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Lyngblomsten
Lifestyle

Winter 2015



STORIES OF LIFE:
Healing Paws
The Benefits of Pet Visitors

MORE IN THIS ISSUE:
Five-Year Strategic Priorities Announced
Planned Giving Series Launched

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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 to set goals for the coming year. Lyngblomsten has been reflecting, planning, and setting goals too. In this edition, you will see highlights from Lyngblomsten's new Strategic Priorities for 2015-2020.

Below is a scripture passage that was included in our priorities document. Whether your vision for the coming year is big or small or you're not quite sure of your plans yet, perhaps this passage will be as meaningful to you as it is for us.



Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek His will in all you do,
and He will show you which path to take.

—Proverbs 3:5-6 (NLT)

Wishing you a fruitful year filled with many blessings,

Patricia A. Montgomery | Editor



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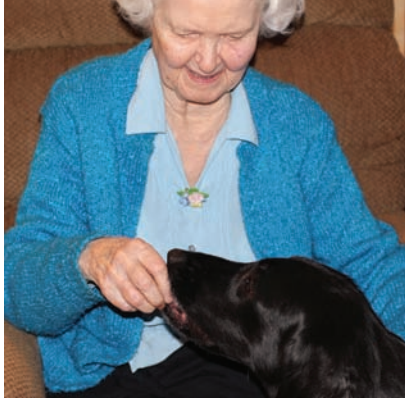
Rebecca Schwartz, Lead Designer

Lyngblomsten Lifestyle can be found online at www.lyngblomsten.org/publications.

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On the Cover: Pet visitor volunteers Chloe (golden retriever) and her handler, Diane Larson, visit with Lyngblomsten resident Natalie Larson.



Healing Paws: The Benefits of Pet Visitors

by Christina Rhein, Marketing Communications Specialist

“Happiness is a warm puppy.” —Charles Schulz

The animal-human love bond is demonstrated every day in millions of homes around the world. It is also the basis for what is becoming a powerful, common mode of therapy in many long-term health care facilities. Lyngblomsten’s pet visitor program is one example of this. We have long understood that health involves more than just medical care. Our pet visitor program recognizes the positive and strong therapeutic effects that pets can have upon residents and tenants. While it may be difficult to always measure the benefits of our pet visitors with scientific facts, the magical interaction that happens between the pets and residents is unmistakable—the smiles, the hands reaching out to caress soft fur, and the excited conversations cooing, “Aren’t you cute” and “Would you like a treat?”

Pet Therapy History & Science

Did you know that the use of pets in medical settings actually dates back more than 150 years? For example, Florence Nightingale—a pioneer of modern nursing in the mid-1800s—recognized that animals provided a level of social support in the institutional care of the mentally ill. But it was not until the late 1970s that researchers really started to uncover the scientific basis of the human-animal bond. One of the earliest studies published in 1980 found that heart attack patients who owned pets lived longer than those who didn’t. Another early study found that petting your dog could reduce blood pressure. There are studies that have shown that watching fish in an aquarium lowers blood pressure. And as the list goes on, it helps explain the increasing use of animals in settings ranging from hospitals and long-term care settings, to schools, disaster areas, hospices, jails, mental institutions, and the homes of individuals with learning disabilities. Some of the most recent studies have also shown that interacting with

animals can increase people’s level of the hormone oxytocin. Oxytocin helps us feel happy and trusting—so it makes sense that human-animal bonding can happen over time with a pet or frequent pet visitor. Long-term benefits of increased oxytocin include the body’s ability to be ready to heal and grow new cells, leading to overall better health.

Our Pet Visitor Program

While pets of all kinds—horses, birds, cats, fish—have unique and beneficial therapeutic effects, Lyngblomsten’s pet visitors are primarily dogs. Our pet visitors are Lyngblomsten volunteers and are accompanied by their handlers (also volunteers) on their visits. There are many reasons why dogs make good pet visitors, including their social nature and calming therapeutic effect. They often genuinely like people and choose to be around them. They also have the innate ability to be aware of illness and sadness along with the desire to provide companionship and comfort. Finally, dogs are known to offer unconditional love and affection and immense patience.

Here are some ways that residents and tenants can benefit from canine visits. Dogs can:

- Bring joy and laughter to daily life
- Give residents/tenants something to do, talk about, and think about, other than themselves
- Provide a source of touch and connection
- Heighten self-confidence, esteem, and a sense of achievement
- Increase communication between residents and neighbors
- Help newcomers meet new friends
- Boost overall morale
- Stimulate exercise and activity

continued on page 4

- Help residents/tenants cope with illness, loss and depression
- Lower stress levels
- Encourage communication
- Remind them of their own pets

Nancy Higgins, Activities Coordinator for Therapeutic Recreation, shared that the pet visits are an important sensory activity for residents in our memory care neighborhoods (fourth floor). “For people who can’t communicate otherwise, it’s one time they don’t really have to say anything—their faces just light up! They’ll have their hands out, and some of them will wheel over to the dog,” she said. Nancy also remarked that the dog visits oftentimes stimulate conversation by invoking pleasant memories of past pets.



Ellie and her handler, Leslie, visit with residents on the fourth floor.

One of the faithful pet visitor volunteer teams who visit with residents on the fourth floor each week are Leslie Amundson (owner) and Ellie, a 10-year-old golden retriever, who have been visiting for about two years. At 91 pounds, Ellie is a large dog but so

very gentle, and is the perfect height to rest her head on someone’s knee, making it easy pet her. “The residents know just how to interact with her,” Leslie explained, “and know what her favorite places are to be petted.” As a visitor, Leslie also strikes up warm conversation with the residents and enjoys when she and Ellie can spark memories of residents’ own pets when they were younger. Leslie and Ellie usually mingle with residents for 30-40 minutes at each visit before Ellie becomes tired. “It’s almost like an emotional energy for her,” Leslie noted. “She gets so much attention that it takes something from her too.”

Another pet visitor duo, Diane Larson (owner) and Chloe, visit with residents in the Second Floor neighborhoods every other Saturday morning. Chloe is also a 10-year-old golden retriever (a popular pet therapy breed), and is a registered therapy dog. While this is not a requirement for Lyngblomsten pet visitors, Diane shared that they did learn a lot from the classes. “What I learned in the class is that it’s their [the resident’s] visit. Let

them lead. Some people just want to pet the dog, and that seems to fulfill whatever desire they have. Some people want to talk to me, and Chloe lies down and rests while we chat.”



Chloe shows off her special therapy dog bandana.

Diane also learned from the class that mental stimulation for a dog is much more tiring for them than physical exercise. That’s why, just like Ellie, Chloe is tired and often sleeps when they return home after their visits. But that doesn’t mean the pet visitors don’t look forward to their visits! Chloe loves people, she loves to be petted, and she is open to going up to people and seeking attention. “Chloe always knows when we’re coming to Lyngblomsten. She has a particular leash collar and bandana she only wears when we come here. She’ll literally be spinning in circles, she’s so excited!” Diane chuckled.

Not only are the pet visits good for the residents and the pet volunteers themselves, but it is a rewarding experience for their human volunteers too. “I make all these new friends. I wouldn’t have a lot of people of this generation in my life if I didn’t come here,” reflected Diane. “I’m sure I enjoy it as much as Chloe does.”

Some of Our Other Pet Visitor Teams



Judi Mueller enjoys a playful moment with her dogs, Coach & Woody.

Judi & Coach and Woody

Coach is a 7½-year-old Shih Tzu-Bichon Frise. Woody is a 5½-year-old Maltese-Japanese Chin. They have been pet visitors for about four years ... and they love treats! “Visiting is good for them [the dogs], good for me, and good for the residents. We make good friends!” Judi said.

Where to find them: Monday and Friday evenings on 3rd Floor, and one Saturday per month at the Lyngblomsten Apartments



Charlie loves to visit and get treats from one of his favorite residents.

Pete & Charlie

Charlie is a 12-year-old Sheltie. He and Pete Peterson have been faithful pet visitors for seven years. “If residents have treats, Charlie knows where they are...even in which drawer they’re hidden,” Pete laughed. “Those are his favorite residents. And my favorite part is

socializing—I’ve made a lot of good friends here.”

Where to find them: All around the care center on Monday mornings



MiMi poses with her handler, Karen, before one of their visits.

Karen & Mimi

MiMi is a Flat-Coated Retriever and she is 13½ years old. Karen Wennberg and MiMi have been pet visitor volunteers for nearly four years. “When we visit, I’m not doing a thing—it’s all MiMi. She brings so much joy, it’s remarkable,” Karen shared passionately.

Where to find them: 3rd Floor on Thursday evenings

Doug & Nala

Nala is a Teacup Poodle and is five years old. Her owner, Doug Dawson, is a TMA at Lyngblomsten, and is kind enough to share Nala with the residents, tenants and staff at Lyngblomsten.



Nala provides comfort while sitting on a resident’s lap.

One of Nala’s special friends is Dale Petersen, a dog lover and a resident in the Ostrand neighborhood on the fourth floor. Marilee Mills, Dale’s daughter and a Lyngblomsten employee, shared, “Nala has been a blessing to my dad and my family. My dad asks about Nala first thing in the morning, and Nala will visit him for long periods of time and will even take naps with him. She makes my dad so happy and calm.”

Where to find Nala: She is quite well-known around campus, and can be found visiting just about anywhere most days of the week (including weekends)!

Once you see a resident’s face light up and smile upon seeing one of the pet visitors, it is hard to put into words what all the benefits are. Anything that brings even a moment of joy to residents is worth it. Having our pet visitors to come do this on a regular basis is definitely impacting the quality of life for our residents and tenants in a positive way—they look forward to seeing and touching them and they talk about it when they are gone, waiting for their return the following week. What a gift our pet visitor volunteers are to Lyngblomsten’s residents and tenants!

Become a Lyngblomsten Pet Visitor Volunteer

While Lyngblomsten does not require its pet visitors to be certified pet therapy dogs, there are a few qualifications for interested volunteers. Pets must be:

- Over one year of age
- Current on vaccinations and documentation provided to Volunteer Services
- Well-behaved around people and wheelchairs
- Potty trained
- Pet owner must be willing to approach residents in a friendly manner and hold brief conversation, and pet must be under owner’s control at all times.
- Pets other than dogs can be considered. Unfortunately, we cannot take cats at this time due to allergies.

We welcome interested pet visitor volunteers to contact Shelli Beck, Volunteer Services at (651) 414-5297 or sbeck@lyngblomsten.org for more information about the program. Volunteer applications are also available at www.lyngblomsten.org/volunteer. **L**

References:
 Reiman, Steve. (2000). “Therapy Dogs in the Long-Term Health Care Environment.” Therapy Dogs of Vermont.
 Rovner, Julie. (2012). “Pet Therapy: How Animals and Humans Heal Each Other.” NPR
 Walker, Bruce. (2012). “Positive Benefits: Animal-Visit Therapy in Nursing Homes, Hospitals.” The New American.



Therapy Animal Teams

What are therapy animals?

Therapy animal teams (a pet and their handler) are specially trained to lovingly share the healing power of pets with people in need. Therapy animal programs

train volunteers and evaluate them with their pets so they can visit patients/clients in hospitals, nursing homes, hospice, physical therapy centers, schools, libraries and many other facilities. (Lyngblomsten does not require its pet visitors to be registered therapy animals.)

Are they different from service animals?

Yes! Therapy animals and service animals have very different purposes. Service animals are trained to meet the disability-related needs of their handlers who have disabilities. Therapy animals provide people with contact to animals, but are not limited to working with people who have disabilities.

What kinds of pets can become registered therapy animals?

Therapy animals can be dogs, cats, rabbits, birds, guinea pigs, horses, and a variety of other domesticated animals.

How can you and your pet become a therapy team?

The Animal Humane Society offers free “Introduction to Therapy Animals” classes so you can find out what it really takes to become part of an animal-assisted therapy team with your pet. Learn more about:

- What is animal-assisted therapy?
- How do I know if my pet would be a good therapy animal?
- What kinds of training do I and my pet need to be an animal therapy team?
- How can I get involved in therapy visiting programs?

For more information or to register for upcoming classes, call (763) 489-2217 or visit www.animalhumanesociety.org.

To learn more about therapy animal registry, check out these national registries that are common in Minnesota:

- Pet Partners | www.petpartners.org
- Therapy Dogs International | www.tdi-dog.org
- Therapy Dogs Inc. | www.therapydogs.com

Sources:

www.petpartners.org

www.animalhumanesociety.org

Ribbon Cutting Ceremony

Unveiling of New Photo Exhibit

Although completion of the front entry renovation was behind schedule, the Ribbon Cutting Ceremony went on as planned December 18. The event focused on unveiling a photo gallery planned for display in the new vestibule. The exhibit, which showcases 12 Lyngblomsten residents and tenants and quotes from their life journeys, is featured in the 2015 Lyngblomsten calendar, distributed at the event.

See the back cover for a sneak peek of the portraits.



(Above) Attendees at the event received a copy of the 2015 Lyngblomsten calendar.



(Above) Photo gallery portraits



(Right) Ruth New, a featured resident in the photo gallery and calendar, cuts the ribbon with President and CEO Jeff Heinecke.

Parish Nurse Grants Awarded to Four 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 start up a new parish nurse program or enhance their current program to benefit the health and wellness of older adults:

St. James Lutheran Church, West St. Paul

Parish Nurse: Shirley Hess

Grant project: Arthritis education, including prevention, treatments, nutrition and exercise

Prince of Peace Lutheran Church, Burnsville

Parish Nurse: Leu Killion

Grant project: Workshop series, "Older Adults Creating New Futures"

First Lutheran Church, White Bear Lake

Parish Nurse: Carol Watnemo

Grant project: Begin a new parish nurse ministry and provide wellness education

Pax Christi Catholic Community, Eden Prairie

Parish Nurse: Ann Dunagan

Grant project: Heart health promotion

Parish Nurses (faith community nurses) are an integral part of a healing ministry in a faith community. It is one of the best ways a congregation can promote health and wholeness.

Lyngblomsten supports parish nurses through the Lyngblomsten Parish Nurse Ministry Resource Group. It is a resource and networking group for nurses serving in faith communities to connect for education and professional support.

If your faith community is interested in exploring more about parish nursing (faith community nursing), contact Mary Nordtvedt, RN, Parish Nurse Coordinator at (651) 632-5380 or mnordtvedt@lyngblomsten.org. More info at www.lyngblomsten.org/parishnurse.

2015 Lyngblomsten Milestone Anniversaries



Transitional Care Unit (TCU)

10 Years (2005)

The Gathering

15 Years (2000)

Lyngblomsten Foundation

30 Years (1985)

Lyngblomsten Volunteer Stats

July through November 2014

Volunteer Hours

9,387 hours

Number of Volunteers

433 unique volunteers



Ageless Faith

GROWING MINISTRY FOR AN AGING AMERICA

www.agelessfaith.org

THE AGE WAVE ISN'T COMING, IT'S HERE.

Ageless Faith is a bi-weekly podcast committed to equipping congregations to develop a truly robust ministry for older adults that encompasses spiritual growth, servant opportunities, and supportive services as well as social activities.



Lyngblomsten enters new era;

After a nearly year-long process of exploring and solidifying priorities, the Lyngblomsten Board of Directors unanimously approved a five-year strategic direction for the organization at its meeting on October 27, 2014. Drawing upon our strong tradition of innovative services and person-centered care, especially to those of modest means, Lyngblomsten's 2015-2020 Strategic Priorities are designed to echo the established culture built from our organization's past, using it as the foundation from which to grow and expand our reach in the future. "We, and all those in aging services, are at a critical time as the Age Wave advances," said Chuck Norton, Chair of the Board. "I'm pleased with the seriousness and sense of duty displayed by our board directors and staff during the process of planning for our future."

The following statements of position served as parameters during construction of the priorities:

1. Of utmost clarity is that Lyngblomsten began as a Christian organization, has embraced that identity for more than a century, and will continue to keep Christ as the center of our work in the years ahead.
2. We will remain a nonprofit and retain our identity with the Lutheran church.
3. Endless pursuit of quality drives our performance.
4. We will remain balanced in serving individuals of all income levels and varying needs.

During the preparation phase, a significant number of people and resources were consulted so as to

leverage a variety of perspectives and expertise. The information-gathering included consultations with medical provider partners, interviews with leaders in long-term care, visits with corporate congregation pastors, presentations by subject matter experts in aging services, analysis of senior housing needs in the Midway-Como area, review of research on key issues and trends, and more. "Although heading into the strategic planning process there were clear ideas about where we wanted to go, we also wanted to exercise due diligence and check our assumptions before committing to a new vision," shared Norton.

The Strategic Priorities are encapsulated in six statements (listed to the right) and illustrated in a circle. "While the priorities are equal in importance, some are more urgent than others," noted Jeff Heinecke, President and CEO.

One of the high priority items is aligning residential services. "We need to examine what we currently offer in the Como Park area and address the gaps in our continuum," Heinecke explained. In addition to upgrading the existing physical plant with the latest technology and design to match consumer expectations, there is immediate need to tackle the gaps in our service offerings, most notably assisted living memory care. Additionally, consideration will be given to adding housing units on or very near the Como Park campus to accommodate the demand and keep campus operations flowing smoothly.

Another urgency exists around the sustainability of our community-based services. "We believe that providing community services is inherent in our mission, and we feel a responsibility to be a resource to congregations," shared Heinecke. However, affording the ongoing costs associated with these programs has become more difficult as competition for donor dollars increases and congregation size and budgets decrease. "In order to continue serving older adults

five-year strategic priorities announced

by Patricia Montgomery, Director of Marketing Communications & Church Relations

in and around church communities, we must explore new models that have long-term financial sustainability.”

Other highlights of the Strategic Priorities include creating endowments for staff training and for business development, exploring the addition of a second campus, repositioning our specialty services to create “centers of excellence,” and leveraging staff’s expertise through developing resources on issues of aging.

Woven throughout the Strategic Priorities document is a philosophy that older adults want to and can live with purpose and want to age vibrantly. This includes body, mind, and spirit—with lifelong learning and the arts as hallmarks.

“Complacency is not an option,” Heinecke stated emphatically, “and in that spirit, we must be a bit bold as we step into the future where healthcare is changing rapidly and the aging population is exploding.”

Continued on page 10

The six Strategic Priorities for the coming five years are summarized as follows:



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.

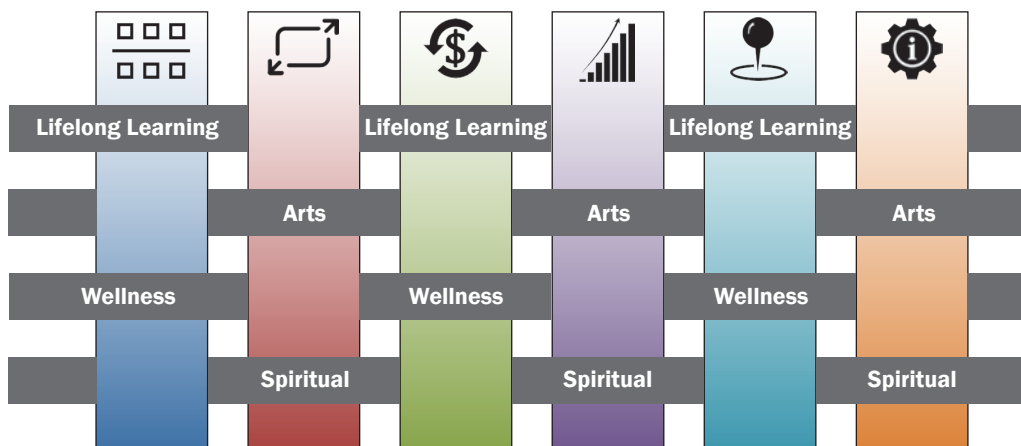


Produce pioneering resources:

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.

Philosophy of Vibrancy Permeates Strategic Priorities

Woven throughout the strategic priorities is the belief that people desire to age vibrantly—to be engaged in life as fully as possible and to continue to have purpose. The philosophy of aging vibrantly includes wellness of body, mind, and spirit, with lifelong learning and the arts as its hallmarks. **L**



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Mind ■ Body ■ Spirit

Experienced Professionals Needed to Serve

Several of the Strategic Priorities will require a task force or two to help expedite progress and ensure thorough preparation. The Lyngblomsten Board of Directors will be announcing new committees and task forces in January. While we don't have details to share in this edition, we anticipate the need for people with expertise in finance, community program development, real estate development, law, and other professions to serve on a committee or task force. If you have an interest and would like to learn more, please contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Tai Ji Quan: Moving for Better Balance

This is an evidence-based fall prevention and balance training program for older adults. Reduce your risk of falls by improving balance, muscle strength, flexibility and mobility through coordinated movements in slow, circular, flowing motion. This class can be done seated and/or standing and is adaptable for people of different physical abilities. No experience necessary.

When: Monday & Thursdays, 9:30–10:30 AM
February 2–April 23, 2015 (24 classes)

Where: 5-5-1 Club (lower level of the Lyngblomsten campus at 1415 Almond Ave, Saint Paul, MN 55108)

Cost: \$60/person

Register: (651) 632-5330 or 551club@lyngblomsten.org.

Coordinated by the 5-5-1 Club & Metropolitan Area Agency on Aging

Memory Loss Caregivers Support Group serving deaf/hard-of-hearing community

Family and friends who have a loved one going through Alzheimer's, dementia, or memory loss are welcome to attend the support group to meet and share information.

ASL support group facilitators are Bread of Life Deaf (BOLD) Lutheran Church volunteers trained by Lyngblomsten and the Alzheimer's Association. BOLD is the first group to serve the deaf/hard-of-hearing community. Open to the community.

Where: Bread of Life Deaf Lutheran Church
2901 38th Avenue S, Minneapolis 55406

When: 10 AM on the 2nd Monday each month

RSVP/Questions:

Dorothy Sparks at BOLDpastor@gmail.com

Additional Memory Loss Caregivers Support Groups at www.lyngblomsten.org/caregivers.

Funded in part by the Lyngblomsten Foundation and the Older Americans Act Title III-E National Family Caregiver Support Program, and in partnership with the Metropolitan Area Agency on Aging.

Corporate Connections with a Purpose

by Shannon Parker, Manager of Corporate Engagement



Volunteers from SPAAR assist in making the holidays bright by decorating throughout the Care Center.

With every conversation, there is possibility—the intended beneficiaries, Lyngblomsten residents and tenants.

Reaching out and sharing the work and

mission of Lyngblomsten is a key step in engaging the surrounding community and building support for older adults.

It can begin with asking. Hermes Floral was invited to sponsor the 2014 Lyngblomsten Mid-Summer Festival (MSF). As a booth sponsor, they showcased their \$5 Friday bouquets in addition to providing a team of volunteers to run the rain gutter regatta game. Post-event discussion led to Hermes offering how-to-create mini garden presentations for residents in both the Lyngblomsten and Heritage Apartments. It was a hit. “They enjoyed seeing a new concept that they could work with because of the size of the plants. They could actually create a mini garden and have that in their apartment and care for it,” said Housing Manager Jill Hult. Between the buildings, 40 tenants attended the presentations. Even a few family members participated. “Hermes Floral group passed around the plants for the tenants to touch and smell which is good for anyone’s soul,” said Hult.

It can begin by introducing. Corporate connections can help build additional relationships in the community. Piche and Associates Real Estate joined as a sponsor after meeting Lyngblomsten at the Como Business Network breakfast hosted on campus last spring. They, too, sponsored an MSF game booth and had a volunteer team run the giant slide. Patrick Ruble, Vice President of Piche & Associate Real Estate, later introduced Katie Lewis, Community Engagement Coordinator for SPAAR (St. Paul Area Association of Realtors) to Lyngblomsten. Lewis then brought a group of volunteers to assist with trimming trees on campus during the holidays. “It was fun decking the halls and trimming the trees, especially knowing I was helping add merriment and joy to the residents of Lyngblomsten,” said Lewis. This is also a tremendous help to staff. “Without our tree decorating volunteers, it would take at least two days to decorate all of the trees in this facility. It was nice to see some fresh decorating ideas that the SPAAR group did,” said Kris Kempf, Therapeutic Recreation Coordinator.

Possibilities can grow through purpose. “I’m a firm believer in supporting the community you’re a part of,” said Lewis. “The importance of community service is not only helping people, but also gaining an understanding about each other and a sense of human compassion. Community projects are a great way to bring people together and inspire the spirit of helping. A well-supported community thrives and gives in return.”

Each touchpoint is appreciated. Each conversation is valued. Thank you to sponsors, donors, and volunteers who are valuable supporters of Lyngblomsten, ambassadors in the community, and explorers of new possibilities. 📌

2015 Sponsorship Opportunities

Increase your company’s visibility and new business opportunities in 2015 while supporting a vital cause by sponsoring one or more of these Lyngblomsten events. For more information, please contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358.

Lyngblomsten Foundation Benefit \$500–\$7,500+
Friday, April 17, 2015—American Swedish Institute, Minneapolis

Lyngblomsten Legacy Tea \$250–\$500+
Saturday, May 9, 2015—Newman-Benson Chapel at Lyngblomsten

Lyngblomsten Mid-Summer Festival \$500–\$1,000+
Saturday, July 11, 2015—Lyngblomsten, St. Paul

Lyngblomsten Golf Classic \$500–\$5,000+
Monday, August 3, 2015—Keller Golf Course, Maplewood

Thank you, corporate groups!

We extend a heartfelt thank you to the corporate groups that volunteered at Lyngblomsten during the holidays and made a difference in the lives of older adults.

2014 Holiday Corporate Volunteer Groups:

Ignite Sales Management	Meridian
Medtronic	SPAAR
Merrill Corporation	UnitedHealthcare
Microedge	VitalHealth Software
MotivAction	

Are you seeking a team-building experience in 2015? Inquire about the year-round possibilities. Contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358 for more information.



Dear Readers,

Since its inception, Lyngblomsten has been a wise steward, planning well so that for over a century it has been able to provide the innovative services and compassionate care that older adults have needed as they age. Many of these services have been made possible through thoughtful and generous planned gifts.

With the adoption of the new Lyngblomsten Strategic Priorities (see page 8), the Lyngblomsten Foundation has begun planning for how to help fund several of the visionary strategies. This planning includes a redeveloped and expanded Planned Giving Program.

I am so pleased to be working with the Planned Giving Committee of the Lyngblomsten Foundation whose purpose is to provide education, information, and facilitation regarding charitable and planned gifts. In 2015, the Foundation is introducing a new series of articles, classes, and “active engagement” seminars. *Lyngblomsten Lifestyle* magazine will feature a Planned Giving News column written by four of our Lyngblomsten Foundation Board Directors who are accomplished professionals willing to share their expertise: Jaime Hansen, Todd Readinger, Bill Sanden, and Bill Sullivan. They will also be writing articles for our new online newsletter (join the mailing list at www.lyngblomsten.org/contact).

I personally look forward to their columns and the opportunity to learn together! Like Lyngblomsten, we too enter new eras in our lives that call for us to plan differently to care for those we love. I invite you to read this edition’s article by Bill Sullivan that introduces the 4 Ps and explores the first one, “people.”

Warm regards,



Melanie Davis, Chief Development Officer
(651) 632-5356 | mdavis@lyngblomsten.org

The 4 Ps and People

by Bill Sullivan

Many times when I meet with a prospective donor, I use a simple mnemonic to help me better understand the donor’s desire and to maximize the donor’s charitable intent. My 4-P methodology includes:

- People
- Property
- Plans
- Planners

In this article, I will address the first of the 4 Ps: People.

Although people tend to be reluctant to share much about their background with strangers, we are typically a little more willing to share when asked about family. Early in my career, I would ask donors about the “Important People” in their life: parents, mates, children, and extended family. Over time, I have found a better question is asking about the “Special People” in their lives.

This not only takes into account relatives, but as society has changed in so many ways, it also gives permission for the individual to talk about step-family, adopted children, foster children, and others. When asking about “Special People,” it’s not at all uncommon to hear about the neighbor who witnessed their family growing up, weathered life crises with them, and drank pots of coffee at the kitchen table. Many times men will talk about a friend from high school—often a member of a same sports team where they have shared experiences. It would be inconceivable to go to a sporting event today and not call that friend to join them.

The point is, we all have special people in our lives. As part of a comprehensive planned giving plan, the first step is to identify those special people, their relationship to us, and at our deaths, how we would like to remember them.

But watch out! Sometimes families change. For example, grandchildren may develop special needs and others become financially independent, neither needing nor wanting an inheritance. These are all important considerations that need to be recognized and recorded prior to the implementation of a long-term charitable plan. To get started, contact Melanie Davis at the Lyngblomsten Foundation.

So, who are the special people in your life?

William (Bill) Sullivan III has more than 35 years of fundraising experience. He is the Executive Vice President for the Institute for Basic & Applied Research in Surgery.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

September 1 through November 30, 2014



In Memory of

Warren Anderson
David Brunet
Marguerite Buzicky
Bonnie Carlson
Lucille Clark
Guel M. Dostal
Vivian Foss
Ethel Galles
Alberta Geber
Letha Gulbrandson
Helen Heinen
Winfield and Marjorie Johnson
Elna Kent
Irene Kirchoffner
Wil Langer

Donald Luther
Nell Mahlke
Gordon Mallory
Lois McTie
Gerald Mohl
Ferne Needels
Adelaide Norgaard
Louise L. Norton
Donald Oberdorfer
Iona Omnaas
Gifford and Signe Ovre
Virginia Regan
Carolyn Richter
Jeanette Severson
Herbert Strom

Betty Tateosian
Phillip Thompson
Donald Timm
Terry Ubel
LaVerne Wraneshay

In Honor of

Owen Foss
Ruth Green
Aileen Melbostad
Ruth Myers
Ginny Walker's Birthday

Supporters Celebrated at Annual Appreciation Event

by Tim Overweg, Manager of Volunteer Services and Special Events

“Our Supporters are Worth a Fortune” was the theme of the 2014 Supporters Event held November 14, and it most certainly reflects all the value that our volunteers, donors and friends bring to Lyngblomsten. Despite an early winter blast, 250 very passionate and giving individuals came to the Ramada Plaza Hotel in Minneapolis to celebrate, to be thanked and recognized for all their contributions, and to be entertained. The evening entertainment was ComedySportz, a local improvisational group.



The ComedySportz team had some help from audience member Julia Cook (age 11), a Lyngblomsten youth volunteer.

The Supporters Event gives the staff of Lyngblomsten an opportunity to say “Thank You” to all those who support Lyngblomsten in so many ways. To each one who attended, and to those who could not, thank you for all you do, and thank you for letting the staff of Lyngblomsten spend an evening with you. Let’s do it again soon! **L**

Volunteer Opportunities

- **Connect loved ones near and far.** Set up Skype calls for residents and their loved one. Training provided.
- **Computer access is important.** Help a resident or two keep their computer fresh and working. Computer knowledge required.
- **Looking to keep moving this winter?** Help transport residents to and from in-house appointments. Map & training provided.
- **Direct people to their destination.** Greet visitors, staff, and residents as they enter the care center, give directions, answer phones, etc. Training provided.

These and many more volunteer opportunities exist with Lyngblomsten. Time and talents of all sorts are welcome and appreciated. If you are wondering what volunteering at Lyngblomsten is all about, come to a new volunteer orientation (upcoming dates on page 15). To register, contact Lana Western at lwestern@lyngblomsten.org or (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

Lyngblomsten Foundation's

Silent Auction Wish List

The Spring Benefit Committee is looking for help collecting items for the Silent Auction at this year's Spring Benefit. See our Wish List below for ideas:

Experiences

Weekend at a condo on Superior or in the Sunbelt, boat cruise for 4 on the river or Lake Minnetonka, catered meal for six.
Special skills events: woodturning for two, group event of teaching lefse making, cake decorating, or photography

Tickets

Children's Theater, Museums, Theater, Opera, Dance, Twins, Gophers, Vikings, St. Paul Saints

Baskets

Baking Items, New Baby Items, New Home Package, Car Detailing Package, St. Paul Lunch Hot Spots

Gift Cards

Gift cards at any amount to local restaurants, shops, spas, etc. A good resource to find these at a discounted rate is Groupon, Living Social, or Amazon Deals.

Other items are welcome and appreciated! If you are interested in providing an item, basket, tickets or experience to the Toast of Lyngblomsten—Spring Benefit Silent Auction, please contact Kim Donat at kjdonat@hotmail.com or (612) 868-6212 for assistance with your donation.

Lyngblomsten Foundation's Spring Benefit A Toast to Lyngblomsten

Friday, April 17, 2015 at 6:00 PM
at the American Swedish Institute
in Minneapolis

Invitations will be mailed. More info to come
at www.lyngblomsten.org/benefit2015

Events Calendar

For updates and more events, visit
www.lyngblomsten.org/calendar

Unless noted otherwise, all events (including the 5-5-1 Club) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Sunday, January 11

Second Sunday Concerts

2–3 PM in the Newman-Benson Chapel

Presented by MacPhail Center for Music: featuring Andrea Stern and Laura MacKenzie on harp and celtic instruments. Light refreshments served afterward. FREE.

Saturday, January 17

New Volunteer Orientation

10 AM–Noon. Registration required: (651) 632-5324

or lwestern@lyngblomsten.org

See volunteer opportunities on page 13.

Saturday, January 24

Social Security: Strategize to Maximize

9:30–11:00 AM at the Downtowner Woodfire Grill

Explore the best ways to maximize your social security in retirement at this FREE breakfast workshop. To register: (651) 632-5324 or foundation@lyngblomsten.org.

Hosted by Lyngblomsten and sponsored by Thrivent Financial.

Monday & Thursdays, February 2–April 23

Tai Ji Quan: Moving for Better Balance

9:30–10:30 AM at the 5-5-1 Club

This is an evidence-based fall prevention and balance training program for older adults. See page 10 for more details.

Thursday, February 5

books-cheese-wine with author/comedian Lorna Landvik

5:30–7 PM at the 5-5-1 Club

Join us for an evening of laughs with Lorna's book, Best to Laugh! Enjoy cheese and wine at this casual gathering. No required reading. \$5 if registered by 2/3 or \$8 at the door. To register: (651) 632-5330 or 551club@lyngblomsten.org. More at www.551club.com.

Sunday, February 8

Second Sunday Concerts

2–3 PM in the Newman-Benson Chapel

Presented by MacPhail Center for Music: featuring Karen Mueller on the Dulcimer. Light refreshments served afterward. FREE.

Tuesday, February 10

New Volunteer Orientation

5:30–7:30 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org.

See volunteer opportunities on page 13.

Friday, February 27

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel

Live jazz and swing music featuring Greg Keel and Tom Pletcher Trio on saxophone, piano and drums. Join us for a fun night of music, socializing and dancing. Light refreshments provided. FREE.

Sunday, March 8

Second Sunday Concerts

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

Presented by MacPhail Center for Music: Musical theater and The Great American Songbook. Light refreshments served afterward. FREE.

Thursday, March 12

New Volunteer Orientation

5:30–7:30 PM. Registration required: (651) 632-5324

or lwestern@lyngblomsten.org

See volunteer opportunities on page 13.

AARP Tax Assistance

Every Tuesday & Thursday, February 3–April 9

9 AM–3 PM at the 5-5-1 Club

Appointments are required.

AARP volunteers will help you file your returns.

This is a free service for seniors and people with low income. **Call (651) 999-2499 to schedule an appointment.**

Bring your W-2s and 1099 forms in addition to information relating to sales of stocks, bonds, real estate, etc., and social security numbers of dependents. You will need your Property Tax Statement to complete your property tax refund papers.

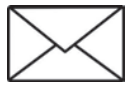
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Like us on Facebook or follow us on Twitter to stay connected with Lyngblomsten news, events, opportunities and insider extras!



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**CHANGE SERVICE
REQUESTED**



Ageless Perspectives

Honoring Older Adults & Aging

featuring Lyngblomsten residents & tenants



Ageless Perspectives

**Gallery Exhibit Now Open
at Lyngblomsten**

The exhibit showcases 12 portraits of Lyngblomsten residents and tenants with snippets from their life's journey. The gallery is our small way of honoring all elders and the value of their life experiences and perspectives.

The gallery exhibit is located in the newly remodeled Visitors Entrance on the Lyngblomsten campus at 1415 Almond Avenue in Saint Paul.

Ageless Perspectives is also available as a 2015 calendar.

Month by month, enjoy the wisdom and sentiments of these older adults and learn tidbits about Lyngblomsten. Request a free copy (while supplies last) or print your own copy of the calendar at www.lyngblomsten.org/agelessperspectives.