



**One life-giving hour
for Joe and Becky!**

February 9, 2023

Dear Friend,

Alzheimer's. A diagnosis that no one wants to hear but far too many people do. And when they hear that diagnosis, life changes in an instant and is never the same again.

That is the reason I am writing you today. Will you give a gift for The Gathering, a weekly community-based program for people struggling with memory loss where they can participate in music, art, learning and exercise? The Gathering provides a safe setting with brain and social stimulation through intentionally designed activities. In addition, it provides a break for their caregivers.

Let me tell you about Joe and Becky,* a couple who need The Gathering.

Joe had a challenging career as a mechanical engineer. The year before he turned 60, Joe started noticing how hard it had become to keep his thoughts flowing and communicate. Daily activities were becoming difficult.

At first, Joe chalked it up to working too hard. He tried to hide his memory issues as best he could. But increasing symptoms led to doctor visits and the diagnosis of Alzheimer's.

As the disease progressed, Joe's world grew smaller. He was forced to retire and rarely went out because he was afraid of what he might do or say wrong. Joe lost the freedom to drive. Friends and family visited less and less because they didn't know what to say.

For Joe's wife, Becky, the diagnosis took her from being an empty nester with a job she loved to becoming Joe's full-time caregiver so he could live at home. She felt totally unprepared and didn't know where to turn. She became hypervigilant, which led to exhaustion. The duties she and Joe once shared were now hers alone. There are times when Becky resents the entire situation.

Stories like that of Becky and Joe are not uncommon. But there is a way that you can help.

For just \$35, you can help provide an hour of music, art, learning, and exercise to help a person with memory loss engage with others who have memory loss AND give the gift of a

over, please >>

I will help a person with memory loss and their caregiver!

Yes! Please use my gift for The Gathering to help provide an hour of music, art, learning, and exercise to help a person with memory loss engage with others, provide a break for their caregiver, and to support all the work of Lyngblomsten's community services.

Enclosed is my gift of:

- \$35 to help provide one hour of programming and a break
- \$70 to help provide two hours of programming and a break
- \$105 to help provide three hours of programming and a break
- \$140 to help provide four hours of programming and a break
- \$_____ to help as much as possible



I am giving by: Check Credit card DAF** Stock** IRA**

**Please notify us with details.

Please complete information on the back of this form.

1415 Almond Avenue
St. Paul, MN 55108
(651) 632-5319

Name: _____
Address: _____
Email: _____

break for their constant caregiver. For \$140 you can help provide an entire four-hour session of The Gathering.

When you give a gift, you help keep The Gathering going, and Joe can participate in music, art, exercise, and other activities that stimulate his brain while spending time with others who understand what it's like to live with this disease.

With Joe at The Gathering, Becky can be free to nap, exercise, visit with friends, or do anything she needs or wants to do. *Caregiving is a labor of love, but it is still labor.* Without a break, life can become unmanageable.

Will you please send a gift today to help provide one hour—or more—so Joe, Becky, and others like them can get the activities and the breaks they need to cope with this disease that robs them of so much? With your gift, you can be the one who gives something back to them.

Joe and Becky need you. Please send your gift today.

Sincerely,

Tim Overweg
Executive Director - Lyngblomsten Foundation
(651) 632-5319 toverweg@lyngblomsten.org

P.S. For just \$35, you can provide an essential hour of activity *and* rest.
Please send your gift before March 20. You can also securely donate online at www.lyngblomsten.org/SupportTheGathering



The Lyngblomsten Foundation supports the Mission of Lyngblomsten:
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.

I will help a person with memory loss and their caregiver!

(Continued from other side)

Make checks payable to **Lyngblomsten Foundation.**

To make a secure gift online, go to **www.Lyngblomsten.org/SupportTheGathering**

GIVING BY CREDIT CARD:

Visa Mastercard Amex Discover

This gift is a: One-time gift.

Monthly gift. Please charge my card on the
_1st or _15th of the month.

Name on Card: _____

Expiration: _____

Card #: _____

CVC: _____

Signature: _____

(optional) MY GIFT IS A TRIBUTE:

In Memory of In Honor of

Name: _____

From: _____

**Joe & Becky's story is a compilation of the people Lyngblomsten serves through The Gathering.*

Your gift to the Lyngblomsten Foundation is tax-deductible as allowed by law. If donations exceed what is needed for this program, gifts will be used to meet the most urgent needs. Lyngblomsten Foundation is a 501(c)(3) organization.