



# Lyngblomsten Lifestyle

Fall 2017

*November is  
National Family  
Caregivers  
Month!*

**STORIES OF LIFE:**  
Traveling the Road of  
Memory Loss and Caregiving

**MORE IN THIS ISSUE:**  
Successful Mid-Summer Festival  
Resources for Caregivers

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# Letter from the Editor

Dear Readers,

With the season of fall upon us, there are many signs of change around us. For caregivers—just like in nature—change may happen quickly, or it may happen slowly. In each case, the life of the care recipient and the life of the caregiver is affected.

November is National Family Caregivers Month, and this edition is dedicated to all those taking care of aging loved ones. The following quote gives interesting insight to a particular group of caregivers—dementia caregivers—but I suspect it applies to anyone caring for someone with a progressive disease.

*Dementia caregivers are some of the best inventors, possess some of the most creative minds, on the planet. They don't have the luxury of living in past successes. The scope of their work changes by the hour, their goals by the minute. They must constantly formulate new ideas and discover new solutions.*

—Mara Botonis, author of *When Caring Takes Courage*

To all those caring for loved ones, thank you! May God bless your personal ministry abundantly. And may this edition inspire and nurture your caregiving journey.

Don't just live; leave a legacy!



Patricia A. Montgomery | Editor



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## Contents

Traveling the Road of Memory Loss and Caregiving.....	3
2nd Half with Lyngblomsten Provides Services to Caregivers .....	6
Beautiful Weather Sets the Stage for Successful Summer Festival.....	9
Neighbor Helping Neighbor—Community at Its Best .....	10
Corporate Connections .....	11
Leadership opportunities available through Volunteer Services.....	12
Events Calendar .....	14

**On the Cover:** Pat and Debby Reisinger enjoy some time together in the Lyngblomsten courtyard.



# TRAVELING *the ROAD* of Memory Loss and Caregiving

By Sam Patet

**PAT AND DEBBY REISINGER** love to travel. They've been to England, Hong Kong, Greece, and Prince Edward Island, and this September they took a trip to Ireland.

So when the two set sail on a river cruise in northern France last year—which included stops in Paris, Normandy, and Giverny (the home of Claude Monet's famed flower gardens)—they couldn't have been happier.

One experience on their trip, however, reminded them of a challenge they'd been facing for years, something they couldn't leave in the U.S. while on vacation overseas.

The two were exploring an open-air market while their boat was in port. Pat told Debby he was going to look at a couple items farther down an aisle.

"All of a sudden, he was gone," Debby said. "I had no idea where he was."

Immediately, she scoured the market for any sign of her husband. But her efforts were in vain. Debby called her brother, who was also on the trip and had stayed on the boat. She asked him to check if Pat had returned to his room.

The answer wasn't what she wanted to hear.

"He called me back and he said, 'Pat's not on the boat,'" she said. Her brother had gone to their room and knocked on their door, but nobody answered.

At this point, Debby decided to return to the boat. After speaking with the crew, she stopped by her



1

*1. Pat and Debby ready to sing their hearts out at the St. Paul Giving Voice Chorus concert on June 4, 2017, at Concordia University in St. Paul.*

room to see if Pat had turned up. This time, he was there—although he had been there during much of their search. Instead of staying in the market, Pat had decided to return to the boat. When his brother-in-law knocked on his cabin door, Pat couldn't hear him because he was taking a shower.

Needless to say, Debby was relieved when she found him safe and sound. "That was the scariest time," she said. "Because I wasn't sure that he could find his way back to the ship."

## *Alzheimer's diagnosis* **CHANGES THEIR LIVES FOREVER**

Why was Debby so worried? The boat, after all, was only a couple blocks away from the market where they had been. Wouldn't Pat have been able to find it on his own?

Unfortunately, there was a chance he wouldn't have found it—a fact that caused Debby (and would have caused other caregivers like her in similar situations) to panic. Pat has Alzheimer's  
*continued on page 4*



2



3

disease. He was diagnosed in 2014, although he had suspected something was wrong years earlier.

“I knew that I had some things that weren’t lining up pretty good. [I was] going downhill every month or so,” Pat said about the time leading up to his retirement at age 64 in 2008. “I didn’t like it. Debby was very supportive, [but] I think I got upset a few times. I just couldn’t keep up.”

### *School and work experiences*

#### **HELP THEM NAVIGATE CHALLENGES**

The two met in 1968 as undergraduate students in Winona, Minnesota. Debby was a student at the College of Saint Teresa (now closed) and Pat was at Saint Mary’s University. They married in 1969, but had to remain apart at first while Pat served in the U.S. Army during the Vietnam War. Pat returned to the United States in December 1970, and after a year of Pat working as a probation officer in Anoka, the two continued their education at Saint Louis University in St. Louis, Missouri, under the GI Bill. Debby received her master’s degree in counseling and Pat received his in social work.

Over the next several years, the two had three children and settled in Apple Valley. Pat was a clinical social worker, spending the last 14 years of his career at the Minneapolis VA Medical Center, while Debby worked for many years in customer care for Northwest and Delta airlines.

Debby credits their education and work experiences with helping them navigate many of the challenges they’re currently facing. As a care-

giver, she needs support and resources just as much as Pat does.

“At this point, technically I’m a caregiver, but I think it’s more of a companion, because we still do stuff together,” Debby said. “I think our closeness has increased. But I do have all the responsibility: the bills and the organizing, the day-to-day details of life.”

She said one responsibility that she hasn’t enjoyed taking over is being the sole driver. “I’m not real fond of driving,” she said. “But driving all the time—I mean, I’ve gotten used to it.”

“Pat kept showing me his driver’s license,” she said, “and saying, ‘The state says I can drive. Don’t tell me I can’t drive!’ And that’s really difficult because it’s the whole loss of—well, not only mobility, but freedom.”

### *Lyngblomsten and other organizations*

#### **HELP THEM ON THEIR JOURNEY**

Pat hasn’t just been losing his mobility and freedom. Debby noted that it’s harder for him to perform tasks that many of us take for granted, things such as using a cellphone or a television remote. And, she continued, as his disease has progressed, he’s become more and more isolated.

That’s why she’s glad he’s been able to participate in The Gathering, Lyngblomsten’s daytime respite program for persons with early- to mid-stage memory loss. Led by volunteers who have been trained by Lyngblomsten staff, The Gathering provides a day of stimulating and enjoyable activities for persons with memory loss and five hours of respite for their caregivers.





4

2. Pat enjoys reading a story with his 5-year-old grandson Owen Whatley in July 2017.

3. Pat enjoys visiting with preschoolers at a session of The Gathering earlier this year at Augustana Lutheran Church in West St. Paul. The 4- and 5-year-olds attend Augustana's preschool program, which is held in classrooms at Augustana.

4. Pat and Debby Reisinger are pictured with their children at their son's wedding on July 18, 2015. From left to right: Debby, daughter Anne Whatley, daughter-in-law Ana Reisinger, son Jeff Reisinger, daughter Sarah Belnap, and Pat.

When Debby learned last fall that a spot was open at one of The Gathering locations, she jumped at the opportunity. Since January, Pat's been attending once a week at two sites in West St. Paul: one at Augustana Lutheran Church, the other at Salem Lutheran Church.

"I've never been there at a time when it was down," Pat said about his experience with The Gathering. "I enjoy singing," he continued, as well as doing craft activities. "I think it [craft activities] is therapeutic."

Debby appreciates the free time she receives as a caregiver [during The Gathering]. But what matters most to her is that Pat gets to participate in positive, engaging experiences with others week after week.

"As far as I'm concerned, the day's benefit is he gets out away from me and has some experiences of his own that I'm not a part of," Debby said.

Still, this doesn't mean that they haven't found things to do together. On the contrary! Since January, they've been participating in the Giving Voice Chorus, a nonprofit that provides persons with dementia and their loved ones with the opportunity to sing together in a professionally-led choir. Rehearsals for the St. Paul chorus are held in the Newman-Benson Chapel at Lyngblomsten.

"We've made some friends and have people that we've done activities with," Debby said about their time in the Giving Voice Chorus. "They get it; they understand what you're going through. So that's been really positive."

Debby also appreciates the help she's received through caregiver support groups. She attends one offered by DARTS in Burnsville, and this year, she attended one session of a memory loss caregivers support group offered through Lyngblomsten. She hopes to attend more sessions in the future. Group members provide her with practical tips for her journey and remind her that she's not alone.

### *Advice for caregivers? ASK FOR HELP.*

When asked what advice she had for other caregivers, Debby encouraged them to plan ahead, get support, have a good sense of humor, and be patient.

"After the first shock, it gets better," Debby said. "I think you get over the [first] hurdles—like not driving or whatever it is—and then there are periods. It's a journey, but it doesn't happen all at once."

"I think I learned how to ask for help," she continued. "People have been very generous and willing to help."

Debby's journey as a caregiver is far from over. But she knows that no matter what happens—even if it's an experience similar to what happened in France—she and Pat have the resources they need to make it through. **L**



## 2nd Half with Lyngblomsten Provides Wealth of Services to Caregivers

On November 1, Lyngblomsten celebrates the one-year anniversary of **2nd Half with Lyngblomsten**. This new model of service for adults in the second half of life (ages 50 to 100+) connects them with community services, resources, and opportunities to enhance their quality of life.

One group that 2nd Half with Lyngblomsten serves is caregivers. Its staff (which includes three nurses, two social workers, and many others with years of experience) are able to provide personalized support and resources to older adults and their caregivers.

2nd Half offers a variety of services to caregivers:

### Caregiver Resource & Referral Program

Staff will listen to your individual needs and help you formulate a plan by facilitating:

- **A brief needs assessment**, which can often be completed over the phone or by email.
- **A personalized response**, which can include a list of available resources, referrals to programs, and educational materials.
- **A follow-up call** to ensure you received the information and support you needed.

### Caregiver Consulting—REACH (Resources for Enhancing Alzheimer's Caregiver Health)

REACH is a proven approach used by caregiver consultants to support family members and others who are caring for someone with Alzheimer's disease or a related dementia.

- Includes four meetings that are tailored to what you as a caregiver need the most.
- Set goals, solve problems, learn how to reduce stress, and more.
- Fee offered on a sliding scale.

### Support Groups

Support groups meet once a month. Sessions include a brief education component, time to gather resources, and time to talk.

- **Caregiver Support Group:**  
3rd Wednesday each month from 1–2:30 PM on the Lyngblomsten campus in St. Paul.
- **Lewy Body Dementia Support Group:**  
1st Wednesday each month at 10 AM on the Lyngblomsten campus in St. Paul.
- **Memory Loss Caregivers Support Groups:**  
Tuesdays and Thursdays at 10 AM at six sites throughout the east metro.
- **Parkinson's Disease Support Group:**  
1st Thursday each month from 1–3 PM on the Lyngblomsten campus in St. Paul.

### Group respite—The Gathering

A day of stimulating activities for those experiencing early- to mid-stage memory loss and five hours of respite for caregivers who desire a break.

- Staffed by specially trained volunteers at sites in the east metro.
- Each site meets 2–4 times per month and accommodates 8–10 participants.
- Fee offered on a sliding scale.

2nd Half with Lyngblomsten also offers activities that can help caregivers better their health—physically, mentally, and emotionally. These offerings focus on:

- Education & the Arts
- Social & Outings
- Health, Wellness, & Spirituality
- Resources & Support
- Service Opportunities

*If you're interested in one of 2nd Half with Lyngblomsten's Caregiver Resources, contact Betsy Hoffman at [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org) or (651) 414-5291.*

*You can also visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) or pick up the latest copy of the 2nd Half with Lyngblomsten catalog, available on campus or online at [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications).*

Being a caregiver for your mom, dad, partner, or other loved one can be a challenge. You may be managing medications, driving to doctor appointments, helping with household chores, and doing many other things.

Lyngblomsten understands that equipping caregivers with resources can make their role more manageable. In addition to the services and resources available through Lyngblomsten (see page 6), here's a list of resources we've compiled to assist you on your caregiving journey.

# Caregiving

- **AARP Caregiver Resource Center**  
[www.aarp.org/home-family/caregiving/?intcmp=HP-LN-CRGVNG-CRC](http://www.aarp.org/home-family/caregiving/?intcmp=HP-LN-CRGVNG-CRC)
- **Alzheimer's Association: Caregiver Center & 24/7 Helpline**  
[www.alz.org/care](http://www.alz.org/care) or 1-800-272-3900  
Get information for day-to-day help, support, planning for the future, and tools for mapping out a customized caregiver action plan.
- **Amherst H. Wilder Foundation: Caregiving Resource Center**  
[www.wilder.org/programs-services/caregiving-resource-center](http://www.wilder.org/programs-services/caregiving-resource-center)
- **Caregiver Action Network**  
[www.caregiveraction.org](http://www.caregiveraction.org)
- **CaregivingNOW**  
[www.unitedfrontmn.org/health/caregivingnow](http://www.unitedfrontmn.org/health/caregivingnow)
- **DARTS**  
[www.darts1.org/services/caregiver-services](http://www.darts1.org/services/caregiver-services)
- **Family Caregiver Alliance**  
[www.caregiver.org](http://www.caregiver.org)
- **FamilyMeans**  
[www.familymeans.org](http://www.familymeans.org)
- **Healthy Aging Minnesota**  
[www.mnhealthyaging.org/en/caregiving](http://www.mnhealthyaging.org/en/caregiving)
- **Metropolitan Area Agency on Aging**  
[www.metroaging.org](http://www.metroaging.org)
- **Minnesota Board on Aging—Caregiving**  
[www.mnaging.net/advisor/caregiver](http://www.mnaging.net/advisor/caregiver)  
Find information and resource brochures, including balancing work and caregiving, holding a family meeting, and caring for yourself. Download a free resource booklet and guide.
- **MinnesotaHelp.info Caregiver Link**  
[www.minnesotahelp.info/SpecialTopics/Seniors](http://www.minnesotahelp.info/SpecialTopics/Seniors)  
Find resources on planning ahead, arranging care, managing stress, dealing with family issues, learning new care tasks, and about your role as a caregiver.
- **Minnesota Live Well At Home**  
[www.mnlivewellathome.org](http://www.mnlivewellathome.org)
- **National Alliance for Caregiving**  
[www.caregiving.org](http://www.caregiving.org)
- **Next Avenue**  
[www.nextavenue.org/caregiving](http://www.nextavenue.org/caregiving)
- **Powerful Tools for Caregivers (Educational Series)**  
[www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)
- **Prepare to Care: A Caregiving Planning Guide for Families, AARP**  
[www.aarp.org/home-family/caregiving/info-07-2012/prepare-to-care-planning-guide.html](http://www.aarp.org/home-family/caregiving/info-07-2012/prepare-to-care-planning-guide.html)
- **Senior LinkAge Line: A One-Stop Shop for Minnesota Seniors**  
1-800-333-2433  
This is the Minnesota Board on Aging's free statewide information and assistance service. Get connected with a caregiver consultant in your area and other caregiver planning and support services.
- **Other LinkAge Lines:**  
Disability LinkAge Line: 1-866-333-2466  
Veterans LinkAge Line: 1-888-LinkVet
- **VA Caregiver Support**  
[www.caregiver.va.gov](http://www.caregiver.va.gov)



## Older Adult Ministry Forum: **Abundant Aging: Living the Second Half of Your Life on Purpose**

*Is there life after adulthood? Is there anything important to do after paid employment?*

We believe that older adults have rich roles to play in their congregations and their communities. The book study, *Abundant Aging*, gives your congregation an opportunity to explore these questions and encourages individuals to design their own intentional elderhood. Learn about this 6-week study, authored by Marilyn Sharpe, based on the book *Claiming Your Place at the Fire* by Richard Leider and David Shapiro. A panel will share how this program has worked in their faith communities. Come and bring a group from your congregation.

*Presenters: Marilyn Sharpe, author of Abundant Aging, Marilyn Sharpe Ministries; Noreen Buhmann, Senior Program Manager, Abundant Aging, LSS; Roxanne Jenkins, AVP Older Adult Services, LSS*

**Monday, November 6, 2017**  
9:30–11:30 AM

**Prince of Peace Lutheran Church**  
2561 Victoria St. N., Roseville

**Fee:** \$10 per person or \$25 for a group of 3 or more people from the same congregation. *If you are signing up as a group, please do so at one time.*

**Registration required**  
by November 3 to (651) 632-5330 or  
2ndHalf@lyngblomsten.org.

### Did you know?

### 2nd Half with Lyngblomsten is for working people too!

Check out the programming during the later afternoon and evening at both the Como Park and White Bear Lake sites. Here's a selection of upcoming offerings.

#### **Books-Cheese-Wine with Author Joe Kimball: *Secrets of the Congdon Mansion***

Thursday, October 12  
5:30–7 PM on the Lyngblomsten campus

#### **Fourth Friday Live Music & Dance**

Friday, October 27  
6:30–8 PM on the Lyngblomsten campus

#### **Yogadevotion**

Tuesdays, October 31–December 19  
4:30–5:30 PM at Redeemer Lutheran Church

#### **Cocoa & Canvas: Guitar Sunset**

Thursday, November 2  
6–9 PM on the Lyngblomsten campus

#### **Books-Cheese-Wine with Professor Mary Jane Haemig: *Martin Luther the Pastor: Writings and Reflections***

Thursday, November 9  
5:30–7 PM on the Lyngblomsten campus

#### **Beginning Spanish Conversation**

Tuesdays, November 28, December 5 & 12  
6:30–7:45 PM on the Lyngblomsten campus

*For more information or to register, pick up the 2nd Half with Lyngblomsten catalog, available on the Lyngblomsten campus or online at [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications), or contact (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).*



# Beautiful Weather Sets the Stage for Successful Summer Festival

By Sam Patet



*A Celebration of Arts & Lifelong Learning*

Lyngblomsten's Mid-Summer Festival was blessed with weather predictions that didn't hold true for the July 21 celebration. Instead of having to endure rain and thunderstorms, festivalgoers enjoyed warm temperatures and lots of sunshine.

"We had a beautiful day," said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten and lead organizer of the Festival. She noted that the only precipitation occurred at the beginning of the day as staff and volunteers were setting up.

More than 1,200 individuals attended the celebration. Not only did they enjoy delicious food and quality time with family and friends, but they also saw and experienced firsthand how Lyngblomsten is empowering older adults to live meaningful lives—filled with the arts, lifelong learning, and wellness—365 days a year.

Festivalgoers could participate in a number of activities they've come to love over the years:


- \* Enjoy performances from a variety of arts organizations on outdoor and indoor stages
- \* Participate in five make-and-take art activities
- \* Visit the Arts & Lifelong Learning Showcase
- \* Play games and win prizes

Attendees also had new opportunities to enjoy this year. These included:

- \* Relaxing at the indoor Wellness Lounge
- \* Taking in one of five performances from Lakeshore Players Theatre of White Bear Lake
- \* Getting their photo taken at the art selfie station or the Alphabet Forest photo booth (supplied and staffed by Minnesota State Fair)
- \* Making a bouquet of flowers for a resident through the Be Happy® Bouquet program (courtesy of Hermes Floral)

Volunteers played a critical role in ensuring these activities were successful. Nearly 150 of them gave more than 443 hours of service at the Festival, including members from four of Lyngblomsten's corporate congregations and individuals from UnitedHealthcare, a corporate volunteer group.



"On behalf of Lyngblomsten, I want to thank everyone who made the Festival a success," Lewandoski said. "Without the hard work and enthusiasm of many individuals, it wouldn't have happened." 



**Save the Date:** July 20, 2018  
Lyngblomsten Mid-Summer Festival

**Thank you to our sponsors!**

**Main Stage Sponsor:**



**Art Showcase Sponsor:**

- \* Blick Art Materials (Roseville)

**Recreational Booth Sponsor:**

- \* Piché & Associates Real Estate

**Art Activity Sponsors:**

- \* Hermes Floral
- \* Wet Paint Artist Materials & Framing

**Booth Sponsors:**

- \* Griffith Printing
- \* FastSigns (Roseville)



# Neighbor Helping Neighbor—Community at Its Best

*From Hurricane Harvey to aging in the Twin Cities, your compassion makes a difference*



By Melanie Davis,  
Chief Development Officer

Community—it is a powerful thing. As I write this, images from Texas are being broadcast as Hurricane Harvey brings damaging high winds and catastrophic flooding to the Houston area, impacting millions of people.

In the first minutes, hours, and days of an emergency phase of a disaster, immediate help most often comes from neighbors helping neighbors. For a brief time in a community, when all that matters is the preservation of life, the typical barriers of race, socioeconomic status, and age all crumble. In the midst of danger and chaos, people, who under normal circumstances would never associate, extend themselves and their resources freely—even heroically—to save lives.

This heroic phase was illustrated for me by two teenage siblings who reported on CNN how they had joined others to wade through a mile of water to evacuate their neighborhood. Submerged at first to their knees and later up to their necks, they tied one continuous rope to everyone in the group so that no one would be swept away. As the waters rose and the danger increased, the group's size also kept increasing as additional neighbors poured out of their homes to join the chain. A floating telephone pole was even used to help children stay afloat when the water rose above their heads. It took them two hours to wade one mile. These neighbors, who did not know each other before Hurricane Harvey, banded together and they survived. There are countless other heroic acts from this devastating storm, all of which are examples of community at its best.

But once people are safe and the waters have receded, the long, arduous process of cleaning up and rebuilding begins. The community will struggle to provide temporary housing as people seek to find safe places to live. Resources and

contractors will be in short supply, especially for homeowners with limited resources. Volunteers will be needed to repair and rebuild homes and to provide additional outreach and support to those in need. Government and social services, also hit hard, will be called upon to expand their capacity as never before. The people in the path of destruction are resilient, yet this disaster has outstripped their ability to provide all of the resources they need to restore their lives. Recovery requires national resources. And it will take years to complete.

Sometimes life brings destructive forces that are beyond our control. We have seen it on a macro level in the wake of Harvey. And we don't have to look too far to see it on a micro level in our own communities and circles of friends, particularly as our family, friends, and neighbors grow older. A sudden stroke, an injurious fall, the onset of dementia, or the death of a loved one can leave an older adult needing support. Even when family, friends, and neighbors reach out to help, sometimes a person needs more assistance than what they can provide. Sometimes outside resources are needed, resources such as The Gathering (Lyngblomsten's daytime respite program for persons with early- to mid-stage memory loss), safe, affordable housing, and around-the-clock skilled nursing care.

This holiday season, as you consider all of your blessings and where you might share your charitable gifts, I hope you will continue to remember the people whose lives have been turned upside down in the destructive path of Hurricane Harvey. And I also hope you will remember the older adults and caregivers whom we serve through Lyngblomsten. While you may not be able to see personally the direct impact your compassion makes in Texas or here in St. Paul, your gift—whatever its size—will help bring comfort and strength to persons in need. Together, these gifts continue to be neighbor helping neighbor—community at its best.

*Note: Melanie Davis worked with Lutheran Disaster Response from 1996 to 2006. *

**See page 13 for the *Be the Light* campaign.**



# Corporate Connections

By Tim Overweg, Manager of Volunteer Services & Special Events

Volunteer.

Donate.

Sponsor.

Learn.



## Deck the Halls!

### Corporate Group Holiday Volunteer Opportunities

Is your company or employer looking for ways to engage in the community at the holidays? The gift of service is a great team-building experience. Corporate groups are invited to help spread holiday cheer and make a difference in the lives of older adults this holiday season.

**\* Blanket Tying:** Tie fleece blankets to give to residents as part of the Spirit of Giving program. This is a take-home project—we provide instructions and supplies, and you return blankets by December 8.

**\* Tree Trimming:** Trim trees, deck the halls, eat cookies, and spread holiday cheer. November 28, 29, or 30 at the following times:

- Lyngblomsten Apartments: 1–4 PM (8–10 volunteers)
- Care Center: 9 AM–Noon (15–20 volunteers)
- The Heritage: 1–3 PM (8–10 volunteers)

**\* Gingerbread & Cider Social:** Set up, serve refreshments, and visit with tenants of the Lyngblomsten Apartments. December 7, 1–4 PM.

**\* Christmas Bingo:** Call numbers, hand out prizes, and join residents in one of their favorite pastimes. In-kind donations of \$1 prizes are welcome. December 7 & 21, 10 AM–Noon.

**\* Holiday Arts & Crafts:** Assist Care Center residents with a fun, interactive holiday project. December 12, 1–4 PM.

**\* Cookie Decorating:** Visit with tenants and assist in frosting and sprinkling festive treats.

- The Heritage: December 8, 1:30–4 PM
- Lyngblomsten Apartments: December 14, 1:30–4 PM

**\* Gift Wrapping:** Wrap presents purchased through the Spirit of Giving program for residents and tenants. December 15, starts at 1 PM.

**\* New Year's Un-decorating Social:** Pack up holiday décor and ring in 2018. January 5, 1–4 PM.

Looking ahead...

**\* Pre-Super Bowl Bash:** Join in the all-campus party to celebrate Super Bowl 52. Help set up, assist with activities and games, and clean up. February 1, Noon–4 PM.

For more information, please 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).



Above: A Target volunteer with tenants of The Heritage after trimming the Christmas tree.

Right: A volunteer from Ignite visits with residents while helping with a game of holiday Bingo.

### Corporate Volunteer Groups (YTD)

Thank you to the following corporate volunteer groups who have given of their time this year!

- Crystal D Creations
- Cummins
- Meridian Services
- Midwest Sign & Screen Printing Supply
- Northern Tool + Equipment
- Optum
- Target
- UnitedHealthcare Medicare & Retirement

### Corporate Volunteer Stats (June–August 2017)

Volunteers: **124**      Hours: **444**

# LEADERSHIP OPPORTUNITIES AVAILABLE THROUGH VOLUNTEER SERVICES



Opportunities for volunteers who have the gift of leadership are abundant this fall. This includes on our campus in St. Paul, at our 2nd Half with Lyngblomsten life enrichment center in White Bear Lake, and at The Gathering sites throughout the east metro.

If you are interested in leading a group of volunteers or a group of residents, tenants, or participants, contact Lyngblomsten Volunteer Services: Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org).

In June, July, and August, a total of **420 volunteers** (including volunteers for The Gathering and Mid-Summer Festival) gave **6,363 hours of service**. That's **265 days of nonstop service!**

If you haven't volunteered with us before, be sure to sign up for New Volunteer Orientation.

Upcoming dates:

- Tuesday, October 17, from 9–11 AM
- Thursday, November 9, from 9–11 AM

## 2017 Lyngblomsten Supporters Appreciation Event

*An afternoon to honor Lyngblomsten volunteers, donors, delegates, and community partners.*

**Sunday, November 12, 2017\***  
**2 PM at Vadnais Heights Commons**

*\*In an effort to make this event as guest-friendly as possible, we have moved it from a Friday evening to a Sunday afternoon. Hopefully this eliminates some of the difficulties that come with dashing out of work, rush hour traffic, a late evening, and driving at night.*

*Featured entertainer: Taylor Mason. His quick wit, flawless comedy delivery, unparalleled ventriloquism skills, and brilliant material make him a hit with audiences of all ages.*

**Invitations will be mailed. RSVP required by Friday, November 3.** For additional information, please contact Tim Overweg at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org).

### Our Supporters— Mission Central



**Congratulations to Lyngblomsten President & CEO Jeff Heinecke**  
**Named by LeadingAge Minnesota as one of 50 for the Next 50**

In honor of its 50th Anniversary, at its Annual Meeting in September, LeadingAge Minnesota honored 50 leaders who are challenging the status quo, striving for excellence, and setting the course for the future of aging services.





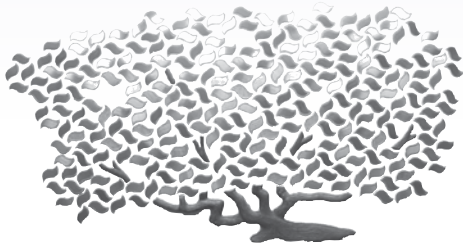
# Gifts to the Remembrance Fund In Memory or Honor of a Loved One

June 1 through August 31, 2017

## In Memory of

---

Jim Carlson	Claudette & Jill Nelson
Doris Gattenby	Serge Neprash
Silvia Hanson	Iris Rath
Lorraine Jones	Lorraine Wolkerstorfer
Shirley Knutson	Elaine & Francis Wray
Jim Kozar	June Wrolstad



*The Remembrance Tree is a way to make a permanent remembrance of your loved one with a gold, silver, or bronze leaf. For further information or if you have questions about this list, call (651) 632-5324.*

## Lights for Lyngblomsten

# Be the Light

November–December 2017

Who has traveled life's journey with you? This holiday season, honor someone who has brightened your days. Make a gift to Lights for Lyngblomsten. Your tax-deductible donation will help to support the lives of the older adults and caregivers we serve.

Beginning November 15, 2017, learn more about Lights for Lyngblomsten at

[www.lyngblomsten.org/BeTheLight](http://www.lyngblomsten.org/BeTheLight)



### A Special Giving Opportunity:

#### Christmas Gift Collection for Residents & Tenants of Lyngblomsten

The Spirit of Giving program strives to provide a personalized gift for each of the 237 residents of the Lyngblomsten Care Center and to the 165 tenants who also live on the Lyngblomsten campus. Your gifts have become a wonderful part of the holiday traditions for our residents and tenants.

**How to participate:** Monetary donations and gift cards will be collected to have staff purchase the gift items for Lyngblomsten residents and tenants. For monetary donations, please make checks payable to "Lyngblomsten Foundation."

Bring or mail donations and gift cards to:  
Spirit of Giving, c/o Leigh Emmerich  
Lyngblomsten Care Center  
1415 Almond Avenue, St. Paul, MN 55108

#### Suggested stores for gift cards:

\* Target \* JCPenney \* Walmart \* Kohl's \* Macy's

Monetary donations and gift cards **due to Lyngblomsten by Friday, December 8, 2017.**

**Questions?** Contact Leigh Emmerich at (651) 632-5370 or [lemmerich@lyngblomsten.org](mailto:lemmerich@lyngblomsten.org).



## 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

# 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, unless otherwise noted.**

## Sunday, October 8

### Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten  
A musical performance from MacPhail Center for Music featuring Karen Moon on violin and Randy Sobaski on guitar. FREE.

## Wednesdays, October 11–December 6

### A Matter of Balance: Managing Concerns About Falls

9:30–11:30 AM at 2nd Half with Lyngblomsten—  
Como Park

Lyngblomsten Community Room (lower level)

In this 8-session evidence-based class, learn helpful strategies for fall prevention, including physical activities to improve flexibility, balance, and strength. Not meeting November 22. \$30; includes workbook. Registration required by October 6.

## Thursday, October 12

### Books-Cheese-Wine with Author Joe Kimball

5:30–7 PM at 2nd Half with Lyngblomsten—Como Park  
Lyngblomsten Community Room (lower level)

Kimball will talk about his book *Secrets of the Congdon Mansion*. \$6. Registration preferred; walk-ins welcome.

## Thursday, October 26

### Armchair Traveler: The Kingdom of Tonga

1–2:30 PM at 2nd Half with Lyngblomsten—Como Park  
Lyngblomsten Community Room (lower level)

Jinnet Fowles will share pictures and stories from her travels in the Kingdom of Tonga, South Pacific. FREE; \$3 for pie and coffee (optional). Registration preferred; walk-ins welcome.

## Friday, October 27

### Fourth Friday Live Music & Dance

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

Join us for free live music and dance featuring musical performances from the MacPhail Jazz Quartet and dance enthusiast Christopher Yaeger. Light refreshments served. FREE. No registration required.



### **Thursdays, November 2–December 7**

#### **Paths to Faithful Caregiving**

10:30 AM–Noon at 2nd Half with Lyngblomsten—White Bear Lake (Redeemer Lutheran Church: 3770 Bellaire Ave., White Bear Lake)

Participants will receive education and tools to support their caregiving journey and find strength in spiritual practices. Not meeting November 23. \$20; includes handouts. Registration required.

### **Monday, November 6**

#### **Older Adult Ministry Forum: Abundant Aging**

9:30–11:30 AM at Prince of Peace Lutheran Church (2561 Victoria St. N., Roseville)

More details on page 8.

### **Sunday, November 12**

#### **Second Sunday Concert**

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

A musical performance from MacPhail Center for Music featuring Steve Roehm on vibraphone. FREE.

### **Sunday, November 12**

#### **Lyngblomsten Supporters Appreciation Event**

2–4:30 PM at Vadnais Heights Commons

See page 12 for details.

### **Wednesday, November 15**

#### **Merry & Bright: Holiday Open House**

10 AM–3 PM at Anna's café & gifts

See back cover for more details.

### **Thursday, November 23**

#### **Thanksgiving Service**

10:30 AM in the Newman-Benson Chapel at Lyngblomsten

All are welcome!

### **Thursday, November 30**

#### **Armchair Traveler: Japan Old and New**

1–2:30 PM at 2nd Half with Lyngblomsten—Como Park

Lyngblomsten Community Room (lower level) Bruce and Sharon Reichenbach will share pictures and stories from their travels in Japan. FREE; \$3 for pie and coffee (optional). Registration preferred; walk-ins welcome.

### **Saturday, December 2**

#### **Ring in the Holidays: Tree Lighting Celebration**

2 PM in the Newman-Benson Chapel at Lyngblomsten

See back cover for more details.

### **Friday, December 8**

#### **Remembering When and 16 Steps to Fire & Fall Prevention**

1–2:30 PM at 2nd Half with Lyngblomsten—Como Park

Lyngblomsten Community Room (lower level) Learn about fire and fall prevention with members of the St. Paul Fire Department's Public Education Team. FREE. Registration required by December 5.

### **Sunday, December 10**

#### **Second Sunday Concert**

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

A musical performance from MacPhail Center for Music featuring Jacqueline Ultan on cello and Julie Johnson on flute. FREE.

### **Thursday, December 14**

#### **Christmastime in Sweden**

1–2:30 PM at 2nd Half with Lyngblomsten—Como Park

See back cover for details.

### **Tuesday, December 19**

#### **Out & About: Mindekirken & Norway House**

Coordinated by 2nd Half with Lyngblomsten. See back cover for details.

### **Thursday, December 21**

#### **Candlelight Service**

4 PM in the Newman-Benson Chapel at Lyngblomsten

See back cover for details.

NOTE: The Care Center Resident and Family Christmas Meal follows the service.

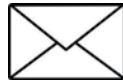
### **Sunday, December 24**

#### **Christmas Eve Service**

10:30 AM in the Newman-Benson Chapel at Lyngblomsten

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





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## CHANGE SERVICE REQUESTED

### Merry & Bright: Holiday Open House

Wednesday, November 15

10 AM–3 PM at Anna's café & gifts. Door prizes, treats, and discounts (draw for 10, 20, 30, & 50% off!) Stop by Anna's throughout the holiday season for a selection of festive gifts: Monday–Friday, 9 AM–4 PM and Saturday & Sunday, Noon–4 PM.

### Ring in the Holidays:

#### Tree Lighting Celebration

Saturday, December 2

Join us with your family, friends, and neighbors to celebrate the start of the holiday season. **FREE!**

2 PM: Program and Christmas music in the Newman-Benson Chapel at Lyngblomsten, featuring the Joyful Ringers adult bell choir of Como Park Lutheran Church.

3 PM: Refreshments in the Lyngblomsten Apartments Dining Room.

### Christmastime in Sweden

Thursday, December 14

1–2:30 PM at 2nd Half with Lyngblomsten—Como Park, Lyngblomsten Community Room (lower level)

Learn about Christmas traditions in Sweden from a volunteer docent from the American Swedish Institute. Christmas cookies and coffee served. \$6. Registration preferred by December 8 to [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org) or (651) 632-5330.

## RING IN THE HOLIDAYS with Lyngblomsten

Featured holiday events;  
all are open to the community!

### Out & About and Out to Lunch: Mindekirken & Norway House

Tuesday, December 19

10:45 AM–3 PM at Mindekirken and Norway House in Minneapolis  
Begin at Mindekirken (the Norwegian Lutheran Memorial Church) for devotions, Christmas program, and Norwegian lunch. Across the street, tour the Norway House gift shop and art gallery, including its Christmas gingerbread house exhibit. Registration required by December 12; details at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) (download the catalog) or call (651) 632-5330.

### Candlelight Service

Thursday, December 21

4 PM in the Newman-Benson Chapel at Lyngblomsten  
Experience the joy of Christ's birth through scripture and song at this annual worship service. All are welcome!