

The push toward providing community-based services was an innovative move in itself, seeking to support the growing number of older adults living at home through low-cost or free services.

"Lyngblomsten is a community nonprofit agency that is dedicated to serving older adults," said Paul Mikelson, who served as President & CEO of Lyngblomsten from 1993 to 2013. "At any given time, only about 20 percent of older adults are living in a residential setting like a nursing home, and so our calling as a nonprofit is to find ways to serve that remaining 80 percent."

*continued on page 4*

### 1978

Proposal for a community center sent to the Lyngblomsten Board of Directors following a research and planning study.

### 1980

Lyngblomsten receives federal grant funding under Title III-B of the Older Americans Act to cover some community center costs, including congregate dining.

### 1988

Lyngblomsten Foundation receives a grant to test a comprehensive volunteer-based plan for the community center.

### 1994

Parish Nurse Ministry pilot program begins at Immanuel Lutheran Church in St. Paul.

On October 15, the Lyngblomsten Community Senior Center opens in the original Lyngblomsten building.

### 1979

The first Spring Rhapsody Gala is held, raising funds for Lyngblomsten initiatives, including for community outreach and services.

### 1987

After the original Lyngblomsten building is scheduled for demolition, the community center relocates to the lower level of the Lyngblomsten Care Center.

### 1992



*Wellness nurse answering a couple's questions (2003).*

Historical documents indicate staff approached the Lyngblomsten Board of Directors in 1978 with proposals to establish a community center and develop a program of health maintenance activities.

With an eye toward the future, Lyngblomsten leaders pursued the proposals and announced community outreach initiatives would begin in fall 1979. The Lyngblomsten Community Senior Center began operation in October, and its meal program served 289 people before year-end.

Community wellness and health education have been woven into the fabric since day one. Health checks and wellness presentations were given at the community center and off campus at churches and other senior living buildings.

Cooperation with other community organizations became a hallmark of providing supportive services in the decades that followed. Throughout the 1980s and 1990s, partnerships—especially those with area churches—became key for getting new programs and services up and running. “As I look back, one of the core things that has been constant is our relationships with churches,”

Pfab said. “We’ve been partnering with churches and working alongside them to support the older adults in their congregations.”

Collaboration with churches led to the creation of the Parish Nurse Ministry program in 1994 and the Care Team Ministry program in 1998. Both programs provided resources for congregations to assist older adults living in the community.

### EXPANDING AND EVOLVING

The turn of the 21st century brought an increased focus on combating isolation among older adults and equipping their family caregivers with supportive resources.

“One thing we didn’t know back then [1979] was how important socialization is,” Pfab said. “Isolation is really hard on your health.”

Compared to 1979, the average family has fewer members and who are often spread out over a larger geographical area, leading to smaller support systems for older adults. Of particular concern were adults living with memory loss.

To address this, Lyngblomsten and community partners founded The Gathering group respite program in 2000. The program provides a day of brain-stimulating activities for people with memory loss and a break for their caregivers. It’s made possible through a collaborative partnership with more than 20 churches across the east metro.

A few years after starting The Gathering, Lyngblomsten began a caregivers support group. Other resources such as caregiving coaching and educational programs followed.

#### 1998

Grant funding from Robert Wood Johnson Faith in Action allows the Care Team Ministry pilot program to begin.

#### 2007

The Lyngblomsten Community Center rebrands as the 5-5-1 Club.

#### 2012

Lyngblomsten Home- and Community-Based Services launches pilot programs for the Early Memory Loss Group and caregiver coaching.

The Gathering group respite program begins at St. Timothy Lutheran Church in St. Paul in partnership with Como Park Block Nurse program.

#### 2000

Parish nurse ministry transitions to a new network model.

#### 2012

Though popular among residents, tenants, staff, and campus visitors, café-style dining concludes at the 5-5-1 Club. A new café is created on the main floor of the care center—Anna’s café & gift shop.

#### 2012

While new programs began, established programs transformed to serve changing needs. In 2007, the community center was rebranded as the 5-5-1 Club, a name that referred to the “551” zip codes it served, helping neighbors understand the community center was designed for those living beyond the Como Park campus. During its existence, the club provided engaging programs and supportive services for hundreds in the community each year.

### MEETING A GROWING NEED

The latest chapter of Lyngblomsten Community Services begins with the evolution to 2nd Half with Lyngblomsten life enrichment centers. Launched in November 2016, this innovative model takes an integrative approach to supporting adults aging well in their communities—bringing together the previously separate community programs.

“If we want to be helpful to families and the people we serve, we need to provide services to them earlier in life, so it’s pushed us to come up with innovative changes, like 2nd Half with Lyngblomsten,” said Jeff Heinecke, Lyngblomsten President & CEO. “It’s becoming more evident that work we’re doing in the community is not only a good idea but also a necessity.”

2nd Half with Lyngblomsten’s offerings span a variety of areas, from arts and education to church resources to health. Many of the programs are made possible through partnerships with churches, art organizations, government agencies, the Lyngblomsten Foundation, and other organizations whose programming or financial support allows 2nd Half with Lyngblomsten to provide services to help older adults stay in their

homes in the communities they know and love, maintaining their independence for as long as possible.

With the number of people ages 65 and older in Minnesota expected to represent nearly a quarter of its population by 2035, the need for these types of services is expected to grow.



*Participants of The Gathering enjoy a group activity.*

For example, this spring will mark the launch of the Care Ministry Network, an online training platform for church-based volunteers assisting older adults in their congregations. This network will offer a robust curriculum and library of resources that volunteers from subscriber churches can access at any time.

“The number of elderly people is growing, probably faster than the construction of bricks-and-mortar accommodations for them,” Mikelson said. “And so, that means more and more people will be at home and need the help that [2nd Half with] Lyngblomsten can provide.”

*continued on page 6*

### 2013

- Lyngblomsten Community Services receives a 5 year contract for Title III National Family Caregiver Support Program Funds to bolster resources for caregivers.

### 2017

- Rose Dobrof National Award from Brookdale Foundation received for providing outstanding community services for persons with dementia and their caregivers.

### 2018

- State grant awarded to Lyngblomsten Community Services to explore e-respite and to pilot in-home respite services that rely on volunteers to visit older adults in their homes.

- In November, life enrichment centers called 2nd Half with Lyngblomsten are launched at sites in Como Park (Lyngblomsten campus) and White Bear Lake (Redeemer Lutheran Church, a corporate congregation). The new model for community services integrates previously separate programs, including the 5-5-1 Club, Community Wellness and Education, the Parish Nurse Ministry Resource Group, Care Team Ministry, and The Gathering.

### 2016

- Grant received from the ELCA to develop an online training platform for congregations’ care ministry volunteers.

### 2018

“We needed to look toward technology because we’re really restricted with the number of hours we can provide toward volunteer training, and the former program [Care Team Ministry] model was very restrictive in that aspect,” Heinecke said. “We’re here and churches are everywhere.”

This flexible training tool is available 24/7 and allows leaders to onboard volunteers quickly—in turn serving a greater number of older adults.

Staff draw on the spirit of innovation to develop new services and adjust existing ones to better serve ever-changing needs.

“Innovation is part of our character, our history, and our legacy,” Mikelson said. **L**

### **WANT TO HELP KEEP LYNGBLOMSTEN COMMUNITY SERVICES STRONG FOR ANOTHER 40 YEARS?**

Attend the Lyngblomsten Foundation Spring Gala on April 26; see the back cover for more information. Or, in lieu of attending, make a gift online at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).



## **Learn, discover, and thrive with 2nd Half with Lyngblomsten**

Spring brings a sense of excitement as the world begins to shake off the dreary winter and welcome new growth. This spring, discover new opportunities to learn and grow through 2nd Half with Lyngblomsten.

Here’s a sampling of programs and services being offered in Spring 2019:

### **Powerful Tools for Caregivers**

Mondays, April 8–May 13; 1–3 PM at the Church of St. Pius X (White Bear Lake)

### **Essential Oils: Spring Wellness**

Wednesday, April 24; 1–2:30 PM at Redeemer Lutheran Church, Library

### **Redeemer Primetime University of Minnesota Landscape Arboretum**

Thursday, May 16; 8:30 AM–3:30 PM at University of Minnesota Landscape Arboretum

### **Paint Night: Fireworks!**

Thursday, May 23; 6–8 PM at Redeemer Lutheran Church, Fellowship Hall

### **Meet the Ramsey County Library Director**

Tuesday, June 18; 1–2 PM on the Lyngblomsten campus, Community Room (lower level)

## **Take a Coach Bus Trip with us!**

### **Biblical History Tour at St. John’s Abbey**

Wednesday, April 17; 8 AM–4:45 PM

### **Skyrock Farm in Hamel, MN**

Wednesday, May 22; 8:30 AM–4:30 PM

### **Hastings—Close to Home**

Wednesday, June 19; 9 AM–4:30 PM

*For more information (including registration requirements) and to view all 2nd Half with Lyngblomsten opportunities, pick up a catalog or visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).*

## **APRIL IS PARKINSON’S DISEASE AWARENESS MONTH**

Lyngblomsten is privileged to offer care, support, and resources to older adults with Parkinson’s disease and their families. Learn more at [www.lyngblomsten.org/parkinsons](http://www.lyngblomsten.org/parkinsons).

# Age Boldly with Lyngblomsten

The story of Lyngblomsten's commitment to helping older adults age well in their community neighborhoods is worth telling and worth hearing. Join us for an Age Boldly with Lyngblomsten presentation to hear the story of our 2nd Half with Lyngblomsten life enrichment centers told by Tim Overweg, Director of Community Engagement for Lyngblomsten.

“2nd Half with Lyngblomsten challenges us to age boldly. What does this mean for us and for our older parents and community members? Tim draws each of us into the story. His presentation will open your eyes to the reality of aging; your mind to the possibilities; and our hearts to compassion, all with a sense of urgency about the importance of working together on behalf of all.”



—Dr. Michael Lovett, retired superintendent of the White Bear Lake Areas Schools, is a member of the 2nd Half with Lyngblomsten Strategic Advisory Committee. He also currently serves as adjunct faculty with the University of Minnesota and the University of St. Thomas.

## Schedule an Age Boldly with Lyngblomsten presentation

Let us bring an Age Boldly with Lyngblomsten presentation to you and your group. We're happy to speak with your workplace, civic or community organization, faith community, or other group.

Contact Tim Overweg, Director of Community Engagement: (651) 632-5319 | [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org)

## Event recognizes commitment of Lyngblomsten supporters

By Brandi Jewett

The impact of supporters is seen every day at Lyngblomsten. The generosity of our donors and volunteers was recognized on February 24 at the Supporters Appreciation Event.

A blizzard couldn't stop the festivities, which honored supporters who give their time and treasure to Lyngblomsten. In 2018, more than 680 donors made an impact through nearly \$507,000. More than 1,000 individual, group, and corporate volunteers also enhanced the lives of older adults by clocking in nearly 33,400 hours—the equivalent of 16 full-time employees.

To see event photos,  
visit [www.lyngblomsten.org/photos](http://www.lyngblomsten.org/photos).

The event also celebrated milestones achieved by supporters and new ways they can become involved with Lyngblomsten and help further its mission. This included the introduction of Author Your Life, Lyngblomsten's philosophy on living well (see pp. 8–9), and an update on the Our Turn in History Capital Campaign (see p. 12).

The celebration of our supporters continues in April when Lyngblomsten's Volunteer Appreciation Week gets underway. Join us April 8–13 in honoring those who give their time to make Lyngblomsten the best it can be! 



# Spreading inspiration one story at a time

Lyngblomsten community member finds purpose in writing to help others

By Brandi Jewett



*Author Your Life is our philosophy on living well that's meant for anyone connected with the Lyngblomsten family. In each edition of Lyngblomsten Lifestyle, we're profiling individuals who are authoring their lives. This edition, we're highlighting Jean Larson, a longtime Lyngblomsten supporter whose volunteerism and creative pursuits demonstrate you're never too old to make an impact.*

Jean Larson is a familiar sight around the Lyngblomsten campus. Always clad in purple, she flits from stop to stop, chatting and seeking hugs along the way. As a member of the Lyngblomsten community, she wears many hats, including volunteer, donor, church delegate, and support group co-facilitator.

Her connection with Lyngblomsten helped her don another hat. In 2016 at the age of 80, Larson added “author” to her many titles, demonstrating no one is too old to accomplish a dream.

“Follow your dreams—and it’s OK to dream,” Larson said. “You can make things happen if you have dreams.”

Her book, *Hope on the Journey*, reflects on the more than two-decade-long journey she shared with her now late husband Milton as he lived with Parkinson’s disease. Through a collection of poetry and prose, readers walk alongside the Larsons as they navigate changes brought to their lives following Milton’s diagnosis. For a majority of his journey, Larson served as Milton’s full-time caregiver. Then a fall sent to her the hospital and into surgery. Afterward,

being his full-time caregiver was no longer an option. Milton came to live at Lyngblomsten Care Center in 2010 and remained until his passing in November 2014—just shy of the couple’s 61st wedding anniversary.

By reflecting on that journey through poems and storytelling, Larson says the book gave her a voice as a caregiver.

“This becomes a voice for all sorts of caregivers, and I have been delighted to share the book—and share my story—of caregiving and faith and gratitude and thanksgiving,” she said.

After spending nearly every day with her husband at the care center, Larson remains a dedicated supporter of Lyngblomsten. She volunteers, co-facilitates the Parkinson’s Disease Support Group, serves on the Volunteer Advisory Committee, and is a generous donor.

“Lyngblomsten cared so much, not only for my husband but also for me, and I just want to give back,” she said. “Jesus said, ‘Love your neighbor as yourself,’ and these are my neighbors.”

Larson’s faith is a primary motivator in all areas of her life and a foundation for her acts of giving. Amid her purple accessories is at least one bag, the contents of which always contains a Bible.

Author Your Life, Lyngblomsten’s philosophy on living well, is something Larson encapsulates. The philosophy encourages anyone connected with Lyngblomsten to live their best life possible and to help others do the same.

Through the stories she shares in her book and in daily conversations, Larson hopes her words can inspire others to live their lives to the fullest no matter their age. **L**

 Upper left: Jean Larson puts pen to paper at a poetry class held at the Lyngblomsten campus in November 2016.

# Author Your Life

Intentionally living your best life possible

Author Your Life is Lyngblomsten's philosophy on living well. It's about aging vibrantly, living fully, having purpose, and being as well as possible in mind, body, and spirit—at every age. It's meant for anyone connected with Lyngblomsten, including our residents, tenants, participants, family members, volunteers, employees, and donors.



Watch a four-minute video on Author Your Life at [www.lyngblomsten.org/AuthorYourLife](http://www.lyngblomsten.org/AuthorYourLife) and then fill out the questions below to help guide you on your purpose-filled journey.

What *drives* you? Give a few examples of your hopes, dreams, passions, goals, beliefs, or values below.

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What does your *best life* look to you? What can you do to achieve it?

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Is there something you've stopped pursuing or enjoying as you've aged? Are there ways you could *reconnect* with this passion, talent, or skill?

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What's *something new* you'd like to try? Does Lyngblomsten have opportunities to help you try it? What other resources might you need?

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What are ways you can *help others* author their lives?

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

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



# Food for Thought

## Efforts to improve dining at Lyngblomsten raise quality scores

By Brandi Jewett

**A**t a quick glance, a plate of food is a reflection of ingredients and a recipe. Entrées rolling out of the Lyngblomsten Care Center’s kitchen reflect something much deeper—more than a year of concentrated effort on improving their enjoyment by residents.

“On our Quality of Life surveys, the food has always been kind of middle of the road as far as our score,” said Sue Severance, Director of Culinary and Nutritional Services for Lyngblomsten. “So the quality assurance team decided that was going to be the focus for 2018.”

The Resident Quality of Life Survey is conducted annually by state officials at nursing homes around Minnesota. Surveyors interview residents on a variety of quality-of-life topics, including their satisfaction with food and dining.

Nursing homes can receive state funds if they improve a selected quality measure through an incentive program administered by the Minnesota Department of Health. Lyngblomsten chose food enjoyment as an area to improve and recorded a 14 percent score increase between the 2017 and 2018 surveys.

“I think we’ve had a big impact in a short amount of time, but having said that, it’s food, and

there’s always room for improvement,” Severance said.

### *Getting started*

The journey to improving food enjoyment began with the people who would see the impact firsthand: care center residents.

Lyngblomsten staff, accompanied by consultant chefs Patrick and Dawn Nickleson from Passion for Dining and Nutrition, met with residents and their families in late 2017 to explore what they’d like to see in a new vision of dining.

“The first step to improving the quality of the food is building a relationship with the people who live in the community,” Patrick Nickleson said. “The biggest accomplishment for us is always resident happiness. I know they are happy by their faces and comments, but reaching that food enjoyment score has validated it.”

With the Nicklesons’ assistance, new offerings have debuted on daily menus, and events such as holidays feature special entrée items, including selections such as sirloin roast and stuffed chicken breasts.

The food reflects fresh ingredients, robust flavors, and a healthier approach to senior dining.

“Fresh ingredients are important at any stage of life, and it shouldn’t change just because a person is now an older adult,” Patrick Nickleson said.

That means planning new menus and revising recipes. For example, the amount of fresh produce ordered for the care center has tripled, and sodium amounts have been reduced in every meal since the work to improve food enjoyment began. To keep up with these changes, kitchen and dining room staff continue to receive training for preparing and serving these new menu items.

“Once you move to using more fresh ingredients, you need different skill sets like learning knife skills or how to layer and cook foods to get flavors,” Severance said. “Those types of things all need to be taught.”

- 1 - Chef Patrick Nickleson gives a plating demonstration to dining experience coordinators for a special Valentine's Day meal.
- 2 - Dietary staff members Shelby Zoldan, Sue Severance, and Michelle Gasch.
- 3 - Aida Debesay shows off holiday themed desserts.
- 4 - Jenny Mae (left) and Than Thun Bo prepare meals.
- 5 - Jessica Bauer packages food in the kitchen.

## Supportive efforts

In tandem with improving the food itself, how it is served has seen change over the past two years with dining experience coordinators. These individuals, who greet residents and plate food at mealtimes, have brought a new level of hospitality to Lyngblomsten dining rooms and in turn have elevated residents’ mealtime experience.

Investments in new cooking and serving equipment are helping staff prepare and serve food in more efficient ways that improve its quality. Remodeling also has brought a more homelike look to several of Lyngblomsten dining rooms with more set to undergo these changes as renovation of the care center continues (see page 12 for details).

Since 2015, Lyngblomsten-created software tool eMenuCHOICE has streamlined Lyngblomsten’s food services by hosting meal ordering and billing functions on one digital platform. The application supports Lyngblomsten’s mission of providing person-centered care by storing a profile for each resident complete with food allergies and intolerances, food preferences, and special serving instructions.

All of these improvements and tools have worked together to enhance mealtime at Lyngblomsten each day, and staff hope to see this progress continue for years to come. **L**



# First phase of Lyngblomsten Care Center renovation completed

By Brandi Jewett

Day by day, change is sweeping the neighborhoods of the Lyngblomsten Care Center as its multi-year renovation progresses.

Since the first phase of the project began in July 2018, several areas of the care center have been transformed. Four kitchens and dining rooms now feature an updated look with new cabinetry, flooring, lighting, and fireplaces that create a more homelike area for residents and their families to gather together.

It's a spot JoAnn Gelbmann and her mother Ann Murphy, 99, enjoy spending time together. Murphy, who lived in the Lyngblomsten Apartments for 13 years, became a resident of the care center in December following a stay in its transitional care unit. Her daughter says the dining room's new look is very welcoming and transforms the atmosphere of the space.

"That lovely dining space really provides a sense of purpose for her in terms of getting ready to go down for a meal," Ann Gelbmann said of her mother. "And I think it would be different if the dining room wasn't such a cheery place. But that's her outing and she looks forward to it. She really enjoys her tablemates and their conversation. I think sometimes they're the last ones to leave because they're enjoying that space and enjoying each other."



▲ Renovated care center kitchens and dining rooms feature new flooring, cabinetry, flooring, and cozy fireplaces.

In addition to kitchen and dining areas, nine resident rooms so far have been remodeled to appear more welcoming and comfortable, shifting away from a once clinical appearance.

More changes are on the horizon for the care center, including installing a digital sky on the ceiling in Lyngblomsten's memory care neighborhood and creating new landscaping outside the care center main entrance.

## Donations are making a difference

As of March 15, supporters have donated or pledged \$486,160 to the capital campaign for the care center renovation. This total includes money raised as part of a special fundraising challenge posed to Lyngblomsten volunteers last November. Fifty-two volunteers raised more than \$51,200. To honor this contribution, an element in the island park being created outdoors near the front entrance will be named in their honor.

## Take Your Turn in History

The Lyngblomsten Foundation invites you to take your turn in history by making a financial gift and helping us pass on an even better care center to future generations. Visit [www.lyngblomsten.org/OurTurnInHistory](http://www.lyngblomsten.org/OurTurnInHistory) to download a pledge form or make a gift online. For more information, contact Patricia Montgomery at (651) 632-5322 or [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org). 



▲ Allison Neighborhood residents and staff join together on December 10, 2018, to cut a ribbon marking the opening of the remodeled resident rooms.



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

### ▪ Anna's café and gift shop:

Volunteers play an important role in the operation of the café and gift shop. Meet the friendly faces of the Lyngblomsten community while providing customer support. Training is provided, and Anna's volunteers receive 20% off all purchases! Shifts are available Monday–Friday from 8:45 AM–1 PM and 12:45–4:15 PM or Saturday and Sunday from 11:45 AM–4:15 PM. Interested? Contact Deb White at (651) 632-5432.

### Upcoming New Volunteer Orientations:

- Saturday, April 20, from 10 AM–Noon
- Saturday, May 4, from 10 AM–Noon
- Tuesday, June 11, from 6–8 PM

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

## Corporate Connections

By Tim Overweg, Director of Community Engagement

What do you get when Lyngblomsten, the St. Paul Area Association of Realtors (SPAAR), and Blue Star Mothers of America decide to work together? **Synergy.** Synergy has its origins in a Greek word meaning “working together.” An old saying, “The whole is greater than the sum of its parts,” expresses well the idea of synergy.

SPAAR collects items for care packages and brings them to Blue Star Mothers of America. Blue Star Mothers (mothers of children actively serving or veterans of military service) then assembles and sends those care packages to military personnel all around the world.



A volunteer from SPAAR helps a tenant of The Heritage at Lyngblomsten decorate a donation box.



To begin this process, collection boxes need to be decorated and placed in local real estate offices. SPAAR recruited real estate agents to volunteer and brought them to Lyngblomsten, knowing of our commitment to the arts. The volunteers and tenants from The Heritage at Lyngblomsten and Lyngblomsten Apartments came together to decorate the collection boxes.

Three independent organizations, working together, to create good beyond what each one could have done on its own. Lyngblomsten is committed to being a valuable part of the whole, with each part offering its unique services, products, and passions. We use synergy to make an impact. **L**

### Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who have given of their time between December 2018–February 2019!

- APi Group
- Crystal D Creations
- MEA Energy Association
- United Healthcare Medicare & Retirement
- Wells Fargo
- Wolters Kluwer



## 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

December 1, 2018, through February 28, 2019\*

## In Memory of

---

Henry Gimble	Shirley E. Olson
Norma A. Harrisville	Inger Lise Roberts
Darlene Heinecke	Betty Sommers
Alice and Bill Hydukovich	James Starling
John Kretsch	Sharon J. Urness

## In Honor of

---

Jim Dunn  
Rev. Joy Johnson  
Barb and Chuck Prokosch

*\*Does not include gifts made through Lights for Lyngblomsten*

*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](mailto:pmontgomery@lyngblomsten.org).*

Everyone in the community is invited to this **FREE** concert featuring a performance by:



## Summit Hill Brass Quintet Husby Memorial Concert Sunday, April 28, 2019, at 3 PM

Newman-Benson Chapel at Lyngblomsten  
1415 Almond Avenue, St. Paul

This FREE concert is made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment established through the Lyngblomsten Foundation.

# Events Calendar

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

**Registration should be made at (651) 632-5330 or [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) unless otherwise noted.**

## April is Parkinson's Disease Awareness Month & Volunteer Appreciation Month

### Monday, April 8–Saturday, April 13

#### Lyngblomsten Volunteer Appreciation Week

Lyngblomsten volunteers can stop by the Volunteer Lounge on campus this week for special treats and recognition! Thanks for making a difference in the lives of others!

### Sunday, April 14

#### Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

A musical performance from MacPhail Center for Music featuring the Lyngblomsten Community Sage Singers, who will perform their “Welcome Spring” concert. FREE.\*

### Friday, April 26

#### Lyngblomsten Foundation Spring Gala

5:30 PM Social Hour & Silent Auction, 7 PM Dinner & Program at Vadnais Heights Commons  
See back cover for details or visit [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

### Sunday, April 28

#### Husby Memorial Concert

3 PM in the Newman-Benson Chapel at Lyngblomsten

See page 14 for details.

### New Volunteer Orientation

- Saturday, April 20, from 10 AM–Noon
- Saturday, May 4, from 10 AM–Noon
- Tuesday, June 11, from 6–8 PM

Held on the Lyngblomsten campus, Care Center Classroom. Registration required. Contact (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org).

## May is Older Americans Month

### Saturday, May 4

#### Moving Day Twin Cities Parkinson's Walk

9 AM–Noon at Hilde Performance Center & Park (Plymouth, MN).

Visit [www.lyngblomsten.org/parkinsonswalk](http://www.lyngblomsten.org/parkinsonswalk) for details.

### Tuesday, May 7

#### Lyngblomsten Corporate Annual Meeting

6 PM dinner; 7 PM meeting. Details will be mailed to delegates and board directors.

### Friday, May 17

#### Syttende Mai

It's Norwegian Constitution Day, the National Day of Norway.

### Sunday, June 9

#### Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

A musical performance from MacPhail Center for Music. FREE\*

*\*Donations of iPods and iTunes gift cards will be accepted for Lyngblomsten's Music & Memory program. Learn more at [www.lyngblomsten.org/musicandmemory](http://www.lyngblomsten.org/musicandmemory).*

### Respite Q&A Visit

- Tuesday, April 9, at Woodbury Baptist Church
- Thursday, May 16, at White Bear Lake First Presbyterian Church
- Tuesday, June 11, at Salem Lutheran Church

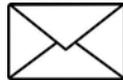
10–11:30 AM. Learn about opportunities to volunteer for Lyngblomsten's group and in-home respite programs, observe a group, and ask questions. To register, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

To see more events, visit

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



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



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**CHANGE SERVICE  
 REQUESTED**



Let's celebrate 40 years of Lyngblomsten Community Services and raise funds to support 2nd Half with Lyngblomsten life enrichment centers. Your generosity will ensure that supportive programs and services will be available and remain affordable for those living in the community who need them most.

Our special guest emcee is Karla Hult from KARE 11.

**RSVP PREFERRED BY APRIL 16**  
 at [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

If you aren't able to make it and would like to make a donation, visit [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate) and select designation "2019 Spring Gala."

**Questions?** Contact Margaret Winchell at (651) 632-5358 or [mwinchell@lyngblomsten.org](mailto:mwinchell@lyngblomsten.org).

Presenting Sponsor (\$7,500+):



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 Crystal D Creations

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 Grand Real Estate Advisors,  
 Northland Securities, Total Network,  
 Wold Architects & Engineers

Supporting Sponsors (under \$500): Faldeboe Auctions and Sysco Minnesota

# Save the Date



*A Celebration of Arts & Lifelong Learning*

**Friday, July 19, 2019**

**2-8 PM on the Lyngblomsten campus in St. Paul**

[www.CelebrateMSF.com](http://www.CelebrateMSF.com)

## Get your copy today



The supporters who make an impact on Lyngblomsten through their gifts of time and money are honored in the second volume of our *Difference Makers* report. Read the report at [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved) or pick up a copy on the Lyngblomsten campus.