



Lyngblomsten Lifestyle

Summer 2024



STORIES OF LIFE:

*Deaf residents find friendship
and support at Lyngblomsten*

MORE IN THIS ISSUE:

New strategic plan charts Lyngblomsten's course for the next five years

Como Park courtyard renovation to begin this summer

Directory

COMO PARK MAIN: (651) 646-2941
LINO LAKES MAIN: (651) 515-1725
www.Lyngblomsten.org

RESIDENTIAL SERVICES

Lyngblomsten Care Center

1415 Almond Avenue, St. Paul

Care Center Admissions
(651) 632-5301

www.Lyngblomsten.org/openings

Administrator

Trisha Gerleman: (651) 632-5302
tgerleman@lyngblomsten.org

Spiritual Care

Rev. Ruth Sorenson: (651) 632-5376
rsorenson@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Tammy Johnson: (651) 632-5423
tjohnson@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Cosmina Strain: (651) 632-5428
cstrain@lyngblomsten.org

Lyngblomsten at Lino Lakes

6070 Blanchard Blvd., Lino Lakes

Mary Simon: (651) 515-1724
msimon@lyngblomsten.org

COMMUNITY SERVICES

General Information

(651) 632-5330
communityservices@lyngblomsten.org

Caregiver Services

Lisa Brown, MSW, LISW
(651) 632-5320
caregiving@lyngblomsten.org

Wellness & Enrichment

Lynn Amon, MSW: (651) 301-9445
lamon@lyngblomsten.org

Resources to Churches

Carolyn Klaver, RN: (651) 414-5292
cklaver@lyngblomsten.org

HUMAN RESOURCES

Lindsey Hart: (651) 632-5387
lhart@lyngblomsten.org

LYNGBLOMSTEN FOUNDATION

Tim Overweg: (651) 632-5319
toverweg@lyngblomsten.org

VOLUNTEER SERVICES

Melanie Jagolino: (651) 632-5499
mjagolino@lyngblomsten.org

Letter from the Editor

The more things change, the more they stay the same.

— Jean-Baptiste Alphonse Karr

Dear Readers,

Since our last edition, Lyngblomsten turned 118. I marvel at how so much time can pass and how much things can change over 11 decades, and yet, there are elements that are unchanged—elements that undergird Lyngblomsten’s very nature.

The stories in this edition lift up **community**—making connections, feeling valued, and being engaged. Just like 118 years ago, **volunteers** are an essential piece of our story, as are **improving** facilities and **preparing** for the future. The people have changed over the years, but the **mission**—and the dedication to it—are unwavering.

In this edition, you’ll meet a few of the deaf residents who live on our Como Park campus. Overcoming adversity and obstacles throughout their lives helps them relish in the joys of a welcoming community where they can engage and live vibrantly. Other stories portray a well-oiled machine, humming with the routine of daily life, sprinkled with the joy of festive celebrations and special projects.

You know well that change is all around us. And it is comforting to know the pillars that make Lyngblomsten “Lyngblomsten” are solid and lasting.

Don’t just live; leave a legacy!

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

L **Lyngblomsten Lifestyle** is published by the Marketing Communications Department in cooperation with the Lyngblomsten Foundation.

Patricia Montgomery, Editor Sam Patet, Production Manager
Tricia Theurer, Writer Nathan Livedalen, Designer

Lyngblomsten Lifestyle can be found online at www.Lyngblomsten.org/publications. To be added or removed from the **Lyngblomsten Lifestyle** mailing list, call (651) 632-5358 or email MailingList@lyngblomsten.org.

Contents

Deaf Seniors Living Vibrantly at Como Park Campus.....	3
Lyngblomsten Adopts New Strategic Plan	6
Courtyard to Receive a Major Makeover with Support from <i>Grounds for Joy!</i>	7
Snapshots from Campus Happenings and Beyond	8
Volunteers Find Meaning in Serving Older Adults	9

On the Cover: Chiu Johnson and Barb Schmidt, who are signing “I love you,” are two of the nine deaf residents who call the Lyngblomsten Apartments “home.”

Art Credits: Page 8 – Camera by Freepik | Back Cover – People by Pikisuperstar on Freepik

The Sound of Community

Deaf Seniors are Living Vibrantly on the Como Park Campus

By Tricia Theurer

Barb Schmidt is living a full and vibrant life at the Lyngblomsten Apartments. She especially enjoys the opportunities for socializing, signing, “We’re able to socialize with friends every day and see them every day, rather than just for church on Sundays like I did before I moved here.” And her family is content as well. “My kids are not worried about me being alone, and I can go to the care center [on campus] if I need to.”

Any Lyngblomsten resident could make these statements. However, these sentiments are especially meaningful for Barb. She is part of a small, distinct, special needs community on the Como Park campus comprised of nine men and women who are deaf or hard of hearing and are living at the Lyngblomsten Apartments.

Many deaf residents have called the Apartments home throughout the past couple decades. When Service Coordinator Annette Pomeranke began her position in 2008, she noticed common threads among them: they kept to themselves and for most, their first language was American Sign Language (ASL). “I noticed their anxiety was huge, and they began to open up about their needs,” Annette said. “It was like the flood gates opened!”

Annette learned that before moving to the Apartments, many of the deaf residents had not seen healthcare providers, nor had they

Continued on page 4

▼ *The deaf residents living at the Lyngblomsten Apartments are a tight-knit group that’s like family. Standing, left to right: Bertha, Judith, Peggy, Barb, Marlys, Helen, Chiu, and Charles. Seated: Virginia.*





▲ Residents raise a cup of cheer during a gathering that featured wine and cheese.

Continued from page 3

taken advantage of other resources due to the language barrier. “They tended not to advocate for themselves, with everything from taxes to eye doctor and dental visits and last wishes—all of which most of us take for granted.” As Annette coordinated vital services for them, she also hired interpreters for meetings and events so they could participate more fully in campus life.

Over the years, staff have learned that the deaf community is a distinctive cultural community. “They taught us about the deaf community, and our knowledge grew,” Annette reflected. She even learned sign language to better communicate with the deaf residents. The staff aren’t the only ones who have been interested in learning about deaf culture. Hearing residents are interested as well, and they asked to learn sign language. Annette commented that this interest did not go unnoticed. “The deaf residents have been . . . forgiving because they appreciate that staff and other residents are trying and want to learn about the deaf community,” she said.

The deaf residents express joy and gratitude for the opportunity to live at the Apartments—not just for the comradery of their deaf community and being part of a special “family,” but also because of the resources they have access to through Lyngblomsten, including technology that enhances their safety, the availability of Home Health Services, and the proximity of the care center on campus. All of these things provide them with security and peace of mind, allowing them to live vibrantly as members of the Lyngblomsten community.

Peggy Shields was on the waiting list to move to the apartments for two years. “I was so excited to move,” she said. “I’m more comfortable now. Deaf people stick together. We are a family here. Most of us have known each other our whole lives,” she pointed out, as many attended the school for the deaf in Faribault, Minnesota, as children. One of the ways Peggy has contributed to the community at the Apartments is teaching sign language to hearing residents.

Like Peggy and many deaf people, Charles Rolfes experienced a difficult environment at his last apartment. That experience left him feeling depressed. “My mood has changed since then,” he shared about the past seven-plus years he has lived at the Lyngblomsten Apartments. “I’m much happier now.”

Not only does the welcoming community add to their quality of life, but so does the variety of socials, activities, and classes. For example, in the spring, a falls prevention class was offered just for them, complete with interpreters. This was an especially helpful class, as those with hearing loss tend to have more pronounced balance issues. Still, there’s no doubt that their favorite activities are the social gatherings—especially the themed ones.

The deaf residents are living vibrantly as they participate in opportunities offered through Lyngblomsten’s Lifelong Learning & the Arts. One such opportunity offered specifically for them was an eight-week storytelling class led by a professional teaching artist. It culminated in a campus-wide event last November, where they shared stories of what it was like to grow up deaf in a hearing world and what it’s like for them now. They were honored let others into their world.

Chiu Johnson, who has lived at the Apartments since 2021, participated in the storytelling class. Her experience was unique in many ways, having been born and raised in Taiwan, where those who are different are often shunned. As a child she was frustrated because she felt she couldn’t be herself when her mother discouraged her from using her hands to communicate in public. As an adult, she was determined to learn American English—while raising three children and moving often—so she could then learn American Sign Language, which she did all on her own. Proud of these accomplishments, she exclaimed, “Some people didn’t believe I could do all that!” She reflected that “it’s much better in the United States for those who are deaf, compared to Taiwan.” Living at the Apartments is bolstering her experience of being seen and embraced by others.

Unlike her cohorts, Barb was not born deaf. She lost most of her hearing as a toddler and has the ability to speak. She described her

time at the deaf boarding school in Faribault as “rough” because she didn’t see her family often, and she felt uneasy and unprepared after graduation. She found a job as a keypunch operator on her own and her confidence increased. Through the years she has also



▲ The group loves socials and celebrating holidays, such as St. Patrick’s Day, with Annette Pomeranke (standing) and others.

grown hopeful, as she has witnessed progress in how those who are deaf are viewed. “People want to learn to sign now!” she noted. “And most are respectful of those who are deaf.”

The deaf residents’ stories and their tight-knit family at the Apartments have much to teach others: about perseverance and empathy, of being interested in learning about those from other cultures, of belonging to a group and the power of engagement and social connection. That sounds like a recipe for living vibrantly. **L**



◀ Members of the deaf community shared some of their life experiences with the larger Como Park community at a storytelling session in November 2023.



Lyngblomsten Adopts New Strategic Plan

By Patricia Montgomery

A 10-month journey of envisioning the future for our 118-year-old organization resulted in four strategic priorities to guide Lyngblomsten over the next five years. The Board of Directors approved the new plan at its meeting on April 22, 2024.

“What’s different about this plan is that it’s not prescriptive,” remarked Jeff Heinecke, President and CEO of Lyngblomsten. The new plan is centered on just four priorities and includes several initiatives in various stages of planning. “The pandemic taught us to build flexibility into our plans,” Heinecke said. “I’m grateful for the task force who found a way to chart a course and, at the same time, allow for shifts that are likely to occur in the rapidly changing environment of senior living.”

Led by Board Chair Debra George, work on the plan began in June 2023 through a “deep dive” session with board directors and the senior management team. During the months that followed, a task force studied issues and trends, led discussions on critical questions, and prioritized possibilities. “The level of engagement and sense of responsibility by the board, task force, and staff leaders was so energizing!” exclaimed George. “Beyond setting a direction, we’ve built tools to help ensure we stay focused and can quickly communicate progress and identify issues.”

▲ President & CEO Jeff Heinecke and Board Chair Debra George unveiling a draft of the four strategic priorities at a board meeting in March 2024.

Lyngblomsten’s four strategic priorities for 2024–2029 are:

Employee Engagement & Retention

Nurture a supportive and inclusive environment to foster a workplace culture where every employee feels valued, engaged, and empowered to contribute their best to further Lyngblomsten’s mission.



Client Satisfaction

Meet the healthcare, housing, and services needs and provide unmatched person-centered experiences to all those we serve directly and indirectly.



Financial Strength

Build on our financial strength and opportunities to meet the needs of the rapidly growing senior population.



Continuous Improvement

Ensure that systems and processes are in place to successfully manage, implement, and monitor strategic priorities; ensure quality, and leverage innovation. **L**



Making Time for a Makeover

By Patricia Montgomery

A special project is in the works this summer: the courtyard on the Como Park campus is getting a much-needed makeover! The project is extensive, encompassing nearly every surface above and below ground. The work includes less noticeable but highly important things such as waterproofing the underground tunnel connecting the care center to The Heritage at Lyngblomsten and improving the grading for water flow. Then there are the exciting additions such as a new pavilion for concerts and outdoor classes as well as a grilling station and bubbler fountain. Many trees will be added, existing planting beds will be refreshed, and new gardens will be added. Everything is being planned with maintenance, sustainability, and pollinator-friendliness in mind.

The renovation will be largely funded through the *Grounds for Joy!* capital campaign from the Lyngblomsten Foundation. Nearly 70% of the campaign goal has been raised, and your help is needed to get us across the finish line. Visit www.Lyngblomsten.org/GroundsForJoy for more information and to make a donation. Through your gift, you can help older adults enjoy the outdoors right in their own backyard on campus! **L**



Scan the code for more information or to donate to **Grounds for Joy!**



▲ Those seeking quiet enjoyment of the outdoors will love the shade garden nestled in the alcove where the north building meets the south building (just outside of Anna’s café & gifts).



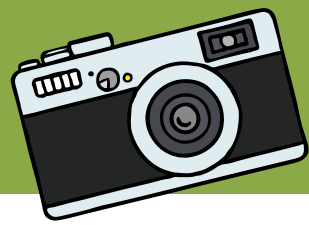
▲ Wide-angle view from The Heritage at Lyngblomsten parking lot. The addition of many trees will provide much-needed shade.



▲ An underused space outside the chapel will get a new life with a water feature (the dark stones shown in the foreground), along with a seating wall, birch trees, and hydrangeas.



▲ A large plaza will provide space for group activities and events, such as the annual Ice Cream Social, as well as tables for enjoying lunch or playing games.



Snapshots

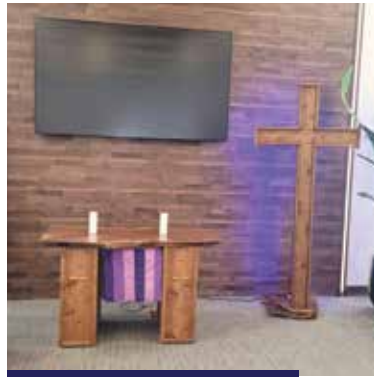
Nature-Based Therapy

Residents from the Como Park campus participate regularly in Nature-Based Therapy, a program of Lyngblomsten's Lifelong Learning & the Arts that is led by instructors from the University of Minnesota Arboretum. In February, residents from The Heritage at Lyngblomsten enjoyed the spring flower show at the arboretum, and in March, residents of the care center's memory care neighborhood created stunning flower arrangements.



Lino Lakes Chapel's Cross and Altar

Lyngblomsten at Lino Lakes dedicated a new cross and altar for the chapel in time for Easter. Thanks to the craftsmanship of campus residents and staff, these representations of Christ enhance the worship space. Additionally, lighting built into the cross changes colors with the liturgical seasons.



Dementia-Friendly Airport

In February, Carolyn Klaver (pictured far left), RN, Community Dementia Care Specialist with Lyngblomsten Community Services, gave a presentation to airport workers on the basics of dementia. The goal of the training was to educate workers of the Minneapolis-St. Paul International Airport so they can better assist travelers who are experiencing memory loss, as well as their family and friends who are traveling with them. The presentation was a collaboration with the Roseville Alzheimer's and Dementia Community Action Team and the Dementia-Friendly Airports Working Group.

Remembrance Wall

In April, the Lyngblomsten Foundation reinstalled the Remembrance Wall at the Como Park campus. Formerly the Remembrance Tree, the display was temporarily taken down from the lobby while renovation of the care center occurred. A new design was created to make room for more plaques as the previous tree display was full. The Remembrance Wall is a way to make a lasting remembrance of someone special by making a qualifying gift to the Foundation.



Homes for the Aging Week

May 13-17 was Homes for the Aging Week on both Lyngblomsten campuses. This year, the annual celebration's theme was "Let the Adventure Begin!" Each day featured activities that focused on a different continent, including llamas visiting both campuses on the day celebrating South America.



Volunteers are an Essential Piece of Lyngblomsten

By Tricia Theurer



Interested in volunteering with Lyngblomsten like Tawana, Dick, and Megan?

No matter what your schedule, skills, or interests are, we have a role for you!

To learn about volunteer opportunities, visit www.lyngblomsten.org/volunteer or contact Lyngblomsten Volunteer Services at (651) 632-5499 or mjagolino@lyngblomsten.org.

Our Greatest Needs

Como Park campus

- Resident transport: helping residents get to on-campus appointments.
- Visiting with residents outside during the warm weather.

Lino Lakes campus

- Befriending a resident living in memory care and attending in-house social activities together.

Both campuses

- Music volunteers (including piano players), especially to help with worship services and also to play music for residents and participants.

National Volunteer Appreciation Week was celebrated April 21-27, and Lyngblomsten planned several activities to let volunteers know just how integral they are to all that happens at Lyngblomsten. On April 20, volunteers gathered at Lyngblomsten at Lino Lakes for a celebration. As is the annual tradition on the Como Park campus, employees created posters that drew upon the theme for the special week, "Volunteers are an Essential Piece of Lyngblomsten."

Meet Three Dedicated Volunteers



Tawana Holtz is a fixture at the Como Park campus. A volunteer for 16 years, she has served 5,430 hours! She assists at Anna's café, helps with cribbage games, and paints the fingernails of care center residents. She described her experience this way: "It's reciprocal: what they give me, I give back. I get jokes, hugs, and comradery!"



Dick Leighninger, a neighbor to the Como Park campus, and his dog Wilson visit regularly with residents and staff. "Residents always smile when he [Wilson] shows up!" he said. Wilson is so excited to visit that he often leads Dick to the campus even when they're on a walk. "Serving here gets two old guys out of the house," he joked.



Megan McNally volunteers at Lyngblomsten at Lino Lakes on Saturday afternoons helping with bingo. "I look forward to it," she said. "I keep coming back because I get a lot back.

It brings me back to the good times with my grandma while creating new memories at the same time."



Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

In Memory of

November 1, 2023, through April 30, 2024

Gary Allen	Ardelle Burt	Anneka Jessup	Del and Carol Rayson
Alys J. Barr	Les Burt	James Kasper	Joyce Schwartz
John Bartz	Dorothy Dohman	Dean Larson	Lola Simons
Marlene Bayne	James Raymond Dunne	Stanley J. Lathrop	Charlotte Simonson
Signe Betsinger	Marlene Fairchild	Lois Elaine Laurence	Joe and Elvera Skovholt
June Borowski	Owen and Vivian Foss	Zella Lissimore	Anita Smith
Edward and Bernice Brink	Charlotte Gerdes	Bobbi Megard	George St. Germain
Corrine Burdash	Alice and Bill Hydukovich	Margaret Ostrem	Donald Zibell

In Honor of

Lyngblomsten staff Savannah Dahl and Brittany Harris
 Janice Reeve
 George Wahlstrom's 80th birthday
 Volunteer Mike Wallace

For information about making a gift in honor or in memory of your loved one, please contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org.

Save the Date!



Lyngblomsten Foundation Annual Gala

Thursday, September 26
 Vadnais Heights Commons



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, member 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

www.Lyngblomsten.org

THANK YOU TO OUR 2024 CORPORATE SPONSORS!

The generosity of our corporate sponsors helps the Lyngblomsten Foundation fund programs and services for older adults, including Lyngblomsten's community programs and arts and lifelong learning opportunities.

Platinum



Diamond



Gold



Silver

Bremer Bank
 Custom Medical Solutions

Bronze

AssuredPartners
 CFS Interiors & Flooring
 CliftonLarsonAllen
 Delta Dental
 Gallagher
 Hoagland Law

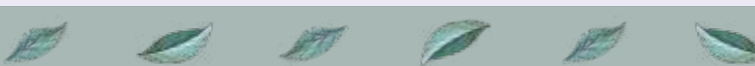
Supporting

Northland Securities
 Northwest Respiratory Services
 St. Paul Lino



Courtyard Renovation: Get the Latest

- Visit www.Lyngblomsten.org/CourtyardRenovation for construction updates.
- Visit www.Lyngblomsten.org/GroundsForJoy for opportunities to support the *Grounds for Joy!* capital campaign.



Come Be Part of a Vibrant Community!

Check out your options at our senior living communities.

- **Como Park campus** (skilled nursing, independent living with services, assisted living)

www.Lyngblomsten.org | (651) 646-2941

- **Lino Lakes campus** (independent living, assisted living, memory care)

www.Lyngblomsten.org/LinoLakes | (651) 515-1725





1415 Almond Avenue
St. Paul, MN 55108
www.Lyngblomsten.org



Please help us be a good steward of resources.
If you are receiving multiple copies or wish to
be removed from our mailing list, please call
(651) 632-5358 or email mailinglist@lyngblomsten.org.

Nonprofit Org.
US Postage
PAID
TWIN CITIES MN
Permit No. 2376

CHANGE SERVICE REQUESTED



The Como Park courtyard is getting
a makeover! See page 7 for plans
and how you can help.



Live Well with Support from Lyngblomsten Community Services

**Lyngblomsten Community Services empowers older adults
and family caregivers to live well at home. We do this through:**

- **Enrichment programming for those living with memory loss:**
Memory Collective, The Gathering
- **Support for family and friends in caregiving roles:**
information and referrals, memory loss support groups,
respite programming, educational opportunities
- **Wellness education:**
evidence-based wellness classes

**Connect with us and discover opportunities
to engage, discover, and thrive!**

(651) 632-5330
CommunityServices@lyngblomsten.org
www.Lyngblomsten.org/CommunityServices

