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Lyngblomsten
Lifestyle

Fall 2014



STORIES OF LIFE:
Youth Volunteers
Where are they now?

MORE IN THIS ISSUE:
Salt, Light, & Legacy
Our Supporters are Worth a Fortune!

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Administrator

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call (651) 632-5324 or email
MailingList@lyngblomsten.org.**

Letter from the Editor

The thankful receiver bears a plentiful harvest.

— William Blake

Dear Readers,

As the coolness of fall descends upon us and the brilliance of rich colors transforms the landscape, we enter a season of heightened thankfulness, accentuated by the Thanksgiving holiday.

Much like farmers taking stock of their harvest, in this edition we take stock of our community of supporters. Lyngblomsten has been blessed with so many beautiful individuals living their personal ministries by enhancing the lives of older adults through their involvement with our organization. The lead story features young adults who volunteered at Lyngblomsten as children. Special thanks goes to long-time supporter Marion Glasow for her story idea about youth volunteers and “where are they now?”

Indeed, we at Lyngblomsten are very thankful for all that we’ve received—older adults to care for, their families to journey alongside, employees who serve with dedication, and our strong community of congregations, volunteers, donors, sponsors, and program partners.



With thankfulness for a plentiful harvest,

Patricia A. Montgomery

Patricia A. Montgomery | Editor

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On the Cover: Former Lyngblomsten youth volunteer Jenna (Barke) Van Proosdy is a wonderful role model for two current youth volunteer sisters, Martha (13 years) and Sophie (12 years) Eidman.



Youth Volunteers: Where are they now?

Four former youth volunteers share about their experiences and how their time with Lyngblomsten has shaped them

by Christina Rhein, Marketing Communications Specialist

Young people volunteering in their communities is a tremendous win-win situation for the youth volunteers themselves and the organizations and communities they serve. The experience of volunteering provides youth with social and practical skills that can help them succeed in life, as well as get them engaged and more invested in their own communities.

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.
—One of Lyngblomsten's Guiding Principles

Lyngblomsten has a well-established youth volunteer program that adds an intergenerational dimension to our organization. Lead Volunteer Coordinator Shelli Beck shared, "We have youth who come in and realize how awesome older adults are. They are seeing life differently when they come here, and I don't think they realize that will happen when they start. Even though their mom might make them come, or their school says they have to do hours, it turns into something that they want to do and that they enjoy. It's fun watching them grow."

Lyngblomsten youth volunteers have opportunities to contribute in a variety of ways: playing music, transporting residents to activities, playing games, visiting with residents, delivering mail, and more. From one-time special events on weekends, to regular daytime openings, to evening programs—there is almost always

something that can fit their schedules and interests. High school volunteers also have the opportunity to apply for a Youth Volunteer Scholarship to use toward college expenses if they have given at least 200 hours of service over two or more years when they apply as a high school senior. Since the scholarship program was established in 1998 through the Lyngblomsten Foundation, 70 scholarships of up to \$1,000 each have been awarded to qualified youth volunteers.

Below are stories of four outstanding former Lyngblomsten youth volunteers, all of whom have been recipients of the scholarship award. We've followed up with them recently to see where they are now and to learn about how their volunteer experience has helped shape them.



Meet Jenna (Barke) Van Proosdy

Age: 30

Youth volunteer role: Musician

"It was always amazing for me to see how music could facilitate connections that words or other modes of communication might not have."

What she does now: Volunteer Coordinator at Children's Hospitals & Clinics of Minnesota

When Jenna first started volunteering at Lyngblomsten at the age of 12, her role was to play music in several neighborhood units. She primarily played piano, but sometimes she would bring her flute and did some singing as well. As she got older, she also spent time doing transport for the beauty shop and physical therapy, as well as serving coffee, ice cream, and other treats in the gift shop. She started volunteering at Lyngblomsten

continued on page 4

because many of her classmates at Falcon Heights Elementary did, and she had heard great things about how much fun they had. She also said her mom encouraged her to get involved volunteering at a young age, and she thanks her for that now!

One of Jenna's favorite memories of volunteering at Lyngblomsten was playing piano in the Alzheimer's neighborhood. She remembers that there were several residents who liked singing along when she played, and oftentimes one of them would even come and sit right next to her on the piano bench to help turn pages. Although she had to go through additional training to work with Alzheimer's residents, she said it was well worth it!

The population Jenna serves now in her work as the Volunteer Coordinator at Children's Hospitals and Clinics of Minnesota is quite different from the population at Lyngblomsten; however, she shared that her youth volunteer background has certainly influenced how she works and interacts with others today. "Volunteering at Lyngblomsten kindled a love of serving that has been with me ever since. As my first 'formal' volunteer experience, Lyngblomsten taught me how good it feels to give back and share your gifts and talents with others," she reflected.

Jenna also commented on the great experience she had with the Volunteer Services staff at Lyngblomsten. Their kindness, warmth and welcoming attitude each time she walked into the volunteer office made her feel right at home. Now she strives to channel that kind of vibe when she works with her volunteers today. "In my experience, little things like being greeted by name, asked about the people and events in your life, and thanked before you depart for the day aren't little at all—they go a long way in making you feel accepted, acknowledged and valued."



connect young musicians with performance opportunities at nursing homes

Meet Ryan Wold

Age: 24

Youth volunteer roles: Transporter & Musician

"I remember how excited the residents got seeing me here, and how music would bring so much joy to them."

What he does now:

Starting a business to

Ryan began his youth volunteer journey at Lyngblomsten around the age of 10 with encouragement from his mother, Janet Byrnes, a Lyngblomsten employee. He admits that it was not voluntary at first, but he grew to love the experience and continued volunteering on his own throughout high school. As a transporter, his primary role was to encourage residents to go to their physical therapy appointments on campus and take them there.

As he got older, he also started playing piano for the residents. He did this at several nursing homes throughout high school, and it was these experiences that inspired him to embark on a new endeavor creating opportunities for talented young musicians to perform at nursing homes. "I believe it's important to connect generations to have a better understanding of the world and life, and to broaden your horizon as much as possible," Ryan emphasized. The mission of Ryan's new business is to bring generations together through a shared appreciation of live performance, and connect talented and passionate young performers with a new platform to share their skills. Ryan added that another goal of the business is to help simplify the jobs of activity coordinators at nursing homes by providing packaged performances.

Ryan's advice for youth volunteers or those considering volunteering is, "The more you give, the more you get in life. You don't realize how much you can learn from just helping someone—work to learn, not to earn!"



Meet Laura (Hassel) Plantenberg

Age: 27

Youth volunteer roles: Bingo, Fancy Fingers, Special Friend, Mail Delivery, Gift Shop, Senior Lunches, Transporter ... and more

"Every resident had their own story and life lessons, and they were all amazing to hear!"

What she does now: Customer Financial Representative at GN ReSound & finishing a Business Management degree

Laura has been volunteering since the young age of five. Her first youth volunteer experience was at the VA Hospital with her Grandma, where she delivered Christmas cards and played Bingo with patients. She started volunteering at Lyngblomsten at the age of 10 after just one hour of joining a friend who was a volunteer. Laura also volunteered with the St. Paul Police Department as a teenager.

What she liked best about volunteering at Lyngblomsten was visiting with the residents and listening to their stories and life lessons. "I don't know if I ever left for Bingo on time because I was always visiting with a

resident, listening to them talk about their family or where they used to live,” Laura chuckled. Reflecting on the personal benefits of her volunteer experiences, Laura shared that, “Volunteering as a youth taught me to be more giving, helping and patient. If someone needs help with something, I will jump up without hesitation.”

With her nurturing personality, Laura worked as a caregiver at an assisted living and memory care center for several years, as well as a home health aide. “I strongly believe that if it wasn’t for the time I spent with residents at Lyngblomsten, I would have never considered nursing and definitely would not have worked in the healthcare field,” she reflected. Laura continues to work in the healthcare industry, now as a Customer Financial Representative at a hearing aid manufacturer.

“I wish I would have started volunteering at Lyngblomsten earlier on in my life—I enjoyed every minute of it and miss the time I spent there,” she remarked fondly, “but I do still keep in touch with some of the other youth volunteers I met there.”



Meet John Noetzel

Age: 31

Youth volunteer roles: Bingo & games, Transporter, Gift Shop, Physical and Occupational Therapy Departments, visiting with residents in the Alzheimer’s neighborhood

“All of the experiences really helped shape me. The biggest thing was it was about the people—I was able to help and spend time with people.”

What he does now: Sales Representative at Cintas

John started volunteering at Lyngblomsten following in the footsteps of his older sister who volunteered as part of a school program. “After she started, I couldn’t wait to volunteer, and I started as soon as I could when I turned 10 years old,” he laughed. He liked it so much that he stayed for eight more years. Years later, his mother and younger sister joined the Lyngblomsten community as volunteers too.

John volunteered in many different departments during his time at Lyngblomsten, but a memory that stood out to him was playing cribbage with one of the residents. John recalled, “He [resident] couldn’t speak, so he would blink to the cards that he wanted to play, and then I would play the cards for him. It was outstanding! And that’s where I learned how to play cribbage.” John explained that he had a lot of fantastic memories all the way through his years volunteering, but getting to know the residents was definitely the best part. As he got older, John also spent time in the Alzheimer’s neighborhood visiting with residents and listening to the stories of their lives. “It was a natural progression—as I got older, there were different areas where I could add more value to and learn more from,” he said. He added, “Volunteering at Lyngblomsten has given me a respect and understanding of all the different places people come from and the different challenges people face.”

John now works as a sales representative at Cintas, selling products to long-term care facilities and hospitals. He commented that his experience at a care center has helped him have a better understanding of the facilities, how things work, and what’s important. He believes that every experience you have adds value to being a well-rounded person.



These four former volunteers are just a few examples of the many youth who have shared their time, talents and passion with the Lyngblomsten community. They were each shaped in unique and special ways by their experiences as youth volunteers—endowing them with advice to give, memories to cherish, and stories to share.

Most importantly, **thank you** to each and every one of Lyngblomsten’s volunteers—past and present—for all that they have done and continue to do. We couldn’t do what we do without you! **1**

To learn more about Lyngblomsten’s Youth Volunteer program,

visit www.lyngblomsten.org/youthvolunteer or contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org. Also check out page 6 of this magazine where you can see a few of our current needs for volunteers of all ages.

Get Involved!

Share your time, experience & talents as a Lyngblomsten volunteer

Volunteers of all ages enrich our campus community every day by sharing their time, their experience and their talents! If you are hoping for a place to exercise a particular skill, participate in a service learning experience, provide leadership, or extend a friendly presence, Lyngblomsten has opportunities that will engage you as a volunteer and help us meet our mission and promise to older adults. **Below are just a few of our current needs:**

Special Friend

Although many residents have family who visit frequently, there are still hours in the days and weeks that are available for another game of Kings in the Corners, Farkle, Scrabble or a good book. This is our most flexible and social opportunity.

Resident Transporter

Becoming the legs of a resident by pushing him or her to an in-house appointment (doctor, beauty shop, therapy) is a great way to get in your walk for the day while making new friends and doing a good deed!

Holiday Helpers

We need extra holiday helpers during this busy season for:

- Transporting residents to church services for Thanksgiving and Christmas Eve, and to the Annual Tree Lighting Ceremony on December 9
- Visiting with residents around the holidays
- Gift wrapping
- Special holiday sing-alongs and games

Apply now so that you have time to attend an orientation before the holiday season is upon us.

Artful Living Activities Assistant

Artful Living with Lyngblomsten volunteers are needed to assist local teaching artists and class participants in multiple ways. It might be by turning a page in a music book, getting fresh water for painters, or by getting supplies ready for a clay class. You do not need any experience in the specific art form.

Serve on a Committee

Apply your professional skills and passions by serving on one of our committees, each addressing a key area such as Resident Life, Human Resources, Finance, Senior Ministry, Governance, or Community Programs.

Learn More

To learn more about any of these opportunities, or if interested in exploring other opportunities that fit your skills and desires, please contact Lana Western at (651) 632-5324 or lwestern@lyngblomsten.org.

Learn more about our volunteer program, including our youth program and corporate group volunteering at www.lyngblomsten.org/volunteer.

I'm Ready to Sign Up!

- 1) Visit us (1415 Almond Ave, St. Paul) to pick up an application, or fill one out at: www.lyngblomsten.org/volunteer.
- 2) Complete a volunteer orientation. Upcoming dates:
 - Tuesday, October 7 from 6–8 PM
 - Saturday, November 22 from 10 AM–NoonPlease contact Lana Western at (651) 632-5324 or lwestern@lyngblomsten.org to register.
- 3) Interview with a volunteer coordinator to find the right fit for your time and talents!



Volunteers assembling a Christmas tree. Contact us to see how you can help for the 2014 holiday season!

Salt, Light, & Legacy

by Patricia Montgomery, Director of Church Relations & Marketing Communications

We live in a society where, for the most part, very little is expected of older adults. Many are cast aside, assumed to be of little value, in their later years. A lot of older adults have bought into this view—themselves determining they are of little worth. It's disheartening enough that this belief exists generally in our society, but it is perhaps more baffling that many congregations seemingly embrace this stereotype as well.

Consider this scripture passage:

"You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

—Matthew 5:13–16

Does it say that this instruction to "let your light shine" is only for the young? No! And, God's children can be the salt of the earth at every age if they so choose.

Is there room in your own life to be more salty and bright? How can you enable the older adult ministry in your congregation to promote the saltiness and brightness of people in their later years?

"Pass the salt!" Beyond being the salt of this earth and letting our lights shine during this lifetime, what about after we're gone? Might there be a legacy, built on your salt and light, that could transcend the generations? Some people put all their hope in leaving a financial inheritance for their children or other loved ones. While that is noble, unfortunately an inheritance usually provides only temporary happiness. A legacy, however, has far-reaching, compounding effects. How will you contribute to the generations that come after you?

Spend time thinking about:

- If you've lost your "saltiness," what might you do to restore it?
- How can you make your light shine in your current stage of life?
- If you were to leave a legacy and not an inheritance, what would you hope for that to look like? What is the nonmonetary gift you can leave in this world? If it is values that you hope to pass on to the next generation, how might you do that? **L**

BE SALTY!

Don't become salt that has lost its taste.

SHINE YOUR LIGHT!

Do not hide or ignore your gifts.

LEAVE A LEGACY!

Don't miss the opportunity to transform future generations.



Join us for **The 12 Days of Christmas**

featuring a line-up of 12 opportunities to celebrate the season.
Details coming in November at www.lyngblomsten.org/12Days.

Here's a sneak peek:

12/7: Hill House Holidays
at the James J. Hill House

12/11: Scandinavian Christmas
Luncheon at the 5-5-1 Club

12/14: Sing for Life & Music for Life
Holiday Concert

12/16: "It's a Wonderful Life" and
Luncheon at the St. Paul Hotel



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 Avenue, St. Paul, MN 55108

Suggested stores for gift cards include:

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

Monetary Donations & Gift Cards Due:

Monday, December 15, 2014

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

Time for New Traditions

Much like families occasionally experience the need to change longstanding customs as circumstances dictate, Lyngblomsten will be experiencing a change in our traditions this holiday season. After decades of hosting the Annual Scandinavian Cookie Fair, the Lyngblomsten Auxiliary Committee has concluded it can no longer sponsor this labor-intensive fundraiser.

But when one tradition ends, it's an opportunity to begin another. We don't want you to be without Scandinavian cookies this year, and what's more fun than making them yourself?! (Note: more *fun*, not *easier* than buying them!) Below is a recipe for Rosettes, perhaps the best-known Scandinavian holiday cookie. Why not host a cookie-making party, and make enough to share with older adults or others who may not be able to bake. **L**

www.lyngblomsten.org

Rosettes

2 eggs	1 cup sifted flour	Canola oil for frying
2 tsp. sugar	¼ tsp. salt	
1 cup whole milk	1 tbsp. vanilla	

Whisk eggs (gently to minimize froth, helping the batter to stick to the rosette iron). Add milk, sugar, and vanilla. Slowly add dry ingredients. Whisk gently until batter has consistency of heavy cream. If time allows, refrigerate for two hours (this step is not necessary, but will make cookies crispier).

Dip rosette iron into hot oil, then into batter, covering the bottom and sides of the iron (but not the top). Submerge batter-covered rosette iron in hot oil (360-370°) and fry until golden. Remove from oil and set on paper towels to drain and cool. Use a fork to pry rosette away from iron if it has become stuck.

Store rosettes in an airtight container or freeze for later use. Immediately before serving, dust with powdered sugar or dip bottoms in icing, if desired.

Yield: About 3 dozen, depending on size of iron used.

✓ Cookie-Making Party Checklist

If you enjoy baking, make a day of it with friends or family. Spend quality time together and get holiday goodies made.

- Decide if you're supplying all the recipes and ingredients, assigning recipes, or inviting guests to bring a recipe and any associated special ingredients
- Choose a date, set a start & end time, and send invites
- Select recipes
- Inventory ingredients: What do you need? What do you have on hand?
- Inventory equipment and tools needed
- Shop for supplies
- Prep work areas, including a table to display cookies and a table for packaging them
- Gather music to play in the background
- Plan for easy snacks and a light meal

TIPS & IDEAS:

- Don't let the oven hold up your crew! Choose recipes that use a variety of cooking/baking methods: no bake, deep fry, and oven bake.
- Give each guest an apron to use during the party and then take home as a remembrance.
- After you're done baking, go and say hello to a neighbor who may be lonely. Take a box of cookies and sing a carol.
- Take boxes of cookies to your church for pastors to deliver during visits to the homebound.

Scandinavian Cookie-Making Class: Krumkake & Rosettes

Learn how to make those classic Scandinavian cookies—Krumkake and Rosettes—in this delicious, hands-on class. Enjoy chocolate and a glass of wine (or non-alcoholic beverage) while you participate. Bring an apron and box or tin in which to take home your cookies.

Thursday, November 20

6:30–9:30 PM at the 5-5-1 Club

Fee: \$15 per person; RSVP by Friday, Nov. 14
(651) 632-5330 or 551club@lyngblomsten.org

LYNGBLOMSTEN SCRAPBOOK



Blue Ribbon Art Show

On September 11, artists and art lovers from the Lyngblomsten Apartments and The Heritage displayed art they or a loved one created. Thank you to everyone who participated and shared their talents!



The Gathering Volunteer Receives Outstanding Volunteer Award from 3M

In September, Barb Qualey was awarded a 3Mgives Volunteer Award for her work with *The Gathering*. As a 3M retiree, she was chosen as one of the top 30 3M volunteers from around the world who are involved in activities to improve lives in their communities. Barb is pictured above with a participant from *The Gathering*.



5-5-1 Club Tours Target Field

In August, the 5-5-1 Club saw the Target Field stadium from top to bottom, touring places that ballpark guests don't usually get to see—including the press box, clubhouse, dugout, suite level, Legends Club, Roof Deck, Champions Club and more.



photo by Jim Nash

A Trip to Como Zoo

A corporate volunteer group from UnitedHealthcare assisted with transporting care center residents to Como Zoo on July 18. What a great way to spend a day!

**LYNGBLOMSTEN
MID-SUMMER
FESTIVAL**
Arts | Music | Food | Games

part of Como Neighborhood Days

Mid-Summer Festival MADE A SPLASH!

This year's festival was another success, despite the heavy afternoon rains! More than 1,500 people of all ages enjoyed a variety of activities, good food and fellowship. We are so grateful to the wonderful volunteers, staff and sponsors who made this year's event possible!



Festival attendees of all ages enjoyed the entertainment and activities, despite the rain!



THANK YOU
to everyone who made
this event possible!



Ragamala Dance (above) and Red Rock Swing Band (left) entertained festival attendees.



photos by Jim Nash

VOLUNTEER GROUPS

- Calvary Evangelical Lutheran
- Redeemer Lutheran
- Jehovah Lutheran
- Lutheran Church of the Redeemer
- Gloria Dei Lutheran
- St. Anthony Park Lutheran
- Humphrey Job Corps
- Corpus Christi Give and Grin

CORPORATE VOLUNTEERS

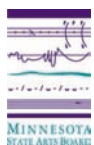
- Hermes Floral
- Piche & Associates Real Estate, LLC
- UnitedHealthcare Medicare & Retirement

SPONSORS

- Blick Art Materials
- FastSigns
- Hermes Floral
- Piche & Associates Real Estate, LLC
- Media Partner:** MyTalk 107.1

EVENT STATS

- 263 volunteers gave 837 hours
- 9 arts organizations
- 132 artists and entertainers
- 5 local food vendors/restaurants
- 5 local sponsors



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.

Community Outreach Volunteer Opportunities

5-5-1 Club

The 5-5-1 Club is a community center sponsored by Lyngblomsten, promoting wellness and fun through social, cultural and educational programs for people age 55+.

If you would be interested in volunteer or leadership roles with the 5-5-1 Club, let's talk! Please contact Julie Pfab, Director of Home- and Community-Based Services at (651) 632-5331 or jpfab@lyngblomsten.org. Learn more about the Club at www.551club.com.

Transportation

There is a special need for volunteer drivers for local grocery store runs on Wednesdays, from 1–3 PM. On average, there are 8–10 tenants on campus each week who depend on this service, and it bolsters our efforts to help keep them engaged in making their own food choices. Being able to choose can help maintain a sense of dignity and independence—something we all cherish.

If you have the time and desire to serve in this way, contact Mary Deaner, Transportation Coordinator at (651) 414-5293 or mdeaner@lyngblomsten.org.

Learn more about our community outreach services at www.lyngblomsten.org/communityservices.

The Gathering

Join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing memory loss. The Gathering, coordinated by Lyngblomsten, offers a day of fellowship and fun activities while giving respite to caregivers of people with memory loss.

Volunteers receive comprehensive training so they are able to plan the day's activities and promote socialization for their participants. To learn more about volunteering with The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org. For The Gathering locations, visit www.lyngblomsten.org/thegathering.

Support Group Co-Facilitators

Co-facilitators are needed for Memory Loss Caregivers Support Groups at church sites throughout the Twin Cities. A commitment of at least one year is requested. Training by the Alzheimer's Association will be held in Fall 2014.

For more information or if interested, contact Dorthea Doty, LSW at (651) 632-5333 or ddoty@lyngblomsten.org.

Live Well at Home

Supporting the Older Adults & Family Caregivers in Your Faith Community

Lyngblomsten's Parish Nurse Ministry Resource Group recently hosted two *Live Well at Home* workshops for faith community nurses, pastoral staff, and faith-based volunteers. The workshops explored how to integrate the *Live Well at Home* model into faith communities to support older adults and family caregivers to live well at home as they age.

One resource that workshop participants were trained to use was the *Live Well at Home Rapid Screen*®—a short quiz identifying seven risk factors that are most likely to cause older adults to move permanently from their homes to a long-term care setting. Take the quiz at www.mnlivewellathome.org.

As a result of these workshops, a number of parish nurses and other church volunteers and professionals are bringing this tool back to their faith communities as a resource and support in ministering to their older adults. Presenter Ryan Boosinger, MN Dept. of Human Services shared, "You are making your community stronger by keeping it together." Here's what a few of the participants said:

"As we facilitate our support group for caregivers, the following question is often asked, "Should we be moving out of our home or should I find a place for my loved one?" The survey questions from the Rapid Screen quiz may give these folks another piece of research information to make wise decisions for their situation."

—Sherry Simpson, Facilitator, Memory Loss Caregivers Support Group, Augustana Lutheran Church

"I used the *Live Well at Home* checklist at a recent home visit and found it very helpful. It is a good discussion starter and helps the person think about their next steps."

—Leu Killion, Parish Nurse, Prince of Peace Lutheran Church, Burnsville



Live Well at Home helps older adults live well longer in their own homes by offering risk screening, education, professional consultation, and a broad range of solutions for living at home successfully. The program also provides support for family caregivers. Learn more at www.mnlivewellathome.org.

November is National Family Caregivers Month

In recognition of National Family Caregivers Month, Lyngblomsten invites caregivers to attend one of our Memory Loss Caregivers Support Groups during the month of November for a special music program presented by MacPhail Center for Music. Learn self-care tips on how music can help reduce caregiver stress, and how to use music with your loved one with memory loss.

Support group locations include: Calvary Lutheran Church (Golden Valley), First Presbyterian Church (White Bear Lake), Augustana Lutheran Church (West St. Paul), Woodbury Baptist Church (Woodbury), Centennial United

Methodist Church (Roseville), and Bethlehem Lutheran Church (Minneapolis). Dates and times vary by location. **If interested, please contact Dorteia Doty at (651) 632-5333 or ddoty@lyngblomsten.org for details about the location you'd like to attend for the music program.**

Memory Loss Caregivers Support Groups meet monthly, and are open to family and friends who have a loved one experiencing Alzheimer's or a related dementia.

Visit www.lyngblomsten.org/caregivers for additional caregiver resources.

Statistics on U.S. caregivers and those they are caring for

For the purposes below, a caregiver is an unpaid individual (spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks. —Family Caregiver Alliance

Caregiver Impact



65.7 Million caregivers make up **29% of the U.S. adult population**, providing care to someone who is ill, disabled or aged.

From 2000–2030, the 65+ population will more than double from: **35.1 million** ↓ **71.5 million**



1 in 6 adults in Minnesota are caregiving for an older adult.

43.5 Million family caregivers who care for someone age 50+.

14.9 Million care for someone with Alzheimer's or another dementia.

\$450 Billion Per Year estimated value of unpaid caregiver services.

Caregiver & Care Recipient



20.4 Hours Average time spent per week on caregiving responsibilities, &

39.9 Hours for those who live with their care recipient.



58% of care recipients live in their own home

20% live in their caregiver's home

Caregiver Support

\$ 66% of caregivers report using other unpaid caregiving help. **35%** report using paid help.

The Working Caregiver

61% of caregivers caring for someone age 50+ are employed.

70% of working caregivers suffer work-related difficulties due to their caregiving responsibilities.

6.6 missed workdays

per year due to caregiving tasks.



\$25.2 billion lost productivity due to work days missed by caregivers.

78% of caregivers report needing more help & info with at least 14 specific caregiving topics.

The Top 3:

- #1 Keeping their loved one safe
- #2 Managing their own stress
- #3 Finding easy activities to do with their loved one

Data provided by: "2011 Alzheimer's Disease Facts and Figures," Alzheimer's Association; "Caregiving in the U.S." studies by National Alliance for Caregiving in collaboration with American Association for Retired Persons (AARP) (2012); "The Economic Value of Family Caregiving," AARP Public Policy Institute (2012); "Estimating the Impact of Caregiving and Employment on Well-Being," Coughlin, J. (2010); "Gallup Healthways Wellbeing Survey," (2011); "Selected Caregiver Statistics," Family Caregiver Alliance (2012).

Making A Positive Impact

by Shannon Parker, Manager of Corporate Engagement

In the warmth of summer or cool of winter, corporate volunteers are consistent in making a positive impact at Lyngblomsten. Whether taking residents to Como Zoo or decorating at the holidays, these volunteers extend the capacity of staff and help enhance the lives of older adults. “I was glad to be able to help someone get out and enjoy a beautiful day and a great location,” said a UnitedHealthcare Medicare & Retirement volunteer, following a trip to Como Zoo. So far in 2014, 96 corporate volunteers have assisted in various capacities, with five of the nine groups returning to Lyngblomsten to volunteer. Not only is their presence a support for staff and a positive interaction for residents, but a wonderful way to spread the mission of Lyngblomsten into the surrounding community. **L**



photo by Jim Nash

For the second year, UnitedHealthcare Community & State volunteers strolled with residents to the Great Minnesota Get-Together. “She really enjoyed herself and the smile she gave made it so worth it.” — UnitedHealthcare Community & State volunteer

Corporate Volunteer Holiday Opportunities

Neighborhood Tree Trimming

Dress up the neighborhoods by decking out Christmas trees on each floor of the Care Center.

December 2 or 3, 1–4 PM.

Tree Decorating and Holiday Social

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

December 2, 3, 4, 1:30–4 PM.

Holiday Polymer Clay Craft

Assist residents with a fun interactive holiday craft.

December 5 or 11, 1–4 PM.

Gift Wrapping

Chat and wrap presents on December 19 for each of the 400 residents and tenants on campus, purchased with donations through the Spirit of Giving program.

New Year’s Un-decorating Social

Pack up the holiday décor and ring in the New Year with the residents. January 7, 1:30–4 PM.

For more information about corporate volunteering, please contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org. Interested in engaging further? Please inquire about sponsorship, donation, and learning opportunities.

Thank you to recent corporate groups:

Hermes Floral

PeoplesBank of Commerce

Piche & Associates Real Estate, LLC

Target

UnitedHealthcare

UnitedHealthcare Community & State

UnitedHealthcare Medicare & Retirement

2014 YTD Corporate Group Stats:

Volunteers: 96

Volunteer hours: 270



photo by Jim Nash

Corporate Connection: Celebrating how Lyngblomsten supporters can extend visibility in the community

“We really enjoyed how organized and how helpful everyone was at the [Mid-Summer] Festival. All of us from Hermes Floral—even our family members who helped out—talked about how nice and friendly everyone was. Talking with and watching all the festival-goers and staff was a lot of fun, and what a beautiful area you have at Lyngblomsten to hold this family-friendly festival. We will be there next year for sure.” — Sandy Biedler, co-owner at Hermes Floral

Hermes Floral (left) sponsored a booth at the Mid-Summer Festival and brought a team of volunteers to help with the festival games.



Our Supporters are Worth a Fortune!

by Melanie Davis, Chief Development Officer

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.
For where your treasure is, there your heart will be also.

— Matthew 6:19-21

“Our Supporters are Worth a Fortune” is the theme for Lyngblomsten’s Annual Supporters Appreciation Event being held Friday, November 14th. The evening’s event celebrates and thanks our volunteers, delegates, and donors who have generously shared their time or financial resources over the past year (Oct. 1, 2013–Sept. 30, 2014) in support of Lyngblomsten’s mission.

Truly, our supporters are worth a fortune! Each year on campus we are blessed by more than 500 registered active volunteers and more than 500 one-time group or corporate volunteers who together provide more than 28,000 hours of service. According to the Independent Sector, a leadership network dedicated to advancing the common good, the average value of a volunteer hour in Minnesota in 2013 was \$24.31 per hour. That means that the volunteer hours provided on the Lyngblomsten campus were valued at \$680,680! And that number does not include the thousands of hours that congregational volunteers provide through their partnerships with Lyngblomsten’s programs of Care Team Ministry and The Gathering or by serving as delegates to Lyngblomsten. Many of these volunteers also make financial gifts to Lyngblomsten.

Each year through the Lyngblomsten Foundation, more than 1,000 donors provide financial support. In this last fiscal year, individuals, corporations, foundations and congregations have collectively contributed over \$575,000. These funds are primarily used to provide vital community-based services such as Care Team Ministry, The Gathering, the 5-5-1 Club, and the Parish Nurse Ministry Resource Group—programs designed to assist older adults to age well in their own homes and communities.

Together, the monetary value of volunteer hours and contributions is more than \$1,255,000, but the real

value of the gifts of our volunteers and donors goes well beyond the monetary value because their gifts of love make life better for a plethora of older adults and their caregivers. I have the privilege of witnessing this repeatedly. For instance, in late August, a small group of Care Center residents and numerous other community members shared an outing to the Ordway to enjoy a performance of *Broadway Songbook*. They returned to the 5-5-1 Club to share a delicious meal and fellowship. To those who may be younger and mobile, this would not seem special. But imagine no longer feeling confident in your driving or that you are limited in your ability to walk. Suddenly the cultural activities and the fellowship you used to enjoy are out of reach. Thanks to the generous gifts of donors, staff of the 5-5-1 Club and Artful Living are able to coordinate such outings, and scholarships make it possible for those who need some financial assistance to attend. Volunteers transported residents in wheelchairs and assisted with dinner, which was generously provided by the Ramsey County Chapter of Thrivent. Gifts of time and money made possible an evening of beautiful music and rich fellowship that enhanced the lives of those who participated. For some, it was their highlight of the month—priceless!

I could go on and on naming the ways that the loving gifts of our volunteers and donors make such a tremendous difference in the lives of hundreds of older adults whom we have the privilege of serving together. But you don’t need to believe it just from me. You have only to ask one of our participants who has been touched by their generosity, and they will tell you how their lives have been blessed through these gifts. Thank you, supporters! Truly, you are worth a fortune! 📌

If you would like more information about how you can volunteer or make a contribution through the Lyngblomsten Foundation, please visit www.lyngblomsten.org/get-involved



Lyngblomsten Charity Golf Classic: Supporting Memory Loss

by Tim Overweg, Manager of Volunteer Services and Special Events

The 18th Annual Lyngblomsten Charity Golf Classic was held on Monday, August 4 and opened with beautiful blue skies and warm temperatures, a rare and picture-perfect Minnesota day for golf. The yearly event was held at Midland Hills Country Club and showcased 26 foursomes. The day centered around raising money for *The Gathering*, a Lyngblomsten program providing education, stimulation, respite and care for those impacted by memory loss.



Photo by Jim Nash

Gustavus Adolphus Lutheran Church, Team #2 won the Lyngblomsten Cup.

The day began with tips from a golf pro and an opportunity to test out a variety of clubs provided by 2nd Swing. After a great lunch, golfers hit the links, and in addition to the 18 holes of golf, participated in a number of extracurricular contests such as a trivia contest, Beat the Pro, a putting contest, and the possibility of winning \$10,000 with a hole-in-one. As you would expect, no golfers

managed to ace that particular par three, so no \$10,000 winner. Maybe next year.

The day ended with a social hour, a silent auction, a great meal, and a moving account by Jerry and Karen Parks of what it is like to live with and care for someone with memory loss. The event raised approximately \$25,000, all of which will be dedicated to the ongoing work of *The Gathering*. Thanks to each and every one who planned, volunteered and golfed. Even though golf is an individual sport, this was a team effort, and what a great team we had! 🏌️

Our Sponsors: Thank You!

Gold/Birdie (\$2,500+)



Silver/Par (\$1,000+)

Bill Lund
CFS Interiors & Flooring
Delta Dental of Minnesota
Joel Poeschl
Thrivent Financial

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Gifts to the **Remembrance Fund**
In Memory or Honor of a Loved One
June 1 through August 31, 2014



In Memory of

Helen Armstrong
Edward Bahr
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Martin Coyne
James Duffy
Edward Fashingbauer
Jane Whitney Fisher
Eunice Heuer
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Ellen Senander
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Anne Stegmeir
Virginia Swedeen
Donald Timm

Terry Ubel
Barbara Venne
Marianne Weyandt



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.

2014 Lyngblomsten Supporters Event



Our Supporters are
Worth a Fortune!

November 14 at 5:00 PM

**Ramada Plaza Hotel
1330 Industrial Blvd.**

Minneapolis, MN 55413

(Invitations will be mailed in October.)

**Entertainment provided by
ComedySportz**

www.comedysportztc.com



Second Quarter Volunteer Stats

April • May • June

Volunteer Hours

5,870 hours

Number of Volunteers

338 unique volunteers

Save the Date

Lyngblomsten Foundation

Spring Benefit

— Friday, April 17, 2015 —

at the American Swedish Institute
in Minneapolis

More details to come!



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



Veterans Day Celebration at Mindekirken, The Norwegian Lutheran Memorial Church

924 E 21st St, Minneapolis 55404

Take a guided tour of this historic church, and then enjoy a Scandinavian-style lunch. Following lunch, Minnesota photographer Doug Ohman will show slides and share stories of Minnesota soldiers who served in the Civil War.

Tuesday, November 11

10 AM–1 PM Mindekirken tour, lunch and program. Cost is \$8.

1:30–3 PM Join us afterwards at the 5-5-1 Club for cake and coffee as we honor our veterans. Cost is \$2.

Register by November 4: (651) 632-5330 or 551club@lyngblomsten.org. Transportation is available; call for details.

Coordinated through Lyngblomsten's 5-5-1 Club community center.

Learn more at www.551club.com.



Thursday, October 23 Transporting Essentials for Volunteer Drivers

***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.
- Learn about proper body mechanics, safe wheelchair transfers, and effective positioning.
- Connect with other volunteer drivers in the community.

**6:30–8:30 PM in the Newman-Benson Chapel
at Lyngblomsten** (1415 Almond Ave, St. Paul 55108)

Cost is \$10 per person or \$25 for a group of 3 or more. FREE for Care Team Ministry volunteers and leaders.

To register, contact Dorteia Doty at (651) 632-5333 or ddoty@lyngblomsten.org, by October 20

Sponsored by Lyngblomsten's Care Team Ministry

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.

Tuesday, October 7

New Volunteer Orientation
6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org See opportunities on page 6.

Sunday, October 12

Second Sunday Concert with MacPhail Center for Music presented by Artful Living with Lyngblomsten
2–3 PM in the Newman-Benson Chapel at Lyngblomsten FREE; open to the public.

Tuesday, October 21

Community Meeting: Roseville Alzheimer's & Dementia Community Action Team
2:30–4:30 PM at Fairview Community Center, Roseville
Come learn about Roseville's strengths and gaps in meeting the needs of residents with Alzheimer's disease and related dementias, and help define community priorities for future action. RSVP to (651) 999-2499 or 551club@lyngblomsten.org.

Thursday, October 23

Transporting Essentials for Volunteer Drivers
6:30–8:30 PM in the Newman-Benson Chapel at Lyngblomsten. See page 18 for details.

Thursday, November 6

Lyngblomsten Delegate Meeting
7–9 PM in the Newman-Benson Chapel at Lyngblomsten. All delegates from member congregations should attend. Invitations will be mailed.

Tuesday, November 11

Veterans Day Celebration at Mindekirken
Details on page 18.

Friday, November 14

2014 Lyngblomsten Supporters Event
See page 17. Invitations will be mailed in October.

Thursday, November 20

Scandinavian Cookie-Making Class: Krumkake & Rosettes
6:30–9:30 PM at the 5-5-1 Club. See page 9 for details.

Saturday, November 22

New Volunteer Orientation
10 AM–Noon. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org See opportunities on page 6.

Thursday, November 27

Thanksgiving Worship Service
10:30 AM in the Newman-Benson Chapel at Lyngblomsten

Tuesday, December 9

Annual Tree Lighting Ceremony
7 PM in the Newman-Benson Chapel at Lyngblomsten
Help us welcome the Christmas season with music, carols and holiday treats. Everyone is welcome.

Thursday, December 11

Scandinavian Christmas Luncheon
Noon at the 5-5-1 Club
Enjoy a traditional Scandinavian meal followed by a reading from Charles Dickens' *A Christmas Carol*. Cost is \$9. RSVP to (651) 632-5330 or 551club@lyngblomsten.org by 12/8.

Sunday, December 14

Sing for Life & Music for Life Holiday Concert
2–3 PM in the Newman-Benson Chapel at Lyngblomsten.
Lyngblomsten's own Sing for Life choir and Music for Life group will treat us to an hour of their favorite holiday hymns and carols. Light refreshments to follow. FREE; open to the public.

Tuesday, December 16

"It's a Wonderful Life—A Live Radio Play" & Luncheon
Noon–5 PM at the St. Paul Hotel. A live radio show and 3-course luncheon. Cost is \$85. Register with payment by 12/1 to (651) 632-5330 or 551club@lyngblomsten.org. Additional details available at www.551club.com

Thursday, December 18

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

Wednesday, December 24

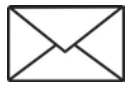
Christmas Eve Worship Service
10:30 AM in the Newman-Benson Chapel at Lyngblomsten (There will be no Christmas Day Service.)

Wednesday, December 24

Christmas Eve Mass
3:30 PM in the Newman-Benson Chapel at Lyngblomsten.



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



Please help us be a good steward of resources. If you are receiving multiple copies or wish to be removed from our mailing list, please call (651) 632-5324 or email mailinglist@lyngblomsten.org.

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**CHANGE SERVICE
REQUESTED**



This Christmas, experience the joy of enhancing lives

These are examples of what your gift money could fund:

- \$25 provides a Christmas gift for a resident or tenant
- \$50 provides a scholarship for Artful Living classes or outings
- \$100 provides two days of renewal through *The Gathering*
- \$500 or more provides essential transportation services

Make a gift to the _____
**Lights for Lyngblomsten
Year-End Campaign**
coming November 12, 2014

Visit www.lyngblomsten.org/donate
to spread the joy!

The Lyngblomsten Foundation is a 501(c)(3) nonprofit organization,
and gifts are tax deductible as provided under regulations.

