

L

Lyngblomsten

Lifestyle

Fall 2015



A LEGACY OF PHILANTHROPY

Pictured: Volunteers ready to raise money by selling dinners and baked goods at the Lyngblomsten Dining Hall at the Minnesota State Fair, circa 1921.

HISTORY HIGHLIGHT:

LYNGBLOMSTEN FOUNDATION

30th ANNIVERSARY
1985—TODAY

MORE IN THIS ISSUE:

National Family Caregivers Month

**Utilizing Planners to Maximize Gifts
and Estate Plans**

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES

Lyngblomsten Care Center

Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

kstarr@lyngblomsten.org

Administrator

Brenda Johnson: (651) 632-5387

bjohnson@lyngblomsten.org

Spiritual Care

Kelley Bergeson: (651) 632-5376

kbergeson@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

snewgren@lyngblomsten.org

Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Stauffacher: (651) 632-5422

pstauffacher@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Mary Simon: (651) 632-5428

msimon@lyngblomsten.org

HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

ddoty@lyngblomsten.org

Parish Nurse Ministry Resource Group

Mary Nordtvedt, RN: (651) 632-5380

mnordtvedt@lyngblomsten.org

The Gathering

Betsy Hoffman: (651) 414-5291

bhoffman@lyngblomsten.org

5-5-1 Club Community Center

Geri Rutz: (651) 632-5320

gmrutz@lyngblomsten.org

Web: www.551club.com

Community Wellness Nurse

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

dbowman@lyngblomsten.org

HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

thall@lyngblomsten.org

COMMUNITY ENGAGEMENT

Volunteer Services, Corporate Engagement, and Lyngblomsten Foundation & Auxiliary

Melanie Davis: (651) 632-5356

mdavis@lyngblomsten.org

Letter from the Editor

*Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not.*

—Dr. Seuss

Dear Readers,

People have been giving to Lyngblomsten for about 110 years. What one thing connects all these donors from 11 different decades? Caring. Caring for family, for neighbors, for strangers. Caring with an understanding that joining one's caring with that of others' will multiply the impact.

Certainly that is the case as we consider the legacy of philanthropy—giving with concern for human welfare—that weaves together the generations of people serving and being served through Lyngblomsten. In this edition, we look at the impact a community of “someones like you who care a whole awful lot” has had through gifts to the Lyngblomsten Foundation. The millions of dollars raised through the years has surely made life better for the older adults in our community.

Caring comes in many forms, and this edition is full of ways to care and to be cared for. I hope you will engage in the opportunities that resonate with you.

Don't just live; leave a legacy!



Patricia A. Montgomery | Editor



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Patricia Montgomery, Editor

Christina Rhein, Production Manager

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A Legacy of Philanthropy: The Lyngblomsten Foundation Celebrates 30 Years

By Christina Rhein, Lyngblomsten

A Long History of Fundraising

Lyngblomsten began as a dream in the minds of 11 Norwegian women when they found their hearts stirred by the plight of the elderly who needed care in Minnesota. Their strong commitment to this vision of providing a Christian home grew, and they convinced hundreds of people along the way to help them find the means to do their work. Through bake sales, ice cream socials, auctions, rummage sales, bazaars, lutefisk suppers, waffle luncheons, and other activities, the founding women raised \$30,000 between 1906 and 1911 to begin construction on Lyngblomsten's first home for the elderly. Their noble mission, faith, and hard work helped to establish a network of supporters, organized as branches, whose commitment came in the form of monetary and in-kind gifts. Today, charitable giving is orchestrated through the efforts of the Lyngblomsten Foundation, which celebrates its 30th anniversary this year.

While fundraising for Lyngblomsten has occurred for more than a century, the Lyngblomsten Foundation was not formally organized until 1985. Due to the need to separate donations and fundraising expenses from resident fees and care delivery costs, the Foundation was established to support the mission of Lyngblomsten by serving as the fundraising arm of the organization to acquire and distribute funds to support Lyngblomsten's programs and services.

Expanding the services, ensuring the continuity of services, and bolstering the quality of Lyngblomsten's care

is as dependent on generous gifts today as it was 110 years ago. As we reflect on the Lyngblomsten Foundation's past 30 years of service, the impact it has had on helping Lyngblomsten carry out its mission is evident.

Impact of the Last 30 Years

Howard Olson was appointed as the Executive Director of the newly created Lyngblomsten Foundation, with 1985 marking a new era of fundraising for Lyngblomsten. Foundation activities in 1985 centered on launching a \$2.25 million capital campaign, "Reaching Together," to support the long-range plan adopted in 1984 under the leadership of then President and CEO Wallace Hauge. The capital campaign was successful, surpassing the goal amount by fall of 1986, with enough funds needed to start work on a multipurpose chapel, gift shop, and dining room additions.

1987 marked a celebration year of completion of the Newman-Benson Chapel, a visible testament to Lyngblomsten's heritage and a reminder of our commitment to serve spiritual as well as physical and emotional needs. It also marked completion of four Husby Dining rooms, remodeled nursing and activity areas, and improvements to the physical plant and public areas, creating a more efficient, comfortable Care Center. This time also began the tradition of using major donor names in the naming of facilities and programs funded by campaigns.

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1985

Lyngblomsten Foundation is established

1988

First annual Spring Rhapsody raised \$18,000+ for the Lyngblomsten Community Senior Center

1994

Foundation was main beneficiary of a large estate from George C. Petersen; Parish Nurse Ministry program initiated with campaign funds

1996

New end-of-year fund appeal, *Lights for Lyngblomsten*, established

Good Samaritan Fund began; Newman-Benson Chapel completed (interior photo, above)

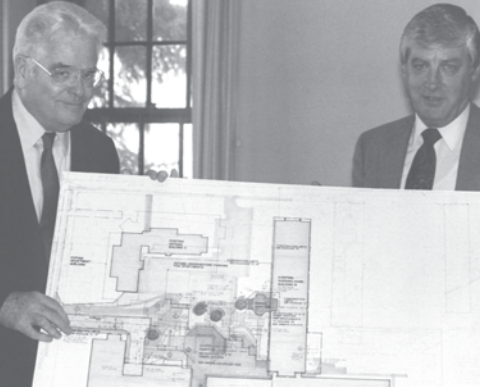
1987

First gathering of the Heritage Society honored individuals who made Lyngblomsten a beneficiary in their wills, life insurance, annuities or trusts

1993

Capital fund drive for The Heritage and endowment completed

1995



Harold Nyquist (L) and former Lyngblomsten President/CEO Wallace Hauge (R) hold up plans for the new chapel. (1985)



Lyngblomsten Auxiliary presents \$110,000 check, a payment on their \$200,000 pledge to the "Focused on the Future" Fund Drive. (2002)



Guests at the 2006 Spring Rhapsody enhanced the theme of "1906 State Fair" by dressing in period costumes.

"If you believe in the mission of Lyngblomsten, it is no problem asking people to support it. Taking care of our elderly is Biblically based. Without supporters there would be no Lyngblomsten."

—David Rokke, former Executive Director of the Lyngblomsten Foundation (*Life at Lyngblomsten*, Summer 1991, page 3)

In 1992, the Lyngblomsten Foundation dedicated itself again to raising major funds for two needs: building a much-needed endowment to support future service needs, and building new senior housing on the Lyngblomsten campus. The theme, "Faithful to the Vision; Committed to the Promise," was chosen to describe the new capital campaign's goal to carry on the vision of Lyngblomsten's founders. The Board members and staff of Lyngblomsten identified the need for additional senior housing and decided to do what "needed to be done" for this to become a reality. This was a bittersweet time for the organization, because what needed to be done was demolish the original building the founding women had labored so hard to create. The new building, The Heritage at Lyngblomsten, opened in October 1994 and offered 60 units, all of which were occupied within two weeks of opening. The campaign was completed in 1995, raising more than \$1.2 million.

In December 1996, the Lyngblomsten Foundation received a \$25,000 grant from the Andersen Foundation to fund the start-up of the "Swedish Model of Care" (became the Service Houses). In addition, a major gift from Dr. Edward Stanford established the Maverette E. Stanford Memorial Fund for Alzheimer's Disease (in honor of his wife who died October 1996). "Dr. Stanford's gift is of great significance to Lyngblomsten," said Paul Mikelson, Lyngblomsten's President and CEO at that time. "The funds will help accelerate the opening of the Alzheimer's unit. The new endowment will provide financial support to help ensure continued excellence in our Alzheimer's programs" (*Life at Lyngblomsten*, Winter 1996/97, page 8). Proceeds from the 1996 Spring Rhapsody and 1997 first annual Lyngblomsten Golf Classic also benefited the new Alzheimer's program. In 1997, both the Lyngblomsten Stanford Alzheimer's Unit and the first Swedish-style Service House opened.

Lyngblomsten's Care Team Ministry program was up and running in 1998 with a boost from The Robert Wood Johnson Foundation which awarded the Lyngblomsten Foundation a \$25,000 Faith in Action grant to establish the new program. 1998 also marked the first Husby Concert. Created to enhance Lyngblomsten's music program, the Gertrude Husby Memorial Endowment (later renamed the Gertrude Husby and Ingebor Husby Smith Memorial Endowment) provides a variety of

● **1997**

The Lyngblomsten Foundation held its first Golf Classic

● **1999**

\$4.5 million "Focused on the Future" Fund Drive launched

● **2002**

"Focused on the Future" Fund Drive completed, raising more than \$4.8 million

● **2004**

17th Annual Spring Rhapsody raised \$48,000+ to put toward purchase of a new bus for residents and tenants

● **1998**

A grant from the Richard A. Newman Foundation resulted in a gazebo for the courtyard

● **2001**

The President's Club established for donors who give \$1,000 or more in a one-year period

● **2003**

Remembrance Tree installed in Care Center lobby

● **2006**

Clarence Dennis Scholarship program established to help employees become RNs or LPNs; Centennial Campaign raised \$164,000

avenues to incorporate music into the lives of those living on campus. “The donor knew how important music was in the life of Gertrude Husby and in providing meaningful worship opportunities and the power it can have in people’s lives,” said former Chaplain Lloyd Mart (*Life at Lyngblomsten*, Summer 1998, page 8).

In 1999, the Lyngblomsten Foundation launched a \$4.5 million “Focused on the Future” Fund Drive—the most ambitious undertaking in Lyngblomsten’s history—to help fund the next five years of the latest strategic plan which took into account the many forces prompting change in the long-term healthcare industry. In October 2001, Lyngblomsten received a major challenge grant from the Kresge Foundation to finish the fund drive, and the goal was boosted to \$4.7 million to accommodate this challenge. In April of 2002, the “Focused on the Future” fund drive was completed, exceeding their goal and raising more than \$4.8 million. The Foundation was able to move forward with fund drive promises, including funding the renovation of the Care Center into neighborhoods to help facilitate person-centered care, increasing funding for community outreach and endowment, and exploring new senior housing. “It’s nice to have the affirmation of philanthropic supporters so Lyngblomsten can continue providing excellent, loving, professional care to the seniors we serve,” said Harold Kurtz, who was the Executive Director of the Lyngblomsten Foundation at that time (*Life at Lyngblomsten*, Summer 2002, page 1).

In 2006 Lyngblomsten celebrated the 100th anniversary of its incorporation. In recognition of this milestone year, a special fundraising appeal, “The Legacy Continues” Centennial Campaign, was launched and raised \$164,000—exceeding the \$150,000 goal, due in part to a major leadership matching gift from Gus and Mary Blanchard. The funds from the Centennial Campaign were used for improvements to the chapel, exploring the possible addition of a building to link the Care Center with The Heritage apartments (was ultimately deemed not feasible), and expanding The Gathering—a respite program that uses local churches and trained volun-

teers to provide a break for caregivers who are caring for a loved one experiencing memory loss.

“It just doesn’t matter how much you give; it’s the message you send by giving what you can—we all have the ability to love, and to share, with God’s help.”

—Mary Blanchard

(*Lyngblomsten Lifestyle*, Summer 2006, page 4)

In 2010 Lyngblomsten was awarded a Partners in Arts Participation Grant from Minnesota’s Arts and Cultural Heritage Fund administered through the Minnesota State Arts Board. The grant monies and funding from donors helped to establish Artful Living with Lyngblomsten, a program of fine arts events, workshops held by resident artists, and celebrations of creativity for older adults at Lyngblomsten and intergenerational community members. The Artful Living program aligns with Lyngblomsten’s philosophy of aging vibrantly—to be engaged in life as fully as possible and continue to have purpose through wellness of body, mind, and spirit—with lifelong learning and the arts as its hallmarks.

In 2011 the Lyngblomsten Auxiliary Legacy Fund was established to continue the vision of the Lyngblomsten Auxiliary into perpetuity. With half a century of dedicated service and financial support to Lyngblomsten’s residential programs and outreach services, the Lyngblomsten Auxiliary voted to formally dissolve their leadership as a separate organization and gift their role to a committee of the Lyngblomsten Foundation. Gifts made to the Auxiliary Legacy Fund are used to ensure the funds traditionally raised by the Auxiliary in the past have a new way to continue into the future—supporting special needs or funding “the extras” for the older adults Lyngblomsten serves.

Fundraising Today

With the adoption of the new Lyngblomsten Strategic Priorities for 2015–2020 late last year, the

continued on page 6

2009

Volunteer services and fundraising brought together to form Community Engagement Department

2011

Lyngblomsten Auxiliary Legacy Fund established

2014

For a second time, Lyngblomsten received a Festival Grant provided by the Minnesota State Arts Board through an appropriation by the Minnesota State legislature and by a grant from the National Endowment for the Arts to support Lyngblomsten’s Mid-Summer Festival, celebrating and providing arts for all ages

Awarded arts grant from Minnesota’s Arts and Cultural Heritage Fund administered through the Minnesota State Arts Board to help establish Artful Living with Lyngblomsten

2010

The New Program Fund renamed to The Paul L. Mikelson Fund for Innovation and New Initiatives in honor of his retirement as Lyngblomsten’s President & CEO

2013

Foundation begins planning funding strategies for 2015–2020 Strategic Priorities; a major estate gift from the Ragon Trust will impact many lives


2015

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Lyngblomsten Foundation is planning for how to help fund several of these visionary strategies. “As a staff leader and a grateful family member, I am personally excited about the new Lyngblomsten Strategic Priorities because I see a new generation of vision and commitment dedicated to providing unmatched care and services to meet the changing needs of future generations of older adults and their families,” shared Melanie Davis, the Lyngblomsten Foundation’s current Chief Development Officer.

Today, more than 110 years after the founding women’s first efforts, the legacy of philanthropy thrives, and the options for giving have never been greater (see page 8 to learn about “Ways to Give” to the Lyngblomsten

Foundation). The Lyngblomsten Foundation serves as a link between the needs and dreams of those Lyngblomsten serves and our community of generous supporters. All share a belief in the importance of quality care, dignity, and choice so that older adults of all income levels can live full, rich and meaningful lives.

While this recap of the past 30 years of the Lyngblomsten Foundation highlights only some of the larger scale endeavors, it is important to note that this article barely touches the surface of all the contributions that have been made through the Foundation during that time. Large or small, each contribution has enhanced the lives of our older adults and supported the mission of Lyngblomsten. 

Roseville ACT on Alzheimer’s presents:

ACT II: Learn Together | Fall 2015

Help make Roseville more welcoming for people living with Alzheimer’s and dementia.

Events are FREE and open to the public. Learn more at cityofroseville.com/dementiainfo.

Film documentaries with facilitated discussions | Dementia & the Arts

1–4 PM in the Newman-Benson Chapel at Lyngblomsten, 1415 Almond Avenue, St. Paul

Sunday, November 1

Alive Inside (78 minutes)

This joyous cinematic journey explores how music can reawaken the vitality of individuals with Alzheimer’s disease—sometimes years after the diagnosis.

Sunday, November 15

I Remember Better When I Paint (54 minutes)

This is the compelling story of an American artist with Alzheimer’s disease, and how art students helped her begin to paint again and regain an interest in life and the people around her.

Educational presentations followed by Q&A | Dementia & Effective Caregiving

1–2:30 PM at Roseville City Hall, 2660 Civic Center Drive, Roseville

October 8

Understanding Dementia & Alzheimer’s Disease

Learn about memory loss, the brain, symptoms, and diagnosis. Explore current and possible new treatments. *Michael Rosenbloom, M.D.*
HealthPartners Center for Memory & Aging

October 15

Testing for Dementia: Diagnosis to Treatment & Real World Implications

Learn about the neuropsychological assessment used to diagnose dementia. *Sonia Mosch, PhD, LP, ABPP*
HealthPartners Center for Memory & Aging

October 22

Caregiver Stress/Burnout (Taking Care of You)

Get tips and tools to live a more balanced and fulfilled life while you care.
Catherine Engstrom, MSW, LGSW
Amherst H. Wilder Foundation Caregiver Services

October 29

Practical Tips for Avoiding Power Struggles

Practice hands-on techniques to diffuse battles, communicate better, and simplify your interactions.
Deb Nygaard, Director of Development
Arthur’s Residential Care



Sponsored by Roseville Alzheimer’s and Dementia Community Action Team. Lyngblomsten is an active community partner with the Roseville ACT on Alzheimer’s Action Team.

November is National Family Caregivers Month



Being the best caregiver you can be means caring for yourself too. Lyngblomsten has resources for caregivers and works with other community organizations to enhance the quality of life for caregivers—whether you're new to caregiving or have been helping a family member, loved one, or neighbor for a while.

Lyngblomsten offers a variety of support and resources for caregivers including: a caregivers support group,

memory loss caregivers support groups (located at nine church sites throughout the Twin Cities), caregiver coaching, family memory care consultation, The Gathering (group respite program), inpatient respite, and a Parkinson's disease support group. All resources are available to the community.

To learn more about Lyngblomsten's caregiver resources, visit www.lyngblomsten.org/caregivers.

In addition to Lyngblomsten's ongoing caregiver support and resources, below are some special events and programs taking place this November for National Family Caregivers Month:

Tuesday, November 3

Panel Discussion for Caregivers

A panel discussion about resources and support around financial and legal issues while balancing your role as a caregiver. Panel presenters: Finances—Timothy Van Rooy, CAP®, FIC, Thrivent Financial; Caregiving—Lisa Brown, MSW, Lyngblomsten; Elder Law Attorney, Jeff Schmidt of Schmitz, Schmidt & Anderson PA.

1:30–3 PM at Centennial United Methodist Church
1524 County Rd C2 W, Roseville
FREE. Register: (651) 632-5330 or
551club@lyngblomsten.org

Sponsored by Thrivent Financial (Roseville) and coordinated through Lyngblomsten

Tuesdays, November 3–December 8 Powerful Tools for Caregivers

A six-session class designed to provide caregivers with the tools they need to take care of themselves: reduce stress, improve self-confidence, better communicate their feelings, balance their life, increase their ability to make tough decisions, and learn to locate helpful resources.

1–3 PM at Augustana Lutheran Church
1400 S Robert Street, West St. Paul
\$40. Register by 10/29 through Wilder Caregiver Services: (651) 280-CARE [2273]

Sponsored by Wilder Caregiver Services

Thursday, November 12

Wellness for Life: The Caregiving Journey

A presentation for both caregivers and those receiving caregiving. Share the joys and sorrows, the ups and downs of caregiving. How do you sustain yourself as a caregiver, and how do you graciously receive care from others? Resources and tips will be shared as we recognize National Family Caregivers Month.

2–3 PM at the 5-5-1 Club (lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul)
FREE. Register: (651) 632-5330 or
551club@lyngblomsten.org

Tuesdays, November 17–December 8 Holiday Caregiver Café

An opportunity for caregivers to connect with one another about caregiving while enjoying each other's company and coffee in a café-style atmosphere. Guided "table talk" keeps the focus on you as a caregiver as we talk about coping with the stresses that can come with the holidays. Water, coffee, and dessert provided. Please bring your own bag lunch.

11:30 AM–12:30 PM at the 5-5-1 Club
(lower level of the Lyngblomsten campus at 1415 Almond Avenue, St. Paul)
Register through Wilder Caregiver Services at:
(651) 280-2273 [CARE]

Experience the Joy of Enhancing Lives... One Gift at a Time

Gifts and donations through the Lyngblomsten Foundation help provide vital services and access to opportunities that promote vibrant aging and enhance the lives of older adults. From fundraising events to planned/legacy gifts to memorial and honor gifts, there is a wide range of ways you can support Lyngblomsten's mission and make a difference.

Our fundraising year runs from October 1 through September 30.

If you would like to learn more about giving opportunities or would like to make a gift to the Lyngblomsten Foundation:

Call: (651) 632-5324

Email: foundation@lyngblomsten.org

Visit: www.lyngblomsten.org/donate

The Lyngblomsten Foundation is recognized by the Internal Revenue Service as a 501(c)(3) organization. Gifts are tax deductible as provided under regulations.

Ways to Give

- Online at www.lyngblomsten.org/donate
- Stop by or mail gifts to:
Lyngblomsten Foundation
1415 Almond Avenue, St. Paul, MN 55108
(Make checks payable to "Lyngblomsten Foundation")

Single Donation or Recurring Gift Donations

Make a one-time gift or schedule ongoing contributions. Choose to designate your gift to a specific program, or choose to have your donation go toward the "Greatest Need"—which enables Lyngblomsten to direct gifts to programs or services with the most immediate need.

Give in Honor

When you want to give a gift to someone who doesn't need anything, or you want to honor someone for a special occasion, give a financial gift to the Lyngblomsten Foundation in his/her honor.

Give in Memory

The Lyngblomsten Remembrance Tree, displayed in our lobby, is a way to make a lasting commemoration for loved ones. Engraved leaves are available by making a gift or a compilation of remembrance gifts (such as funeral memorials) at the following levels: Gold Leaf \$2,000+; Silver Leaf \$1,000–\$1,999; Bronze Leaf \$ 500–\$999

Gifts of Stock & Securities

Gifts of appreciated shares of stock can be given directly to the Lyngblomsten Foundation. Gifts of shares held for a year or longer will also provide a charitable tax deduction and allow you to avoid paying capital gains taxes.

Estate and Planned Giving

You can designate the Lyngblomsten Foundation as a beneficiary of your will, trust, retirement plan, or life insurance policy. Planned gifts can offer significant tax

savings, and some arrangements—such as charitable gift annuities—can offer you more income in your retirement years while also leaving a legacy gift that will help future generations of older adults. See page 11 to learn more about gift planning.

Employer Matching Support

Many corporate employers in Minnesota support the community engagement of their employees by matching their financial gifts or volunteer hours. This benefit may also apply to retirees or spouses of employees. We encourage Lyngblomsten supporters to check with their human resources departments to inquire if they provide such support.

Endowment Funds

The following are some of the endowment funds that have been established to provide ongoing resources to strengthen our ability to serve compassionately, effectively and responsively:

- Lyngblomsten Auxiliary Legacy Fund
- Paul L. Mikelson Fund for Innovation & New Initiatives
- Lyngblomsten Employee Scholarship Fund

Visit www.lyngblomsten.org/donate to learn more.

Events (Sponsorships also available)

Lyngblomsten Foundation Benefit | Spring 2016

An annual event to raise awareness and funds to provide vital services that enrich the lives of older adults.

Lyngblomsten Mid-Summer Festival | Summer 2016

A festival of arts for all ages held on the Lyngblomsten campus—food, games, live performances, artist demonstrations, hands-on creative activities, and more!

Lyngblomsten Charity Golf Classic | Summer 2016

An annual fundraising event that includes a day of golf, dinner and more.

Sweetest Day

Do small things
with great *love*

Saturday,
October 17,
2015

by Christina Rhein, Lyngblomsten

Sweetest Day is a holiday celebrated primarily in the Midwest and parts of the Northeast U.S. on the third Saturday in October. Some consider Sweetest Day to be a “concocted promotion” created by the candy industry solely to increase sales of sweets—like a Valentine’s Day in October. To others, though, it is a day to bestow romantic gestures and expressions, or a day to appreciate relatives and others who have had a meaningful impact on their lives.

In honor of this year’s Sweetest Day, celebrated on October 17, Dianne Strom, wife of Lyngblomsten resident Glen Strom, shared a sweet gesture she made for her husband of 20 years. When Glen moved into the care center last December, it was a tough transition and a lonely time for Dianne while she still lived at their home by herself.

In an effort to bring some cheer into her bedroom at home, she bought a colorful, floral comforter and matching red pillowcases. She often felt

lonely and missed lying next to Glen, so she decided to bring Glen one of the red pillowcases. Each having one of the pillowcases was a way for them to feel connected while they were apart.

In a letter Dianne wrote to Glen when she gave him his red pillowcase, she said,

“Now I snuggle with it every night and think of you. Then I can sleep. I brought one for you too—you can snuggle with it and know I love you!”

This year, challenge yourself to celebrate Sweetest Day by brightening the life of an older adult—maybe there’s a neighbor, friend, parent, grandparent, aunt, uncle, spouse, or just someone you know who would appreciate a thoughtful gesture. Sweetest Day is simply a reminder that a thoughtful word, deed or small gift enriches the life of the recipient as well as the person giving it. **L**



Dianne visits Glen at Lyngblomsten nearly every day. This is one of their favorite spots to sit and visit.

Minnesota has a new central system for reporting suspected maltreatment of vulnerable adults

Effective July 1, 2015, the Minnesota Department of Human Services has created a new central system for reporting the suspected maltreatment of vulnerable adults. This central system, called the “Minnesota Adult Abuse Reporting Center,” creates a streamlined system for citizen access to reporting across Minnesota.

To report suspected maltreatment of vulnerable adults, call 844-880-1574.

There is a toll-free phone number for use statewide by the general public, available 24/7: 844-880-1574.

Minnesota encourages good-faith reporting of suspected maltreatment of vulnerable adults by any person. If you make a report, your identity is kept confidential and cannot be released without a court order.

Mandated reporters—law enforcement, educators, doctors, nurses, social workers, and other licensed professionals—can also make a report online by visiting www.mn.gov/dhs/reportadultabuse.

Visit www.mn.gov/dhs/adult-protection for more information.

A Special Giving Opportunity:

Christmas Gift Collection for Residents & Tenants of Lyngblomsten

The Spirit of Giving program strives to provide a gift for each of the 237 residents of the Lyngblomsten Care Center and to the 165 tenants who also live on the Lyngblomsten campus. Your gifts have become a wonderful part of the holiday traditions for our residents and tenants.

How to participate:

Monetary donations and **gift cards** will be collected to have staff purchase the gift items for Lyngblomsten residents and tenants. For monetary donations, please make checks payable to "Lyngblomsten Foundation."

Bring or mail donations and gift cards to: Spirit of Giving, c/o Leigh Emmerich Lyngblomsten Care Center 1415 Almond Ave, St. Paul, MN 55108

Suggested stores for gift cards:

- Target • JCPenney • Walmart
- Kohl's • Macy's

Monetary donations & gift cards due by Monday, December 7, 2015

Questions? Please contact Leigh Emmerich at (651) 632-5370 or spiritofgiving@lyngblomsten.org.



Featured Holiday Activities

Play in Clay! • Holiday workshops with Northern Clay Center

Join Northern Clay Center teaching artist Angie Renee for two fun afternoons learning handbuilding techniques with clay. Enjoy holiday treats, cider, or coffee, and get your hands dirty by making your very own Thanksgiving holiday gratitude plaque or Christmas ornament. All are welcome!

Monday, November 2 | Thanksgiving Gratitude Plaque Monday, November 30 | Christmas Ornament

Each workshop:

1:30–3 PM at the 5-5-1 Club

(Located on the lower level of the Lyngblomsten campus) Projects will be fired at Northern Clay Center and ready to pick up at the 5-5-1 Club before Thanksgiving or Christmas.

Cost: \$5 per participant (each workshop); supplies included

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

5-5-1 Club Holiday Trip • "Christmas My Way" at Plymouth Playhouse

Thursday, December 3

The Classic Christmas Crooners serve up favorite Sinatra hits like "Fly Me To The Moon" and "I Get a Kick Out of You," plus Christmas songs including, "Winter Wonderland," "Silver Bells," and "I'll Be Home For Christmas." We'll stop for a delicious lunch on the way to the show.

Bus pick-ups: 10:15 AM from Gustavus Adolphus Lutheran Church and 10:30 AM from Lyngblomsten's 5-5-1 Club

Cost: \$57 (includes bus, lunch & play ticket) **Register by 11/12:** (651) 632-5330 or 551club@lyngblomsten.org

Second Sunday Concert & Tree Lighting Ceremony • Christmas music by pianist Laura Caviani

Sunday, December 13

Laura Caviani—pianist, recording artist, composer and educator—will play solo renditions of Christmas songs. After her performance, the audience will be invited to request songs for a holiday sing-along. Also enjoy the lighting of the Lyngblomsten Christmas Tree. Light refreshments will be served.

2–3:30 PM in the Newman-Benson Chapel at Lyngblomsten. FREE! Musical performance from MacPhail Center for Music. Hosted by Artful Living with Lyngblomsten.

View the events calendar starting on page 18 for additional activities and programs from October–December.

The 4 Ps of Planning an Estate Utilizing *Planners* to Maximize Gifts and Estate Plans

by Melanie Davis, Chief Development Officer

Sometimes it's very difficult to think about the end of our life. For most of us, life is full and busy and we believe death is so far away that it seems unnecessary to think about it in the present. By avoiding thinking about the end of life, somehow we think we can also avoid the fear and discomfort that goes with it. While on the surface that may seem true, in truth, thinking about and preparing for the future can actually set us free and give us more confidence to live life more fully in the present. In addition, a clear plan that our loved ones can more easily carry out can be one of the final and very important ways that we show our care and concern for them.

In our previous articles, we have written about the first three Ps of successful estate planning: People, Property, and Plans. In this article, we discuss the *Planners* who can assist us with important end-of-life planning. So, who is it we need to consult when we have considered who the important *people* are in our lives, what *property* we have to share, and what *plans* we know we need to make? Who are the *planners* who can guide us, especially when we want to plan holistically and not just financially?

A trusted **estate attorney** is often the first professional to consult in the estate planning process, particularly if you have questions related to various estate planning options or legal implications of your estate plan. Working together, you can design a plan that will not only benefit those you care about at the time of your death, but you may also structure your plan to provide for future generations as well. Your attorney can ensure that your estate will be distributed according to your wishes. Without a will, your estate will be distributed according to the prescribed inheritance laws of the state in which you reside. To learn more about the Minnesota inheritance laws, visit the Minnesota Attorney General website (www.ag.state.mn.us/brochures/pubProbateandPlanning.pdf) to download an informative probate and planning guide.

Depending on the complexity of your estate, you may also want to consult a **CPA (certified public accountant)**. Because a CPA must stay abreast of the current

estate and gift laws, he/she can advise you on the best ways to design your plans in order to receive the maximum tax advantages and savings for the estate. In addition, a **financial planner** can be an excellent resource to include in the estate planning because he/she can advise strategies that utilize your investments, such as IRA's, 401(k)s and other options to grow your estate until it is passed on to heirs.

If you have thought about supporting one or more charities in your estate planning, it may also be helpful to visit with a **charitable or planned gift officer** at those organization(s). Together, you can explore how your gift could be impactful in the lives of those being served by the organization and how you can restrict your gift to go toward the program or cause you care most about. The gift officer can also share with you ways that you can benefit financially, while you are still alive, by making a charitable gift, such as a charitable gift annuity or establishing a charitable unitrust.

While it is important to ensure that our property is distributed to the people and organizations we care most about, it is also important that we plan well for our funerals, as this can often be a source of stress and conflict for family members in the midst of grief. By consulting with a **mortuary**, you can explore various funeral options and decide on the choices, budget, and payment plan that best suit your wishes. In addition, through planning with your **spiritual leader, family and/or friends**, you can also ensure that your funeral service reflects the values, messages and atmosphere that are important to you and your loved ones.

Planning for the end of one's life is important. The good news is that you do not have to plan alone, nor should you. Depending on the complexity of your estate, there are expert planners to assist you. Not only can they help plan and ensure that your wishes are carried out, but they may also help you to realize options you never knew were possible to benefit you, your estate, and those you care most about.

Lyngblomsten is hosting a series of classes throughout the year to provide helpful information regarding estate and end-of-life planning. Sessions are being taught by local planning professionals. Upcoming classes this fall include: "Give Now, Give Later, Give and Receive" on Tuesday, October 13 and "Estate Strategies" on Tuesday, November 10. See pages 18 and 19 for class details. **L**

Seeking volunteers to help in friendly, social atmosphere at Anna's café & gifts



by Shelli Beck, Lead Volunteer Coordinator



For Lyngblomsten residents, tenants, family and staff, *Anna's* café and gifts is not only a place to shop and grab lunch or a tasty treat, but it's also a social hub—a friendly and cozy spot to visit with friends or a loved one and stay awhile.

Volunteer staff play a large role in the operation of the café and gift shop. Jay Frazier and Esther Nelson (pictured above) are both volunteers at *Anna's*. Jay has been volunteering for two summers, and he enjoys the friendly atmosphere of the café. He volunteers at the café for just a few hours on Wednesday afternoons, but joked, "I could serve ice cream all day!" Lyngblomsten volunteers who attend Esther's church, St. Timothy Lutheran (a corporate congregation), encouraged Esther to get involved with Lyngblomsten. Now two and a half years later, she continues to volunteer and spends one afternoon per month at *Anna's*. Visiting with the customers in the café is what she enjoys most.

While Lyngblomsten offers many volunteer opportunities throughout campus, we especially need more volunteers for *Anna's* who would like to scoop ice cream, work as a cashier, or do weekly cleaning. These are three separate positions.

Anna's volunteer staff cover shifts Monday–Friday from 9 AM–1 PM and 1–4 PM, and Saturday and Sundays from noon–4 PM. Individual volunteers are welcome and will be paired with a current seasoned volunteer. Two-person teams are also welcome to join together. All training is provided...as well as an abundance of appreciation and support! **Learn more about *Anna's* café and gifts at www.lyngblomsten.org/Annas.**

Additional Lyngblomsten volunteer opportunities with current openings:

- Co-facilitate a story circle (help lead discussion around a specified topic)
- Host a music class
- Deal a game of 500
- Play a game of cribbage
- Score a game of bowling
- Paint fingernails
- Deliver evening snacks to residents

Lyngblomsten Volunteer Stats for June, July & August 2015

- 5,275 hours
- 388 unique volunteers

Interested in becoming a volunteer?

Contact Lana Western at (651) 632-5406 or volunteer@lyngblomsten.org for more info, or visit www.lyngblomsten.org/volunteer.

See pages 18–19 for upcoming volunteer orientations.

Seasoned with Christmas Anna's Café & Gifts Holiday Open House

Tuesday, December 8
10 AM–3 PM at Anna's



Drop by and join us in celebrating the season! There will be plenty of holiday cheer, gifts, and specials!

Anna's gift cards are now available, and would make a great gift for a friend or loved one on campus. Purchase at Anna's, or call Mary Amann at (651) 632-5432 to purchase by phone.

Located near the chapel on the Lyngblomsten campus. Hours: M–F, 9 AM–4 PM, Sat. & Sun., Noon–4 PM. www.lyngblomsten.org/Annas

Corporate Connections

Businesses are ready to support Lyngblomsten

Interested in maximizing your generous gift of time or donations? Consider the following:

Direct Thrivent Choice Dollars

Through a charitable grant program called Thrivent Choice®, eligible members of Thrivent Financial have the opportunity to recommend where some of Thrivent Financial's charitable outreach funds go by directing Choice Dollars®. Lyngblomsten is a grateful recipient of these member-directed funds.

If you are an eligible Thrivent member, please consider Lyngblomsten when directing Choice Dollars. To learn more about Thrivent Choice, visit Thrivent.com/thriventchoice, or call Thrivent at (800) 847-4836, and say "Thrivent Choice" when prompted.

Employer Match Support

Lyngblomsten has received matching gifts through employee donations and/or volunteerism from such companies as:

- 3M
- Pepsico Foundation
- Prudential Foundation
- US Bank

In Minnesota we are fortunate to have many corporate employers who support the community engagement of their employees by matching their financial gifts or volunteer service. This benefit may also apply to retirees or spouses of employees.

Your generous gift combined with an employer match will support programs and services offered to the older adults Lyngblomsten serves on campus and in the community including:

- The Gathering
- Artful Living with Lyngblomsten
- The Spirit of Giving

Does your company match your donations or volunteer service? We encourage you to check with your human resources department to see if they provide such support programs.

A matching gift from your company can be sent to: foundation@lyngblomsten.org, or mailed to: Lyngblomsten Foundation, 1415 Almond Avenue, St. Paul, MN 55108.

Questions? Contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org.

2015 YTD Corporate Group Stats (thru August 31)

Volunteers: 126 Volunteer hours: 437

Thank you to these recent corporate volunteer groups:

3M, Api National Service Group, Cummins, Globe University, The Hartford, Hermes Floral, Minnesota Historical Society, Piché & Associates Real Estate, US Bank, UnitedHealth Group, UnitedHealthcare, UnitedHealthcare Medicare & Retirement

Christmas

Corporate Volunteer Opportunities

Volunteer opportunities take place on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul

Tree Decorating & Holiday Social

Trim the trees, decorate the halls, eat holiday cookies, and spread holiday cheer with our residents.

December 1, 2, or 3 | 1:30-4 PM

Tree Trimming

Dress up the neighborhoods, holiday-style, by decking out Christmas trees on each floor of the care center.

December 1, 2, or 3 | 1-4 PM

Gift Wrapping

Wrap presents for each of the 400+ residents and tenants on campus, purchased with donations through the Spirit of Giving program.

December 11 | 1-4 PM

For more information about corporate volunteering, contact: Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org.



Volunteers from Students Today Leaders Forever assisted residents with holiday polymer clay crafts last December. Photo by Jim Nash



Photo by Jim Nash



Photo by Jim Nash



Photo by Jim Nash



Celebrating a Successful 2015 Lyngblomsten Mid-Summer Festival

Lyngblomsten hosted another successful celebration of arts for all ages at this year's Mid-Summer Festival. This community arts festival tradition was held on Saturday, July 11, and brought the community together for an intergenerational day of arts performances, artist demonstrations, and creative activities with some of Minnesota's finest arts organizations and artists.

Visit www.msf2015.com to view photos from the day.

Festival Stats 2015

213 Minnesota artists & entertainers participated

Nearly 3,000 Festival attendees

179 Lyngblomsten volunteers

644 Lyngblomsten volunteer hours

99% of attendees had a positive Festival experience!

"The event felt like a **family gathering—very welcoming!**" –Festival attendee

Thank you to everyone who made this event possible, including Lyngblomsten volunteers and staff, volunteer church groups, corporate volunteer groups, and the following sponsors:

Main Stage Sponsor



Booth Sponsors

Hermes Floral
Piché & Associates
Real Estate, LLC

Arts Area Sponsor

BLICK Art Materials (Roseville)

In-Kind Sponsor

FastSigns (Roseville)



This activity is made possible in part by a grant provided by the Minnesota State Arts Board through an appropriation by the Minnesota state legislature and by a grant from the National Endowment for the Arts.



Lights for Lyngblomsten

November–December 2015

www.lyngblomsten.org/Lights2015

19th Annual Lyngblomsten Charity Golf Classic: Supporting Memory Loss

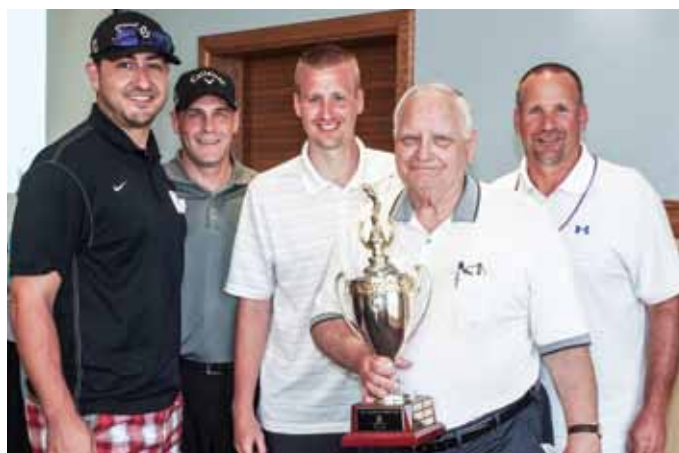
by Tim Overweg, Manager of Volunteer Services and Special Events

Monday, August 3, was the sort of summer day that we Minnesotans live for—sunshine, warmth, a bit of a breeze, a lack of humidity ... a day that banishes all thoughts of winter, and a day perfect for golf. Such was the day for the 19th Annual Lyngblomsten Charity Golf Classic.

Keller Golf Course in Maplewood was the venue for 130 golfers, playing either 18 holes or participating in a 9-hole putting contest, and all of them committed to raising awareness and funding for *The Gathering*, a Lyngblomsten program offering support, services and respite to those living with and impacted by memory loss. This collective commitment resulted in more than \$54,000 raised and dedicated to the cause.

The success of this event is the result of the passion and labor of the Golf Classic Committee, the Lyngblomsten Community Engagement Team, The Gathering staff, generous sponsors, and dozens of giving and gifted volunteers.

And as the sun set over the Keller links, some guests enjoyed a beverage on the patio after a tasty meal, others picked up their winning live auction or raffle item, and a lucky few celebrated and admired their prizes and trophies. The 20th Lyngblomsten Charity Golf Classic is already on the books for Monday, August 1, 2016. Mark it down and help keep the momentum going. **L**



Gustavus Adolphus Lutheran Church, Team 11A, won this year's Lyngblomsten Cup. Photo by Jim Nash

Our Sponsors: Thank You!

Gold/Birdie (\$2,500+)



Silver/Par (\$1,000+)

Bill & Lorraine Lund
CFS Interiors & Flooring
Griffith Printing
Joel Poeschl & Jeanne Pemble
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**This holiday season remember a loved one through
a gift to Lights for Lyngblomsten.**

Your tax-deductible donation helps ensure older adults of all income levels have access to a caring community and services they need to age vibrantly.



Our Supporters— A Work of Heart!

by Tim Overweg, Manager of Volunteer Services and Special Events

Lyngblomsten Supporters Appreciation Event Friday, November 6, 2015 5 PM at Vadnais Heights Commons

Our Supporters—A Work of Heart! How true that is. Most people don't offer their beneficence because they are bored or are required to; they do so because they have giving hearts. They are individuals who believe that many people, offering numerous small gifts of service, make a huge impact in organizations, neighborhoods, schools, churches, towns, and cities.

"Our Supporters—A Work of Heart" is the theme for the upcoming Lyngblomsten Supporters Appreciation Event being held Friday, November 6, at Vadnais Heights Commons. This is a time for the Community Engagement Department and the staff of

Lyngblomsten to say "thank you" to those who give their time, money, energy, skill, leadership, and service to enhancing the lives of our older adults through their involvement with Lyngblomsten. This is a celebration for all those who share in the joy of making Lyngblomsten the community it is.

The entertainment this year will be a very special treat: sand artist Joe Castillo. Joe was a finalist on the 7th season of *America's Got Talent* and finished in 5th place overall. You will not be disappointed by Joe's "Sandstory" performance.

This event is by invitation only. RSVP required. For additional information about the Supporters Appreciation Event, please call Tim Overweg at (651) 632-5319 or Laura Brandt at (651) 632-5324.



Location
Vadnais Heights
Commons
655 E County Road F
Vadnais Heights, MN



Entertainment
Joe Castillo, "SandStory"
Finalist on *America's
Got Talent*

Lyngblomsten Foundation Board of Directors

2015–2016

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Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

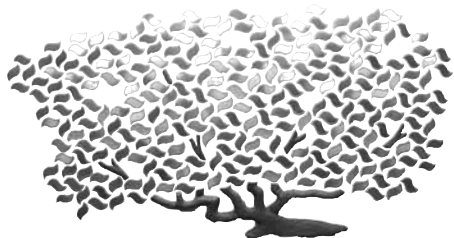
May 1 through July 31, 2015

In Memory of

Elizabeth "Bette" Abdella	Bret Johnson
Donald Beese	Wesley Johnson
Rev. Elder Bentley	Wil Langer
Elaine Boom	Janice Leithe
Esther Borden	Joseph Lyell
Barbara Craig	Iona Omnaas
Alice Digre	Alice Rassier
Keturah Doescher	Patricia Rogness
Owen Foss	Sophie Sawicki
Duane Glasow	Phyllis Sherman
Tom Harvey	Phyllis Skaalrud
Don Iverson	Mary Wittek
Morris Jacobsen	

In Honor of

Nowell Leitzke
Lyngblomsten Apartments Staff
Mildred Wolff's 103rd Birthday
Thaddeus Zimanski and Annette
Levew's Wedding



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

Monday, October 5

OboeBass! A music education performance series 10–11 AM in the Newman-Benson Chapel at Lyngblomsten
Edvard Grieg and The Music of the Mountains—Presentation about Norway's most famous composer and his beloved and familiar music. FREE.
Presented by Artful Living with Lyngblomsten.

Thursday, October 8

Wellness for Life: How Massage Engages Your Brain
2–3 PM at the 5-5-1 Club
Licensed massage therapist Mindy Geraets will discuss how massage engages your brain to make changes you might not have been aware of before. Learn simple massage techniques to use at home. FREE. RSVP to (651) 632-5330 or 551club@lyngblomsten.org.

Thursday, October 8

books-cheese-wine
5:30–7 PM at the 5-5-1 Club
Author Doug Hennes will talk about his book *That Great Heart*, which tells the story of oilman and philanthropist I.A. O'Shaughnessy. Arrive a little early to enjoy wine and treats and some time to socialize. \$5 if registered by 10/6 or \$8 at the door. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Sunday, October 11

Second Sunday Concert
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Featuring *The Trumpet: Then & Now* with Joshua Cameron, a musical performance from MacPhail Center for Music. Light refreshments served afterward. FREE. Open to the community. Presented by Artful Living with Lyngblomsten.

Tuesday, October 13

Give Now, Give Later, Give and Receive
5:30–7 PM at the 5-5-1 Club
Whether you want to give now, give later, or give and receive, there are options to help you make the most of your charitable gifts. Explore solutions that match your interests and financial needs while providing you with maximum tax benefits. Presented by Thrivent Financial. \$5; refreshments provided. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Tuesday, October 20

New Volunteer Orientation
6–8 PM. Registration required: (651) 632-5406 or lwestern@lyngblomsten.org
See volunteer opportunities on page 12.

Monday, October 26

Transporting Essentials for Volunteer Drivers
6:30–8 PM at the 5-5-1 Club
Be a blessing to others by sharing your ability to drive! Attend this mini workshop and discover how to effectively and safely transport older adults and persons with special needs; be informed on the latest liability and insurance issues; connect with other volunteer drivers in the community, and more. Cost: \$10 per person or \$25 for a group of 3 or more. Register by 10/23: (651) 632-5333 or ddoty@lyngblomsten.org. Sponsored by Lyngblomsten's Care Team Ministry.

Monday, November 2

OboeBass! A music education performance series 10–11 AM in the Newman-Benson Chapel at Lyngblomsten
Tchaikovsky and the Nutcracker—Explore the life and music of Peter Tchaikovsky, and learn about the history of one of the most beloved pieces of Christmas music in the Classical repertory, his Nutcracker ballet. FREE.
Presented by Artful Living with Lyngblomsten.

Monday, November 2

Thanksgiving Gratitude Plaque Clay Workshop
1:30–3 PM at the 5-5-1 Club
See page 10 more details.

Tuesday, November 3

Panel Discussion for Caregivers
1:30–3 PM at Centennial United Methodist Church
FREE. See page 7 for details.

Tuesdays, November 3–December 8

Powerful Tools for Caregivers
1–3 PM at Augustana Lutheran Church
See page 7 for details.

Friday, November 6

Lyngblomsten Supporters Appreciation Event
Invitations will be mailed. See page 16 for details.

Sunday, November 8

Second Sunday Concert
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Featuring *The Blue Attic Duo*, world instruments and rhythms from around the globe, a musical performance from MacPhail Center for Music. Light refreshments served afterward. FREE. Open to the community. Presented by Artful Living with Lyngblomsten.

Tuesday, November 10

Estate Strategies

5:30–7 PM at the 5-5-1 Club

Learn how to develop an estate strategy—one that will help pass the right assets to the right people, trusts, and charities, and help pass the right amounts at the right time with minimal or no estate transfer fees.

Presented by Thrivent Financial. \$5; refreshments provided. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Thursdays, November 12–January 28

Unwrapping Music: Jazz & Blues

9–10:30 AM at the 5-5-1 Club

In this 8-session MacPhail Center for Music seminar, follow jazz and blues through different eras, and learn how to listen for elements that make each era unique, plus enjoy live performances by Twin Cities guest artists. \$220 (5% discount for 55+). Register online at www.macphail.org or call (612) 321-0100. Offered in partnership with Artful Living with Lyngblomsten.

Thursday, November 12

Wellness for Life: The Caregiving Journey

2–3 PM at the 5-5-1 Club

See page 7 for details.

Thursday, November 12 & Friday, November 13

Lyngblomsten Delegate Meetings

Choose Thursday at 7 PM or Friday at 9:30 AM in the Newman-Benson Chapel at Lyngblomsten

For all delegates from corporate congregations. Invitations will be mailed. Questions? Contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Tuesdays, November 17–December 8

Holiday Caregiver Café

11:30 AM–12:30 PM at the 5-5-1 Club

Connect with other caregivers to talk about coping with the stresses that can come with the holidays.

See page 7 for more details.

Saturday, November 21

New Volunteer Orientation

10 AM–Noon. Registration required: (651) 632-5406 or lwestern@lyngblomsten.org

See volunteer opportunities on page 12.

Sunday, November 22

A Salute to Veterans Concert presented by *The Trebles with Age* Sing for Life Chorus
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Lyngblomsten's own choral and musical group will treat us to patriotic songs in honor of veterans. Light refreshments to follow. FREE.

Thursday, November 26

Thanksgiving Worship Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten.

Monday, November 30

Christmas Ornament Clay Workshop

1:30–3 PM at the 5-5-1 Club

See page 10 for more details.

Thursday, December 3

"Christmas My Way" at Plymouth Playhouse

See page 10 for more details.

Tuesday, December 8

Seasoned with Christmas

10 AM–3 PM at Anna's café & gifts

See page 12 for more details.

Thursday, December 10

Scandinavian Christmas Luncheon

12 PM at the 5-5-1 Club

Enjoy a festive Scandinavian Christmas meal with Swedish meatballs, Swedish sausage, lingonberries, julekake, and homemade rice pudding! \$10. Register by December 7 to (651) 632-5330 or 551club@lyngblomsten.org.

Sunday, December 13

Second Sunday Concert & Tree Lighting Ceremony

2–3:30 PM in the Newman-Benson Chapel at Lyngblomsten. See page 10 for more details.

Thursday, December 17

Candlelight Christmas Service

4 PM in the Newman-Benson Chapel at Lyngblomsten
NOTE: The Care Center Resident and Family Christmas Dinner follows the service.

Wednesday, December 23

Christmas Mass

3 PM Rosary, 3:30 PM Mass in the Newman-Benson Chapel at Lyngblomsten (No Christmas Day Mass).

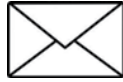
Thursday, December 24

Christmas Eve Worship Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten (No Christmas Day Service).

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

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LYNGBLOMSTEN
1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org



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THE *Gathering*

A community-based service of Lyngblomsten

Celebrating 15 Years!

A day of stimulating activities for those experiencing memory loss, and five hours of respite for caregivers who desire a break.

Each program site meets 2-4 times per month from 10 AM-3 PM and accommodates a group of 8-10 participants. There is one trained volunteer for each participant.

The program is coordinated through Lyngblomsten and is offered in collaborative partnerships with faith communities.

The Gathering currently has openings.

To learn more, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org, or visit www.lyngblomsten.org/thegathering