



# Lyngblomsten Lifestyle

Winter 2017



## **STORIES OF LIFE:**

**The View at Three Years—Reflections  
from President & CEO Jeff Heinecke**

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**Giving Voice to Their Joy  
Need Help Navigating Aging?**

# Directory

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# Letter from the Editor

Dear Readers,

At this time of year, it's typical for people to reflect on the past year and set goals for the coming year. Depending on our circumstances, we may be feeling excited, indifferent, or fearful about the coming 12 months.

This edition of *Lyngblomsten Lifestyle* is packed full of resources and opportunities for enhancing the quality of life for older adults and those who care about them. Whatever your hopes or goals are for 2017, I propose there's at least one element in this edition that would complement your vision. And if you're facing difficult times, I hope you will find a resource or opportunity here that will support and brighten your journey.

As we are instructed in Thessalonians Chapter 5, let us give thanks in all circumstances. Let us praise Him for the trials that make us stronger and for the blessings that give us joy.

May this edition inspire you to color 2017 vibrantly, no matter what your circumstances may be.

Don't just live; leave a legacy!



Patricia A. Montgomery | Editor



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**On the Cover:** Jeff Heinecke, President & CEO of Lyngblomsten since 2013, chats with a Care Center resident in Central Park on the second floor of the Care Center.

# The View at Three Years—

Jeff Heinecke reflects on his first three years as President & CEO and the status of the Strategic Priorities



By Sam Patet

**IT'S BEEN THREE YEARS ALREADY** since Jeff Heinecke took the helm as President and CEO of Lyngblomsten after long-time leader Paul Mikelson retired. It's also been two years since the Lyngblomsten Board of Directors approved the long-range planning document titled "Strategic Priorities 2015–2020." We thought we'd check in with Heinecke and get his perspective three years in.

## Strategic Priorities planning document—a roadmap for the future

"Lyngblomsten is doing exceptionally well," Heinecke said, noting that the 110-year-old non-profit remains financially strong, has waiting lists for its two apartment buildings, and retains staff at higher rates than other organizations in the long-term healthcare industry.

It's also been able to make strong plans for the future thanks to its Strategic Priorities document. Heinecke was charged with developing the document by the Lyngblomsten Board of Directors when he took over. Bill Sanden, current Chair of the Board of Directors, was on the Board when it gave Heinecke his marching orders in 2013.

"That [developing the Strategic Priorities document] was one of the most important things that had to be done," Sanden said. "We needed to develop those Strategic Priorities with a lot of thought, but also [needed] to get them going quickly."

The document begins by outlining Lyngblomsten's "mind-set for the future"—a comprehensive vision that informs and shapes the six priorities. (For a list and definition of the six Strategic Priorities, see the sidebar on page 4.)

"The immediate need is to prepare for the Baby Boomers who are entering the stage of life where they could benefit from participating in the opportunities available through Lyngblomsten and to design services that will be attractive to Boomers as they grow older," the document states. "We must bolster our ability to act more nimbly by increasing our organizational capacity to do so ... blending core beliefs with sound business principles."

With that vision as a foundation and through Jeff's leadership, Lyngblomsten has made several accomplishments surrounding the priorities thus far, including:

- Developing and launching eMenuCHOICE®, an award-winning web-based software tool that breaks down resident/tenant communication barriers during meal ordering.
- Establishing two endowment funds, one for staff development and another for new business development.
- Repackaging and expanding its community-based services into 2nd Half with Lyngblomsten to make support more accessible to older adults in the community and its services more sustainable for the organization.

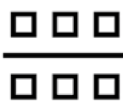
*continued on page 4*



# Lyngblomsten's six Strategic Priorities:

## Align residential services:

Rebalance Lyngblomsten's existing offerings in the Como Park area with consumer demand, identifying and addressing gaps in our continuum.



## Explore second campus:

Identify a geographic location beyond Como Park to provide services in order to reduce the vulnerability that comes with being in only one location.



## Design sustainability

**strategies:** Improve the means of affording our community-based programs and leverage the programs as an awareness-building strategy for Lyngblomsten.



## Achieve capacity building:

Drive the future viability of Lyngblomsten through building excess resources to pursue, fund, and staff organization-identified initiatives.



## Build destination services:

Create recognition-worthy, destination services to eliminate geographic barriers and promote excellence in the consumer experience.



## Produce pioneering

**resources:** Support, educate, and equip older adults and those who care about them, through developing leading edge resources, and in doing so, position Lyngblomsten as the "go-to" leader in vibrant senior living and services.



*continued from page 3*

## Three opportunities to pursue—expansion, service, and attraction

Looking ahead, Heinecke highlighted three opportunities that Lyngblomsten would begin or continue to pursue in 2017: expanding its residential services, serving as a resource for churches, and attracting high quality staff.

### 1 Expanding the nonprofit's residential services

In its discussion of the first strategic priority (Align Residential Services), the Strategic Priorities document states that "it is critical that we proportionally align the number of housing units on campus to produce the increasing number of admissions required to keep our Care Center full." Heinecke noted that the current ratio of Care Center beds to independent living apartments is unbalanced. "We have a 237-bed skilled nursing home building and we only have 160 apartment units," he said. "We should have three times as many housing units to the number of skilled beds."

Based on data from a senior housing demand study of the Como Park neighborhood that was commissioned by Lyngblomsten in 2014, the Strategic Priorities document notes that Lyngblomsten could add around 120 housing units by 2020, either near its current campus in the Como Park neighborhood or at a second site.

Unfortunately, initial efforts to expand Lyngblomsten's housing options near its current Como Park campus haven't panned out, Heinecke said. So he and the Board have begun to pursue another Strategic Priority, which is to find a location for a second campus a little farther away.

### 2 Serving as a resource for churches

For decades, Lyngblomsten has provided education, resources, and services to area churches, especially its corporate congregations. It recently partnered with Redeemer Lutheran Church of White Bear Lake to launch a 2nd Half with Lyngblomsten life enrichment center on its campus. And while Lyngblomsten hopes to launch more life enrichment centers at other churches in the east metro, it continues to look for sustainable ways to help congregations, specifically with their ministry to older adults.

“I think what we’ve struggled with from time to time is answering the question, ‘What do churches really need from us?’” Heinecke said. “We know that many of our member congregations are struggling with ... services to seniors and how to keep seniors participating in their churches. We believe that we can help by bringing services to their members that allow them to stay in the community longer.” In exchange, churches can support Lyngblomsten’s mission by acknowledging the organization as a resource for senior services.

**“There are plenty of opportunities out there for us to serve older adults even better. Our priorities document helps us determine which opportunities make the most sense.”**

**–Jeff Heinecke, Lyngblomsten President & CEO**

### **3 Attracting high-quality staff**

One of the biggest challenges Lyngblomsten and other long-term healthcare providers in Minnesota are facing is a worker shortage. They need to recruit nursing assistants, trained medication aides, and experienced registered nurses to care for the growing number of older adults who will need specialized care in the coming decades. And Lyngblomsten has to do so while competing with other organizations that also want these workers—institutions like hospitals and home healthcare agencies.

Lyngblomsten historically has had a high staff retention rate, Heinecke said, which is unusual for long-term healthcare providers. Furthermore, the State of Minnesota passed legislation in May 2015 that attempts to address the longstanding gap between costs and funding for long-term healthcare facilities. Increased funding from this bill has, among other things, allowed Lyngblomsten to offer competitive wages to workers who, in the past, may have been drawn to other jobs that paid more.

While these factors are working in our favor, they’re not a long-term solution. Lyngblomsten has to be proactive, Heinecke said. “We need to continue to find ways to be an employer of choice,” he emphasized.

## **A bright future**

Heinecke isn’t worried, however, about whether Lyngblomsten will be able to address the looming worker shortage and other challenges that will arise. That’s because he knows he’ll be able to turn to his staff and members of the two boards for sound advice.

“We have a group of folks—the boards and our senior leadership—who are committed to innovation,” he said. “We’re also blessed by an incredible community of supporters committed to improving the quality of life for older adults,” Heinecke continued. Generous gifts of time and money help Lyngblomsten address the funding gaps that still exist, particularly for supporting those older adults still living in their homes in the community.

Kim Donat serves as Chair of the Lyngblomsten Foundation Board of Directors, the group that oversees fundraising efforts. She’s encouraged by what Lyngblomsten has accomplished already—from eMenuCHOICE® to 2nd Half with Lyngblomsten—and is looking forward to what the future will bring.

“I’m super excited for the future of the Lyngblomsten community,” she said. “I think we’re going to get some traction and movement forward on implementing more of the ideas that have been brought forth in the strategic plan.”

Sanden couldn’t agree more. “I look back ... [at] how much has happened—it just about makes your head spin,” he said. “There’s so much that he [Heinecke] is monitoring, but also that he and the staff are making happen, and I’m impressed.”

The Strategic Priorities planning document has allowed Lyngblomsten to remain grounded in what it does best while exploring new opportunities and funding models for its healthcare, housing, and community-based services. That’s a positive sign for the future.

“There are plenty of opportunities out there for us to serve older adults even better,” Heinecke said. “Our priorities document helps us determine which opportunities make the most sense.” **L**

# NEED HELP NAVIGATING AGING?

Lyngblomsten's blog is a useful guide for the journey

By Sam Patet

It's easy to get lost online. A recent search on Google for the word "retirement" yielded 292 million results. Even a search for a unique word like "Lyngblomsten" yielded 18,700 results.

Many times having a plethora of options from an online search isn't a problem. But other times it can be overwhelming. This is especially true for older adults and their families as they begin to face new challenges and opportunities that come with aging. They want accurate, reliable, and easy-to-find answers to their questions.

Lyngblomsten's blog, *Navigating Aging* ([www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog)), provides helpful, easy-to-read articles filled with resources, tips, and ideas from industry experts. The articles address commonly asked questions and relevant topics related to aging that are beneficial for older adults, their families, caregivers, and even other industry professionals.

In less than two years, we've published over 40 articles on a host of topics, including health and wellness, caregiving, faith and inspiration, retirement, resources, and more.

Here's a sampling of some of our favorite posts:

- **"4 ways working caregivers can ask employers for help"** (November 1, 2016)—Addressed to working caregivers, this post features Jeanne Schuller, Caregiver Resource Social Worker for Lyngblomsten, who provides four practical things caregivers can do to receive assistance from their employers as they juggle working full time and caring for an older adult.
- **"3 ideas to help persons with dementia stay connected to their faith"** (July 5, 2016)—Mary Nordtvedt, a registered nurse who serves as Parish Nurse Ministry Resource Network Coordinator for Lyngblomsten, and Pastor Kelley Bergeson, Director of Spiritual Care for Lyngblomsten, provide a number of creative and meaningful ways that spouses, adult children, and friends can help their loved one with memory loss stay connected to his or her faith.
- **"31 enjoyable activities to do with a loved one living in a skilled nursing facility"** (March 15, 2016)—Looking for something different to do with your grandmother or great-uncle who lives in a skilled nursing facility? This article lists 31 activities—one for each day of the month—you can do with your loved one.
- **"Assisted living apartment feeling blah? Add some color"** (April 22, 2015)—Want to make your assisted living apartment your own, but you feel restricted because you can't demolish a wall or change out a light fixture? Then consider adding a pop of color. This post explains the moods/feelings that different colors evoke and provides some ideas for how you can integrate these colors into your décor, even when you can't change the wall color.

New posts are added twice a month, generally on the first and third Tuesdays. Bookmark or subscribe to *Navigating Aging* at [www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog). 

*Do you have an idea for a topic that could be featured on "Navigating Aging"? We welcome your suggestions! Contact Sam Patet, Writing Specialist, at (651) 632-5360 or [spatet@lyngblomsten.org](mailto:spatet@lyngblomsten.org) and share your idea.*



## Lynghblomsten ‘nose’ best as implements aromatherapy program for residents

By Sam Patet

We all know firsthand how our sense of smell can impact our mood. Think about it: Most people can't help but smile when they smell chocolate-chip cookies baking in the oven or a pine tree giving off its scent around Christmas.

That's why Lynghblomsten is launching an aromatherapy program that aims to support residents' overall health and well-being utilizing the natural scents found in essential oils.

Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lynghblomsten, first thought of introducing aromatherapy to Lynghblomsten residents last year. Since then, she's led the efforts to bring aromatherapy to campus.

"I'm excited that Lynghblomsten is expanding upon our wellness programs and services to include aromatherapy and the use of essential oils to help facilitate improved health and wellness for the older adults we serve," Lewandoski said. "The use of essential oils correlates nicely to Lynghblomsten's lifelong learning initiatives that help those we serve toward living full, whole, and healthy lives."

Lewandoski arranged to have Laura Sevenich lead four training sessions for Lynghblomsten staff on the history, benefits, and proper use of essential oils last September and October. Sevenich has been using essential oils for 11 years and is currently enrolled in the Aromatic Scholars Program at the online School of Aromatic Studies for Clinical Aroma Therapist Certification.

Essential oils are "natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of a plant," Sevenich said. Their


role, she continued, is "to help plants adapt and protect themselves with their environment."

These oils have been used by humans throughout history for health and wellness, and today, they're being used as a holistic approach to everyday wellness, she commented. AllinaHealth's website states that aromatherapy with essential oils "encourages your body's natural ability to relax and heal and supports the balance of mind, body, and spirit."

Residents who want to participate likely will be able to use essential oils in two ways:

- **Aromatically (i.e., smell).** Residents smell the essential oils. Some oils, like wild orange, lemon, and other citrus scents, are very aromatic and can help residents have a positive mood. Others, like lavender, can be calming and soothing.
- **Topically (i.e., touch).** Residents have the essential oils put on their skin. An excellent way this is done is through hand massages. A staff member will mix an essential oil—commonly lavender—with unscented lotion. Then, he or she will give a resident a hand massage using this scented lotion.

The next step will be to develop policies and procedures for the initiative, with hopes to launch the aromatherapy program for Care Center residents in March. Lynghblomsten then hopes to expand the program to include tenants at both apartment buildings and eventually to include participants in The Gathering (a day respite for those with memory loss available through Lynghblomsten's Community Services).

**To learn more about the aromatherapy program, contact Andrea Lewandoski at (651) 632-5318 or [alewandoski@lyngblomsten.org](mailto:alewandoski@lyngblomsten.org).** 



# Engage | Discover | Thrive with 2nd Half with Lyngblomsten


By Sam Patet

Since 1979, Lyngblomsten has been providing services and resources to older adults aging in community. “We know that older adults want to remain in their homes as long as they can,” said Julie Pfab, Community Services Director for Lyngblomsten. In fact, according to the 2015 United States of Aging Survey, 75 percent of older adults said that they plan to age in their homes. They have no intention of ever moving to a campus like Lyngblomsten.

That’s why on November 1, 2016, Lyngblomsten launched 2nd Half with Lyngblomsten, a new, innovative model that repackaged and expanded our community-based services so that we could support more adults aging well in community. 2nd Half with Lyngblomsten life enrichment centers are designed for adults in the second half of life—ages 50 to 100-plus—and connect them to community services, resources, and opportunities to enhance their quality of life. Currently, two sites host the 2nd Half with Lyngblomsten life enrichment centers—one in Como Park (on the Lyngblomsten campus) and one in White Bear Lake (at Redeemer Lutheran Church). Both centers provide offerings that focus on:

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



For a complete view of all the offerings, download the Winter 2017 Catalog at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf), pick up a catalog in the lobby at Lyngblomsten or Redeemer Lutheran Church (White Bear Lake), or contact us to add your name to the quarterly catalog mailing list—it’s free! Peruse the offerings and find what resonates with you. There are opportunities for all to **Engage, Discover, and Thrive!** 

## A sampling of upcoming winter opportunities presented by 2nd Half with Lyngblomsten:

### Art Workshops at Redeemer Lutheran Church, White Bear Lake

- **February 1:** Polymer Clay Heart Box & Jewelry Making. 10:30 AM–Noon. \$10.
- **March 8:** Origami Embellished Spring Wreath. 10:30 AM–12:30 PM. \$15.
- **March 16:** Cocoa & Canvas—Northern Lights. 6–9 PM. \$25.

### Books-Cheese-Wine

5:30–7 PM on the Lyngblomsten campus. \$5 if pre-registered or \$8 at the door.

- **January 12:** Author Jean M. Larson, *Hope on the Journey*
- **February 9:** Ramsey County Library History Coordinator, Judy Woodward, *History Through a Minnesota Lens*
- **March 9:** Poetry with author Gary K. Olson

### HealthRHYTHMS Drumming

2nd Mondays each month. 10–11 AM at Redeemer Lutheran Church, White Bear Lake. \$5 per session. This evidence-based group drumming and wellness program promotes relaxation and boosting of the immune system. No experience required.

### Out & About

- **February 9:** The Raptor Center at the University of Minnesota. 12:30–3 PM. \$5.50 for program/tour, plus \$5 for transportation from the Lyngblomsten campus.
- **March 30:** Cathedral of St. Paul. 1–2 PM. Free tour; \$5 for transportation from the Lyngblomsten campus (departs at 12:30 PM).

### Service Activity

**February 20:** Volunteer at Open Hands Midway. The nonprofit is housed in Bethlehem Lutheran in the Midway. Help serve a meal to people in need. Choose from 2 shifts: 9:30–11:30 AM (Meal Preparation) and/or 11:30 AM–2:30 PM (Serving and Cleaning Up). FREE. Transportation provided from the Lyngblomsten campus.

**To register for a program, contact** (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).



# Get to Know 2nd Half with Lyngblomsten

## Coffee Talks

Come for coffee and treats, guided conversations, and prizes. Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities.

**BONUS:** Everyone who attends receives a FREE 2nd Half with Lyngblomsten coffee mug!

Guided conversation topics:

- **Volunteerism** | January 16 on the Lyngblomsten campus (1415 Almond Avenue, St. Paul)
- **Caregiver Support** | January 23 at Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake)
- **Caring for Your Whole Self: Mind, Body, Spirit** | February 9 on the Lyngblomsten campus
- **Social Connections & Well-Being** | February 27 at Redeemer Lutheran Church

10–11 AM **FREE** RSVPs appreciated to (651) 632-5330 or [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).



## 2nd Half Sampler Open Houses

Stop by to mingle, enjoy refreshments, and learn more about 2nd Half with Lyngblomsten and the many opportunities available.

- Meet instructors and Lyngblomsten staff
- Preview upcoming programs and trips
- Learn about resources
- Get the new Spring catalog
- Win prizes!

Como Park: **March 8** on the Lyngblomsten campus, Community Room (lower level)

White Bear Lake: **March 13** at Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake)

3–6 PM **FREE**

Questions or to learn more about 2nd Half with Lyngblomsten, contact:

Lisa Brown, Site Coordinator—White Bear Lake at (612) 559-3646 or [lbrown@lyngblomsten.org](mailto:lbrown@lyngblomsten.org)

Mary Deaner, Site Coordinator—Como Park at (651) 414-5293 or [mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

*The great thing about*  
**GETTING OLDER**

is that

*you don't lose*  
**ALL THE OTHER AGES**  
*you've been.*

*—Madeleine L'Engle*

**Like this quote?** Every Friday, Lyngblomsten shares an inspirational quote about aging on our Facebook page. We call them our Positive Aging Friday quotes. These weekly, feel-good quotes inspired our 2017 calendar, *Inspire*, which is a compilation of some of our favorites. Check out the printable quotes calendar at [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications) or pick up a copy on campus. We hope these monthly quotes—some witty, some wise, some thoughtful—inspire you to find happiness and fulfillment no matter how old the calendar says you are!

**Connect with us on Facebook or Twitter (@Lyngblomsten\_US) for a new Positive Aging Friday quote each week!**





# Giving Voice to their Joy

Lyngblomsten hosts Giving Voice Chorus for persons with dementia and their care partners | By Sam Patet

Mort and Bev Holmgren have experienced much joy in their lives. Not only did they get to engage in meaningful work (Mort as a pharmacist and Bev as a high school and community education teacher), but they also raised a family and volunteered regularly with the Lyngblomsten Auxiliary. Now retired, they enjoy spending time with their three grandchildren.

Their joy, however, was put to the test three years ago when Mort received a difficult diagnosis—he had the beginning stages of Alzheimer’s disease.

“That’s sort of hard,” Bev said, referring to how she felt when she found out Mort had Alzheimer’s.

“I would say that it has come on so gradually and slowly that sometimes we don’t even remember it’s there. I don’t,” Mort said.

Bev smiled tenderly as she gently replied, “You don’t, but I do.”

“Yeah—you know,” Mort said, once again recognizing how the disease has been affecting him. “I don’t fully realize the state I am in.”



*Mort and Bev Holmgren pose for a photo in the Newman-Benson Chapel before choir rehearsal with the Giving Voice Chorus.*

Despite the challenges the two have encountered since Mort’s diagnosis, they’ve managed to remain positive, in large part thanks to the support and resources they’ve received from others. Bev participates in a support group for dementia

caregivers, and Mort has been participating in Lyngblomsten’s The Gathering—a group respite program for persons experiencing early- to mid-stage memory loss—for about two years.

And last fall, the two joined a group held on the Lyngblomsten campus that allowed them to have fun together with other persons who had dementia and their care partners. That group was the Giving Voice Chorus.

## **Giving Voice Chorus founded in response to growing evidence of benefits of singing**

Founded in 2014 by Marge Ostroushko and Mary Lenard, the Giving Voice Chorus is a nonprofit that provides persons with dementia and their loved ones with the opportunity to sing together in a professionally led choir. What started out as a single choir with 30 members has grown to include three choirs with over 100 members.

Lenard said she and Ostroushko started the choir in response to growing evidence that suggested singing could provide a variety of health and personal benefits to people with Alzheimer’s. According to the Giving Voice Chorus website<sup>1</sup>, a study from Finland suggests that “memory and mood in people with dementia significantly improved when they took part in regular singing or listening to music,” and other studies have shown singing “to increase learning and retention of new verbal material in persons with Alzheimer’s disease and to engage brain regions responsible for motor action, emotions, and creativity.”

The Giving Voice Chorus launched its newest choir in the east metro last September thanks to

the support of several St. Paul-based organizations—including Lyngblomsten, the Amherst H. Wilder Foundation, Jewish Family Service, and the HealthPartners Center for Memory and Aging—and major funding from the St. Paul Foundation and the F. R. Bigelow Foundation. MacPhail Center for Music of Minneapolis provided the choir director and piano accompanist, and Lyngblomsten made available the Newman-Benson Chapel for rehearsal space.

“I’m very excited about it. It’s just such a joyful group,” said Julie Pfab, Director of Community Services for Lyngblomsten who helped arrange to have the chorus rehearse on the Lyngblomsten campus. “It’s really a great opportunity to work with other organizations in St. Paul that also support people living with Alzheimer’s.”

“The chorus in St. Paul has exceeded our highest expectations,” Lenard said. “The Lyngblomsten chapel is a perfect place to come to sing and socialize.”

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*“Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.”*

—Robert Louis Stevenson

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### **Friendships one of greatest benefits for choir participants**

Mort and Bev admitted they didn’t consider themselves musically inclined when they signed up. But they decided to give it a try thanks to the encouragement of Carolyn Klaver, Community Dementia Care Specialist for Lyngblomsten, who knew them through The Gathering.

“I told her [Klaver] we do not have musical background or experience,” Bev said. “And she said it isn’t just about the singing—it’s [also] about the social interaction.”

Having plenty of time to socialize is an important part of the chorus’ weekly rehearsals. “We have a strong social time, where people can get to know each other and spend time together,” Lenard said. “It creates a whole new sense of community for the chorus.”

Mort and Bev couldn’t agree more. “The friendships, I think, are really important,” Bev said. “You meet all these other people that are on the same journey, only in different stages.”

“That’s probably one of the best, greatest, advantages,” Mort continued, “is the fact that you realize you’re not alone. You’re not the only one.”

### **Giving Voice Chorus already preparing for spring semester**

Rehearsals began for the St. Paul chorus on September 12. Three months later on December 11, it gave its inaugural concert—“Peace, Joy, and Love”—at the Minnesota History Center. The audience got to hear Mort, Bev, and 52 other participants and volunteers sing their hearts out to 12 songs that celebrated (not surprisingly) peace, joy, and love, including “Love Can Build a Bridge,” “How Can I Keep From Singing?,” “Look to the Rainbow,” and a “Joy to the World” medley.

“A big part of [the] Giving Voice Chorus mission is to change the stigma of the disease, to have the broader community see people with Alzheimer’s as successful and purposeful and contributing and joyful,” Lenard said. That’s why it’s so important, she continued, to have the choir members perform at public concerts.

Looking ahead, there will be a spring session of the chorus in St. Paul starting January 30, 2017. Spots are still available. Cost is \$50 per person, and each registration requires a partner. For more information or to sign up, visit [www.macphail.org](http://www.macphail.org) or call (612) 321-0100.

Lenard hopes the success of the fall session will inspire even more people to participate. “We hope the St. Paul singers will inspire others to engage in activities that make hearts soar and spirits heal,” she said.

Indeed, for participants like Mort and Bev, singing together has helped their hearts soar and their spirits heal on the journey with Alzheimer’s. They have been able to give voice to the joy they’re still experiencing. **L**

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<sup>1</sup>“Singing and Memory.” *Giving Voice Chorus*. <https://givingvoicechorus.org/singing-memory/>. Accessed 6 December 2016.



# Grieving with God—Through Our Loss



A pilot program for residents combining art and group discussions about loss

By Sam Patet

We have all experienced loss in our lives. As we grow older, the number and intensity of these often increase.

Chaplain Shelley Lyksett knows this all too well. As a member of Lyngblomsten's Spiritual Care Department, she ministers to residents and tenants living on the Lyngblomsten campus. "Everyone that moves here ... is in some way experiencing some kind of loss," she said.

To help them address some of the thoughts and feelings that can accompany loss, Lyksett launched a pilot program this past fall for a group of residents. The program—"Growing with God—Through Our Loss"—allowed participants to discuss life changes they've experienced in a safe, supportive environment.

A small group of residents participated in six sessions that included a prayer and short introduction to the day's topic by Lyksett, followed by time for discussion.

What made this program unique, however, was that the participants did all of this while coloring.

"People get tired of talking," Lyksett said. "This [coloring] is something they have [that's] hands-on. ... Some of them don't color them [coloring pages], but they know that they're going to do it on their own time—when they are ready—as a way to help themselves."

Lyksett's son Robert, a technical illustrator who has a background in art, created a set of coloring pages for the program. Each page is simply designed, containing a word or short phrase related to the discussion topic that's interspersed with recognizable images, such as puzzle pieces, tennis shoes, and footprints.

Not only is coloring a relaxing activity, but it also allows you to express yourself as an individual. "Art isn't about, 'Now we're all going to draw



Care Center resident Lorraine Nelson (left) visits with Lyngblomsten Chaplain Shelley Lyksett as she colors in a coloring page for the "Grieving with God—Through Our Loss" pilot program.

exactly the same thing.' The power of art comes in everybody's interpretation," Lyksett said. "This is a way for them to be expressing themselves in their own way. That to me is what it's about."

Indeed, this is critically important for Lyksett, as each older adult she works with has his or her unique set of losses and life experiences. "There are just so many kinds of little independent things that you lose," Lyksett said. These can include owning a home, driving a car, cooking, and being able to care for yourself. They're things "many of us might take for granted," Robert said.

It can be helpful to talk about these losses in a group because it helps participants see that they're not the only ones facing these challenges. "I think that's the power of this," Lyksett said. "All of a sudden, you see you're not the only one that is losing these things. Everyone here is in the same boat."

Looking ahead, Lyksett plans on expanding the program to other neighborhoods of the Care Center. She also said tenants have expressed interest in hosting a group at the Lyngblomsten Apartments.

"The hope for the participants is that through this idea ... they feel more like they're in touch with where their losses are and the kinds of things that will help them in the future," Lyksett said. "No matter where we are in our life, we're going to have losses. ... But within each loss, there is a place for us to also have a new beginning, no matter how old we are." **L**

## Older Adult Ministry Forum: Becoming a Dementia-Friendly Congregation

Don't hide your head in the sand out of fear of the "D" (dementia) word! Move beyond in this strength-based session to offer opportunities to our most vulnerable and voiceless. Show the love of God through ACTION by learning ways to see a person's ABILITIES, supporting and encouraging those with memory loss in your faith community. Light refreshments will be served.

*Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten*

**Friday, March 10**  
10 AM–Noon

**Immanuel Lutheran Church,**  
104 Snelling Avenue S, St. Paul

**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** to (651) 632-5330 or 2ndHalf@lyngblomsten.org by March 7.

## Parish Nurse Grants Awarded to Two Faith Communities

This fall, the Lyngblomsten Parish Nurse Ministry Resource Group, through funding provided by the Lyngblomsten Foundation, awarded the following faith communities grant money to help start a new parish nurse program or to enhance their current program to benefit the health and wellness of older adults.

### [Gloria Dei Lutheran Church, St. Paul](#)

*Parish Nurse:* Janet Bricher

*Grant Project:* Offer a workshop entitled "Meet the Enneagram: A Guiding Map in Times of Transition."

Kate Ostrem of 9 Open Doors will help participants increase self-awareness, understand why we perceive and act on situations as we do, and explore ways of thinking especially related to health choices.

### [St. Stephen's Lutheran Church, West St. Paul](#)

*Parish Nurse:* Rosalie Christensen

*Grant Project:* Start up a new parish nurse program.

**About:** The Lyngblomsten Parish Nurse Ministry Resource Group is a resource and networking group for nurses serving in faith communities to connect for education and professional support. Annual memberships (you can join at any time) include benefits such as:

- Resources for new/start-up Parish Nurse Ministry programs
- Opportunities to apply for grant money from the Lyngblomsten Foundation
- Monthly network meetings
- Two to four CEU opportunities annually (cost included in membership)
- CPR training at reduced rates
- Free registration for Older Adult Ministry Forums (see ad above), and more.

.....  
If your faith community is interested in exploring more about parish nursing (faith community nursing), contact Mary Nordtvedt, RN, Parish Nurse Ministry Resource Network Coordinator, at (651) 632-5380 or mnordtvedt@lyngblomsten.org. More information is available at [www.lyngblomsten.org/parishnurse](http://www.lyngblomsten.org/parishnurse).



# Called to Serve a Growing Need

*"For surely I know the plans I have for you, plans for your welfare and not for harm, to give you a future and a hope." -Jeremiah 29:11 (NRSV)*

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By Melanie Davis, Chief Development Officer,  
Lyngblomsten Foundation

Having heard me talk about Lyngblomsten, a neighbor recently called me as she was desperately searching for an affordable apartment for her mother. She explained that she didn't want her mother to live just anywhere, but rather in a place that was safe, caring and had opportunities for activities. I could hear the disappointment in her voice as I shared with her that the waiting list was now two years long for the Lyngblomsten Apartments. Sadly, her mother was left with few desirable choices.

My neighbor's story, however, is not isolated or unusual. Unfortunately, Lyngblomsten Apartments Manager, Jill Hult, has to share this news all too often. With a rapidly expanding population of older adults, the waiting lists for apartments at Lyngblomsten are long, especially for persons with limited income. Rising demand is due in part to increasing numbers of older adults. But waiting lists are also long because older adults want more than just an apartment; they want to be a part of the Lyngblomsten community and all that it has to offer.

We may not be in exile like the Israelites to whom Jeremiah writes, but it is not uncommon, particularly as we age, to find ourselves in a strange new place where we may not want to be. It may be a stroke, the death of a spouse, losing the ability to drive, or a home that has become too difficult and expensive to maintain that drives us into strange new territory where we may also feel without hope and even forsaken by God.

It is in these times of "exile" that God's word of love and hope through the prophet Jeremiah can speak so powerfully to us: "For surely I know the plans I have for you, plans for your welfare and not for harm, to give you a future and a hope" (Jeremiah 29:11). These words assure us of God's concern for the well-being of His people, wherever they are in life.

While we hear God's words of promise, we know that His desire to provide help and hope ultimately comes through each one of us acting in love for God and our neighbor. As a dramatically increasing number of older adults will find themselves in need of support, Lyngblomsten believes that we too are called into new territory—to strengthen our services and expand our capacity to help meet this need.

As we enter this new territory, we invite you to join us in this important work. Over the next few months, we will begin to share more of the specifics of these plans. Together, we can help to answer the prayers of support for older adults and their caregivers who find themselves in a strange new place. In doing so, we not only help to ensure their welfare, but we also ensure our own.

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If you would like to learn more about how you can help, please contact Melanie Davis at [mdavis@lyngblomsten.org](mailto:mdavis@lyngblomsten.org) or (651) 632-5356. **L**



# Corporate Connections

By Shannon Parker, Manager of Corporate Engagement



Lyngblomsten seeks to serve as a resource and partner for businesses and their employees who also want to enhance the lives of older adults through opportunities to Volunteer, Donate, Sponsor, and Learn. We invite you to join us.

## Volunteering & Team Building . . . . .

Thank you to the 26 corporate groups from the following organizations that volunteered in 2016 and made a difference in the lives of older adults. Volunteers participated in activities with residents and tenants including bingo, outings to the State Fair and Como Zoo, socials, arts and crafts, tree trimming, cookie decorating, and more.



- APi National Service Group
- Cummins
- Globe University
- Ignite
- Medica
- Medtronic
- Meridian Services
- Midwest Sign & Screen Printing Supply
- OptumRx
- Target
- Thomson Reuters
- UnitedHealthcare
- UnitedHealthcare | Medicare & Retirement
- Wells Fargo

*“To spend one-on-one time with a resident and learn about his life and interests was very meaningful.”*  
 –UnitedHealthcare | Medicare & Retirement volunteer

## Double Your Donation . . . . .

Does your company match donations? Consider Lyngblomsten as a recipient of employee match-

ing funds or charitable contributions for donations of money or volunteer time.

*Thank you to UnitedHealthcare | Medicare & Retirement for a \$1,000 giving rewards! gift following their team of volunteers taking Lyngblomsten residents to Como Zoo.*

## Sponsor a Vital Cause and Increase Visibility . . . . .

**Lyngblomsten Foundation Spring Gala**  
 Supporting 2nd Half with Lyngblomsten:  
 A Center for Enriching Lives after 50.  
 Friday, April 21, 2017, at  
 Vadnais Heights Commons

**Sponsor Levels:**  
 \$500–\$7,500+

**Lyngblomsten Mid-Summer Festival**  
 A Celebration of Arts & Lifelong Learning.  
 Friday, July 21, 2017, on  
 the Lyngblomsten campus  
**Sponsor Levels:** \$500–\$3,000+



## Learn at Lunch with Lyngblomsten . . . . .

Let us share our expertise that will help your company better support employees. Choose an hour-long presentation on one of the following topics: The Healthy Brain, Supporting a Working Caregiver, Arts and Aging, and Becoming a Dementia-Friendly Business.

**To learn more** about any of these engagement opportunities, contact Shannon Parker at (651) 632-5358 or [sparker@lyngblomsten.org](mailto:sparker@lyngblomsten.org).

## Congratulations & Thank You to



Each business was recognized and presented with the **Corporate Engagement Award** at the Lyngblomsten Supporters Appreciation Event on November 11, 2016. The award is presented to businesses that participate in three or more of the following areas: **Volunteer, Donate, Sponsor, and Learn.**



# Continuing Education for Volunteers

## A VOLUNTEER'S ROLE IN LYNGBLOMSTEN PALLIATIVE CARE

**Who's it for?** *Volunteers interested in supporting Lyngblomsten residents and families who are entering the palliative care stage of life.*

This informative training will address: What is palliative care?, specific communication skills to use, types of comfort care to offer, and more.

**Date TBD.**

## LIFELONG LEARNING & THE ARTS VOLUNTEER CONTINUING EDUCATION

**Who's it for?** *Current and new Lyngblomsten volunteers who are interested in learning about arts, wellness, and lifelong learning programs.*

Sessions will focus on empowering and educating volunteers on a variety of arts and lifelong learning topics. Volunteers will walk away from the sessions with new tools, resources, and a support system for volunteering in or leading scheduled programs throughout Lyngblomsten.

### 2017 Sessions:

- **Wednesday, February 1: Music & Movement**
- **Wednesday, May 3: Visual & Tactile Art**
- **Wednesday, August 2: Wellness**
- **Wednesday, November 1: Expressive Arts, Literary Arts, and Education**

All sessions are **FREE** and held from 9 AM–1 PM in the Newman-Benson Chapel at Lyngblomsten. Lunch will be provided for all volunteers who register.

## VOLUNTEER DEVELOPMENT SERIES

**Who's it for?** *Current Lyngblomsten volunteers or potential volunteers may attend any or all of the programs.*

Through a variety of engaging, entertaining, and experiential activities, volunteers will grow in their awareness of and empathy for the challenges of aging.

### 2017 Series:

- **Friday, February 17: Then and Now**  
Tell us about some of the most dramatic changes you have seen over the course of your lifetime. How difficult or easy was it to navigate such change? What do you miss the most as you have grown older? What advice do you have for us “youngsters?” Submit your questions to our expert panel of Lyngblomsten residents and tenants, and hear their life experiences.
- **Friday, May 19: Parkinson's 101—Symptoms, Causes & Treatment**  
Parkinson's disease is a progressive disorder of the nervous system that affects movement and impacts millions of individuals and their families. Take advantage of this opportunity to be more informed, more aware, and more prepared. This program is done in conjunction with the Struthers Parkinson's Clinic.
- **Friday, September 15: Virtual Reality—The Great Oxymoron!**  
Experience virtual reality and travel somewhere while staying in place. You will not only have the experience, you will learn about the potential benefits for older adults.

All sessions are **FREE** and held from 6:30–8 PM on the Lyngblomsten campus. Please pre-register.

Questions or to register for any of these continuing education programs, contact Shelli Beck, Lead Volunteer Coordinator, at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

**Want to become a Lyngblomsten volunteer?** Register for an upcoming New Volunteer Orientation (see next page), or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer) to learn more.

# Gifts to the Remembrance Fund

## In Memory or Honor of a Loved One

September 1, 2016 through November 30, 2016



### In Memory of

Murrie Abas	Martha Frigstad
Gary Allen	Audrey Gaard
Phyllis C. Anderson	David & Dorothy George
Jane Ballingrud	Susan Gergen
Margretta Ballingrud	John Duncan Gibson
Carl & Ruth Brenden	Gloria Greer
Harriet Brunelle	Helen Halvorsen
Petie Butler	Daniel Hartmann
Mrs. Lucille Clark	Helen Heinen
Lawrence Dahl	Gwendolyn Holst
Dorothy Demore	Shirley Kroona
Marion Eklund	Milton Larson
Marie Erickson	Edith McShannock

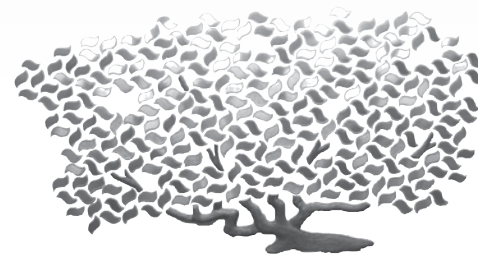
Joyce L. Miller  
Dr. Herbert A. Mueller  
Gifford & Signe Ovre  
Emma Quarstad  
Marjorie Romnes  
Verona Schiller  
Robert Slama  
Harriet Smith  
Violet Strand  
Virginia Swedeen  
Lillian Tucker

Rev. Morris Vaagenes  
Hanna Vaagenes  
Marion Westphal  
Anna & Otto Zibell

### In Honor of

Tom & Melanie Davis  
Mindy Geraets

*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.*



## VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS

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

- **Music & Memory:** Volunteers are needed to visit with residents as they listen to their personalized playlists on iPods and to update the playlists with songs from an extensive iTunes library. Flexible scheduling for both positions.
- **Friendly visits with residents:** There is always a need for volunteers to spend time with residents. You might read a book with them, play a game, listen to an audio book, accompany them to an appointment on campus, or just talk! We're also always looking for new "pet volunteers" to visit our residents! If you have a friendly dog or cat, we'd love for them to visit with you.

### Upcoming New Volunteer Orientations:

- Saturday, January 14 from 10 AM–Noon
- Thursday, February 9 from 6–8 PM
- Thursday, March 16 from 6–8 PM

To learn more about volunteering or to register for new volunteer orientation, contact Lana Western at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org), or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer).



In September, October, and November, a total of **578 volunteers** (including volunteers for The Gathering) gave **9,294 hours of service**.





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

## Sunday, January 8

### Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten MacPhail Center for Music features Mike Michel on solo acoustic guitar and voice. FREE.

## Monday, January 16

### 2nd Half with Lyngblomsten Coffee Talk: Volunteerism

10–11 AM at Lyngblomsten  
FREE. See page 9 for details.

## Monday, January 23

### 2nd Half with Lyngblomsten Coffee Talk:

#### Caregiver Support

10–11 AM at Redeemer Lutheran Church, White Bear Lake  
FREE. See page 9 for details.

## Tuesday, January 24

### A Volunteer's Role in Lyngblomsten Palliative Care

9:30–11:30 AM at Lyngblomsten  
See page 16 for details.

## Friday, January 27

### Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten  
Featuring a band from MacPhail Center for Music and dance enthusiast Christopher Yaeger. Light refreshments served. FREE.

## AARP Tax Assistance

Tuesdays & Thursdays, February 7–April 13

9 AM–1 PM in the Lyngblomsten Community Room (lower level)

**Appointments are required. Call (651) 999-2499 to schedule an appointment.**

AARP volunteers will help you file your returns. This is a FREE service for seniors and people with low income. You will need to bring your: W-2s and 1099 forms; any information relating to sales of stocks, bonds, real estate, etc.; Social Security card and Social Security numbers of dependents; and Property Tax Statement (to complete your property tax refund papers).

### Wednesday, February 1

Volunteer Continuing Education:  
Music & Movement  
9 AM–1 PM at Lyngblomsten  
See page 16 for details.

### Thursday, February 9

2nd Half with Lyngblomsten Coffee Talk:  
Caring for Your Whole Self—Body, Mind, Spirit  
10–11 AM at Lyngblomsten  
FREE. See page 9 for details.

### Sunday, February 12

Second Sunday Concert  
2–3 PM in the Newman-Benson Chapel at  
Lyngblomsten  
MacPhail Center for Music features Andrea Stern  
on harp. FREE.

### Friday, February 17

Volunteer Development Series: Then and Now  
6:30–8 PM at Lyngblomsten  
See page 16 for details.

### Monday, February 20

Volunteer at Open Hands Midway  
Help prepare and serve a meal to people in need.  
See page 8 for details.

### Thursday, February 23

Estate Planning Basics for All Incomes  
11:30 AM–1 PM in the Lyngblomsten Community  
Room (lower level)  
Local attorney Robert Chandler will provide  
information, resources, and a road map to help  
guide you in your estate planning. \$5; includes  
lunch. Register by February 16.  
*Sponsored by the Lyngblomsten Foundation.*

### Monday, February 27

2nd Half with Lyngblomsten Coffee Talk:  
Social Connections & Well-Being  
10–11 AM at Redeemer Lutheran Church,  
White Bear Lake  
FREE. See page 9 for details.

### Wednesday, March 8

2nd Half Sampler Open House: Como Park  
3–6 PM in the Lyngblomsten Community Room  
(lower level)  
FREE. See page 9 for details.

### Friday, March 10

Older Adult Ministry Forum: Becoming a  
Dementia-Friendly Congregation  
10 AM–Noon at Immanuel Lutheran Church,  
St. Paul  
See page 13 for details.

### Sunday, March 12

Second Sunday Concert  
2–3 PM in the Newman-Benson Chapel at  
Lyngblomsten  
MacPhail Center for Music features Modern Spark  
Trio on piano, violin, and cello. FREE.

### Monday, March 13

2nd Half Sampler Open House: White Bear Lake  
3–6 PM at Redeemer Lutheran Church,  
White Bear Lake  
FREE. See page 9 for details.

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



## Save the Date...

### Lyngblomsten Foundation

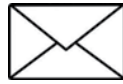
# Spring Gala

Friday, April 21, 2017, at  
Vadnais Heights Commons

Save the date to join us for a special evening  
as we raise funds to support 2nd Half with  
Lyngblomsten life enrichment centers. See page  
8 to learn more about 2nd Half with Lyngblomsten  
or visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## -- Thank You --

Thank you to our corporate congregations **Como Park Lutheran, Holy Childhood Catholic Church, Jehovah Lutheran, Redeemer Lutheran, and St. Anthony Park Lutheran** for their participation in our annual Spirit of Giving Christmas gift collection program. Their generosity made it possible for all Lyngblomsten residents and tenants to receive gifts this year on Christmas Eve. Thank you for helping us to continue this wonderful holiday tradition for residents and tenants!



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) 632-5324 or email [mailinglist@lyngblomsten.org](mailto:mailinglist@lyngblomsten.org).

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**CHANGE SERVICE  
REQUESTED**

# LET'S CONNECT!

4 ways to keep in touch with Lyngblomsten for news, updates, resources, and insider extras:

1



**LIKE**

our Facebook page at  
[www.facebook.com/Lyngblomsten](http://www.facebook.com/Lyngblomsten)

2



**FOLLOW**

us on Twitter  
[@Lyngblomsten\\_US](https://twitter.com/Lyngblomsten_US)

3



**OPT-IN**

to receive ENGAGE, our monthly e-newsletter at  
[www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications)

4



**SUBSCRIBE**

to Lyngblomsten's blog, Navigating Aging, at  
[www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog)