



# Lyngblomsten Lifestyle

Spring 2018



## STORIES OF LIFE:

Technological advances enhance lives of older adults at Lyngblomsten

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Teacher and student reunite at Care Center after more than 60 years

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# Letter from the Editor

**We must not be hampered by yesterday's myths  
in concentrating on today's needs.**

—Harold S. Geneen

Dear Readers,

What myths do we believe about growing older? Are we even aware of these myths and how they influence our attitudes, beliefs, and actions?

Would you think elementary students, zoo animals, and the elderly would spend a morning together? Or that art projects would be part of a Bible study for those living in a nursing home? Or that 80+ year-olds would use an iPad to order their meals? How about a non-profit replacing in-person classroom training with online access to just-in-time training?

All those scenarios are happening through Lyngblomsten and are highlighted in the stories in this edition.

Older Americans Month will be celebrated in May. Let's use that as an opportunity to raise our own and others' awareness of myths about aging and commit to not letting them hamper our vision for the future.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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**On the Cover:** Dining Experience Coordinator Felicia Hurt (left) assists resident Lee Freeman with ordering her meal through eMenuCHOICE.

# TECHNOLOGICAL ADVANCES

## enhance lives of older adults at Lyngblomsten

By Brandi Jewett

**T**HINGS HAVE CHANGED a lot since Lyngblomsten Assistant Administrator Janet Byrnes started her first job in a nursing home as a high schooler 35 years ago.

In the decades since Byrnes took her first steps into senior living, she's watched technology transform the industry, from electronic record-keeping that replaced piles of paperwork to new safeguard systems that track movement to keep older adults safe in their apartments.

Even with all the technological advancements, there is one part of senior living that she sees as a priority no matter how many gadgets and software infiltrate her work routine.



Lyngblomsten Assistant Administrator Janet Byrnes and resident Jane McDonald share a smile.

“Person-centered care is always going to be first,” Byrnes said. “It’s always going to be the smile on someone’s face when they talk to an older adult and the attitude they use to greet them.”

Providing better care to older adults keeps the industry on the lookout for technological advancements that solve problems regarding efficiency, safety, communication, enrichment, and more.

And it’s not just staff keeping up with tech trends. More and more, older adults are adopting technology to manage their social circles, unwind with entertainment, manage medications, and more. In fact, 80 percent of adults ages 65 and older in the United States own a cellphone and 67 percent say they use the internet, according to Pew Research Center.

“The perception that seniors are averse to technology really isn’t true,” Lyngblomsten President and CEO Jeff Heinecke said. “They may sometimes need a little more coaching, but many find using technology as a way to maintain a level of independence.”

Older adults’ growing technology use coupled with an increasing need for more efficient services from senior care and housing providers is driving a technological revolution in the senior living industry across the country.

### IMPACT OF TECH

At Lyngblomsten, technology shapes dining, enrichment programs, record-keeping, safety, and numerous other aspects of its campus.

From something as complex as a safety monitoring system to as simple as an iPod, technology is used as a means of directly or indirectly enhancing the lives of older adults.

Take the Music & Memory<sup>SM</sup> program. Through the program, family members of a Lyngblomsten resident and volunteers create musical playlists full of songs that are familiar to the resident. The music is played through an iPod and used in a therapeutic manner to soothe residents during times they are uncomfortable or anxious. Music & Memory’s therapeutic benefits also enhance

*continued on page 4*



Care Center resident Mary Sjodahl (left) listens to her personal Music & Memory playlist on an iPod Nano accompanied by Lyngblomsten volunteer Crystal Heublein.

residents' memories and improve their quality of life.

"The premise is that music from one's past that is familiar and loved can be used by an individual with dementia to engage their brain for varying periods of time," Byrnes said, adding the program is technology and personal care at its best.

Other technology employed by Lyngblomsten often operates in the background but keeps the organization on track across the campus.

Handheld devices and digital record-keeping make recording notes in medical charts easier for nursing staff. Medical charts have been digital for some time, but the technology has evolved from being accessible through large kiosks with computers to small devices like tablets that allow staff to log details as they walk from room to room.

Tenants of The Heritage at Lyngblomsten have added peace of mind granted by a smart monitoring system that provides a number of safety features, from sensors that alert staff if an apartment door is opened at night to sensors that indicate if a tenant has remained in a bathroom longer than a programmed time limit.

Customers of Anna's café and gifts may notice the eatery's cash register is in fact an iPad. It's a small detail in the Care Center, but Byrnes said the point-of-sale software it runs is a huge time and cost saver. It can create reports, recall receipts, and makes balancing the till a breeze. This system was a more affordable option than upgrading the previous cash register.



## INNOVATIVE SPIRIT

In addition to adopting technology, Lyngblomsten also creates its own to serve the needs of its residents and tenants.

Each day on the Lyngblomsten campus, hundreds of food orders from residents and tenants are processed through eMenuCHOICE®, a point-of-service software application developed by Lyngblomsten to streamline food service and create a more empowering dining experience for residents and tenants.

The previous paper system sometimes resulted in misread tickets, leading to meals with mistakes, and ultimately a dissatisfied resident. Six years ago, a team of staff members set out to create an app that made food ordering easier while emphasizing residents' ability to choose their meals.

"eMenuCHOICE is different from similar software because it was built with the resident experience in mind," said Heinecke, who is a co-founder of eMenuCHOICE. "It was built using years of feedback from residents, families, and staff."

Among the software's features are photos and descriptions to help communicate meal options and safeguards that prevent a resident with food allergies from receiving meals containing allergens.

Like other forms of technology, eMenuCHOICE also encourages connection between older adults and loved ones, even if they are living far apart.

"Family members of residents can log in from anywhere, using their own devices, to help choose their loved one's meals," eMenuCHOICE Co-founder and Chief Technology Officer Matt Stenerson said. "For example, if you know that your mother loves spaghetti, then you can use



eMenuCHOICE to ensure that she is able to enjoy it whenever it's being served."

Over the course of the next three years, staff with Lyngblomsten Community Services hope to make an impact with a technological creation of their own. Community Services recently received a grant for \$75,000 to develop an online training and resources platform for congregations. The service will be offered through 2nd Half with Lyngblomsten (see page 10).

Faith communities would use the platform to train volunteers who provide assistance to older adults and their family caregivers. More details about this new resource will be shared as development proceeds.

## LOOKING AHEAD

Whether it's being created by companies or senior living communities themselves, new types of technology are popping up frequently. And that's a good thing because technology will be essential for senior housing and care providers to keep up with a growing demand for services.

By 2060, the U.S. Census Bureau estimates the number of people ages 65 and older in the United States will grow from about 46 million today to more than 98 million. It's a daunting statistic for senior care providers in an economy with low unemployment and worker shortages.

The employment recruitment challenge and growing number of older adults strengthen the case for rapid adoption of technology in the eyes of many, including Byrnes.

"With a diminishing workforce and increasing needs, we don't have a choice," Byrnes said. "We have to find ways to be more efficient. There are just not enough people."

No matter what kind of technology is employed at Lyngblomsten, the goal is to see its benefits passed on to older adults the organization serves. In the case of eMenuCHOICE, the software frees up dining staff and allows them to spend more



Lyngblomsten President & CEO Jeff Heinecke (left) and eMenuCHOICE CTO Matt Stenerson review new features of the eMenuCHOICE point-of-sale software tool.

time engaging with residents and tenants. Kitchen and administrative staff also see time spent managing menus and running reports cut down considerably, opening opportunities for other projects.

"To me, it's important to see the efficiencies you can gain from technology and repurpose that time to better serve your older adults," Stenerson said.

While increased efficiency is often an upside of new technology, many of its benefits go beyond numbers on a spreadsheet. Across the country, senior living communities have used technology for recreation and learning to create an enriching experience for users.

Some offer video and computer games for older adults to use. Others are experimenting with virtual reality, a technology that immerses its user in environments like tropical beaches, the streets of Paris, or the African Serengeti. Virtual reality is an area Byrnes would like to see explored.

"I think that is such an amazing way to bring the world in to our residents," she said.

Virtual reality or other emerging technologies have the potential to become part of the standard of care at senior healthcare providers. Fueled by its innovative spirit, Lyngblomsten will continue to use technology to bolster the person-centered care provided to residents, tenants, and community participants. **L**



Technology is an ever-expanding part of the world. Its presence in our lives grows with each new advancement, and it's not just young people adopting new tech trends. Older adults are seeing the benefits, too. From personal devices that keep them connected with family to sensors that keep them safe, technology is increasing in senior living communities. Want to learn more? Below is a list of articles covering several types of technology gaining ground with seniors, caregivers, and senior living:

- What **types of technology** do older adults or senior living communities consider helpful? "Seniors and Technology in Assisted Living" by A Place for Mom Senior Living Blog lists some examples: <https://goo.gl/EPb2Y8>
- **Fitness trackers** are an easy way to monitor physical activity, heart rate, and other health information. Check out "10 Things to Look for in a Fitness Tracker" by AARP: <https://goo.gl/o1pVoX>
- Alexa is currently the big name in the world of **virtual voice assistant** technology, but there is a senior-focused app called Ask Marvee ([www.askmarvee.com](http://www.askmarvee.com)). How can voice assistants be helpful for older adults? Read "Virtual

Assistants Help Seniors Make the Most of Their Golden Years" by HealthTech to learn more: <https://goo.gl/TmmPm1>

- **Digital audio players** like iPods have sparked nonprofits that enhance the lives of older adults by providing personalized music playlists on the devices. One is Music & Memory ([www.musicandmemory.org](http://www.musicandmemory.org)). Lyngblomsten is a Music & Memory Certified Care Facility. Learn more about the program at [www.lyngblomsten.org/musicandmemory](http://www.lyngblomsten.org/musicandmemory).
- **Video and computer games** have gained ground with older adults. Many are accessible on phones and tablets. Check out "Fun and Practical Tablet Apps for Seniors" for some recommendations: <https://goo.gl/zKd4f9>
- The world we can see through **virtual reality** technology seems limitless. For older adults, virtual reality provides an opportunity to explore faraway lands, historic events, and more. Read "How Virtual Reality Helps Older Adults" by NextAvenue at <https://goo.gl/sa2LUV> and "For Senior Citizens, the Future of VR Lies in the Past" by WIRED at <https://goo.gl/eEeciL> to learn more.

## APRIL IS PARKINSON'S DISEASE AWARENESS MONTH

Approximately 1 million Americans have Parkinson's disease, including tens of thousands of Minnesotans. This chronic, progressive disease affects the nervous system and currently has no cure.

Lyngblomsten is privileged to offer care, support, and resources to older adults with Parkinson's and their families. We provide a program for specialized Parkinson's disease care at the Care Center, are part of the Struthers Parkinson's Care Network, offer a support group for people with Parkinson's and their caregivers, and participate in Moving Day Twin Cities to raise funds for the Parkinson's Foundation Minnesota Chapter.

### Parkinson's Disease Support Group

For caregivers and people living with Parkinson's or other movement disorders. Open to the community; free to attend. Meets the first Thursday of the month from 1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul). Upcoming meetings are April 5, May 3, & June 7.

### Team Lyngblomsten at Moving Day Twin Cities

Saturday, May 5, at 9 AM at Hilde Center & Park in Plymouth. Sign up to walk with or donate to Team Lyngblomsten at [www.lyngblomsten.org/parkinsonswalk](http://www.lyngblomsten.org/parkinsonswalk). For more information about the Support Group or Moving Day Walk, contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org).

## Teacher and student reunite at Lyngblomsten Care Center after more than 60 years

By Brandi Jewett

*May 13–19 is Homes for the Aging Week, and this year we celebrate with a special story of two people who live and work in Lyngblomsten.*

There was something familiar about the name on paperwork that came across Mickey Martinson's desk earlier this year.

The realization came quickly, and Martinson, who serves as Lyngblomsten RN Clinical Manager, wondered if new resident Marilyn Heiple was in fact her former kindergarten teacher.

"I read the referral for her to come here, and I thought this has to be her," Martinson said. "But I didn't know, and I'm not going to presume."

Stopping in for a visit, Martinson soon learned that Heiple taught kindergarten in the 1950s at the now closed Ames Elementary School in St. Paul—the exact time and place Martinson attended kindergarten.

The pair had in fact crossed paths at the school and found themselves in the same room again more than 60 years later.

Heiple can recall teaching for four years at Ames. The role of teacher was a natural one for her. "I've always liked children," Heiple said. "And at the time, I had the plus of being able to play the piano—not everybody did."

School was a different story for Martinson, who said she didn't like going. She laughs now as she recalls her distaste for schooling and Heiple's endless patience with her. In the decades since their last meeting, the two women both have traveled fulfilling life journeys.

Heiple left teaching to raise her two daughters and two sons with her husband of 57 years, Billy, who passed away in 2009.

"I've had a wonderful life," Heiple said. "I consider myself very lucky."



*Lyngblomsten Care Center resident Marilyn Heiple (left), a former kindergarten teacher, smiles with RN Clinical Manager Mickey Martinson, one of her former students.*

Despite her early misgivings about school, Martinson went on to attend the former College of St. Catherine (known today as St. Catherine's University). She worked at Lyngblomsten for several years in her 20s before leaving for other opportunities. But the organization remained in her heart, and Martinson returned, spending the past 30 years at Lyngblomsten.

"I wouldn't ever go anywhere else again," Martinson said. "It's become my home."

Martinson's reunion with Heiple sparked memories of Lyngblomsten's original building. The original Lyngblomsten Home for the Aged was demolished in 1993.

Back when the Lyngblomsten Home still stood, Heiple often would accompany her grandmother to Lyngblomsten meetings of branch members. For several decades following Lyngblomsten's incorporation, the home ran through the sponsorship of member branches.

"My grandma kind of took me along as her buddy on the street car," Heiple said. "She lived with us and brought me along to Lyngblomsten. Sometimes there were a few other kids there, and we would play."

Though they first stepped foot on the Lyngblomsten campus in different decades, Heiple and Martinson have now found themselves under its roof at the same time and won't lose track of each other anytime soon. **L**

# DISCOVERY DAY PROGRAMMING KICKS OFF WITH VISIT FROM COMO ZOO

By Brandi Jewett

Snakes and hedgehogs and orchids—oh my!

A menagerie of animals and plants made a special visit to Lyngblomsten in February as part of the organization’s first Discovery Day program.

Emma Singer, an education specialist from the nearby Como Zoo and Conservatory, brought the critters to the Newman-Benson Chapel at Lyngblomsten to meet residents, tenants, and two classes of local elementary school students.

The kids add a fun element to the program, which seeks to promote learning and build connections between youth and older adults.

“Children bring energy, and when you engage them in something that they can really wrap their spirit and mind around, it’s just a really fun thing,” Lyngblomsten Director of Lifelong Learning and the Arts Andrea Lewandowski said.

- 1) Helen Hjelmeland (left) and elementary school students look on as Como Zoo education specialist Emma Singer talks about the ball python in her hand.
- 2) An orchid flower.
- 3) An Amazon milk frog says hello from inside a terrarium.
- 4) Lyngblomsten Apartments tenant Georgine Belotti (left) and Care Center resident Mavis Nassetth meet an African ball python.

Both the students and older adults had a chance to get close-up views of the animals and plants. Rocket, an African four-toed hedgehog born at the zoo, made a round through the audience in a plastic terrarium toted by several students and produced smiles on the faces of those catching a glimpse of him.

An Amazon milk frog, an African ball python, and species of orchid and vermilion plants joined Rocket as part of the event. Singer introduced each zoo guest and outlined the daily routines of zookeepers, botanists, and other staff members who care for the plants and animals at Como Zoo.

February’s Discovery Day program was the first in a series of four debuting this year. Discovery Day came about after Lyngblomsten staff identified a gap in intergenerational programming and brainstormed ways to fill it through lifelong learning and art opportunities.

The next Discovery Day program occurs in April and will feature members of the Lakeshore Players Theatre and comedic improv exercises. Later in the year, staff from The Raptor Center at the University of Minnesota–Twin Cities and Mad Science, a science enrichment and imaginative learning organization, will host events. **L**



# ART AND MUSIC A HARMONIOUS BLEND FOR SPIRITUAL CARE AT LYNGBLOMSTEN

By Brandi Jewett

Gentle hymns provided the backdrop to an hour of creativity and spirituality for a dozen Lyngblomsten Care Center fourth floor memory care residents earlier this year.

Piles of cotton balls, scraps of fabric, and a rainbow of markers combined to fill two coloring pages designed by artist Chillon Leach, who guided residents through the creation of winter snowscapes and plush quilts on the pages.

“I started thinking about God wrapping me in a quilt when I was sad or lonely or tired—if I just remember God loves me, I feel better,” Leach explained to residents gathered for their spiritual devotion with Director of Spiritual Care Rev. Kelley Bergeson.

Leach works as a part-time arts specialist for the Spiritual Care Department. It’s a new position through which Bergeson said she hopes to engage Care Center residents during religious gatherings and visits, especially residents with memory loss.



*Lyngblomsten Director of Spiritual Care Kelley Bergeson (left) and Art Specialist Chillon Leach hold coloring pages designed by Leach, which they have added to devotions with Care Center residents.*

Sacred art has long been part of religion, from stained glass windows to paintings to the architecture of churches. Integrating art into spiritual programming is a method the Spiritual Care team hopes will help participants strengthen their faith.

“It’s not just a craft project,” Bergeson said. “It’s an avenue for them to experience God through art. So through music, color, pictures, design—it’s a different way to reach their spirits and have them respond.”

Providing residents and tenants with opportunities to practice their faith is a priority for Lyngblomsten as a Christian nonprofit enhancing the lives of older adults.

The presence of the Spiritual Care Department can be seen and felt beyond the chapel. Each day, Bergeson and fellow chaplain Rev. Bill Sanden crisscross the campus for spiritual visits, devotions, Bible studies, support groups, and other occasions to offer their comfort and support. It’s often the ritual of simply saying the Lord’s Prayer or hearing a familiar hymn that brightens a resident’s day, Bergeson said.

“It really touches me to reach them and see a response,” she added. “That is the work of the Spirit. We’re just a channel for it.”

Sanden, who joined Lyngblomsten in November 2017, has made an impact with residents and tenants through his musical talents, adding piano music and song to his spiritual programming. Music has long played a role in Sanden’s ministry. He got his start as a musician early in life and has since incorporated it into his work as a pastor and chaplain.

“Mom made sure that her kids played the piano,” he said. “Keyboard is one of the gifts I’ve been given. Through the years, it’s come in handy.”

At Lyngblomsten, Sanden uses music to create connections between older adults and spiritual memories. Bible stories and familiar hymns such as “Amazing Grace” and “Jesus Loves Me” light up the faces of many listening.

While adding new elements to its repertoire, the Spiritual Care Department’s mission of using God’s word to provide comfort and support to those who need it remains the same. **L**

*Lyngblomsten Chaplain Rev. Bill Sanden plays piano for Care Center residents during a devotional.*



## Twin Cities residents: 2nd Half with Lyngblomsten is for you too!

2nd Half with Lyngblomsten life enrichment centers are designed to enhance the lives of adults ages 50+. Located in the 5-5-1 zip code areas, the centers connect older adults to community services, resources, and programs focused on lifelong learning and the arts, social outings, health and wellness, volunteering, and more!

**You don't have to live on the Lyngblomsten campus to participate in 2nd Half.**



A Center for Enriching Lives after 50

Anyone living or working in the Twin Cities area is welcome to join us at 2nd Half's two locations:

- **Como Park**—On the Lyngblomsten campus (1415 Almond Avenue, St. Paul)
- **White Bear Lake**—Redeemer Lutheran Church (3770 Bellaire Avenue)

So what's coming up? Here are some offerings from our Spring 2018 Catalog (April, May, & June):

- **Art History:** Learn about artists Andrew Wyeth, Wanda Gág, and Alexander Calder.
- **Books-Cheese-Wine:** Meet local authors Elisabeth von Berrinberg, Soile Anderson, Eleanor Ostman, and Philip Formo.
- **Meet the Ramsey County Attorney:** Listen to John Choi as he discusses his role and issues facing Ramsey County's criminal justice system.
- **Coach Bus Trip to Skyrock Farm & Carousel:** Watch horses train for competition and take a ride on the historic carousel.
- **Jewelry-Making:** Discover the joy of making your own jewelry with polymer clay.
- **Outings to Northern Clay Center:** Learn the basics of how to make pottery.
- **TED Talks:** Hear talks on topics such as reshaping perceptions of Alzheimer's disease and income disparities around the world.
- **And more!**

For more spring programming or to download the catalog, visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

Questions or to register, contact (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).



## Development of online training platform set to take off with grant award

By Brandi Jewett

A \$75,000 grant will pave the way for Lyngblomsten Community Services to develop a new service that provides care ministry training, resources, and other support to church congregations through an online network. Provided through 2nd Half with Lyngblomsten, this web-based training will help prepare and support a variety of church-based volunteers who give support to older adults and their caregivers through numerous ways, such as transportation to appointments, grocery shopping, and in-home visits.

The grant was received earlier this year from the Lutheran Services for the Elderly Endowment

through the ELCA Foundation. It's a three-year grant divided into \$25,000 increments.

"This is going to give us the opportunity to offer another resource to churches and use our expertise around aging and volunteerism to support faith communities and the work they're doing for older adults in their congregation," Lyngblomsten Community Services Director Julie Pfab said.

During the first year of the project, the Community Services team will work to develop and test the service. As part of this process, curriculum and training modules will be created, focus groups tapped for ideas and feedback, and membership structures explored. **L**

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



# John & Robin Helgen

*in a program of Scandinavian and American music  
for voice and piano*



## Husby Memorial Concert Sunday, May 20 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.*

### Corporate Connections

By Tim Overweg, Director of Community Engagement

The Minneapolis businessman Harvey Mackay tells the following short story:

*A little girl asked to see the president of a large company. She explained that her club was raising money and asked if he would contribute. Smiling, he laid a quarter and a dollar bill on his desk and said, "Take whichever one you want." The little girl said, "My mother taught me to take the smallest piece, but I'll take this piece of paper to wrap it in so I won't lose it." Smart.*

Lyngblomsten needs partners to join us in our worthwhile and privileged endeavor. The for-profit world can help our nonprofit organization. We need their financial support. We need their knowledge and wisdom. We need their employees to volunteer. We want these business folks to come and experience the tangibles and intangibles that make Lyngblomsten the unique organization that it is. We then need them to share their experience with others who could choose to get involved. And the process repeats.

Cultivating new relationships with businesses is hard. Yet I know that you, the reader, can help us achieve our goals of engaging for-profit companies

Volunteer.

Donate.

Sponsor.

Learn.



in our mission. There is a leader you know who needs to know about Lyngblomsten. Invite them to take a tour with you or to attend an event with you. Be enthusiastic! As a believer in Lyngblomsten, believe in your invitation. Be respectful. Everyone's time and circumstances are different. Most likely, you will have to ask more than once.

And always—always—say thank you, no matter their response.

Smart.

#### Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who have given of their time between December 2017–February 2018!

- APi Group
- Highland Bank
- Optum
- Target
- UnitedHealthcare Medicare & Retirement
- University of Minnesota Carlson School of Management

**For more information**, contact Tim Overweg at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org), or visit [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved). 

# Discovering the Beauty Within



By Melanie Davis,  
Chief Development Officer  
Lyngblomsten Foundation

In February, my husband Tom and I had the wonderful opportunity to escape the Minnesota cold and spend several days in the warmer weather and sunshine of New Mexico. Typically, our visits are brief and center around reuniting with Tom's family and checking on the old homestead ranch a couple of hours southwest of Albuquerque. But this time, we planned an extended trip with dear friends and family that allowed us to experience the beauty and culture of areas of the state previously unknown to us.

Visiting Ghost Ranch, a 21,000-acre retreat and education center located in North-Central New Mexico, was a highlight for me. It was the home and studio of artist Georgia O'Keeffe, as well as the subject of many of her paintings. On our short hike around the center's campus, we were fortunate to discover a labyrinth set against the backdrop of a majestic bluff, clothed in variant strands of rich earthen colors reflecting more than 225 million years of evolution. Each of us answered the beckoning call of the labyrinth to step inside, to begin a purposeful spiritual journey of going inward as we wound through the paths to arrive at the center where we paused and basked in the beauty and awesomeness of the moment. Although each of us traveled the same path, the experiences and insights we received were uniquely different.

Sometimes we need to step out of the ordinary and make a conscious decision to journey into the unknown—to go deeper within to discover the depth and breadth and beauty that surround us. I'm grateful for the opportunity I had to step outside of my routine way of encountering

New Mexico. And I'm very grateful to return and rediscover in a fresh, new way the depth and beauty of Lyngblomsten. I am fortunate because my job calls me across paths that weave throughout the whole of the organization and to the core of its mission. All this is set against a backdrop of rich history of generations of volunteers, philanthropic partners, families, and staff who have made it a source of inspiration and support for thousands of older adults as they have walked the paths of aging.

This season, whether you are an employee, participant, caregiver, volunteer, or philanthropic partner, I invite you to step out of the primary way you engage with Lyngblomsten and go deeper—to make a conscious effort to explore a new path of knowing Lyngblomsten. I believe you will discover a new awareness and appreciation of our significance and the importance of our work together.

To assist you on your discovery, here are a few easy ways you can take the first step:

- **Take a 45-minute mission tour** to learn more about 2nd Half with Lyngblomsten, our innovative community service model that offers volunteer opportunities, enrichment classes, and vital supportive services for persons ages 50+ living in the Twin Cities.
- **Visit the Lyngblomsten campus** to learn more about the person-centered environments we provide through our skilled nursing care and housing options.
- **Attend the Spring Gala on April 20.** Join us for an evening to support persons with memory loss and their caregivers who are living in the community. To RSVP, visit [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).
- **Visit with our Volunteer Services staff** to discover how you can make a difference by sharing your time and talents.

Through healthcare, housing, and community services, Lyngblomsten seeks to create a continuum of opportunities and resources for older adults. 

# VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS



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

- **Resident Mobility:** Volunteer to transport residents at Lyngblomsten to and from in-house appointments. Help residents get to physical therapy or a dental, beauty shop, or foot doctor appointment and provide a friendly word and encouragement along the way. Flexible hours.
- **Support Someone with Memory Loss:** Participate in activities with residents at the Lyngblomsten Care Center who have memory loss. Examples: Help with a baking class or lead a "brain game."
- **Serve as a Memory Loss Respite Companion:** Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones—things like going to a scheduled appointment or meeting a friend for lunch. Help provide respite to caregivers by volunteering with 2nd Half with Lyngblomsten. You can serve in our **group respite program** (The Gathering)

or in our newly launched **in-home respite program**. As an in-home respite volunteer, you'll spend two to three hours visiting with an older adult in his or her own home. For more information about these opportunities, visit [www.lyngblomsten.org/individualvolunteer](http://www.lyngblomsten.org/individualvolunteer).

In December, January, and February, a total of **430 volunteers** (including volunteers for The Gathering) gave **6,079 hours of service**. Another **160 group volunteers** gave **648 hours**.

Upcoming New Volunteer Orientations:

- Thursday, April 19, from 6–8 PM
- Saturday, May 12, from 10 AM–Noon
- Saturday, June 9, from 10 AM–Noon

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).

# Life is Sweet

when you work at Lyngblomsten

**HELP SPREAD THE WORD:** *Lyngblomsten is hiring nursing assistants and medication aides.*

Why work as an NAR or TMA at Lyngblomsten:

1 Family-like Work Environment

2 Outstanding Benefits

3 Competitive Wage Scale NEW & IMPROVED!

**For more information:**  
[www.lyngblomsten.org/employment](http://www.lyngblomsten.org/employment)  
 (651) 632-5303  
[slee@lyngblomsten.org](mailto:slee@lyngblomsten.org)

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

—One of Lyngblomsten's Guiding Principles

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

December 1, 2017, through February 28, 2018\*

### In Memory of

Anonymous	Alice & Bill Hydukovich
Donald Brekke	Jane Lilleodden
Edward & Bernice Brink	Zella Lissimore
Remei Del Mar	Sandra Method
Dorothy Demore	Robert Olson
Linda Druck	Elizabeth Scienski
Lois Erickson	Glen Strom
Rita Hamburger	Carolyn Thompson
June Helfmann	Tsup Wong

### In Honor of

Debra George

\*Does not include gifts made through Lights for Lyngblomsten





## 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 care-giving, 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

Save the Date for the



# LYNGBLOMSTEN MID-SUMMER FESTIVAL

A Celebration of Arts & Lifelong Learning

Friday, July 20, 2018

2–8 PM on the Lyngblomsten campus in St. Paul

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

More  
details  
coming  
soon!

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

2nd Half with Lyngblomsten Resources for Churches

### Older Adult Ministry Forum: Supporting Essential Conversations with Older Adults

Learn to listen and facilitate conversations with older adults in your faith community. Gain skills to support older adults as they reflect on their spiritual, cultural, and religious beliefs, and their health and health care goals. This session will include information on Advance Care Planning, including how to create health care directives. Continental breakfast served. *Presenter: Sr. Annette Langdon, RN, BSN, MA, Advance Care Planning Liaison, Fairview Health Services, Deaconess of the ELCA*

**Monday, June 18**

9:30 AM check-in; 10 AM–Noon program  
Falcon Heights United Church of Christ  
(1795 Holton Street, Falcon Heights)

**Fee:** \$10/person or \$25/group of 3 or more people from the same congregation. *To sign up as a group, please do so at one time and provide names of all registrants.*

**Registration required** by June 13 to (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).

# 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 [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org), unless otherwise noted.**

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

### Sunday, April 8

#### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring Caitlin Lucic on marimba. FREE.\*

### Friday, April 20

#### Lyngblomsten Foundation Spring Gala

See back cover for details.

### Sunday, April 22–Saturday, April 28

#### Lyngblomsten Volunteer Appreciation Week

Lyngblomsten volunteers can stop by the Volunteer Lounge on campus this week for special treats and recognition!

### Monday, April 23

#### Continuing Education for Lyngblomsten

##### Volunteers: Visual & Tactile Arts

9 AM–12:30 PM on the Lyngblomsten campus, Community Room (lower level)

For details and RSVP: (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

### Friday, April 27

#### Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten

Live music and dance featuring a band from MacPhail Center for Music and dance enthusiast Christopher Yaeger. Light refreshments served. FREE.\*

### Tuesday, May 1

#### Lyngblomsten Corporate Annual Meeting

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

## May is Older Americans Month

### Saturday, May 5

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

9 AM–Noon at Hilde Center & Park in Plymouth  
Sign up to walk or donate to Team Lyngblomsten at [www.lyngblomsten.org/parkinsonswalk](http://www.lyngblomsten.org/parkinsonswalk).

### Thursday, May 17

#### Syttende Mai

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

### Friday, May 18

#### Continuing Education for Lyngblomsten

##### Volunteers: Am I Really Listening?

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

For details and RSVP: (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

### Sunday, May 20

#### Husby Memorial Concert

3 PM in the Newman-Benson Chapel at Lyngblomsten

See page 11 for details.

### Sunday, June 10

#### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring Joey Kaiser and Rebecca Hass on cello and piano. FREE.\*

### Monday, June 18

#### Older Adult Ministry Forum: Supporting Essential Conversations with Older Adults

9:30 AM check-in; 10 AM–Noon program at Falcon Heights United Church of Christ

See page 14 for details.

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



\*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)).

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



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FRIDAY,  
APRIL  
20  
2018

Lyngblomsten Foundation

# Spring Gala

Friday, April 20, 2018 | Vadnais Heights Commons  
5:30 PM Doors open/Reception; 7 PM Dinner & Program

## JOIN US TO SUPPORT

persons with memory loss  
and their caregivers

92,000 Minnesotans age 65+ live with Alzheimer's disease. 251,000 caregivers in Minnesota are caring for family members with Alzheimer's and other dementias. Nearly 60% of people with Alzheimer's live in their own homes and need support from families and community members.  
-ACT on Alzheimer's

Through your support at this special evening, Lyngblomsten can continue to provide a continuum of supportive services to assist caregivers and persons living at home with memory loss. These services are provided through 2nd Half with Lyngblomsten.

**RSVP PREFERRED BY APRIL 6**  
at [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

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

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