



# Lyngblomsten Lifestyle

Fall 2020



**STORIES OF LIFE:**  
103-Year-Old Resident  
Beats COVID-19

**MORE IN THIS ISSUE:**  
President/CEO Reflects on COVID-19  
Saying Farewell to Wally Hauge

# Directory

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# Letter from the Editor

**Commit to the Lord whatever you do,  
and He will establish your plans.**  
—Proverbs 16:3

Dear Readers,

This scripture passage hangs on the wall in my office. It reminds me to not get too attached to “my” plans and to be open to other possibilities.

With COVID-19, having a plan for anything seems almost ludicrous. Nearly every day (and sometimes multiple times a day), information changes and plans must be modified. Pivot. Adjust. Iterate. These actions are essential and commonplace now.

The pandemic has brought hardship and sacrifice. But it has also produced opportunities.

In setting aside many Plan As and taken-for-granted routines, people have stretched their creativity and resourcefulness. Many have pushed themselves to learn technology they may otherwise have never attempted. Some have discovered new ways to connect and share experiences with family and friends that would not have occurred to them to do before. Others learned how very strong they could be under pressure. Still others absorbed roles they never would have imagined for themselves.

In whatever ways COVID-19 is impacting your plans, may you embrace opportunities—like 103-year-old LaVerne whom you’ll meet on page 4.

May you be well,

Patricia A. Montgomery | Editor  
Vice President of Communications & Stewardship



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Patricia Montgomery, Editor  
Sam Patet, Production Manager & Writer

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**On the Cover:** 103-year-old resident LaVerne Rehpohl is all smiles with her “I Beat COVID” medal as she celebrates her recovery from the virus.

# A MESSAGE FROM THE PRESIDENT

September 1, 2020



Dear Lyngblomsten Family,

During the past five months, the fight against COVID-19 has dramatically altered nearly every aspect of life on our campus. It has also required us to modify offerings and find creative ways to engage older adults living in the broader community. Suffice it to say, none of this has been easy.

The first case of COVID-19 among our care center residents occurred April 28, and during the following six weeks, we experienced a spread of cases among residents and staff. It wasn’t until facility-wide surveillance testing became available through the Minnesota Department of Health (MDH) that we began to gain control over the spread of the virus. Until that time, we had implemented strategies and interventions with guidance from the MDH and the CDC (Centers for Disease Control). While these actions were important, the surveillance testing proved to be the only way to identify asymptomatic and pre-symptomatic carriers. As the cases of COVID-19 in the care center dropped, we continued to routinely test our staff and, when appropriate, residents and tenants. We expect testing will continue until there is a vaccine.

Despite our best efforts, we couldn’t keep COVID out. While the majority of those who contracted the virus recovered, there were residents who died. We are deeply affected by this and mourn with those who lost loved ones.

Support over these past several months has come in some unexpected ways. Individuals and families provided handmade masks for our residents and staff and advocated with state officials for testing supplies. Throngs of people prayed. Companies,

organizations, and congregations donated N95 and surgical masks, face shields, hand sanitizer, and treats. The support we received was overwhelming and deeply appreciated. What was truly inspiring were the cards, letters, posters, calls, and emails provided by residents, families, volunteers, neighbors, and strangers expressing their gratitude for our employees’ commitment to their work. All this support provided a much needed lift for staff.

And this leads us to the heroes among us. There are too many to list by name, but they are nurses, nursing assistants, home health aides, housekeepers, social workers, therapeutic recreation professionals, maintenance staff, chaplains, program coordinators, office staff, and so many others throughout Lyngblomsten who have shown remarkable courage and demonstrated unprecedented teamwork.

While we don’t yet know the long-term effects of COVID on our organization, we know that short-term effects include the cancellation of this year’s Mid-Summer Festival, a delay in beginning construction on our campus in Lino Lakes, continued restrictions for campus visitors, and modifications to programs and daily routines.

It’s true that the past several months have been challenging; however, I know with all of your continued support, there are better days ahead.

God Bless and Be Safe,

Jeff Heinecke  
President & CEO





LaVerne enjoys an outdoor visit with her grandson Erik Rehphol and his family on August 19.

## 103-year-old care center resident remains optimistic during COVID-19 pandemic

By Sam Patet

Bre Schlick has gotten to know many older adults during her 12-year career at the Lyngblomsten Care Center. One resident who always puts a smile on her face is LaVerne Rehphol.

“I think LaVerne is just like a ray of sunshine,” said Bre, who organizes and leads activities for residents as a Therapeutic Recreation Coordinator.

Erik Rehphol, one of LaVerne’s six grandchildren, agrees. “She’s always been cheery. ... She’s been very loving and caring.”

“If you’re having a bad day or if you have a life question, she’s always one that anybody can go to,” Bre said. “She’ll just tell you what she thinks about it. She’s 103, so she’s probably experienced that or something similar.”

Indeed, LaVerne has experienced a lot during her 10 decades of life. The oldest resident in the Lyngblomsten Care Center, she’s lived through two World Wars, the Great Depression, the 9-11 terrorist attacks, and much more. And now, like everyone else throughout the world, she’s navigating a new challenge: the COVID-19 pandemic.

On March 6, the Minnesota Department of Health announced the first confirmed case of the virus in Minnesota. Five days later, the World

Health Organization declared the COVID-19 outbreak a pandemic.

Lyngblomsten staff worked quickly to implement a number of guidelines from the Centers for Medicare & Medicaid Services (one of several agencies that oversees skilled nursing facilities) to mitigate the introduction and spread of the virus on campus. Changes included suspending communal dining and small group activities, cancelling large group events (such as bingo and performances in the chapel), and restricting visitors.

This last change—restricting visitors—has probably been the hardest one for LaVerne and others to adjust to. “I have two grandsons that live over in Minneapolis, and they come to see me ... they used to,” LaVerne said.

Erik and his brother are her only family who live in Minnesota, and it’s been difficult for him not to be able to visit her in person.

“The one thing that ... [was] nice was being able to go to visit to give her some personal, physical interaction and socializing,” Erik said. “So it’s been really tough with that.”

Still, he and LaVerne are grateful for the opportunities they’ve had during the pandemic to visit—online and in person—as Lyngblomsten’s

visitation guidelines were adjusted based on new guidance from the Minnesota Department of Health. Since March, Lyngblomsten staff have been helping residents participate in “virtual visits” (i.e., visits conducted via an online video communication tool, such as FaceTime, Google Duo, or Zoom) with their families and friends. Lyngblomsten began offering window visits (i.e., resident inside the building chatting with a visitor standing outside a window) in early May and outdoor visits a month later.

“I like that Lyngblomsten has opened that up as a possibility,” Erik said about the expanded visitation opportunities. Still, not being able to visit was especially difficult for him when he learned LaVerne had contracted the virus and had to be quarantined.

On April 28, Lyngblomsten confirmed its first case of COVID-19 in a care center resident, and by early June, 83 residents had tested positive for the virus. LaVerne was one of 60 who recovered.

Naturally, Erik and Bre were glad when they learned LaVerne had recovered.

“With LaVerne or any of the other number of residents or staff that have beat COVID, it’s always a relief,” Bre said. “You say ‘Thank God another person survived and made it to the I-Beat-COVID side of the picture.’”

As residents recover, staff have held simple celebrations in the care center neighborhoods that include giving them a paper medal emblazoned with the phrase, “I Beat COVID.” LaVerne received hers on June 11.

These days, LaVerne is filling her time doing activities she enjoys—reading, coloring, solving crossword puzzles—all the while hoping a solution is found soon.

“I don’t know what we can do other than pray,” LaVerne said. “I pray that I stay well every day—thank God for that.”

Residents, families, and staff know daily life at the care center won’t be normal for some time. Together, though, they’re pressing forward—one day, one visit, one medal, one prayer, one smile at a time. 📌

## Creativity flourishes among tenants during COVID-19

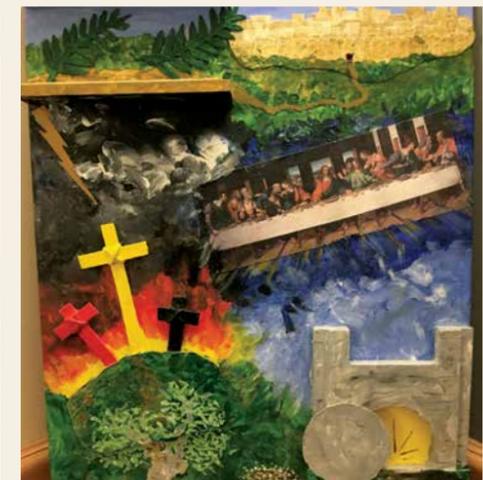
Many opportunities have been paused for Lyngblomsten tenants and residents during the pandemic. One thing that hasn’t, though, is creativity! Tenants living at The Heritage at Lyngblomsten and the Lyngblomsten Apartments have continued to draw, paint, sketch, and create, thanks in large part to Lyngblomsten’s Lifelong Learning & the Arts Department, which has provided them with project ideas and supplies. Take a look at some of the works they’ve created!



Heritage tenants created their own “heart art,” then displayed them together outside the Dining Room.



In June, tenants created greeting cards for homeless persons in the Twin Cities, which were distributed at the Dorothy Day Place in St. Paul.



In April, tenant Richard Bartz created a mixed media piece commemorating Holy Week and Easter.



The newly landscaped “park island” outside the main entrance to the care center was completed just in time for our Care Center Family Parade on June 24, providing the perfect spot for everyone to enjoy the festivities!



Women's restroom near Anna's café & gifts



Digital skylight on the ceiling in the Stanford Neighborhood (the care center's memory care unit)

## In the Homestretch: Renovations and Capital Campaign Wrapping Up

By Patricia Montgomery

Through 10 seasons, 13 construction phases, and one pandemic, the \$9 million physical overhaul of the Lyngblomsten Care Center will wrap up in September. The Our Turn in History capital campaign, which is partially funding the renovation, will close by year-end.

From top to bottom on the inside, and above and below ground on the outside, this major renovation focused on updating and modifying shared living spaces, public spaces, and resident rooms. From remodeling resident bathrooms, to creating more spaces for small group activities and visits, to creating a park-like setting in the former grass island of the parking lot, the facility is a more beautiful, functional,

and safe place to live and work. There are also new amenities like fireplaces and 24-hour snack and beverage bars for residents and visitors to enjoy throughout the day.

“I truly appreciate how much excitement there is for the finished product,” Care Center Administrator Brenda Johnson said. “Resident quality of life is improved greatly by this more beautiful and efficient space in which to live.”

As a faith-based organization, Lyngblomsten is committed to providing the highest quality supportive services to all older adults, regardless of their incomes. This can often be challenging given the limited funding available for capital improvements.

“Fundraising \$1 million is a critical part of the plan for funding these renovations,” stated Jeff Heinecke, President & CEO of Lyngblomsten. “This money will allow us to manage the cost of the renovations AND enjoy all the amenities and programs that set Lyngblomsten apart—those things that go beyond the basics and provide for the best life possible.”

Two challenges remain as we wrap up the capital campaign. First, we need to raise a final \$250,000 which will allow us to cover the

cost of the necessary FFE (furniture, fixtures, and equipment). With all the new areas, it is important to complete them with the finishing touches that complement the spaces, adding to the feeling of home and supporting the dignity of our residents.

The second challenge is we're looking to raise this \$250,000 by October 31! Time is short. The finish line is in sight. You can help us complete The Home Stretch and make life better for each resident in our care center. 

## You are the finishing touch!

Renovations are in the homestretch, but we need to raise \$250,000 to complete the finishing touches. Can you help make that happen by making your best gift today?

Please use the envelope provided in this magazine, or go online to [www.Lyngblomsten.org/Donate](http://www.Lyngblomsten.org/Donate) (choose the capital campaign designation), or download a gift pledge form at [www.Lyngblomsten.org/HomeStretch](http://www.Lyngblomsten.org/HomeStretch).

*Thank you! Every gift makes a difference.*

**Questions?** Contact Patricia Montgomery at (651) 632-5322 or [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org).



# Corporate sponsors help Lyngblomsten soar

By Tim Overweg  
Director of Donor Engagement

Most of us had someone in our life who warned us about the company we keep. They probably said something like if you hang out with chickens, all you will ever do is cluck and scratch, but hang out with eagles ... well, then you will soar. At the risk of offending any chicken farmers reading this, there is truth in the idea behind these words. Those we choose to associate with—and who choose to associate with us—says a lot about who we are and will be.

Lyngblomsten is fortunate to have many good partners to hang out with, including our corporate/business sponsors. They have chosen to stick with us through the many challenges of 2020 as they themselves faced a challenging year. Why did they continue their support? Read on for a few examples.

**Chris Andre, Senior Account Manager with Total Networx**, wrote: “We believe in what Lyngblomsten stands for! ... The challenges 2020 has brought don’t mean Lyngblomsten can take a break in providing that care, and so we are proud to have Lyngblomsten as a client and happy to help support their efforts through the Spring Gala.”

**John Piché, owner at Piché & Associates Real Estate**, noted: “Now more than ever, we must do what we can to protect the most vulnerable, valuable members of our families and our community. Even though the event we sponsored [the Mid-Summer Festival] had to be cancelled, it was an easy decision not to withdraw our sponsorship.”



**Marcus Peterson, National Account Executive from HPI/Premier**, shared his thoughts with a few bullet points:

- I can tell from the interactions I’ve had with staff members that their calling is real and I want to help people like that.
- I support Lyngblomsten’s events because I support and agree with Lyngblomsten’s mission.
- When I see people inside Lyngblomsten HAVING FUN, I know it’s a place worth supporting.

**Hank Hanten owns Shanghaied Henri’s restaurant at the Minnesota State Fair.** Even with the State Fair being cancelled, Hank said: “We think giving back is the most important thing you can do in life. As for giving this year, when times are the most challenging, it becomes even more important for those who are able to still give to do so.”

Lastly, **Joe Masciopinto, Client Relationship Consultant from Arthur J. Gallagher & Co.**, had this to say: “I would say now more than ever my mind has been on the staff, residents, and their families at Lyngblomsten given the current environment. These folks are in my thoughts and prayers as I count my own blessings in today’s world.”

**Our 2020 sponsors. Eagles. Every one of them.** 

## Thank you to our 2020 corporate sponsors!

Our corporate sponsors continued to give in 2020, despite the Spring Gala shifting to an online event and the Mid-Summer Festival being cancelled. Their generosity is helping ensure programs and initiatives supported by the Lyngblomsten Foundation—including 2nd Half with Lyngblomsten and Arts & Lifelong Learning opportunities—remain strong during these challenging times. Thank you!



- Allegra Eagan
- Arthur J. Gallagher & Co.
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- Bremer Bank
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—IN MEMORIAM—

## Wally Hauge

Lyngblomsten  
President & CEO,  
1980–1992



By Patricia Montgomery

On July 7, former President & CEO Wallace (“Wally”) Hauge, who devoted 15 years of leadership to Lyngblomsten, passed away at the age of 92.

“Wally was the epitome of a strong and impactful leader,” said Jeff Heinecke, Lyngblomsten President & CEO. “Those who knew him during his time as CEO describe Wally as incredibly kind and caring. They are also quick to say that he was determined to make a difference. Wally was special to the Lyngblomsten community and will be deeply missed.”

During his tenure as President & CEO, Hauge helped create the Community Relations Department; led the way in establishing the Lyngblomsten Foundation; brought about many additions and physical improvements to the buildings and grounds, including adding the Newman-Benson Chapel and the care center’s Husby Dining Rooms; helped launch the Community Senior Center and Health Assessment & Education Program (forerunners to today’s community services known as 2nd Half with Lyngblomsten); and much more.

Following his retirement, Hauge remained involved with Lyngblomsten. In 2001, he received the inaugural Anna Quale Fergstad Award for Distinguished Service.

Visit [www.lyngblomsten.org/Hauge](http://www.lyngblomsten.org/Hauge) to read a full press release. 

Lyngblomsten Foundation  
makes history with  
first-ever virtual

# Spring Gala



By Sam Patet

The Lyngblomsten Foundation made history this year when it hosted its first-ever virtual Spring Gala! More than 100 households watched the program the evening of April 24 via their desktops, laptops, phones, and smart TVs, with many more viewing the event videos on Lyngblomsten's website in the days that followed.

"When it became clear the pandemic would prevent us from gathering in person, we had to pivot quickly, recreating the entire event," said Patricia Montgomery, Vice President of Communications & Stewardship for Lyngblomsten. "Tenacity is in Lyngblomsten's DNA! Like all areas of the organization, the Lyngblomsten Foundation forged ahead to navigate new territories and reconfigure plans."

Since 1988, the Lyngblomsten Foundation has held an in-person fundraising event in the spring that has supported a variety of Lyngblomsten programs and projects. For the past several years, funds raised at the Spring Gala have supported 2nd Half with Lyngblomsten, life enrichment centers whose innovative and expansive programs are designed to reduce isolation and increase engagement among older adults and their informal caregivers, helping them remain as independent as possible for as long as possible.

Planning for the 2020 event had been in the works for more than five months when in mid-March event organizers faced the decision to cancel, postpone, or go virtual. The coronavirus had started making

headway in Minnesota and soon after, Governor Tim Walz issued a stay-at-home order through early May to curb the spread of the virus—eliminating the option to gather together in person.

After exploring options and with just under a month to prepare, Lyngblomsten staff rolled up their sleeves and produced a 40-minute online program that showcased how 2nd Half with Lyngblomsten was making an impact in the community. KARE-11 News reporter Karla Hult returned for the third year in a row to emcee the event (this year from her home!), and 2nd Half with Lyngblomsten participants, staff, and supporters shared their thoughts in video reflections.

The results? Supporters gave \$106,227, surpassing the Foundation's event goal by more than \$6,000! "With this being our first-ever virtual fundraising event, we didn't know how folks would respond," said Montgomery. "It [the result] was so exciting—and we are so grateful—that supporters adjusted to the format and responded generously to the need."

Thank you to everyone who donated to the Spring Gala, including our event sponsors (see page 9 for a complete listing). You can still make an impact for 2nd Half with Lyngblomsten programming! Watch the gala videos at [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala) and make a donation at [www.lyngblomsten.org/Donate](http://www.lyngblomsten.org/Donate). 📺

## Smile! You can support Lyngblomsten when you shop on Amazon.



The AmazonSmile program lets shoppers support their favorite charity when they purchase items from Amazon. AmazonSmile donates a percentage of your purchase total to the Lyngblomsten Foundation. Sign up today to designate the Lyngblomsten Foundation as your charity of choice and help support our mission every time you shop Amazon.

Get started at <https://smile.amazon.com/ch/36-3371887>, or get more details at [www.Lyngblomsten.org/AmazonSmile](http://www.Lyngblomsten.org/AmazonSmile)

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

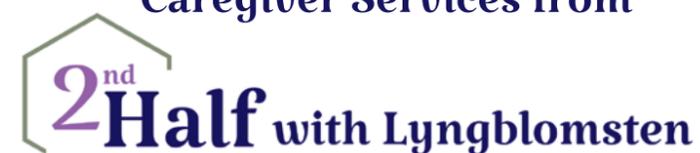
March 27 through July 31, 2020

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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).

## Caregiver Services from



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Don't know what you need? **Give us a call at (651) 632-5320.** Our trained staff are here to listen and will help you take the next step on your journey.

Email [lyngblomsten.cs@lyngblomsten.org](mailto:lyngblomsten.cs@lyngblomsten.org) for more information, or contact Jeanne Schuller, MSW, at (651) 632-5320, or visit [www.lyngblomsten.org/COVID19Caregivers](http://www.lyngblomsten.org/COVID19Caregivers).



### 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



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The Lyngblomsten Foundation brings together generous individuals, faith communities, businesses, and other community partners to fund the work and mission of Lyngblomsten. Your generosity supports the best life possible for older adults—whether they live on our campus or out in the community. In addition to finishing our capital campaign for renovation of the care center (see p. 6), our greatest needs are funding for lifelong learning and the arts and community services—especially support for informal caregivers. YOU can improve the quality of life for the older adults through your gift to Lyngblomsten.

There are many ways to make your contribution:

- One-time cash gift
- Monthly recurring gift
- Stocks, bonds, or mutual funds
- Transfers from DAFs or IRAs
- Matching gift programs (available through many workplaces)
- Future gift (e.g., will, estate plan, life insurance policy)



**For more information about how you can make a difference:**

Visit [www.Lyngblomsten.org/Foundation](http://www.Lyngblomsten.org/Foundation) or contact Tim Overweg at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org)

***Thank you for your support!***

