



# Lyngblomsten Lifestyle

Summer 2019



## STORIES OF LIFE:

Arts programming brings joy and purpose to lives of participants

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Author Your Life:  
Lyngblomsten delegate finds purpose in serving others

# Directory

**MAIN NUMBER: (651) 646-2941**

**WEB: [www.lyngblomsten.org](http://www.lyngblomsten.org)**

## RESIDENTIAL SERVICES

### Lyngblomsten Care Center

Care Center Admissions

Lorita Chanderpaul: (651) 632-5301

[lchanderpaul@lyngblomsten.org](mailto:lchanderpaul@lyngblomsten.org)

Administrator

Brenda Johnson, RN: (651) 632-5387

[bjohnson@lyngblomsten.org](mailto:bjohnson@lyngblomsten.org)

Spiritual Care

Kelley Bergeson: (651) 632-5376

[kbergeson@lyngblomsten.org](mailto:kbergeson@lyngblomsten.org)

### Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

[snewgren@lyngblomsten.org](mailto:snewgren@lyngblomsten.org)

### The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Mary Simon: (651) 632-5428

[msimon@lyngblomsten.org](mailto:msimon@lyngblomsten.org)

## COMMUNITY SERVICES

### 2nd Half with Lyngblomsten

Como Park

Mary Deaner: (651) 414-5293

[mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

White Bear Lake

Lynn Amon, MSW: (651) 429-5411, ext. 15

[lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org)

Care Ministry Network

Becky Hulden, RN: (651) 632-5335

[bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org)

Parish Nurse Ministry Resource Group

Becky Hulden, RN: (651) 632-5335

[bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org)

The Gathering

Betsy Hoffman: (651) 414-5291

[bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org)

## HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

[thall@lyngblomsten.org](mailto:thall@lyngblomsten.org)

## COMMUNITY ENGAGEMENT

### Lyngblomsten Foundation

Patricia Montgomery: (651) 632-5322

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

### Corporate Engagement

Tim Overweg: (651) 632-5319

[toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org)

### Volunteer Services

Peggy Cerrito: (651) 632-5406

[pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org)

# Letter from the Editor

Dear Readers,

I'm a gardener. As I write this letter, the peonies in my flower garden are about to burst forth with deep fuchsia blooms that herald the beginning of summer. At Lyngblomsten, a few "buds" are also on the verge of bursting into bloom.

One is our Mid-Summer Festival. For over a century, the Lyngblomsten family has gathered annually with neighbors to celebrate community and quality of life in one's later years. See the centerfold for details, and plan to join us on July 19!

Also budding and starting to bloom are renovations to the Lyngblomsten Care Center. One year into the project, completed areas are being met with delight, and anticipation continues for the areas yet to be completed. See page 12 for an update.

Every great garden begins with selecting the right location and choosing the best plants that will thrive. It's a labor of love that can take many years from initial concept to full splendor. A striking similarity can be found in that nearly five years ago, Lyngblomsten named a strategic priority of exploring the addition of a second campus. After extensive and careful planning, the ground has been chosen (Lino Lakes), and it appears the seed of building may be planted this fall. Turn to page 6 for initial details.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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Patricia Montgomery, Editor

Sam Patet, Production Manager

Sue Ng, Graphic Designer

Brandi Jewett, Writer

Paul Malcore, Web Support

**Lyngblomsten Lifestyle can be found online at [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications).**

**To be added or removed from the Lyngblomsten Lifestyle mailing list, call (651) 632-5326 or email [MailingList@lyngblomsten.org](mailto:MailingList@lyngblomsten.org).**

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**On the Cover:** Lifelong learning and arts enthusiasts Jan Marie Lundgren and Georgine Bellotti.

# Arts programming brings *joy* and *purpose* to lives of participants

By Brandi Jewett

The impact of art can be seen throughout the Lyngblomsten campus. Paintings, mosaics, poetry, and more adorn walls and brighten hallways—each piece a reflection of Lyngblomsten’s dedication to providing the best life possible to those it serves.

Dozens of art classes, poetry sessions, concerts, and other activities offered throughout the year allow older adults to explore new creative outlets or enjoy lifelong passions for singing, crafting, and writing.

This celebration of arts and lifelong learning culminates each summer with the Lyngblomsten

Mid-Summer Festival, which displays work created by older adults in its arts showcase and invites people of every age and ability to create even more through make-and-take art activity booths.

To honor the creative and imaginative contributions that Lyngblomsten residents, tenants, and participants make to their communities, we’re sharing the story of two older adults who have experienced the positive impact of Lyngblomsten’s arts and lifelong learning programs.

*continued on page 4*



↓ Georgine Bellotti shows off items she's crocheted and sewn during a Blue Ribbon Art Show in the Lyngblomsten Apartments.



↓ Teaching artist Pablo Siqueiros speaks to participants of the program Minnesota Opera Presents *La Traviata*.

## Art programs allow care center resident to keep up *passion* for creativity



It can be a challenge to catch Georgine Bellotti, 90, in her Lyngblomsten Care Center room. There's a better chance you'll find her out and about, most likely at an art program painting flowers or gluing together a prayer card.

Bellotti's vision has declined as she's aged, but it hasn't stopped her from pursuing creative outlets, whether it's making art, singing with the Lyngblomsten Community Sage Singers, or participating in memoir writing classes.

"It's a big part of my life. I like to be creative," Bellotti said. "I'm not good at it sometimes because of my eyes, but people help me. And when people help me, I can achieve it."

She often participates in activities led by teaching artists with ART4JOY, a program that promotes the holistic health, well-being, vibrance, and active presence of older adults through arts learning and engagement.



↓ Georgine Bellotti holds pieces of art she's created through Lyngblomsten's arts and lifelong learning programs.

Having an opportunity to be creative is important to Bellotti, who says creativity runs in her family. Bellotti can recall her father

constructing furniture and toys for her, along with a variety of other items. She found her passion in sewing and crocheting, creating numerous garments over the years, including one very special project: her daughter's wedding dress. The dress took more than two months to make. Bellotti worked hard to add ruffles and work intricate beading into the dress in time for her daughter's mid-July wedding.

"Everyone else was celebrating the Fourth of July, and I was sewing beads," she recalled with a laugh.

Before living in the care center, Bellotti called the Lyngblomsten Apartments home for 14 years. During that time, she participated in the Blue Ribbon Art Show, an event that invites tenants to display works they have created during their lifetime and while living at Lyngblomsten. Bellotti would bring dolls sporting clothing she had crocheted for them.

With failing eyesight, Bellotti says she doesn't crochet or sew anymore but is happy to explore art activities offered through Lyngblomsten. In May, she settled into a newly renovated care center room and made plans to fill its bare walls with her creations.

Her pieces vary in medium, and the chance to try new types of art is something Bellotti is grateful for while living at Lyngblomsten. Trying something new when it comes to art can be daunting for some, but she has encouraged her friends and neighbors to do so for many years.

"I'd always say, 'Go. Don't just say you can't,'" Bellotti said. "Go see what it's about. Try it to see if you like it. If you don't, that's OK, but don't just say 'I can't.'" **L**

## Musical opportunities bring *joy* to Lyngblomsten Apartments tenant



Music and dialogue from the opera *La Traviata* filled the Lyngblomsten Apartments dining room this spring as teaching artists from Minnesota Opera guided listeners through the show's heartbreaking plot. The program drew dozens to its sessions over its six-week run, including Jan Marie Lundgren, 68, a lifelong singer who has lived in the Lyngblomsten Apartments for two years.

"I was delighted to have the opportunity to participate in getting to know an opera in the very thorough and fun way the two opera educators do as part of the program," Lundgren said.

Offered through 2nd Half with Lyngblomsten, the series marked its third year this spring. It's brought the music and stories of *La Boheme*, *Rigoletto*, and now *La Traviata* to the Lyngblomsten campus. Participants dive into each opera's plot and music as instructors provide historical context and biographic information about its composer. During some sessions, participants are invited to act in short skits featuring dialogue from the opera.

The series culminates in the opportunity to attend a dress rehearsal of the opera at the Ordway Center for the Performing Arts in St. Paul. This year, Lundgren attended *La Traviata* with several other program participants, which included tenants, a care center resident, and community members.

While at the Ordway, Lundgren found herself captivated by several vocal performances.

"I'm closest to God when I'm singing, and when I experience someone else singing beautifully, it's like that, it's transcendent for me," she said. "It takes me out of a lot of worries and cares that I have. It's a huge gift."

The opera series and other musical programs at Lyngblomsten present Lundgren, a lifelong singer

and music lover, with an opportunity to continue to engage in activities that bring her joy.

During her time working at the University of Minnesota as a health science research administrator, Lundgren sang with the University Singers, the school's flagship choral ensemble.



David Tice, Kathleen Tice, Georgine Bellotti, Joyce Danner, Jan Marie Lundgren, and Kelley Bergeson attend a performance of *La Traviata* at the Ordway.

In retirement, Lundgren embraces musical opportunities when she can and also seeks to provide them to others. She worked with Lyngblomsten staff to have a recorded performance of the St. Paul Chamber Orchestra broadcast in the Newman-Benson Chapel for Lyngblomsten community members to enjoy.

Lyngblomsten's support of arts and lifelong learning opportunities and the passion of its volunteers and art organization partners is something that sets it apart from other senior care communities, according to Lundgren.

"This is a really lively, arts-oriented place, and that isn't true everywhere," she said. "It's really a shining star."

To learn more about the Minnesota Opera Presents series and other 2nd Half with Lyngblomsten programs, visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf). **L**



## SECOND CAMPUS IN LINO LAKES SEES PROGRESS FOLLOWING CITY COUNCIL VOTE

By Brandi Jewett

**A SECOND LYNGBLOMSTEN CAMPUS** is a step closer to development following a pair of positive votes by Lino Lakes city leaders.

The Lino Lakes City Council unanimously approved site plans and a rezoning request submitted by Lyngblomsten for a development in the city's southwest corner near the intersection of Hodgson Road and County Road J/Ash Street at a council meeting on April 8. Over the course of a couple construction phases, Lyngblomsten would seek to build more than 200 senior housing units on the nearly 20-acre site.

"We've been pretty deliberate about what we're going to seek in town here," Lino Lakes Mayor Jeff Reinert said at the meeting, where he commended Lyngblomsten on the quality of its proposed development.

The Lino Lakes City Council vote is an important step forward in the development process, but there are many more steps in the process before there are shovels in the ground.

If developed, the Lino Lakes campus would provide a continuum of care similar to Lyngblomsten's Como Park campus. Several types of housing would be constructed to meet the needs of older adults, including townhomes, independent and assisted living apartments, and skilled nursing care. Plans also include amenities such as a clubhouse, chapel, café, and a 2nd Half with Lyngblomsten life enrichment center.

As part of its five-year strategic priorities adopted in late 2014, Lyngblomsten has sought to develop a second campus to meet an ever-increasing demand for housing and services. With a landlocked campus in Como Park, Lyngblomsten approached the cities of Arden Hills and Lino Lakes about potentially constructing a second campus.

The next few months is expected to yield final research and a decision. [L](#)

### POSSIBLY INTERESTED IN LIVING ON THE PROPOSED LINO LAKES CAMPUS?

Let us know by calling (651) 632-5340 or emailing [LinoLakes@lyngblomsten.org](mailto:LinoLakes@lyngblomsten.org).





# LYNGBLOMSTEN MID-SUMMER FESTIVAL

*A Celebration of Arts & Lifelong Learning*

## *A Sneak Peek at the 2019 Mid-Summer Festival*

*Come and celebrate enrichment  
activities that promote artistic  
exploration and lifelong learning.  
There's something for everyone!*

Friday  
**JULY 19**  
2019

**2–8 PM** on the Lyngblomsten campus at  
1415 Almond Avenue, St. Paul, MN 55108

- \* Arts Showcase featuring works by older adults
- \* Make-&-take art activities for all ages
- \* Live music, dance, and theatrical stage performances
- \* Wellness demos & activities
- \* Food
- \* Games for kids

### **Admission & Tickets:**

Admission to the Lyngblomsten Mid-Summer Festival is FREE! Admission includes the arts showcase and all music and entertainment. Tickets are 50 cents each and are needed for food, games, and make-&-take art activities. Tickets can be purchased in advance at the Lyngblomsten Care Center reception desk July 12–18 or on site at the festival. Cash and checks accepted.

### **Parking & Shuttle Bus:**

Street parking around campus will be limited. A free Lyngblomsten shuttle bus will run every 20 minutes, 1:30–8:30 PM, from the Cub Foods parking lot at 1201 Larpenteur Avenue West, Roseville. Please park in the southwest corner of the lot, near the pavilion.

*more festival details* →

# LYNGBLOMSTEN MID-SUMMER FESTIVAL

## MAKE-&-TAKE ART ACTIVITIES

Spark your creativity, learn something new, and create your very own masterpiece to bring home and showcase. Activities are for all ages and abilities! Projects will include clay ornaments, polymer clay pins and magnets, dream weaving keychains, prayer bracelets, mini canvas art, and more!



FREE!

## ARTS & LIFELONG LEARNING SHOWCASE

An exhibit displaying a variety of art forms created by older adults throughout the year through Lyngblomsten's arts and lifelong learning programs, including Alzheimer's Poetry Project—MN, ART4JOY: Mixed Media, Art with Heart, Lyngblomsten Lifelong Learning & the Arts, MacPhail Center for Music, Northern Clay Center, and Polymer Clay Guild of Minnesota.



## MUSIC & ENTERTAINMENT

FREE!

### Outdoor Main Stage:

- \* Minnesota Opera
- \* Lakeshore Radio Players
- \* History Theatre
- \* Zorongó Flamenco
- \* Live Music & Dance

### Arts Showcase Stage:

- \* Live music throughout the day
- \* Paula Lammers
- \* OboeBass!
- \* Hymn Sing



## FOOD

Delicious food and beverages will be for sale from Grand Ole Creamery including ice cream cones, corn, pulled pork and chicken sandwiches, hot dogs, brats, hamburgers, and veggie burgers. Smoothies will be for sale from I ♥ Smoothies. Salads will be for sale from Nelson Cheese & Deli.



## WELLNESS LOUNGE



Sample some of Lyngblomsten's wellness programs designed for older adults and caregivers with a focus on caring for mind, body, and spirit.

### 2nd Half with Lyngblomsten

- \* Art Selfies
- \* Healthy Brain Interactive Station
- \* Information & Caregiver Resources
- \* Resources for Churches
- \* Aroma Touch Hand Massages
- \* Chair Massages
- \* Hydration Station
- \* Relaxation Music
- \* Wellness Demos

## GAMES & ACTIVITIES



Games and activities will include a bouncy house, tattoos, crazy hair, DIY slime, face paint, fish pond, and ring toss.

### Thank you to our sponsors:

#### Presenting (\$3,000):

**SG SourceGroup**

#### Music & Entertainment (\$1,000):



#### Arts Showcase (\$750):

- \* Northland Securities

#### Make & Take (\$500):

- \* Advanced Capital Group
- \* Hermes Floral
- \* Pathways Team with Thrivent Financial

#### Games & Activities (\$500):

- \* Custom Medical Solutions
- \* Piché & Associates Real Estate

#### In-Kind Support (\$500):

- \* FastSigns (Roseville)
- \* Hermes Floral

*Come and experience for yourself how Lyngblomsten is promoting artistic exploration, wellness, and lifelong learning for all ages 365 days a year.*

Bring your family, friends, and neighbors! Admission is FREE, and creative activities, food, and games are priced for affordable fun.

The Lyngblomsten Mid-Summer Festival is proudly part of ComoFest: Fun Every Weekend in July.

- \* ASL interpreters provided
- \* Wheelchair accessible

Visit [www.CelebrateMSF.com](http://www.CelebrateMSF.com) for more information and to download the official Festival Guide to help plan out your day. General questions? (651) 646-2941 or [info@lyngblomsten.org](mailto:info@lyngblomsten.org).

# Lyngblomsten delegate finds purpose in serving 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 David Brostrom, a longtime Lyngblomsten volunteer and delegate.*

It's the little things David Brostrom finds rewarding when he's volunteering with Lyngblomsten. As part of his involvement over the past two decades, he's served as a church delegate and on various committees, but what brings him the most joy is transporting care center residents from their rooms to activities and appointments.

"Sometimes it's just from the elevator to the chapel, but, on a personal level, that's the most rewarding for me because it's so enjoyable," Brostrom said. "It's a chance to hear their stories."

While his support of Lyngblomsten through time and donations has spanned nearly 20 years, Brostrom can recall his first brush with the organization as a teenager when a past administrator for the Lyngblomsten Care Center moved in down the block in the 1960s. As an adult, Brostrom and others popped into Lyngblomsten Care Center rooms to sing Christmas carols to members of his church, St. Anthony Park Lutheran, a Lyngblomsten corporate congregation in St. Paul.

It was through his church that Brostrom heard the most about Lyngblomsten. He stepped into the role of delegate the late 1990s and hasn't stepped out since. As a lead delegate, Brostrom has recruited congregation members to serve as

delegates and to volunteer at events such as the Lyngblomsten Mid-Summer Festival.

Brostrom estimates he's volunteered at the festival for the past 15 years and has a rainbow of volunteer T-shirts to prove it. Each year, he and other St. Anthony Park Lutheran volunteers staff a table selling tickets for the duration of the event.

Living the best life possible and helping others do the same are key aspects of Lyngblomsten's Author Your Life philosophy, which invites all members of the Lyngblomsten community to age vibrantly, live fully, and have purpose.

Brostrom saw the passion Lyngblomsten staff and volunteers put into the philosophy firsthand when his father Donald Brostrom first arrived in the transitional care unit and then moved into a care center room where he stayed until his passing in 2008.

"He just loved it here," Brostrom said of his father. "He couldn't have had better care and a better quality of life."

When it comes to authoring his own life, community service is a passion that has run parallel with Brostrom's career as an environmental consultant. Through his job, he worked with many nonprofits and at one point received grant funding for a 12-year project that brought together several groups and government agencies with the goal of identifying contaminants in the Mississippi River.

Today, Brostrom and his wife Susan support the Friends of the Mississippi River, a nonprofit that encourages residents to protect, restore, and enhance the Mississippi River and its watershed in the Twin Cities region.

Whether it's through service at Lyngblomsten or the greater community, Brostrom is finding ways to engage with others around him and have a positive impact on their lives. **L**

## Homes for the Aging Week Highlights

# Author Your Life

Lyngblomsten's annual Homes for the Aging Week held May 13–17 invited everyone to celebrate with activities, live entertainment, and tasty treats. Each day's festivities highlighted Author Your Life, Lyngblomsten's philosophy on living well. Participants were invited to discover, dream, engage, and imagine their best life possible.

Learn more about Author Your Life at [www.lyngblomsten.org/AuthorYourLife](http://www.lyngblomsten.org/AuthorYourLife).



1. River Rats Dueling Pianos fill the Newman-Benson Chapel with song and laughter.
2. Kazoos offer participants a chance to make their own tune.
3. Kaleidoscopes invite the Lyngblomsten community to see everything around them through a different lens.

4. A sundae bar provides a cool treat to close out Homes for the Aging Week.
5. Stars celebrate the dreams of Lyngblomsten community members.
6. Lyngblomsten community members share their dreams by writing them on stars displayed in the care center lobby.

## CELEBRATING 40 YEARS OF IMPACT

### LYNGBLOMSTEN FOUNDATION SPRING GALA RAISES \$92,000 FOR 2ND HALF WITH LYNGBLOMSTEN PROGRAMMING

By Brandi Jewett

A celebration 40 years in the making headlined the 2019 Lyngblomsten Foundation Spring Gala.

Lyngblomsten supporters gathered on April 26 to celebrate the 40th anniversary of Lyngblomsten Community Services. The event raised over \$92,000 (gross) to support community services programming offered through 2nd Half with Lyngblomsten.

Karla Hult, a veteran anchor and reporter for KARE 11 News, hosted the evening and shared the story of her father's Alzheimer's diagnosis and her family's journey with him. Bev Holmgren, whose husband Mort participates in The Gathering, and parish nurse Louise Nesdahl also shared their stories of impact that Lyngblomsten's community services and resources have made possible.



To view pictures of the event, visit [www.lyngblomsten.org/photos](http://www.lyngblomsten.org/photos).

*Thank you to everyone involved who made the event a success, including our generous sponsors!*

**PRESENTING**  
(\$7,500+):



**GOLD** (\$2,500+):  
Bremer Bank, CFS Interiors & Flooring, Crystal D Creations

**SILVER** (\$1,000+):  
CliftonLarsonAllen, Delta Dental of Minnesota, Grand Real Estate Advisors, Northland Securities, Total Network, Wold Architects & Engineers

**SUPPORTING** (\$500+): Fladeboe Auctions and Sysco Minnesota

### Lyngblomsten Care Center renovations continue to bring new look, updated amenities to building

By Brandi Jewett

The Lyngblomsten Care Center's renovation continues to progress, wrapping up the third phase of construction with numerous projects completed in May and June.

This phase touched several areas of the care center, including the renovation of 15 resident rooms and their adjacent corridors on the Stanford Neighborhood, which is one of two memory care units on the fourth floor. Nursing stations, kitchens, dining rooms, and living rooms in four neighborhoods also were remodeled, and corridors between them received new lighting, flooring, and wall treatments.

"I truly appreciate how much excitement there is for the finished product," Care Center Administrator Brenda Johnson said. "Resident

quality of life will be improved greatly by a more beautiful and efficient space in which to live."

Renovations began in June 2018 and are anticipated to last until 2020. The next phase of construction will continue on the care center's fourth floor, with the Ostrand Neighborhood slated to receive a new kitchen, dining room, and nursing station. Similar renovations will take place in select neighborhoods throughout the summer.

The renovation is supported in part by the Our Turn in History Capital Campaign, which seeks to raise funds to support changes to the care center's resident rooms, common areas, and infrastructure. As of May, the campaign has raised approximately \$669,000 for the renovation. To contribute to the campaign, visit [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate) and choose "Capital Campaign" as the Designation. **L**

# Lyngblomsten—Where Community Matters

By Tim Overweg, Director of Community Engagement

When a representative from a local business or company reaches out to inquire about volunteering at Lyngblomsten, they often ask the question, “What can we do?” Their question is answered, but in a way that may be unexpected: Volunteering at Lyngblomsten is not about what you do, it’s about who you are. When these groups return (because most do), our hope is that their past experience has changed their initial question to, “How can we serve?”

Service is not an expert taking on a problem. It is a relationship between individuals who bring all they are to a particular experience and share themselves generously. The expertise

that volunteers bring certainly informs who they are, but service comes out of the whole self. If volunteers see only the ailments that aging can bring, they will miss the parts that are still whole, still creative, still wise, and still holy.

When volunteers serve, they declare that our residents and tenants are worthy of their attention, worthy of their energy, worthy of these hours of life that could be kept for oneself, but instead are shared. Volunteers discover that service is not about fixing, controlling, or overcoming anything. When they serve, they discover that when they bless the life in others, the life in others blesses them. **L**

## Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who have given of their time between March and May 2019:

- CorePower Yoga
- St. Paul Area Association of Realtors (SPAAR)
- Thomson Reuters
- UnitedHealthcare Medicare & Retirement
- Wells Fargo

## Age Boldly with Lyngblomsten

An Age Boldly with Lyngblomsten presentation tells the story of our 2nd Half with Lyngblomsten life enrichment centers. Learn about resources and opportunities to thrive after 50. Let us bring a 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)

## VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS

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

- **Respite volunteers:** Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. Respite volunteers spend time supporting an older adult with memory loss in that person's home or in a group setting with other volunteers. They receive training from Lyngblomsten dementia specialists to ensure they have the knowledge to succeed in their role. Interested? Contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org) to fill out an application.



Upcoming New Volunteer Orientations:

- Saturday, July 13, from 10 AM–Noon
- Thursday, August 8, from 6–8 PM
- Saturday, September 14, from 10 AM–Noon

To learn more about all volunteer opportunities or register for a 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).



## 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

March 1, 2019, through May 31, 2019

## In Memory of

---

Alice and Bill Hydukovich

Leslie K. Keane

Maxine Sather

James Starling

*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).*

## Join the Parish Nurse Ministry Resource Group

2nd Half with Lyngblomsten offers a resource and networking group for nurses serving in faith communities to connect for education and professional support.

Parish Nurse Ministry Resource Group membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new Parish Nurse Ministry programs, network meetings, continuing education opportunities, access to grants, and more.

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

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

# Events Calendar

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

For updates and more events, visit [www.lyngblomsten.org/calendar](http://www.lyngblomsten.org/calendar).



## Friday, July 19

### Lyngblomsten Mid-Summer Festival

2–8 PM on the Lyngblomsten campus. See pages 7–9 for details.

## Sunday, August 11

### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring David Kozisek singing with piano accompaniment. FREE.\*

## Sunday, September 8

### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring Iris Shiraishi and Alex Lubet. FREE\*

## Thursday, September 19

### Older Adult Ministry Forum:

#### Respectful Boundaries in Caring Work

1–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Presented by Ted Bowman, a grief and family educator. \$10. Registration required by September 13; walk-ins welcome. Visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) for more information and to register.

## Saturday, September 28

### Twin Cities Walk to End Alzheimer's

8 AM at Target Field  
(1 Twins Way, Minneapolis, MN)  
See below for details.

## Respite Q&A Session

- Tuesday, July 23 at Centennial United Methodist Church in Roseville, MN
- Tuesday, August 6 at Augustana Lutheran Church in West St. Paul, MN

Visits held from 10–11:30 AM. Learn about opportunities to volunteer for 2nd Half with Lyngblomsten's in-home and group respite programs at a Respite Q&A Session with Lyngblomsten staff. To register, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

## New Volunteer Orientation

- Saturday, July 13, from 10 AM–Noon
- Thursday, August 8, from 6–8 PM
- Saturday, September 14, from 10 AM–Noon

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

\*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)).

## MINNESOTA STATE FAIR NOTE:

During the days of the Minnesota State Fair, August 22–September 2, parking around the Lyngblomsten campus is very limited. Please plan accordingly.

## JOIN TEAM LYNGBLOMSTEN FOR THE 2019 TWIN CITIES WALK TO END ALZHEIMER'S

Join Team Lyngblomsten in the fight against Alzheimer's by walking with us or making a donation to the team's fundraising page. Walk is on September 28 and registration starts at 8 AM. To register for the walk or donate, visit [www.lyngblomsten.org/walk2019](http://www.lyngblomsten.org/walk2019).

Questions? Contact Jackie Hesse at (651) 632-5421 or [jhesse@lyngblomsten.org](mailto:jhesse@lyngblomsten.org).



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TWIN CITIES MN  
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**CHANGE SERVICE  
REQUESTED**

# Hop aboard and join us for a Coach Bus Trip!

We're traveling to exciting destinations all summer long:

**Row, Row, Row Your Boat with Al & Alma's  
on Lake Minnetonka**

Monday, July 22; 10 AM–3:30 PM

**Step into Minnesota History at Mayowood  
in Rochester, MN**

Wednesday, August 14; 8:45 AM–4:45 PM

**Riding the Rails in Osceola, WI**

Thursday, September 19; 9 AM–3:15 PM



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