



# Lyngblomsten Lifestyle

Spring 2016



1906

*Lyngblomsten Celebrates 110 Years*

2016

**STORIES OF LIFE:**  
Celebrating the Blessing of Community

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Backstories: Triumph Over Trials  
Music to Each One's Ears

# Directory

MAIN NUMBER: (651) 646-2941

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

## RESIDENTIAL SERVICES

### Lyngblomsten Care Center

Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

[kstarr@lyngblomsten.org](mailto:kstarr@lyngblomsten.org)

Administrator

Brenda Johnson: (651) 632-5387

[bjohnson@lyngblomsten.org](mailto:bjohnson@lyngblomsten.org)

Spiritual Care

Kelley Bergeson: (651) 632-5376

[kbergeson@lyngblomsten.org](mailto:kbergeson@lyngblomsten.org)

### Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

[snewgren@lyngblomsten.org](mailto:snewgren@lyngblomsten.org)

### The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Mary Simon: (651) 632-5428

[msimon@lyngblomsten.org](mailto:msimon@lyngblomsten.org)

## HOME- & COMMUNITY-BASED SERVICES

### Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

[ddoty@lyngblomsten.org](mailto:ddoty@lyngblomsten.org)

### Parish Nurse Ministry Resource Group

Mary Nordtvedt, RN: (651) 632-5380

[mnordtvedt@lyngblomsten.org](mailto:mnordtvedt@lyngblomsten.org)

### The Gathering

Betsy Hoffman: (651) 414-5291

[bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org)

### 5-5-1 Club Community Center

Mary Deaner: (651) 632-5320

[mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

Web: [www.551club.com](http://www.551club.com)

Community Wellness Nurse

Deb Bowman, RN, MSN: (651) 632-5335

[dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org)

## HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

[thall@lyngblomsten.org](mailto:thall@lyngblomsten.org)

## COMMUNITY ENGAGEMENT

### Volunteer Services, Corporate Engagement, and Lyngblomsten Foundation & Auxiliary

Melanie Davis: (651) 632-5356

[mdavis@lyngblomsten.org](mailto:mdavis@lyngblomsten.org)

# Letter from the Editor

Dear Readers,

Community. It's generally a word that elicits a positive response. It implies an ideal of togetherness, support, concern, and enjoyment of others. In this edition, we focus on community. Beyond the stories, there is a plethora of opportunities to engage with and support the Lyngblomsten community. The strength of community for Lyngblomsten is not a trendy new thing. It's been the foundation of our organization for 110 years, and it will be for at least the next 110.

I'm fascinated by how fiercely we Americans cling to our sense of independence, and yet, what in our lives is actually truly done fully independently? Very little, I suspect. For example, we may have cooked our own meal, but did we grow the food, or create the electricity to power the stove, or build the pipes that brought us the water? Or, we may drive our own car, but how far would we get without someone else bringing fuel to the local gas station or maintaining the roadways? I surmise that we can only be "independent" if there is a community of others to support us. It is through embracing community that we are strong. Each of us is a piece of the puzzle of someone else's life.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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Patricia Montgomery, Editor

Sam Patet, Writer

Christina Rhein, Production Manager

Natalie Pechman, Graphic Designer

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**On the Cover:** Arlene Lellelid (middle) enjoys a light moment with friends while playing Scrabble. The three are part of the Lyngblomsten Apartments Scrabble group that meets every Thursday morning.

# Celebrating

By Sam Patet

WHEN YOU HEAR the word “community,” what comes to your mind?

For many of us, we probably think of a group of people who live in a particular geographical area. This idea is confirmed in *Webster’s New College Dictionary*. The first entry for the word “community” is “all the people living in a particular district, city, etc.”

But there’s another definition of community that’s just as important. Jean Vanier, founder of the L’Arche communities, hints at this definition in his 1989 book *Community and Growth*.

“Communion,” Vanier writes, “is based on some common inner expression of love; it is the recognition of being one body, one people, called by God to be a source of love and peace.”<sup>1</sup>

True, Vanier doesn’t use the word “community” in his definition. However, both “community” and “communion” come from the same Latin word, “communis,” which means “common.”<sup>2</sup>

A community, then, is a group that experiences “communion” among its members. They aren’t divided, but are “one body, one people” whose unity comes from a “common inner expression of love.”

Do these definitions have any impact on how we should think about the Lyngblomsten community?

They do! Beyond the geographical locations that can be associated with Lyngblomsten, all the residents, tenants, participants, families, caregivers,

# the Blessing of Community

volunteers, staff and supporters experience *communion* with one another. There’s a “common inner expression of love” that unites them.

What, then, does this look like? To find out, let’s take a look at some of the members of the Lyngblomsten family.

## A Caring Community

When 86-year-old Arlene Lellelid moved into the Lyngblomsten Apartments in 2015, she was used to living as part of a community. She and her six siblings grew up on a farm in Colman, South Dakota, where every farm family looked out for the other. “We just lived it—a real community,” Arlene said. “A real caring for everybody. Somebody was sick, why, the other farmers ... were there to take care of their farm.”

But would she find that same type of community when she moved into the Apartments? She did, and then some.

“You get that feeling here; there’s a real caring between the residents, and [between] the staff and the residents,” Arlene said.

Arlene is an excellent example of someone who cares about her fellow apartment-mates through her words and actions. Whenever she goes to lunch, for example, she tries to sit with tenants she doesn’t know. There are no assigned seats at any of the dining room tables, so she’s able to visit with different people at each meal.

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Arlene Lellelid plays a game of Scrabble with friends on a Thursday morning in the Lyngblomsten Apartments dining room. Participating in the group is one of the many ways Arlene helps build community at Lyngblomsten. Pictured L to R: Maythel Johnson, Phyllis Engebretson, Arlene Lellelid, and Margaret Keyser.



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"I try to go a little later so that the tables have sort of formed, and then I find an empty seat and a table where I don't know those people very well," she said.

She also tries to get to know residents when she volunteers as an escort, helping transport Lyngblomsten Care Center residents to the Newman-Benson Chapel for special events. "I enjoy asking the people what their name is and why they think they're going to enjoy that special program," she said.

### A Dedicated Community

It isn't just residents like Arlene who make up the Lyngblomsten family. The staff does as well. Meet Marilyn Hasse, a registered nursing assistant in Lyngblomsten's transitional care unit (TCU).

"If I'm on vacation, I wonder how my residents are, if they're okay," Marilyn said. "I love working here. I miss it when I'm not here. People don't always understand that, but I just feel truly blessed to have this job."

Why has Marilyn loved working for Lyngblomsten the last seven years? Simple: the community. Staff are dedicated to making sure participants and their families have enjoyable, quality experiences.

If you have any doubts, just look at their work ethic. "Everybody will pitch in," Marilyn said. "If something needs to be done, somebody will offer to help you."

Or look at how they greet visitors. Marilyn said when she walked into Lyngblomsten's doors for her job interview seven years ago, everyone greeted her. "Everybody smiled and said, 'Hi,'" Marilyn shared. "Other [care center] homes I went into, nobody took the time to smile or say, 'Hi.'"

And then there's the employees' ability and willingness to empathize with the residents and their families. "Sometimes just sharing some of your personal stories with them will help," Marilyn said. "I think [it] makes them feel like you will care and take good care of them."

### A Close-Knit Community

Lyngblomsten's caring environment is what first attracted Laura Hamrick to start volunteering five years ago. She was looking for something to do in her spare time, and she thought of volunteering at Lyngblomsten, being her high school daughter had been volunteering since the fifth grade.

Then, when her father wanted to move into a senior living facility in order to have more interaction with others, the Lyngblomsten Apartments was Laura's first recommendation. "He loves it here, and he's met many, many wonderful people," Laura said.



**Top left:** Volunteers Tom Tisell (middle) and his two sons Andrew, 14 (left) and Will, 11 (right).

**Top right:** Nursing assistant Marilyn Hasse poses for a photo with TCU patient Karen Hatzinger.

**Bottom:** Family member Laura Hamrick and her father, John Youngren, who lives in the Lyngblomsten Apartments.

Family members like Laura make up an important part of the Lyngblomsten community, even though they're generally not on campus for extended periods of time like residents and employees are. Some families participate in activities with their loved ones, which gives Lyngblomsten a home-like, close-knit environment. Laura, for example, attends the worship service in the Newman-Benson Chapel with her father every Sunday and participates in Artful Living with Lyngblomsten events with him.

“This is my home away from home,” Laura said. “I love telling others about Lyngblomsten,” Laura continued. “I’ll always tell new residents and their families, ‘You’ve got a great place that you just moved into, and you’re going to love it here.’”

### A Personal Community

Another family volunteer team is Tom Tisell and three of his children—Grace, 16; Andrew, 14; and Willem (“Will”), 11.



“You easily feel a part of the community right away,” Tom said.

“For us, having it [the Lyngblomsten campus] physically close to our home makes it even more so.”



When asked how they would define the word “community,”

Tom and his two sons gave responses similar to those provided by Jean Vanier, Arlene, Marilyn, and Laura.

Will said a community is friendly, Andrew said it's like a family, and Tom said it's local.

One of the clearest ways the Tisells have become part of the Lyngblomsten community is by getting to know the residents and tenants. Tom and Will volunteer at Bingo on Saturday mornings, and Andrew interacts regularly with residents on the third floor of the Care Center, where he plays the piano and participates in card games.

“As you get to know people more and more, and they get to know you, there’s kind of a connection there,” Andrew said.

And even though Tom and Will aren’t able to have as many one-on-one conversations with residents like Andrew is, they still have gotten to know several of them. “It’s little things,” Tom said. “Like when you take them to Bingo, you kind of know where they want to sit. And little by little, you hear some of their own personal stories.”

### A Grateful Community

So what does the Lyngblomsten community look like? How is its “common inner expression of love” manifested on a daily basis?

- It’s a *caring* community, seen in how Arlene and other tenants care for one another.
- It’s a *dedicated* community, evidenced by Marilyn’s and other staff members’ commitment to providing the best care to those we serve.
- It’s a *close-knit* community, seen in how family members like Laura are present and participate in activities with their loved ones.
- And it’s a *personal* community, seen in the

“ You are a *piece of the puzzle* of someone else's life. You may never know where you fit, but others will fill the holes in their lives with pieces of you. —Bonnie Arbor ”

one-on-one, individual interactions between volunteers like the Tisells and the residents.

But perhaps these four qualities are best summed up by Arlene.

“I heard one day somebody said, ‘Do you know what the most used word in the Apartments, what it is?’ And I said, ‘I bet it’s “Thank you.”’ And they said, ‘It is.’ You hear it all the time.”

Lyngblomsten is a *grateful* community. When you’re grateful for the gift of each other, you can’t help but be caring, dedicated, close-knit, and personal.

Now that’s a community worth celebrating! **L**

<sup>1</sup>“Search: Growth community.” Good Reads. Web. Accessed February 23, 2016.

<sup>2</sup>Lorina N. Quartarone. “Re: ‘Community’ and ‘communion.’” Message to the author. February 23, 2016. Email.

# MUSIC TO EACH ONE'S EARS

## Lyngblomsten Launches iPod Project for

## MUSIC & MEMORY<sup>SM</sup> By Sam Patet



As part of Older Americans Month in May, Lyngblomsten will kick off a new project: The Lyngblomsten iPod Project for MUSIC & MEMORY<sup>SM</sup>. The goal: With your help, Lyngblomsten will be able to bring the healing power of personalized playlists on iPods to all 237 Lyngblomsten Care Center residents to help them feel connected to their memories, their lives, and each other.

“Lyngblomsten is fortunate to have the MUSIC & MEMORY<sup>SM</sup> program,” said Andrea Lewandoski, Director of Arts and Lifelong Learning and co-leader of the program. “Past generations made music an integral part of their lives. It’s important that we as caregivers respond to their needs and desires to continue to have music as a natural part of their daily lives.”

### WHAT IS MUSIC & MEMORY<sup>SM</sup>?



Founded in 2010, MUSIC & MEMORY<sup>SM</sup> is a non-profit organization that helps enhance the lives of older adults in care facilities through

the use of personalized music on iPods. The program’s work is rooted in extensive neuroscience research, and some of the proven benefits include increased resident cooperation and attention, reduced resistance to care and agitation, and enhanced engagement and socialization with others. In addition, the program is considered to be a valued tool for the effort to reduce reliance on anti-psychotic and anti-anxiety medications.

Lyngblomsten staff completed training in October 2015 to become a MUSIC & MEMORY<sup>SM</sup> Certified Care Facility. It is one of a growing number of care centers that are putting the power of personalized music to therapeutic use for residents, to enhance memories and improve quality of life.

The program is simple. Staff learn what a resident’s favorite songs and styles of music are—especially music they listened to between the ages of 18 and 25—by asking their family members. Lyngblomsten volunteers load the personalized playlists to iPods, and residents receive an iPod loaded with their favorite music.

### WHY DO WE HAVE THE PROGRAM?

In other care facilities where the program has been implemented, having residents listen to their favorite music—in particular, songs associated with important personal events—has triggered memories of lyrics and of the events associated with the music.

“Hearing the music sparks memories that people are then able to expound and talk about,” said Shelli Beck, Lead Volunteer Coordinator for Lyngblomsten and co-leader of the MUSIC & MEMORY<sup>SM</sup> program. The reason why this connection exists is because the parts of the brain that respond to music are very close to the parts of the brain concerned with memory, emotion, and mood. “Music opens a portal into our brain, releasing images of the past and emotions connected to those memories,” Lewandoski said.

In addition to enhancing memories, two of the greatest benefits of listening to personalized playlists are that it enables a sense of individuality

Volunteer Andrew Tisell loads music onto an iPod for a resident.



and is a valued and fulfilling activity for residents. As well as providing all 237 care center residents with iPods, over the next year Lyngblomsten also plans to put iPods in the hands of the 165 tenants in the Lyngblomsten Apartments and The Heritage at Lyngblomsten, and dozens more to participants in Home- and Community-Based Services (such as The Gathering participants).

### HOW CAN YOU HELP?

#### Share the Power of Music: Contribute to the May iPod Donation Drive

Here are 4 ways you can help bring the healing power of music to older adults during our month-long iPod donation drive in May:

1. Donate a gently used or new iPod.
2. Donate an iTunes gift card or new or used CDs.
3. Donate \$49 to purchase a new iPod Shuffle.
4. Designate a gift to MUSIC & MEMORY<sup>SM</sup>/Artful Living at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).

There will be collection boxes on the Lyngblomsten campus to drop off in-kind and cash donations.

### Attend The Music of Our Hearts: Kick-off Event

Join us on Tuesday, May 10, to learn more about MUSIC & MEMORY<sup>SM</sup> and kick off the Lyngblomsten iPod Project with a special showing of the award-winning documentary, *Alive Inside*—a joyous 70-minute cinematic exploration of music's capacity to reawaken our souls.

Film showings will be held in the Newman-Benson Chapel at Lyngblomsten at the following times: 2:30 and 4:30 PM showings for Lyngblomsten tenants, families, and staff; 6:30 PM showing open to the community. Allow 90 minutes for the film and discussion.

Admission is free. Donations of iPods and iTunes gift cards are greatly appreciated.

Questions or for more information about the MUSIC & MEMORY<sup>SM</sup> program at Lyngblomsten, contact Andrea Lewandoski, Director of Lifelong Learning & the Arts, at (651) 632-5318 or [alewandoski@lyngblomsten.org](mailto:alewandoski@lyngblomsten.org), or visit [www.lyngblomsten.org/musicandmemory](http://www.lyngblomsten.org/musicandmemory). **L**

## Specialized Program for Parkinson's Disease Care

**EDUCATION, RESOURCES,  
AND SUPPORT FOR RESIDENTS  
AND THEIR FAMILIES**

### April is Parkinson's Disease Awareness Month

By Sam Patet

Did you know that someone is diagnosed with Parkinson's disease (PD) every nine minutes in the United States?<sup>1</sup> That means that 50,000 to 60,000 new cases are diagnosed each year in the U.S., adding to the one million people who currently have PD.<sup>2</sup> Parkinson's is a chronic, progressive disease that affects the nervous system.<sup>3</sup> Currently, there is no cure.

Lyngblomsten provides a program for specialized Parkinson's disease care, and since 2012, has been proud to be a part of the Struthers Parkinson's Care Network. The Park Nicollet Struthers Parkinson's Center is a recognized leader in Parkinson's care, education and support,

and this care network has brought the expertise of Struthers to Lyngblomsten's continuum of care.

This relationship has given Lyngblomsten additional insight into the complexities of Parkinson's disease symptoms through advanced training and ongoing education. Through training from Struthers, staff can better recognize and understand the complex and often-changing symptoms of Parkinson's, leading to enhanced communication and care.

As part of the specialized program for Parkinson's care, Lyngblomsten also offers education, resources and support for residents and their *continued on page 8*

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families, including support groups and special activities.

For over three years, those living with Parkinson's disease and their caregivers have had a safe place to share their joys, sorrows, and fears with one another. They've been able to do so through Lyngblomsten's Parkinson's Disease Support Group.

"These are people who show incredible strength, grace, and courage in dealing with it [Parkinson's disease]," said Jay Haukom, a Social Service Coordinator for Lyngblomsten and facilitator of the group. "And so it's humbling. It feels like a privilege to walk with them on their journey."

Jean Larson agrees. From 2012 to 2014, she attended the group with her husband, Milton ("Milt"), who had Parkinson's. Milt died on November 25, 2014. She still attends the group, now serving as a co-facilitator with Jay.

The support group meets monthly and encourages both caregivers and those living with Parkinson's (at any stage) or other movement disorders to attend. The purpose is to share information and offer mutual support in a spirit of self-acceptance.

One of the greatest benefits of the group, Jean said, is that it allows participants to share their experiences with one another. "We give and get wisdom from one another," she said.

"It's just a safe place to express how you're feeling, where the people around you get it," Jay said.

They've also invited guest speakers to present to the group on topics such as current research, symptom control, and adaptive equipment.



Jean Larson and Jay Haukom at the 2015 Moving Day Twin Cities Parkinson's Walk.

One way to show support for those who have Parkinson's disease and their caregivers is to attend the Moving Day Twin Cities Walk on Saturday, May 7. The fundraiser will benefit the National Parkinson Foundation Minnesota to help improve the quality of care for those living with Parkinson's disease. Team Lyngblomsten's goal is to raise \$1,000 for the Moving Day Walk.

"When you're dealing with all of the negative issues that come along with having Parkinson's, it's a day of hope and fun, surrounded by people who are taking on your cause," Jay said. "I feel like it's a hopeful day."

### **Parkinson's Disease Support Group**

Meets first Thursday of the month from 1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul)


- For caregivers and people living with Parkinson's or other movement disorders.
- Open to the community; new participants always welcome. Free to attend.

### **Join Team Lyngblomsten at Moving Day Twin Cities**

Saturday, May 7 at Hilde Center & Park in Plymouth

- Registration opens at 9 AM, walk begins at 10 AM
- Three walks: 0.25 mile, 1.6 mile, and 2.5 mile
- Sign up to walk with or donate to Team Lyngblomsten at [www.lyngblomsten.org/parkinsonswalk](http://www.lyngblomsten.org/parkinsonswalk).

### **For more information about the Parkinson's Disease Support Group or the Moving Day Walk,**

contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org), or visit [www.lyngblomsten.org/parkinsons](http://www.lyngblomsten.org/parkinsons). 

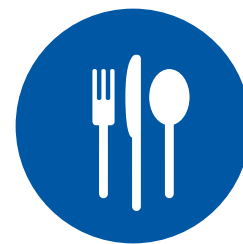
<sup>1</sup>"Why We Walk." *Moving Day Minnesota*. National Parkinson Foundation. Web. Accessed March 8, 2016.

<sup>2</sup>"Moving Day Twin Cities. Lyngblomsten." *Moving Day Minnesota*. National Parkinson Foundation. Web. Accessed March 8, 2016.

<sup>3</sup>Mayo Clinic staff. "Definition." *Parkinson's disease*. The Mayo Clinic. Web. Accessed February 25, 2016.



# Lyngblomsten's eMenuCHOICE® Reaches Major Milestone



## A New Partnership Expands Potential Nationwide

By Sam Patet

Most adults are accustomed to choosing what they want to eat at each meal. However, when they enter a senior housing or skilled nursing facility, that choice has traditionally gone away. With eMenuCHOICE®, a comprehensive web-based software tool developed by Lyngblomsten in 2014, **choice** reappeared on the menu. Then in 2015, eMenuCHOICE® earned the Leading Change Innovation Award from LeadingAge Minnesota. And in late December 2015, the journey to dining choices for older adults hit its next milestone: a partnership to bring the product to other long-term care and senior housing facilities.

The agreement with Eldermark Software LLC, a leading senior housing software provider based in Minnetonka, gives them the exclusive right to market and distribute eMenuCHOICE® to senior housing and skilled nursing facilities throughout the country.

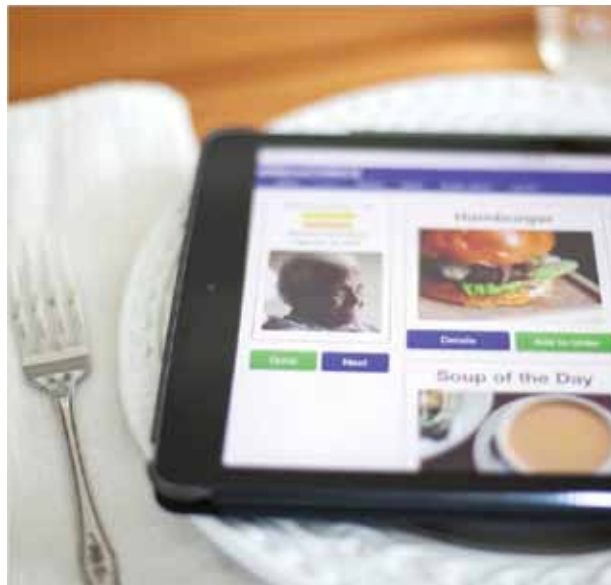
“Lyngblomsten is pleased to be partnering with Eldermark to provide eMenuCHOICE® to other senior living and skilled nursing settings,” said Jeff Heinecke, President and CEO of Lyngblomsten. “This marks the beginning of a new day for senior living.”

“We are excited to become part of the dining experience,” said Craig Patnode, President and CEO of Eldermark. “The eMenuCHOICE® module rounds out our core technology stack offering.”

Heinecke explained that while Lyngblomsten is very proud of eMenuCHOICE®, there was never an intention to become a software provider. Eldermark, on the other hand, not only has the infrastructure to market, sell, and support

eMenuCHOICE® successfully, but it also knows the senior provider industry.

Soon facilities all across the country will be able to improve the dining experience—making true choice a reality and engaging residents in the process of choosing and rating their meals. The end result is increased dignity for older adults. The benefits don’t stop at the residents, though. Facilities will enjoy clearer communication of options and selections, a new warning system for food allergens, and overall improved streamlining and accuracy of meal ordering and fulfillment. A wonderful win-win! **L**



To learn more about eMenuCHOICE®, visit [www.emenuchoice.info](http://www.emenuchoice.info).

## Triumph Over Trials: Lyngblomsten of Yesteryear Partners with Community Funds

By Sam Patet

When Lyngblomsten first opened its doors to residents in 1912, no one could have been happier than the founding women. After nearly a decade of visioning, planning, and fundraising, they had managed to open a home—not a poor-house—for elderly Norwegians. The women knew, however, that their work was far from complete.

Now that the building was open, they had to raise funds to pay the operating expenses. And at least as early as 1916, with a growing waiting list, there were calls to expand the building so as to care for even more people.<sup>1</sup>

But how would they be able to expand? During World War I, they had to contend with rising food costs.<sup>3</sup> In the 1930s, they, like others, struggled to stay in the black during the Great Depression. And in the 1940s and 50s, they had to balance the books as expenses increased, fewer women joined the Lyngblomsten circles because of entering the workforce, and new state regulations made it more difficult for volunteer management to operate a home. An additional factor in place from day one was that those who moved into the home paid a one-time fee of \$500 for care throughout the remainder of their lives. Although residents were also required to entrust to Lyngblomsten any property or assets over and above the admission fee, this system of payment meant no regular ongoing income for the home.<sup>4</sup>

Yet despite these trials, the women managed to expand—first in 1938 and again in 1963. And

Residents trim the Christmas tree on December 22, 1938, in the parlor of the new addition to the original Lyngblomsten building.

Photo, courtesy of Minnesota Historical Society, from the December 24, 1938, edition of *The Minneapolis Tribune*.



they did so while staying within budget. How did they do it?

The women accomplished the seemingly impossible thanks in part to the relationships they formed with community organizations. In this installment of *Backstories*, we'll focus on the first expansion and Lyngblomsten's relationships with the Minneapolis Community Fund and the St. Paul Community Chest.

### Expansion occurs

Although the case for constructing a second building was documented in the summer 1916 edition of the *Lyngblomsten Herald*, it would be more than 20 years before this call to action became reality. In 1920, with much rejoicing, the Mid-Summer Jubilee featured the burning of the mortgage—marking the completion of paying for the first building. By January of 1937, Lyngblomsten had raised \$54,646.61 for a new building.<sup>4</sup> It put that money to use a year later,

when on May 11, 1938, Lyngblomsten's Building Committee voted in favor of soliciting bids from local contractors for a three-story addition to the original home.<sup>5</sup> Two months later on July 19, Lyngblomsten president Mrs. Julius Hansen turned a first shovelful of dirt at a groundbreaking ceremony for the new building.<sup>6</sup> And by December, the building was complete; residents moved in the week of December 18–24, 1938.<sup>7</sup>

But how were they able to do it? How were the Lyngblomsten circles able to raise over \$54,000 during World War I and the Great

*“Without this help it would have been extremely difficult for us to carry on through the War [World War I] and post War periods.”*

*—Mrs. John O. Lee, president of Lyngblomsten 1917–1922*

year was \$5,000.<sup>9</sup> That amount likely accounted for over half of Lyngblomsten's annual budget.<sup>10</sup>

Additionally, in the early 1920s, Lyngblomsten started receiving money from the Community Chest. While the amount it received from the Community Chest was smaller than that from the Community Fund, it still was significant—\$2,876.25 in 1925, for example, and \$1,304.09 in 1936.<sup>11</sup>

The monies from the Community Fund and Community Chest were used primarily to pay for day-to-day operations, which made it possible to direct other donations to the Building Fund.

According to an early Lyngblomsten publication,

*“When Mrs. Lee [president of Lyngblomsten from 1917 to 1922] was leaving the presidency, she admonished the members to bear in mind the valuable aid which the Community Fund and Chest had given. ‘Without this help it would have been extremely difficult for us to carry on through the War [World War I] and post-War periods.’”<sup>12</sup>*

*continued on page 12*

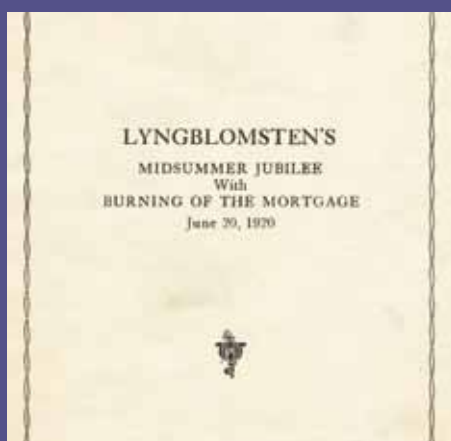
Depression?<sup>8</sup> As best as we can tell, they did it by the sweat of their brow. Slowly and steadily, fundraiser after fundraiser, they saved.

But that only tells part of the story. What likely made it possible for them to save so much for building was the support they received from two community resources.

### Community funds lend a helping hand

The Minneapolis Community Fund and St. Paul Community Chest were both part of the community fund movement that swept across the nation in the early 1900s. Its premise was simple: have one organization conduct a city-wide fundraising campaign for a number of social service agencies. Raised funds would then be distributed among the agencies.

As early as 1919, Lyngblomsten began receiving money from the Community Fund (at one time called the War Chest). The total received that



*The front cover of Lyngblomsten's 1920 Midsummer Jubilee program. At the annual event, held June 20 in 1920, Lyngblomsten ceremoniously burnt the mortgage of its original building, having paid it off that year.*

Balance on Hand March 1st,	\$253.68
Rec'd to General Fund	
Minneapolis Community Fund	842.00
St. Paul " Chest	568.00
Minneapolis No. 3	19.25
" " 9	16.62
" " 12	8.89
St. Paul No. 3	40.00
" " 7	10.00
	\$1,148.35
Both for February	1,737.61
	2,885.96
Approved & accepted April 1, 1924, Arny Hoff Secy	

*A page from the Lyngblomsten Board of Trustees minutes shows the balances as of March 1924, including money received from two Twin Cities community funds.*

continued from page 11

## Planning for the future

The Community Fund and Community Chest continued to support Lyngblomsten over the next two decades, helping pay for a variety of projects, including boiler repairs, a new water heater system, and funeral expenses for residents who had passed away. But by the late 1950s, with Lyngblomsten having reached financial stability, funding from the Chest and Fund was discontinued.

“As a result of the efforts of the Home in accepting residents on a pay-as-you-go basis and through the cooperation of the County Welfare Board, the Home appears to have reached a level where it no longer is in need of Chest [Minneapolis Community Fund] support,” wrote M.E. Salisbury, chair of the Community Chest’s Budget and Distribution Committee, to then Lyngblomsten president Mrs. Harry Nelson on December 18, 1956.<sup>13</sup> “The Committee recommends, therefore, that the 1957 allocation be the final one and that the Lyngblomsten Home continue to provide its service without deficit financing.”

Still, even though Lyngblomsten was able to pay its bills in the late 1950s, leaders were keenly aware that the organization was going to face even greater expenses in the future. Mrs. Henry Dahl suggested this during her president’s speech given at the Lyngblomsten annual meeting in January 1960. “In 1933,” she said, “it cost \$10,000 a year to operate the home. By 1959, that cost had more than quadrupled to \$51,904.46. I am telling you this as I believe the cost will rise every year as you see it has.”<sup>14</sup>

## Pressure to expand

Costs weren’t the only thing growing during this time—so, too, was the pressure for Lyngblomsten to expand. In 1948, a state inspector noted that the home needed a larger infirmary to care for sick residents.<sup>15</sup> Lyngblomsten likely took care of this by repurposing the home’s third floor.

And by January 1960, the pressure to expand had apparently grown even further. Mrs. Henry Dahl expressed her disappointment that the land Lyngblomsten owned wasn’t being used to its full potential. “Now about our valuable ground lying idle, it is a sad mistake when it could be utilized to the comforts of the home. It has been idle for 47 years. Don’t you think it would be wonderful to have buildings on it?”<sup>16</sup>

The problem Lyngblomsten faced was that it didn’t have the money to pay for a new building. True, it had quite a bit in its Endowment Fund. But only the fund’s interest could be used, and that particular fund was designated for day-to-day operations. There was no money in the Building Fund.<sup>17</sup>

The solution Mrs. Dahl proposed was something Lyngblomsten had been thinking about for at least two years: form a partnership with the St. Paul Circuit of the Evangelical Lutheran Church (today the Evangelical Lutheran Church of America).

The women of Lyngblomsten had been guiding the organization successfully for over five decades. But would they be willing to share management responsibilities with another entity? Be sure to read our next edition of *Backstories*, where you’ll learn the conclusion. **L**

<sup>1</sup>*Lyngblomsten Herald*. Vol. III. No. 3–4. July–August 17, 1916.

<sup>2</sup>*Lyngblomsten: Thirtieth Anniversary*. Pg. 27.

<sup>3</sup>*Lyngblomsten: 90 Years of Service and Commitment to Seniors*. Pg. 7.

<sup>4</sup>Lyngblomsten annual report 1937. Pg. 3.

<sup>5</sup>Lyngblomsten annual report 1938. Pg. 9.

<sup>6</sup>Lyngblomsten annual report 1938. Pg. 10.

<sup>7</sup>*The Minneapolis Tribune*. December 24, 1938. Courtesy of the Minnesota Historical Society.

<sup>8</sup>Lyngblomsten annual report 1937. Pg. 3.

<sup>9</sup>Letter, November 12, 1918, Folder 206:1, United Way of Minneapolis Records, Social Welfare History Archives, University of Minnesota.

<sup>10</sup>Records for Lyngblomsten’s operating expenses in 1919 are not available. However, its operating expenses in 1930 were \$13,884.32, and in 1933 were \$10,845.46. (Figures obtained from Lyngblomsten’s

annual report booklets from 1930 and 1933.) The chance of the 1919 expenses being larger than these amounts is slim.

<sup>11</sup>Lyngblomsten annual report 1926. Pg. 4 and Lyngblomsten annual report 1937. Pg. 3.

<sup>12</sup>*Lyngblomsten: Thirtieth Anniversary*. Pg. 33.

<sup>13</sup>Letter from M.E. Salisbury to Mrs. Harry Nelson, December 18, 1956, Folder 206:1, United Way of Minneapolis Records, Social Welfare History Archives, University of Minnesota.

<sup>14</sup>Mrs. Henry Dahl. Speech given at Lyngblomsten’s annual meeting, January 1960.

<sup>15</sup>Branch #9 of St. Paul Minutes, February 16, 1948. Pgs. 12–13.

<sup>16</sup>Mrs. Henry Dahl. Speech given at Lyngblomsten’s annual meeting, January 1960.

<sup>17</sup>Mrs. Henry Dahl. Speech given at Lyngblomsten’s annual meeting, January 1960.

## Learn at Lunch with Lyngblomsten:

### Expert talks on aging available for your workplace

By Shannon Parker, Manager of Corporate Engagement

“Learn” is one of four avenues in which Lyngblomsten can serve as a partner and resource for businesses in the community. Re-developed as an initiative through the Corporate Engagement Committee, **Learn at Lunch with Lyngblomsten** allows us to share our expertise on four pressing topics that will help businesses better support employees. Presentations are one hour long and offered at no cost.

Topics include:

- **Supporting a Working Family Caregiver**
- **Becoming a Dementia-Friendly Business**
- **Arts and Aging**
- **The Healthy Brain**

*Learn at Lunch* topics such as **Supporting a Working Caregiver** can directly benefit employers and employees alike. According to the National Alliance for Caregiving and AARP, the average U.S. caregiver is a 49-year-old woman who works outside the home and spends nearly 20 hours per week—the equivalent of another part-time job—providing unpaid care to her mother for nearly five years.<sup>1</sup> By learning the realities of how many employees are also in the role of being a family caregiver, your place of employment can find ways to support caregivers to balance work and caregiving demands. “An employer who supports a family caregiver can provide a work culture that offers supportive ways to balance the many roles of these employees so that they continue to be effective at work,” said Julie Pfab, Director of Lyngblomsten’s Home- and Community-Based Services.

<sup>1</sup>Feinberg, Lynn and Rita Choula. “Fact Sheet: Understanding the Impact of Family Caregiving on Work.” AARP Public Policy Institute, October 2012. Web PDF. Accessed March 8, 2016.

**Becoming a Dementia-Friendly Business** can also provide dual benefits. Businesses can take action to create a dementia-friendly environment by attending to the needs of their employees and their customers alike. “According to ACT on Alzheimer’s, 70 percent of people with Alzheimer’s and other dementias live in the community with help from family and community members. General awareness of how to be dementia-friendly in your business can help with customer service in serving a person with this disease, as well as educate employees about living with dementia as so many of us are touched by this disease,” said Pfab.

Another hot topic is **Arts and Aging**. “Lyngblomsten’s Artful Living and lifelong learning programs serve as a wonderful opportunity for community members to connect with and learn from aging-in-community experts in a fun and social environment,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten. This expert talk will raise awareness of the benefits of arts and aging, allow your team to explore its own artistic voice through team-building arts workshops and participatory activities, and understand the importance of creating a culture of lifelong learning regardless of age.

The fourth *Learn at Lunch* topic focuses on **The Healthy Brain**. Learn strategies you can take to help ensure a healthier brain based on four things you can do now for mental fitness.

**For more information on opportunities to Volunteer, Donate, Sponsor, and Learn**, contact Shannon Parker at (651) 632-5358 or [sparker@lyngblomsten.org](mailto:sparker@lyngblomsten.org). 



Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul. The Heritage at Lyngblomsten is located at 1440 Midway Parkway, and the Lyngblomsten Apartments are located at 1455 Almond Avenue.

### Life Stories Series

Promotes conversation and encourages sharing of stories about our lives. Participants may document stories in personal journals. 9–10 AM at The Heritage at Lyngblomsten. Offered the 1st & 3rd Tuesdays each month. **FREE.**

### Sing for Life Choir—MacPhail Center for Music

Rehearse favorite songs and learn vocal techniques and choral skills. Wednesdays, 9:15–10:15 AM at The Heritage at Lyngblomsten. Registration ongoing. **FREE.**

### Ageless Grace® Exercise Class

Natural and organic movements practiced seated and to music. \$1 per class. 1:30–2:30 PM at the Lyngblomsten Apartments. Offered the 1st & 3rd Fridays each month.

### Exploring Art: Adolph Gottlieb—Art with Heart

A 4-week series focused on Adolph Gottlieb, an American abstract expressionist painter, sculptor, and printmaker. Tuesdays, April 5–26. 1–2:30 PM at the 5-5-1 Club. \$25\*. Register by April 4.

### Pottery Classes—Northern Clay Center

A hands-on introduction to the rewards of making art through clay. Learn basic hand-building and glazing techniques. Offered April 8 & 22, May 13 & 27, and June 10 & 24. 2–3:30 PM at the 5-5-1 Club. \$30 per series\*. Registration required.

### Second Sunday Concerts

Musical performances from MacPhail Center for Music. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. Upcoming concerts: April 10 featuring vocalist David Kozisek, and June 12 featuring Joe Kaiser and Rebecca Haas on cello and piano (no May concert). **FREE.**

### Youth Suzuki Violin Performance—St. Paul Conservatory of Music

Children of all ages will perform traditional folk songs and classical pieces. Saturday, April 16. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. **FREE.**

### St. Paul Vocal Forum Concert

Selections from their spring concert *Sing Love. Be Love.* Sunday, April 17. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. **FREE.**

### Mixed Media Visual Arts—Art with Heart

An 8-week series of mixed-media visual arts classes. Tuesdays, May 3–June 28 (no class May 31). 10–11:30 AM at The Heritage at Lyngblomsten. \$50\*. Register by May 2.

### Exploring Art: Art with Circles—Art with Heart

A 4-week series focused on Sonia Delaunay's *Art with Circles*. Tuesdays, May 3–24. 1–2:30 PM at the 5-5-1 Club. \$25\*. Register by May 2.

### Art Adventure Trip: Minneapolis Institute of Art (Mia)

Take a guided tour of the Mia led by Art with Heart. Thursday, May 5. 9:30 AM–12:30 PM. \$10\*. Register by April 29.

### Youth Harp Recital featuring Chloe Shepeck

Saturday, May 14. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. **FREE.**

### Exploring Art: Georgia O'Keefe—Art with Heart

A 4-week series focused on Georgia O'Keefe, an American artist known for her flower images. Tuesdays, June 7–28. 1–2:30 PM at the 5-5-1 Club. \$25\*. Register by June 6.

**Registration at [551club@lyngblomsten.org](mailto:551club@lyngblomsten.org) or (651) 632-5330 (unless otherwise noted).**

For more details on any of these programs, visit [www.lyngblomsten.org/calendar](http://www.lyngblomsten.org/calendar).

**Questions?** Contact Andrea Lewandoski, Director of Lifelong Learning & the Arts, at [ArtfulLiving@lyngblomsten.org](mailto:ArtfulLiving@lyngblomsten.org) or (651) 632-5318.

Everyone in the community is invited to this **FREE** concert featuring a performance by:

# Barbary Coast Dixieland Band

*Inducted into the Minnesota Music Hall of Fame in 2001*



## Husby Memorial Concert

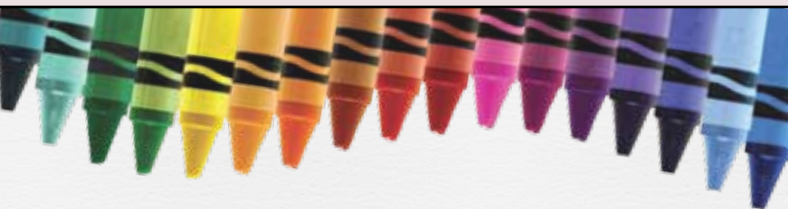
**Sunday, May 15 at 3:00 PM**

Newman-Benson Chapel at Lyngblomsten

1415 Almond Avenue, St. Paul

*This FREE concert is made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment established through the Lyngblomsten Foundation.*

**[www.lyngblomsten.org](http://www.lyngblomsten.org) | (651) 646-2941**



**Volunteer Appreciation Week is  
Sunday, April 10–Saturday, April 16.**

**All Lyngblomsten volunteers are invited  
to stop by the Volunteer Lounge on  
campus this week for special treats.**



**Our volunteers are like a box  
of crayons, each one unique.**

**Color with the whole box!**



**The Gifts and Talents** of our volunteers...  
imagine not only the variety, but the impact.  
No matter what you offer or where you serve,  
you are a vital part of the complete picture.

Thank you for all you do!

## VOLUNTEER OPPORTUNITIES WITH LYNGBLOMSTEN

- Help participants during clay classes
- Record conversation and stories at Life Stories series
- Co-lead chair exercise classes
- Train computer users on basic functions like email and web browsing
- Drive the Lyngblomsten bus (no special license required)
- Demonstrate cooking a special recipe to community members
- Cashier or scoop ice cream at Anna's Café & Gift Shop on campus
- Serve those with memory loss at The Gathering

### NEW VOLUNTEER ORIENTATION DATES

*Registration required.*

- Tuesday, April 19 from 6–8 PM
- Saturday, May 14 from 10 AM–12 PM
- Tuesday, June 14 from 6–8 PM
- Tuesday, June 21 from 1–3 PM

### Interested in becoming a volunteer?

Contact Lana Western at (651) 632-5406  
or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org) for more  
information, or visit

**[www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer).**

### Lyngblomsten Volunteer Stats for December 2015–February 2016:

Total Volunteer hours: **5,231**

Unique volunteers: **341**

# THE POWER OF LIFELONG LEARNING & COMMUNITY

By Melanie Davis, Chief Development Officer

Those of us who are still working know how meaningful and important it is to have opportunities to continue to learn, to connect with our peers, and to be inspired on our career journey. As we grow older or retire, the need to continue to learn, to be connected in meaningful relationships with others, and to experience a sense of purpose and inspiration all continue to be important. As a matter of fact, just as these factors may impact our performance and overall well-being as employees, they also are proven to impact our overall well-being and health as we age. Recent research confirms that as we age, continuing to learn new skills and engaging in community both contribute significantly towards improving overall health and well-being.<sup>1</sup>


*Recent research confirms that as we age, continuing to learn new skills and engaging in community both contribute significantly towards improving overall health and well-being.*

A recent powerful community learning experience for me personally was attending The Lutheran Leadership Summit hosted by Lutheran Services in America (LSA) February 21–24, 2016, where I had the opportunity to network with and learn from social ministry organization leaders from across the country. This experience underscored for me how important Lyngblomsten's efforts are to support the health and well-being of older adults, of whom 75 percent indicate that they intend to age in their own homes and neighborhoods.<sup>2</sup>

Lyngblomsten's Home- and Community-Based Services, specifically the 5-5-1 Club community

center, are all aimed at assisting adults 55+ and their caregivers to stay active, engaged, and well. By offering a variety of lifelong learning, social, and wellness opportunities, the 5-5-1 Club actively engages more than 900 community members annually. Equally as important, it also provides a supportive, caring community of older adults offering friendship, support, and compassion—all key ingredients to staying healthy.

Lyngblomsten's 5-5-1 Club is made possible in part through the generous support of donors who contribute about \$150,000 annually toward the community center's expenses. On April 15, the Lyngblomsten Foundation's Spring Benefit will be raising funds to support the 5-5-1 Club. The event will bring together a compassionate community of supporters for a special evening of celebrating and supporting the power of community for older adults. The goal of the event is to raise \$100,000 to strengthen and expand the 5-5-1 Club so that even more adults may age well in their communities.

Whether you are a supporter, a program participant, or both, we hope you will be inspired to join us in supporting this vital community program aimed at helping older adults age well and stay healthy! RSVP by April 8 at [www.lyngblomsten.org/benefit2016](http://www.lyngblomsten.org/benefit2016). More event details on page 17. 



[www.551club.com](http://www.551club.com)

<sup>1</sup>Cohen, Gene. "New theories and research findings on the positive influence of music and art on health with aging." *Arts & Health* 1:1 (2009): 48–62. Print.

<sup>2</sup>National Association of Area Agencies on Aging, National Council on Aging, and UnitedHealthcare. *The United States of Aging Survey 2015*. [www.NCOA.org](http://www.NCOA.org). Accessed March 4, 2016.



## LYNGBLOMSTEN FOUNDATION'S SPRING BENEFIT

### A TOAST TO LYNGBLOMSTEN

# GROWING TOGETHER

Celebrating Our Commitment to Community



**FRIDAY, APRIL 15 AT 5:30 PM**  
**VADNAIS HEIGHTS COMMONS**

Join us for a special evening as we celebrate and support the power of community for older adults. Funds raised will be used to strengthen and expand Lyngblomsten's 5-5-1 Club community center so that even more adults may age well in their communities. Learn more at [www.551club.com](http://www.551club.com).

**\$100** Individual Seat

**\$1,000** VIP Party Table for 8

**\$1,250** VIP Party Table for 10

**RSVP BY APRIL 8, 2016**

[www.lyngblomsten.org/benefit2016](http://www.lyngblomsten.org/benefit2016)

or call (651) 632-5324.

**EVENT SPONSORS** (as of 3/14/16)

**Gold** Pro Rehab  
(\$2,500+)

**Silver** CliftonLarsonAllen  
(\$1,000+)  
McGough Construction

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

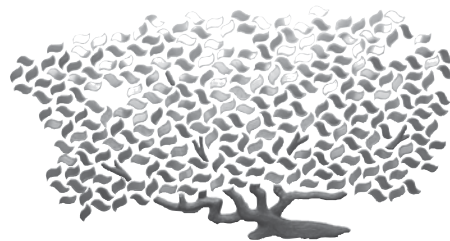
December 1, 2015 through February 29, 2016

### In Memory of

Edward & Beulah Beebe	Ruth New
Arne Blomquist	Jeanne O'Connell
Edward & Bernice Brink	Lena Oftedahl
Ethel Bulera	Ann Patterson
Geraldine Cary	Eugene Richter
Stella Cordes	Margaret Sundin
Luella Dosh	Schmeling
Marilyn Goldberg	Arline Schuneman
Donald Griffiths	Renata Semenza
Joyce Gustafson	Gloria Swelander
Margene Hirschi	Shirley Tretsven
Clyde Johnson	John Turner
Wesley Johnson	Eleanore Vogel
Sandra Jourden	Mildred Wolff
Nell Mahlke	

### In Honor of

Rev. Lloyd Mart's 80th Birthday  
Geri Rutz  
Verona Schiller



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.



## OUR MISSION:

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

## OUR GUIDING PRINCIPLES:

For our **participants**, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

For our participants' **families**, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

For our **employees**, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

Through our **community** of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

## OUR 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.

**APRIL is Parkinson's Awareness Month  
Volunteer Appreciation Month  
National Advance Care  
Planning Awareness Month**

## Sunday, April 10–Saturday, April 16

### Volunteer Appreciation Week

Lyngblomsten volunteers can stop by the Volunteer Lounge on campus this week for special treats!

## Sunday, April 10

### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring vocalist David Kozisek. Presented by Artful Living with Lyngblomsten. FREE.

## Thursday, April 14

### books-cheese-wine with author Fred Johnson

5:30–7 PM at the 5-5-1 Club

Fred Johnson will speak about his book *The Big Water*, a history of Lake Minnetonka, followed by a time for question and answer. \$5 if registered by April 13, or \$8 at the door. Registration required. Register at (651) 632-5330.

## Friday, April 15

### Lyngblomsten Foundation's Spring Benefit

See page 17 for details.

## Wednesdays, April 27–June 29

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

2–4 PM at Fairview Community Center, Roseville  
This is an evidence-based approach to manage falls effectively and increase physical activity levels in older adults. \$30 for 8 weeks (no class May 18 or June 15). Register by April 20 at [www.isd623.org/CommunityEd](http://www.isd623.org/CommunityEd), or mail cash or check to Roseville Area Senior Program at 1910 Cty Rd B W, Roseville, MN 55113.

## MAY is Older Americans Month

### Tuesday, May 3

**Lyngblomsten Corporate Annual Meeting**  
6 PM dinner, 7 PM meeting. Details will be mailed to delegates, boards, and committees.

### Friday, May 6

**Metro Transit How-to-Ride Presentation**  
9–10 AM at the 5-5-1 Club  
Taking transit is easy—we'll show you how to ride buses and trains, promoting ways to get around while creating less congestion and cleaner air. Register at (651) 632-5330 by May 4. Presented by Metro Transit. FREE.

### Saturday, May 7

**"Moving Day" Twin Cities Parkinson's Walk**  
9–11:30 AM at Hilde Center & Park in Plymouth  
More on page 8.

### Sunday, May 8–Saturday, May 14

**Homes for the Aging Week**  
Special events happening on campus each day. Visit [www.lyngblomsten.org/HFAweek](http://www.lyngblomsten.org/HFAweek) for details.

### Tuesday, May 10

**The Music of Our Hearts: Showing of *Alive Inside* Film**  
2:30 PM, 4:30 PM, and 6:30 PM in the Newman-Benson Chapel at Lyngblomsten  
Kick-Off Event for the Lyngblomsten iPod Project for MUSIC & MEMORY<sup>SM</sup>. FREE. More on pages 6 and 7.

### Thursday, May 12

**Wellness for Life: Hospice—A Gift of Comfort**  
2–3 PM at the 5-5-1 Club  
Deb Lane, RN, CHPN, will present on hospice care for any condition and need. Learn what the benefits are before you need to make the decision for yourself or your family. Register at (651) 632-5330. FREE.

### Sunday, May 15

**Husby Memorial Concert: Barbary Coast Dixieland Band**  
3 PM in the Newman-Benson Chapel at Lyngblomsten  
FREE. More on page 15.

### Tuesday, May 17

**Syttende Mai**  
Celebrate Norwegian Constitution Day, the National Day of Norway.

### Sunday, June 12

**Second Sunday Concert**  
2–3 PM in the Newman-Benson Chapel at Lyngblomsten  
A musical performance from MacPhail Center for Music featuring Joe Kaiser and Rebecca Haas on cello and piano. Presented by Artful Living with Lyngblomsten. FREE.

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

## LYNGBLOMSTEN'S CELEBRATION OF ARTS & LIFELONG LEARNING

SAVE THE DATE!

FRIDAY, JULY 22  
2–8 PM

Visit [www.lyngblomsten.org/summercelebration](http://www.lyngblomsten.org/summercelebration)  
for more details.

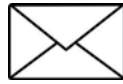
## 20th Annual Lyngblomsten Charity Golf Classic

**Monday, August 1, 2016**  
Keller Golf Course, Maplewood

Proceeds support programming for older adults with memory loss and their caregivers.

Visit [lyngblomsten.org/golf2016](http://lyngblomsten.org/golf2016)  
for more details.





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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Permit No. 2376

**CHANGE SERVICE  
REQUESTED**



## Lyngblomsten iPod Project for MUSIC & MEMORY<sup>SM</sup>

The MUSIC & MEMORY<sup>SM</sup> program at Lyngblomsten will bring iPods loaded with personalized playlists to care center residents, using the therapeutic benefits of music to help them feel connected to their memories, their lives, and each other. See pages 6–7 to learn more.

### Share the Power of Music: Contribute to the iPod Donation Drive in May

Throughout the month of May, you can help bring the healing power of music to older adults by:

1. Donating a new or gently used iPod
2. Donating an iTunes gift card or new or used CDs
3. Donating \$49 to purchase a new iPod Shuffle
4. Designating a gift to MUSIC & MEMORY<sup>SM</sup>/ Artful Living at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).

Our initial goal is to provide iPods with personalized playlists to all 237 Lyngblomsten Care Center residents.

Learn more at [www.lyngblomsten.org/musicandmemory](http://www.lyngblomsten.org/musicandmemory)

*Lyngblomsten is a MUSIC & MEMORY<sup>SM</sup> Certified Care Facility.*

*You can help!*

