

Lyngblomsten Lifestyle

Winter | Spring 2013

***Christ has no body
on earth but yours,
no hands but yours,
no feet but yours.***

— Saint Teresa of Avila



STORIES OF LIFE:
*Living Our Mission—
Influenced by Christ*

MORE IN THIS ISSUE:
New Initiative for Parkinson's Disease
An Older Adult Ministry Litmus Test

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Letter from the Editor

December 14, 2012

Dear Readers,

As this edition goes to press, we are on the verge of the end of the world predicted for December 21. Apparently, I have some skepticism about that actually happening because we've prepared this first edition of *Lyngblomsten Lifestyle* for 2013. If you're reading this letter, it must mean we've survived!

As we launch into the new year, I am excited about the themes we'll be highlighting in our three editions. For the past few years, we've focused on stories related to our guiding principles (see page 18). We'll continue telling stories, but this year we'll lift up a different part of our identity—our *brand pillars*:

- Influenced by Christ
- Resources & Support
- Innovation & Leadership
- Engaged Lifestyle
- Person-Centered & Dignity-Enhancing Experiences

The pillars are key values upon which our organization stands. In this edition, we focus on our pillar of *Influenced by Christ* and attempt to share what that means as we strive to achieve our mission of enhancing the lives of older adults.

We invite you to stay connected with us between editions. The best way to do that is by joining us on Facebook at www.facebook.com/Lyngblomsten. There you can experience the little joys and news items from around our organization as well as other general content designed to make your day just a little brighter. See the back cover for a special feature you can enjoy during the month of February.

May your 2013 be filled with many blessings—both given and received,

Patricia A. Montgomery | Editor

P.S. Starting with this edition we are incorporating some of the content from the former volunteer newsletter, *The Lyngk*. As that publication's content changed over recent years to match the combined efforts of Volunteer Services and the Lyngblomsten Foundation, it ultimately came to serve essentially the same audience as this magazine.



Lyngblomsten Lifestyle is published by the Marketing Communications Department in cooperation with the Lyngblomsten Foundation/Community Engagement.

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

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On the Cover: Volunteer Dave Youngren serves as “the hands and feet of Jesus” as he helps transport care center resident Barbara Wright. Read “Living Our Mission” on page 3 to learn more about how the influence of Christ is seen at Lyngblomsten.



Living Our Mission

by Christina Rhein

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.

—Lyngblomsten’s Mission Statement

Lyngblomsten’s mission statement strives to follow Christ’s example to love one another, to serve others, and to seek life in all its fullness. While Lyngblomsten sets out to live its mission fully, the influence of Christ is a foundation for all we do. So what does it really mean to be an organization influenced by Christ?

“*Influenced by Christ*’ isn’t just three little words in our mission statement,” shared Patricia Montgomery, Director of Marketing Communications & Church Relations for Lyngblomsten. “The belief is central to all Lyngblomsten does, not just today, but from the very beginning more than a century ago. It’s a pillar upon which we stand.” Although the phrase “mission statement” doesn’t appear to have been used at the time, the Norwegian women who founded Lyngblomsten in 1906 clearly documented that their purpose was to create a Christian home for the elderly. “I’ve never worked anywhere else where the organization’s mission statement was truly known and embraced like it is by all those who serve through Lyngblomsten.”

As we take a closer look at the influences of Christ throughout the Lyngblomsten community, it is evident that the Christian spirit is everywhere.

LOVE ONE ANOTHER

John 15:12 “This is my commandment, that you love one another as I have loved you.”

Christ has called us to love and care for one another, and those involved with Lyngblomsten make that part of our mission very clear. “There’s so much love and community, and so many acts of compassionate care that take place at Lyngblomsten each day, it’s impossible for us not to see Christ present here,” expressed Rev. Martin Ericson, Senior Pastor at Como Park Lutheran Church (a Lyngblomsten

corporate congregation). Pastor Ericson grew up with Lyngblomsten in the family background, and his father chose Lyngblomsten as a residence for the last seven years of his life. Additionally he has known more than thirty congregants who lived here. “Lyngblomsten has been a wonderful caring community for family, friends and parishioners my whole life long.”

Love for one another is often best displayed in our actions toward them. Carol Baker, a long-time Lyngblomsten volunteer and former employee, described her volunteer work as a ministry, and of those she serves, “They [the residents] just want somebody to come in and show they’re loved. It’s such a sacred place to be able to volunteer, and to give that kind of attention and care—not as a family member, not getting paid for it—but simply because you see that as being the tangible form of love. In the end, we are only asked to love one another.”

The testimonies of the care and compassion by those who call Lyngblomsten home are probably the most rewarding to hear. Verona Schiller, a tenant at The Heritage for over six years now, asserted, “This place is just my home, of course. I feel comfortable here and want to be cared for by these people who are really following the Lord’s work.” She shared that when she first moved to Lyngblomsten and talked to those she passed in the halls, “I immediately got the same impression that they were all satisfied and happy to be here. And I’ve tried to give that same feeling to people who are coming in now too—to let them know that this is a really God-given place!” A care center resident, Marjorie Martens, has had a similar experience living at Lyngblomsten, agreeing that, “It’s like a second home. Everybody around here is so friendly. I walk down the halls and everyone always says hello.”

continued on page 4

THE HANDS & FEET OF JESUS

Matthew 20:28 “Just as the Son of man did not come to be served, but to serve, and to give his life as a ransom for many.”

Being the hands and feet of Jesus means we serve the needs of others first and at all times. Serving others is not so that we will be recognized, but so that others will recognize God through our actions.

The humble and helpful volunteers at Lyngblomsten have these same attitudes and mindsets. They serve freely and joyfully, giving their time and sharing their talents. Baker helps transport physical therapy (PT) and occupational therapy (OT) patients. “A lot of people don’t like transporting. I love transporting, I love it!” she exclaimed. “I especially like assisting for PT and OT patients because you see the incredible work they do, and you can be a cheerleader for all of them! I love the challenges.” Dave Youngren (pictured on cover), another transport volunteer, explained, “I find that with escorting people to rehab, it’s very rewarding because you know they’re very thankful. To be thanked by someone that I’m pushing to rehab, I think it’s really rewarding.” It is not uncommon to hear both volunteers and employees alike at Lyngblomsten say that they gain much more than what they give.

“Christ has no body on earth but yours, no hands but yours, no feet but yours.

Yours are the eyes through which Christ’s compassion for the world is to look out; yours are the feet with which He is to go about doing good; and yours are the hands with which He is to bless us now.”

—Saint Teresa of Avila

The employees who serve at Lyngblomsten also act as the hands and feet of Jesus too. For many, it is more than just a job, and their acts of service become holy when done from a place of love and grace and gratitude, no matter what their religious background is. Rev. Pam Stofferahn, Senior Pastor at Redeemer Lutheran Church (a Lyngblomsten corporate congregation) in White Bear Lake, although not a Lyngblomsten employee, has been a witness to the work being done. “It just seems like there are qualities and characteristics in those staff members I’ve come to know that you could say are Christ-like. Compassion and caring and dedication and devotion to the cause, and that they care deeply about what they do,” she reflected. Rev. Kelley Bergeson, Director of Spiritual Care at Lyngblomsten, added that volunteers and employees are not the only people who serve at Lyngblomsten. “I also learn from our residents. They teach me and share with me how Christ has influenced them. And so it comes back to me and I am blessed,” Kelley said humbly. “So I don’t do my work alone—I do it with Christ and with them. They pass on their faith to me and I also see how residents minister to each other,” she said.

At Lyngblomsten it is recognized that all who serve, no matter what their role, have a purpose and unique God-given gift to share. All of these gifts, skills and talents working together are seen as precious opportunities to serve others. Volunteer Wayne Craig is known for his positive attitude and ability to make everyone smile. “We’re all here for a reason—to make somebody’s life a little better. And that’s why the one thing I like to see more than anything is a smile on their face!” said Craig, with a smile on his face too. Youngren added, “It makes you aware of what God has provided for us and what we can do for others. I think that’s very obvious at Lyngblomsten. There are a lot of opportunities here if you are willing to share your time and your abilities.”

Mother Teresa once said, “Preach the gospel, and if necessary, use words.” By acting as Christ did, those who serve at Lyngblomsten are in essence preaching the gospel through their actions.

LIFE IN ALL ITS FULLNESS

John 10:10 “I have come to give you life, life in all its fullness.”

Giving us life in fullness was the purpose for which Jesus came to the earth. Lyngblomsten honors fullness of life by caring not only for the mind and body, but also for the spirit. Nourishment of the soul is often a great source of joy, peace and happiness. One way of tending the spirit is through the spiritual care programs at Lyngblomsten (learn

more about spiritual care on page 6). While there are many ways the Spiritual Care Department provides compassionate support of the dying, Rev. Bergeson emphasized that their work focuses on support of the living. She stated the importance of building relationships and friendships with everyone, regardless of their participation with spiritual care programs.

Rev. Harry Stephenson, a chaplain at Lyngblomsten remarked, "What amazes me the most is that the residents are so transparent when it comes to sharing their stories—stories that incorporate their spiritual journey...inviting us to walk with them on their journey as they're here. Their faith is still growing even though their health may be declining. We have an opportunity to help nurture that, and it's quite an honor."

"It's like you're focused on the world beyond yourselves. It's about how Lyngblomsten can make a difference. In that, you really do live out your mission."

— Pastor Pam Stofferahn

And although Lyngblomsten is motivated by Christian faith, there is respect, understanding and acceptance of all faiths. "We embrace diversity and accept everybody," said Rev. Bergeson, "All their different personalities, backgrounds, faiths—we just love them all." Baker also praised Lyngblomsten's diversity and shared that, "I'd rather say I'm going to live out my faith in the way I act and treat people than to force my beliefs upon others."

Beyond our Saint Paul campus, Lyngblomsten is formally partnered with 31 Christian congregations across the Twin Cities through which we support each other's ministries. Additionally, through our senior ministry development efforts and our community-based services programs, many other congregations are connected to our mission of enhancing the lives of older adults. For example, congregation-based volunteers model the teachings of Jesus through their work with Care Team Ministry (non-medical supportive services such as shopping and light housework) and The Gathering (group program for those living with memory loss plus respite for their caregivers). "With the Age Wave upon us in our communities and churches, the needs—and the opportunities—are expansive," Montgomery said.

Lyngblomsten's notable efforts to live out what it means to be an organization influenced by Christ are insightfully summed up by Pastor Stofferahn: "It's like you're focused on the world beyond yourselves. It's about how Lyngblomsten can make a difference. In that, you really do live out your mission." **L**

DID YOU KNOW ...

In the spring of 1989, a Corporate Identity Task Force developed a new mission statement:

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

Approximately one year later, a pastor conducting a baptism in the chapel suggested that Lyngblomsten add **"Influenced by Christ"** to our mission statement. On April 30, 1990, the board voted to ammend this phrase, and it remains in our mission statement today.

Lyngblomsten Parish Nurse Ministry Resource Group Grant Recipients

The following congregations participating in the Lyngblomsten Parish Nurse Ministry Resource Group were awarded grants to enhance existing parish nurse or health ministry programs or to begin a new program.

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

Grant project: Provide education and training for support group facilitators.

St. James Lutheran Church, West St. Paul
Shirley Hess, RN, Parish Nurse

Grant project: Begin a new parish nurse ministry program.

Salem Lutheran Church, West St. Paul
Louise Nesdaal, RN, Parish Nurse

Grant project: Provide healthy eating education, including food preparation.

Transfiguration Lutheran Church, Bloomington
Pat McMullen, RN, Parish Nurse

Grant project: Promote healthy eating and exercise.

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

To learn more or to find out how to join, contact: Mary Nordtvedt, RN at (651) 999-2592 or visit www.lyngblomsten.org/parishnurse.

Grant funding was provided by the Lyngblomsten Foundation.

Spiritual Care

at Lyngblomsten

Lyngblomsten is blessed to have two chaplains on staff, Kelley Bergeson and Harry Stephenson, to foster spiritual wellness for residents and tenants on campus. Lyngblomsten recognizes that spiritual care plays an important role in restoring health and maintaining wellness. Our chaplains provide compassionate support for the living and dying and are available to respond in times of loss and crisis as well as in times of personal joy and celebration. Support is offered to all, regardless of faith tradition or culture.



Chaplain Kelley Bergeson leading a Bible study session in the care center.

Lyngblomsten offers spiritual care in a variety of ways. Some of our spiritual resources include:

- Devotionals
- Weekly Mass (in partnership with Holy Childhood Catholic Church)
- Sunday worship service (ecumenical)
- Bible studies
- Spiritual assessments and chaplain visits
- Grief support groups
- Devotional reading materials

There are also many special practices in place to provide compassionate support of the dying. One example is our *Volunteer Comforters*, who help provide a compassionate presence to residents when family cannot be present. There is also a “butterfly cart” available for families and residents to use, containing a CD player/CDs, comforting prayers and Scriptures, a Bible, rosary, candle, and prayer shawl.

To learn more about Spiritual Care, contact:



Rev. Kelley Bergeson, (651) 632-5376
or kbergeson@lyngblomsten.org



Rev. Harry Stephenson, (651) 414-5296
or hstephenson@lyngblomsten.org

What is Lyngblomsten?

“On-the-Spot Talk” a.k.a. Elevator Speech

When you’ve been out and about and mentioned the name “Lyngblomsten,” have you ever faced this:

“Lyngblomsten! What’s that?”

The most basic correct answer is:

“A senior care organization.”

(NOTICE: NOT “a nursing home.”)

The preferred answer is:

“Lyngblomsten is a Christian non-profit organization that enhances the lives of older adults through healthcare, housing, and community-based services.

The more time you have with someone, the more detail you can share.

For example, I [work/volunteer/etc.] in _____ [or my mom/dad/aunt/etc. lives in (name of building) or participates in (name of program)]. We try hard to: [share something with which you are familiar/involved through Lyngblomsten that exemplifies a person-first experience, promotes dignity, or generally enhances the quality of life for older adults or their families].

Because the values of Lyngblomsten are rooted in Christ’s call to “love thy neighbor as thyself,” we seek to answer this call through compassionate service to older adults and concern for their well-being, wherever they may be on life’s journey.”

Angels Among Us

By Melanie Davis, Director of Volunteer Services & Corporate Engagement

Each Sunday morning at Lyngblomsten, some 150 residents and tenants gather for worship in the Newman-Benson Chapel. While chaplains Harry Stephenson and Kelley Bergeson provide pastoral leadership for the service, there is a lot of behind-the-scenes support that volunteers provide to facilitate the welcoming and attendance of worshipers. Through a combination of weekly worship volunteers and monthly “Worship Wheelers” congregational volunteer teams, attendees who use wheelchairs have the timely and friendly assistance that they need to attend worship.

Claire Chen (14) and her sister Amanda Chen (17) both volunteer their time as transporters on Sunday mornings. With busy school schedules, Sunday is the best time for the sisters to regularly volunteer. With no grandparents in the country, Amanda says, “It is very nice to have this special connection with older adults.” Claire and Amanda work in concert with Laura Hamrick, another regular Sunday morning volunteer. On a typical Sunday morning, Laura is up in the neighborhoods helping to transport residents to the elevators and Claire and Amanda are there on the first floor to greet them and to wheel them to the chapel. Every Sunday, with bright smiling faces, the girls greet the residents, who immediately recognize them. “There are the angels!” routinely exclaims one resident as she sees the girls. “One lady even kissed my hand,” said Claire. “It feels really nice to help. We bring them such a short distance, but they are so loving and appreciative.”

The volunteer trio is regularly joined by teams from some of our partner congregations, including volunteers who come from First Lutheran Church in White Bear Lake on a monthly basis. Burt and Jean Bertram are two of these members who’ve been coming for years. “Assisting on Sunday mornings is an important expression of our faith,” says Jean. They know the importance of the added assistance as well as the extended sense of community that their presence provides.

We often think of angels as heavenly winged beings protecting, comforting and bringing good news. In the wisdom of an elder resident who expressed it so well, angels also come in human form, such as our Sunday morning volunteers. Although they have no wings, they are light on their feet and are guardians of the faith as they ensure that our residents and tenants are able to connect each Sunday with their faith community and to hear the comforting words of the Good News. [L](#)



Community, Education, Wellness & Fun for Life

The 5-5-1 Club is a program proudly sponsored by Lyngblomsten, promoting wellness and fun through social, cultural, and educational programs for people age 55+ working or living near the 551 zip code areas. **Everyone from the community is welcome!**

Check out the new booklet of January & February 2013 programs and events, presented by the 5-5-1 Club.

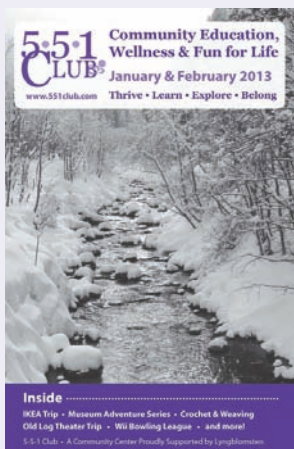
Download a copy of the booklet at www.551club.com/booklet, or call (651) 632-5320 to request a paper copy. The March & April booklet will be posted approximately February 4.

Opportunities Preview:

- Wii Bowling League
- Writing Your Memoir
- Minnesota State Capitol Tour
- *Perfect Wedding* at Old Log Theater
- books • cheese • wine
- Twin City Model Railroad Museum

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

Online: www.551club.com • www.facebook.com/551club



Lyngblomsten's Corporate Congregations

Lyngblomsten is partnered with Christian congregations across the Twin Cities. Each partner church signs a covenant with Lyngblomsten affirming the mutual commitment to provide for the needs of older adults, a task that is inherent in the mission of the Church and clearly expressed in Lyngblomsten's own mission.

The following symbols represent the Lyngblomsten programs utilized in the churches:

CTM=Care Team Ministry

CW=Community Wellness Health Checks

PNRG=Lyngblomsten Parish Nurse Resource Group

TG=The Gathering (site)

TG¹=Non-site Gathering partner

551=5-5-1 Club program site

*In the list below, the **year** indicates when the church became a corporate congregation.*

Amazing Grace Lutheran
Inver Grove Heights, 2007
TG¹

Augustana Lutheran
West St. Paul, 2002
CTM, PNRG, TG, 551

Bethlehem Lutheran in the Midway
St. Paul, 1962

Calvary Lutheran
St. Paul, 1962

Cathedral of Saint Paul
St. Paul, 1996

Centennial United Methodist
Roseville, 2000 **CTM, PNRG, TG**

Christ Lutheran on Capitol Hill
St. Paul, 1961

Como Park Lutheran
St. Paul, 1960 **CW, PNRG**

Falcon Heights United Church of Christ
Falcon Heights, 1999 **CTM**

First Lutheran
White Bear Lake, 1998
CTM, CW

Gloria Dei Lutheran
St. Paul, 1985

Gustavus Adolphus Lutheran
St. Paul, 1988 **CTM, CW, 551**

Holy Childhood Catholic
St. Paul, 1991

Hope Lutheran
St. Paul, 1962 **CW**

Immanuel Lutheran
St. Paul, 1960 **CTM, CW**

Incarnation Lutheran
Shoreview, 1990 **CTM**

Jehovah Lutheran
St. Paul, 1995 **CTM, PNRG**

Lakeview Lutheran
St. Paul, 1960

Lutheran Church of the Redeemer
St. Paul, 1998

North Heights Lutheran
Roseville/Arden Hills, 1975

Oak Knoll Lutheran
Minnetonka, 2007 **TG**

Prince of Peace Lutheran
Burnsville, 2008 **PNRG**

Prince of Peace Lutheran
Roseville, 1961

Redeemer Lutheran
White Bear Lake, 1960 **TG¹**

Roseville Lutheran
Roseville, 1975 **CTM, PNRG**

St. Andrew's Lutheran
Mahtomedi, 1991

St. Anthony Park Lutheran
St. Paul, 1960 **CTM, PNRG**

St. Mark Lutheran
St. Paul, 1962

St. Rose of Lima Catholic
Roseville, 1999

St. Timothy Lutheran
St. Paul, 1961 **CW, TG¹**


Salem Lutheran
West St. Paul, 1965
CTM, PNRG, TG

Lyngblomsten: A New Partner in the Struthers Parkinson's Care Network

by Brenda Johnson, RN, BSN—Director of Nursing

The Park Nicollet Struthers Parkinson's Center is a recognized leader in Parkinson's care, education and support, and Lyngblomsten is proud to announce that we are now part of the Struthers Parkinson's Care Network pilot project. This Care Network brings the expertise of Struthers to Lyngblomsten's continuum of care. This relationship gives us additional insight into the complexities of Parkinson's Disease symptoms through advanced training and ongoing education. Through this training from Struthers, our staff can better recognize and understand the complex and often-changing symptoms of Parkinson's, leading to enhanced communication and care. In addition, our staff have received specialized training in medication management and falls prevention.

Lyngblomsten has just launched a new support group for caregivers and people living with Parkinson's or other movement disorders. You can find the details about this Parkinson's group on page 9.

If you would like more information about how our Parkinson's care is evolving, please contact Brenda Johnson, Director of Nursing at (651) 632-5387 or bjohnson@lyngblomsten.org. 

Resource Roundtable

Support Groups at Lyngblomsten

New! Parkinson's Disease Support Group

For caregivers and people living with Parkinson's or other movement disorders.

1-3 PM • 1st Thursdays of the month • FREE

This is an informal, self-directed group facilitated by social workers, for persons with Parkinson's Disease (at any stage) and their caregivers, family and friends. The purpose is to share information and offer mutual support in a spirit of self-acceptance. No reservations needed. Come as often as you are able.

Location: The Heritage at Lyngblomsten
1440 Midway Parkway, St. Paul, MN 55108

Questions or for more information:

Leigh Emmerich, LSW, (651) 632-5370 or
lemmerich@lyngblomsten.org
Online at www.lyngblomsten.org/parkinsons

Caregivers Support Group

Caring for yourself while caring for your loved ones.

1:30-3:30 PM • 2nd & 4th Wednesdays of the month • FREE

Sessions include a brief education component, time to gather resources, and time to talk. Support yourself and others in the journey of caregiving. No reservations needed. Come as often as you are able.

Location: The Heritage at Lyngblomsten
1440 Midway Parkway, St. Paul, MN 55108

Questions or for more information:

Deb Bowman, RN, (651) 632-5335 or
dbowman@lyngblomsten.org
Online at www.lyngblomsten.org/wellness

Vision Loss Support Group

10-11 AM • 3rd Mondays of the month* • FREE

Does vision loss impact your daily activities such as reading, cooking, watching TV, and recordkeeping? Come for information, resources, and support for dealing with vision loss. No reservations needed. Come as often as you are able.

Location: 5-5-1 Club, lower level of the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108

Questions or for more information:

Deb Bowman, RN, (651) 632-5335 or
dbowman@lyngblomsten.org
Online at www.lyngblomsten.org/wellness

**In February and March, there are special vision loss classes (see below) held in place of regularly scheduled support group meetings. All are welcome!*

Monday, February 18 • 9:30-11 AM Independent Living with Vision Loss

The focus of this class is to show people who are experiencing vision problems (minimal or great) how to perform daily tasks using a variety of adaptive techniques and products so they can maintain the lifestyle of their choice. Presented by *Vision Loss Resources*.

Monday, March 18 • 9:30-11 AM Basics of Magnification

Come and learn the differences between a variety of magnifiers that are available for people with vision loss. Bring your magnification devices and get professional help. *Vision Loss Resources* will bring a variety of magnification devices for you to test and see what works best for you.

Save the Date for the 2013 Lyngblomsten Foundation Spring Benefit

An Evening in the Emerald City

Friday, April 26, 2013

The Town & Country Club | 6:00 PM

Find more details soon at www.lyngblomsten.org/Benefit2013

Lyngblomsten Scrapbook



Husby Memorial Concert

Michael and Shirley Santoro (left) performed on piano and violin at the Annual Husby Memorial Concert in September. This free concert is made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.

Newman-Benson Chapel 25th Anniversary

The Newman-Benson Chapel was rededicated on October 22.

Chaplain Kelley Bergeson led rededication prayers (right), and Rev. Lloyd Mart, former chaplain, shared special memories.



Sharing Scandinavian Traditions

Participants at the 5-5-1 Club learned how to make classic Scandinavian Christmas cookies at cookie-making classes (above). Some of the cookies made were donated to the Lyngblomsten Annual Scandinavian Cookie & Craft Fair held December 6 (right).





Chords of Joy

Talented young pianist and youth volunteer Jack Wahlquist (17) shares his gift of music in the care center lobby for all to enjoy.

Nieces of the Founding Women

While on campus this summer, Agnes Schauerhamer and daughter, Beth Kuehn (above), pointed out three of Lyngblomsten's founding women to whom they are related: Mrs. H. Hasberg, Mrs. C. Bentzen, and Mrs. O.C. Thorpe. All three were Agnes' great aunts.



Celebrating the Magic

Lyngblomsten honored volunteers, donors and corporate sponsors at the Annual Supporters Recognition Event in November. A magic show performed by Matt Dunn dazzled the audience and got a few laughs when Paul Mikelson (President/CEO) and Dale Fagre (Chief Development Officer) participated on stage (left)!



A Cup of Christmas Tea

Author, illustrator and singer Warren Hanson kicked off the holiday season at Lyngblomsten as he delighted guests with music and readings at the annual "A Cup of Christmas Tea" event hosted by Lyngblomsten Home- and Community-Based Services.

Magician Matt Dunn entertaining guests during the social hour (right).



Influenced by Christ and Influencing Others

by Dale M. Fagre, Chief Development Officer

At Lyngblomsten, the three words *Influenced by Christ* are foundational in everything we do and stand for as we carry out the ministry of care and service to older adults. Of course, as humans, we are not perfect, but as Christians, Christ indeed influences our actions and activities.

In His living and by His example, we have learned through the Bible that Christ volunteered and donated Himself in a variety of ways. He volunteered by performing numerous miracles because of His love and empathy for others. He volunteered by making Himself available for others, including many of the lowest in society and those considered the greatest sinners including prostitutes, tax collectors, and murderers. He even welcomed the youngest children into His presence, which represented the most vulnerable. Christ even volunteered His life and made the ultimate donation to humankind: dying for our sins, and by His rising, those of us who believe in Him might live eternally in Heaven.

Those who volunteer and donate through Lyngblomsten perform many unselfish acts of kindness and support in so many ways that have a positive impact on older adults. Truly, their actions are *Influenced by Christ*. In November we had the opportunity to again recognize and thank these individuals at the Annual Supporters Recognition Event attended by more than 300. We are all grateful for their influence on the life of Lyngblomsten.

As one year sunsets and another one dawns, we have an opportunity to reflect upon how our lives have specifically been *Influenced by Christ*. It is a time of taking one's personal inventory. So, as we consider our New Year's resolutions, let's consider not only how we are *Influenced by Christ*, but also how we will influence others in 2013. [L](#)

Volunteer Opportunities to Help Support Lyngblomsten

Resident Support:

- Transport to in-house movies and concerts
- Play games, either active (like bowling) or board games
- Help residents shop at Target, meet at the store or ride the Lyngblomsten bus

"Behind-the-Scenes" Support:

- Fundraising: making calls during the Phonathon or organizing the Spring Benefit Fundraiser
- Help in the Gift Shop

Community Outreach Support:

- Drive the Lyngblomsten bus
- Host/Hostess for 5-5-1 Club events

For more details and other opportunities, call Lana Western at (651) 632-5357 or email the office at volunteer@lyngblomsten.org.

Fundraising Results

The Lyngblomsten Foundation reported that it raised \$560,700 during the fundraising year ended September 30, 2012. A total of 1,210 donors generously provided 1,814 gifts during this period. These results reflected an increase of 2.8% and 3.8% respectively from the same period last year.

For the first two months of the 2012-13 fundraising year through, the Foundation reported \$114,086 in donations from 312 donors who provided 372 gifts. This compares with \$58,922 received from 307 donors and 338 gifts for the same period one year earlier.

Thanks to all of our donors for helping support programs and services for the older adults Lyngblomsten serves!

Volunteer Hours Given
September • October • November:
7,087 hours

Corporate Volunteer Groups Assist with Holiday Preparations

From late November to mid-December, a steady stream of volunteers from area corporations decked Lyngblomsten halls with holiday décor, tied blankets for gifts, made holiday crafts with residents, baked cookies for the Annual Scandinavian Cookie & Craft Fair, and wrapped 400+ Spirit of Giving gifts for residents and tenants on campus.



Target volunteers decorating The Heritage lobby

These genuine acts of service touch the hearts of staff and residents alike. “A tenant walked by me today as Target was here decorating and said, ‘It looks like Santa was here,’” shared Jill Hult, Manager of the Lyngblomsten Apartments. “With the help from groups who come and

share the spirit of Christmas with the tenants and the staff, it warms my heart. The physical work that they do is so vitally important but is not the only important piece. The interaction between the tenants and volunteers and the conversations that occur is equally important.”

These experiences provide rich memories for the volunteers as well, with several groups returning from previous years. “What a great way to spend an afternoon, chatting and laughing with the fascinating residents at Lyngblomsten. A great and fun experience, as always,” shared Mateusz, a volunteer from Target.

The holiday spirit of corporate generosity spread off campus as well. A volunteer team baked cookies in a Target commercial kitchen in support of the Annual Scandinavian Cookie & Craft Fair. “It is exciting to see corporations using their resources and expertise to support organizations like Lyngblomsten,” said Melanie Davis, Director of Volunteer Services and Corporate Engagement.

A heartfelt thank you to the 109 volunteers from the following corporations that assisted this holiday season:

Medtronic

Target

UnitedHealthcare

U.S. Bancorp

Looking for a team-building experience for your corporate group? Explore the year-round possibilities with Lyngblomsten. Whether exploring a one-time opportunity or an ongoing relationship, let us work with you to find the right fit. Please contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358 to discuss how your team can make the difference in the lives of older adults.

Artful Living with Lyngblomsten™

MacPhail & The Gathering Partnership

MacPhail Center for Music has received funding from the Minnesota State Arts Board to launch a new partnership between MacPhail Music for Life™ and Lyngblomsten’s *The Gathering*. Through this partnership, music programming will be provided to program participants, their caregivers, and program volunteers at all nine group respite sites. One of the program goals is to provide cognitive stimulation through music activities to program participants. During this yearlong project, MacPhail will also adapt and refine their curriculum specifically for use with those experiencing early- to mid-stage memory loss.

VocalEssence: Choral Pathways presents ...

In February, the extraordinary legacy of African American contralto Marian Anderson will be explored through the annual WITNESS concert, a music appreciation workshop, and sing-along session of African American spiritual and folk songs. These events are FREE and open to all age 55+. Events are made possible by a grant through the Minnesota State Arts Board.

- **Mon., February 4, Music Appreciation Workshop**
10–11 AM, Newman-Benson Chapel at Lyngblomsten
- **Mon., February 11, Sing-Along Session**
10–11 AM, Newman-Benson Chapel at Lyngblomsten
- **Sun., February 17, WITNESS: Marian Anderson Concert**
4 PM at the Ordway Center for the Performing Arts

See the events calendar on pages 18 and 19 for more details and registration.

An Older Adult Ministry Litmus Test

by Ethan Cook, Ministry & Media Specialist

“The post-war baby boom caught the church without a strategy for dealing with the sudden influx of people whom the media began to call ‘teenagers’,” writes Mark Senter in his book *The Coming Revolution in Youth Ministry*.

What Senter describes is not just a single cultural occurrence involving the influence of the baby boomers, but an ongoing cultural trend of attempting to keep up with, market to, and utilize this expansive demographic. As these once post-war babies have aged from adolescence to early adulthood to having families of their own, much of our culture has molded to their wants and needs. Now boomers are entering into older adulthood, and the targeted marketing and interest has followed them. However, amid the pharmaceutical and sport utility vehicle advertisements, Ann Taylors, and The Golf Channel, a voice seems largely absent and again without a strategy for reaching and tapping the potential of this demographic in their new life stage. That voice is the church.

Many churches have older adult or senior ministries, but more often than not, these ministries mimic a similar programming model consisting of card clubs, potlucks, ushering duties, knitting circles, and health-care speakers. These are valuable ministries, and they, too, have their purpose and place in the life of a church and its congregation. What the flood of older adult baby boomers does is it sheds light on whether ministries with potlucks and card clubs are adapting to and engaging the “new old” boomers (and even those already in the 65+ category) in ministry opportunities effectively.

Evaluating and addressing the needs of the aging boomer demographic provides an opportunity for the church, not to neglect, forget, or eliminate previous older adult ministries, but to critically examine its ministries’ designs and target audiences altogether. Are things working? Who are we reaching? Who aren’t we reaching? Why? These “new old” boomers are a ministry litmus test—inspiration and motivation to further the impact of the church’s ability to guide and support older adults in deeper fellowship and faith. **L**

Study Confirms Seniors Look to Churches for Opportunities and Assistance

by Patricia Montgomery

In 2012 Lyngblomsten worked with a research firm to conduct a study about older adults living independently to find out their interests and current levels of activity and involvement outside of their home, including their involvement with faith communities. We wondered: How often are they getting out? Are they getting out as often as they would like; why or why not? Are they getting their needs met? Where do they turn for information about resources and opportunities? Do they associate with a faith community? If so, do they feel important—are they getting their needs met there? We were looking for insights that would help us with future planning for our work with churches and our community-based programs.

Our survey was completed via telephone with 350 residents of Ramsey County, age 65+, who are living independently (described as living somewhere where they are responsible for cooking all their meals).

68% affiliate with a church/faith community.

- 60% strongly agreed that their faith community is senior friendly.
- 44% strongly agreed there are enough programs of interest to them.
- Men were less likely to describe their faith community in those ways.

64% said they would turn to their church on a regular basis for information about services or activities available to them.

The other related question was, “If something were to happen to your health or financial condition where you’d lose some of your independence, how likely would you be to turn to the following people or organizations for help?”

55% said they would be “very likely” or “likely” to turn to their church (or a church). Church ranked #3, behind family (#1) and friends (#2) for where folks would turn for help.

So, our question for churches is, **ARE YOU READY to help?** Do you have programs and opportunities that are of interest to this 65+ group? How can people who might not attend worship regularly learn about your opportunities or resources? Do you have your own resources at the church, or do you truly know what resources are in your neighborhood where you could refer folks when they are seeking assistance? **L**

For more ideas and information, visit us online at
www.lyngblomsten.org/SeniorMinistry

Staying in Control of Driving & Getting Around Safely

Two exciting educational series will be offered this April discussing safe driving and community mobility. Specially trained graduate students will be facilitating the sessions under the guidance of Catherine Sullivan, occupational therapy faculty at St. Catherine University.

Safe Access to Destinations

This program is aimed at seasoned drivers, family members and staff. The series will consist of three 2-hour interactive educational sessions on topics including: training the brain and the body to reduce risk, ways to evaluate driving skills, and how to stay in control of driving decisions.

The Safe Access to Destinations program is sponsored by St. Catherine University, Augustana Lutheran Health Ministries and Lyngblomsten's 5-5-1 Club.

Dates & Location:

Thursdays, April 11, 18 and 25
1:00–3:00 PM at Augustana Lutheran Church
(1400 South Robert Street, West St. Paul 55118)

Registration is required and sessions are limited to 15 participants. Cost is \$10. For more information or to register, please contact the 5-5-1 Club at (651) 632-5330 or Mary Nordtvedt, Parish Nurse at Augustana Lutheran Church at (651) 457-3373.

At the Crossroads

This program was developed by The Hartford and MIT AgeLab for family members and friends of older drivers who are experiencing memory loss, potentially affecting their driving. The series will consist of three 2-hour interactive sessions which will equip participants on ways to handle driving-related issues with their loved ones.

At the Crossroads is sponsored by St. Catherine University and Lyngblomsten's 5-5-1 Club.

Dates & Location:

Thursdays, April 11, 18 and 25
4:00–6:00 PM at the 5-5-1 Club (lower level of the Lyngblomsten Campus at 1415 Almond Ave., St. Paul)

Registration is required, and sessions are limited to 15 participants due to the support group format. Cost is \$10. For more information or to register, please contact Deb Bowman, RN at (651) 632-5335 or dbowman@lyngblomsten.org.

Lights for Lyngblomsten



The Lights for Lyngblomsten festivities on December 4 began with the Annual Lyngblomsten Corporate and Foundation Board Social. Later Santa and Mrs. Claus (volunteers Jim and Rose Preimesberger) posed for pictures with residents, tenants and guests, thanks to Jim Nash, our volunteer photographer.

Over 200 guests attended the tree-lighting program in the Newman-Benson Chapel. The *Sing for Life* Singers led by our friends from MacPhail Center for Music, Jeannie Brindley-Barnett and Jeanne Bayer, sang several songs. The *Sing for Life* Singers include Lyngblomsten tenants and residents and is one of the offerings of our *Artful Living With Lyngblomsten™* program. The crowd enjoyed singing numerous Christmas tunes and was treated to an original Christmas poem written from memories Board members had shared.

For the fifth year, a new Shining Lights of Lyngblomsten banner was displayed outside the chapel with about 3,000 names of donors, volunteers, residents, tenants, churches, corporate partners and others who have been part of the Lyngblomsten family in 2012. Finally, it was noted that over 165 families had already generously given \$15,000 in honor or memory of a loved one for the Lights for Lyngblomsten campaign. Thank you to everyone who participated. [L](#)

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

May 15, 2012 through November 30, 2012



In Memory of

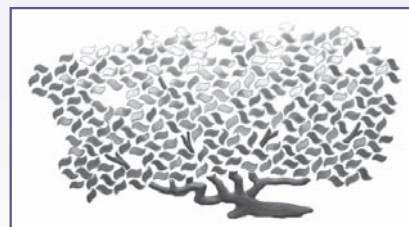
Mary T. Abraham
Helen J. Adams
Phyllis Anderson
Gale Anderson
Donald Anderson
Kenneth Arcand
Adine Aurelius
Lyle Baker
Norma Bartlett
Esther Bentley
Roman Borkan
Alice Busta
Barbara Burrow
Clarence Bushinski
Lawrence and Eleanor Busse
Dolores Carlson
Rose Carlton
Helen Christensen
Margaret Clemment
Lulu Coury
Clarence Dennis
Muriel Dostal
Clifford Duehlom
Merle Erickson
Lee Fallon
Clara Fehr
Harold Fehr
Raymond Fisher
Al Fortmeyer
Vivian Foss
Neal Fries
Dorothy Gebhart
John Duncan Gibson
Mary Godby
Joe Gorecki
Ulysses Grant
Eileen Greeman
Lorraine Grostyan
Leo Guertin
Helen Haley
Dean and Charlotte Hamer
Dorothy and George Hansler
Lois Harder
Alice Hillstrom
Fern Hokanson
Hazel Hultquist
Nettie Iverson
Muriel Jacobson
Delores Janis

Harriet Jansen
Les and Marion Johnson
Melvin Johnson
Rev. Winfield Johnson
Mary Johnstone
Alfred Jones
Mary Lou Karp
Mary Klansek
Bettie Knutson
Florence Krupich
Annella Langer
Mary Ellen Larsen
Paul Larson
Esther Lindberg
Helen Lokensgard
Mary Louise Mart
Doug McClellan
Bob McElroy
Don Mielke
Dorothy Moran
Dick Myers
Delphine Nash
Louis Nash
Lois Obrestad
Lorraine Oster
Signe Ovre
David Parker
Lorraine Pederson
Gerry Perlich
Bertha Peterson
Bob Pooler
Florence and Herman Preus
Mary L. Prescott
Elwood Rafn
Eugene Richter
Carl Ristrom
Susan Richter
Elfie Robey
Eloise Salminen
Edith Samuelson
Bruno Schiller
Douglas Schwab
Marvin Severson
Olga Skobba
Nadine Smith
Helen and Clyde Starkey
Ted and Joyce Stoerker
Betty Sundheim
Virginia Swedeen

Licia Tellegen
Al & Ellie Torgeson
Emma Tretsven
Forrest Vance
Rose Veum
Lucille Volkmann
Ramona Walden
Paul A. Weibel
Loretta Weitzel

In Honor of

Esther and Elder Bentley
Veronica Davis
Mary Dennis
Owen Foss
Don Griffiths
Letha Gulbrandson
Joyce Gustafson
Earl Hobbs
Pearl Hoppe
Eileen Mayr's 90th Birthday
Aileen Melbostad
Don Mielke
Paul Mikelson
Carol May Heed Sather
Gifford Ovre
Don & LaDonna Schultz's
50th Wedding Anniversary
Rosemary Reynolds
Dorothy Stach
Mary Venne
Ariel Ronning
Nina Wadlund's 100th Birthday



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, contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.

Wellness for Life

Education & Resources

A Matter of Balance: Managing Concerns About Falls

Many people over 50 experience concerns about falling and restrict their activities. *A Matter of Balance* is an evidence-based approach to effectively manage falls and increase physical activity levels in older adults.

During the program participants learn to:

- View falls as controllable and preventable
- Set personal goals for increasing physical activity and reducing the risk of falling
- Make environmental and other changes to reduce one's risk at home and outside
- Exercise safely to increase strength and balance (Exercises are done for approximately 1 hour beginning the third week)

Wednesdays, January 23 – March 13 (8 weeks)

9:30–11:30 AM at the 5-5-1 Club

Lower level of the Lyngblomsten campus at 1415 Almond Ave., St. Paul 55108

Fee is \$25. To register, call the 5-5-1 Club at (651) 632-5330 by Thursday, January 17. If you have questions about if this program is right for you, contact Deb Bowman at (651) 632-5335.

Wellness for Life Health Talks

Health talks are held at the 5-5-1 Club located on the lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul 55108. Fee is \$2 at the door.

- Thursday, January 17: *Parkinson's Disease*, 1:30–2:30 PM
- Thursday, February 21: *Doing the Best You Can With What You Have*, 1:30–2:30 PM
- Thursday, March 21: *Communicating with your Healthcare Provider*, 2:00–3:00 PM
- Thursday, April 18: *Eating Right for Older Adults*, 2:00–3:00 PM

To learn more about what each health talk will include, visit www.lyngblomsten.org/calendar.

Dementia: Get the Facts

This is a FREE education series that offers strategies for living with purpose for people with dementia and their caregivers. The programs are appropriate for people with MCI (mild cognitive impairment) or early dementia. Each evening will begin with a supper, followed by an education program and time for questions.

Sessions will focus on information about memory loss, dementia and Alzheimer's disease, strategies to live safely and live well with a diagnosis, a look at legal and financial strategies, and a panel of people now living with dementia.

Tuesdays, February 26, March 19, April 23, May 28 & June 25

6:30 PM Supper, 7 PM Education Program

Mount Zion Temple, 1300 Summit Ave., St. Paul 55105

For more information, contact the Alzheimer's Association at (952) 830-0512 or visit www.alz.org/mnnd

Lyngblomsten is proud to be one of the sponsors for this series.

Medical Equipment Lending Library

Lyngblomsten offers a lending library of medical equipment. Please note that the equipment in the lending library has been used and donated.

We typically have the following items in stock:

- Walkers
- Shower chairs
- Crutches
- Wheelchairs
- Canes (various types)
- Bedside commodes
- Raised toilet seats

Equipment is loaned FREE of charge. Call to make arrangements before coming.

Donations: We always have a need for donations so that we can continue to meet the needs of the community. Contact Deb Bowman at (651) 632-5335.

For questions or to learn more about these wellness services, contact:

Deb Bowman, RN at (651) 632-5335 or dbowman@lyngblomsten.org, or visit www.lyngblomsten.org/wellness



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

Visit www.lyngblomsten.org for updates

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

Saturday, January 5

New Volunteer Orientation

10 AM – Noon. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org.

Thursday, January 10

books-cheese-wine: The Saint John's Bible

5:30 – 7 PM at the 5-5-1 Club. Presenter Gary Stoos will tell the story of The Saint John's Bible, the first completely hand calligraphed and illuminated Bible in 500 years. See and touch one volume of the Heritage Edition. \$5 if registered before 1/8 or \$8 at the door. To register: (651) 632-5330 or 551club@lyngblomsten.org.

Thursday, January 17

Wellness for Life Talk: Parkinson's Disease

1:30 – 2:30 PM at the 5-5-1 Club. \$2 at the door. See page 17 for details.

Wednesdays, January 23 – March 13

A Matter of Balance: Managing Concerns About Falls

See page 17 for details about these classes.

Monday, February 4

VocalEssence: Music Appreciation Workshop

10 – 11 AM in the Newman-Benson Chapel at Lyngblomsten; FREE

Learn about the extraordinary legacy of African American contralto Marian Anderson and the music she sang. Open to all age 55+. Questions or for more details: (651) 632-5357 or alinden@lyngblomsten.org.

Thursday, February 7

books-cheese-wine: One Woman Against the Reich with author Helmut W. Ziefle

5:30 – 7 PM at the 5-5-1 Club. The true story of Maria Ziefle's struggle to raise her children free from the hate-filled grip of the Nazi regime in Germany during WWII. \$5 if registered before 2/5 or \$8 at the door. To register: (651) 632-5330 or 551club@lyngblomsten.org.

Monday, February 11

VocalEssence: Sing-Along Session

10 – 11 AM in the Newman-Benson Chapel at Lyngblomsten; FREE

Participate in this this sing-along session of African American spirituals and folk songs. Open to all age 55+. Questions or for more details: (651) 632-5357 or alinden@lyngblomsten.org.

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

Wednesday, February 13

New Volunteer Orientation

6 – 8 PM. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org.

Sunday, February 17

WITNESS: Marian Anderson concert, presented by

VocalEssence: Choral Pathways

4 PM at the Ordway Center for the Performing Arts; FREE

Explore the extraordinary legacy of African American contralto Marian Anderson. Open to all age 55+. Reserve a ticket: (651) 632-5357 or alinden@lyngblomsten.org.

Bus transportation provided.

Monday, February 18

Vision Loss Support Group Special Presentation:

Independent Living with Vision Loss

9:30 – 11 AM at the 5-5-1 Club. See page 9 for details.

Thursday, February 21

Wellness for Life Talk: Doing the Best You Can With What You Have

1:30 – 2:30 PM at the 5-5-1 Club. \$2 at the door. See page 17 for more details.

Thursday, March 7

books-cheese-wine: Sisterhood of War with author Kim Heikkila

5:30 – 7 PM at the 5-5-1 Club. Sisterhood of War tells the stories of fifteen nurses from Minnesota who served in the Vietnam War and their struggles after returning home. \$5 if registered before 2/5 or \$8 at the door. To register: (651) 632-5330 or 551club@lyngblomsten.org.

Thursday, March 14

Transporting Essentials for Volunteer Drivers

6:30 – 8:30 PM at the 5-5-1 Club

Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. For cost and registration, contact Dorthea Doty at (651) 632-5333 or ddoty@lyngblomsten.org by March 11.

Saturday, March 16

New Volunteer Orientation

10 AM – Noon. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org.

Monday, March 18

Vision Loss Support Group Special Presentation:

Basics of Magnification

9:30 – 11 AM at the 5-5-1 Club. See page 9 for details.

Thursday, March 21

Wellness for Life Talk: Communicating with your Healthcare Provider

2 – 3 PM at the 5-5-1 Club. \$2 at the door. See page 17 for more details.

Thursdays, April 11, 18, & 25

Safe Access to Destinations

1 – 3 PM at Augustana Lutheran Church. See page 15.

At the Crossroads: Dementia & Driving

4 – 6 PM at the 5-5-1 Club. See page 15 for details.

Thursday, April 18

Wellness for Life Talk: Eating Right for Older Adults

2 – 3 PM at the 5-5-1 Club. \$2 at the door. See page 17 for more details.

Thursday, April 18

New Volunteer Orientation

6 – 8 PM. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org.

Sunday, April 21 – Saturday, April 27

Lyngblomsten Volunteer Appreciation Week

Details to be announced.

Friday, April 26

Lyngblomsten Foundation Spring Benefit:

An Evening in The Emerald City

More details will be available soon at www.lyngblomsten.org/benefit2013.

Sunday, May 19

Husby Memorial Concert

3:00 PM. Featuring a performance by the Roseville Lutheran Jazz Ensemble. Held in the Newman-Benson Chapel at Lyngblomsten.

AARP Tax Assistance

Every Tuesday & Thursday, February 5 – April 11

9 AM – 3 PM at the 5-5-1 Club (Lyngblomsten campus at 1415 Almond Ave., St. Paul)

Appointments are required.

AARP volunteers will help you file your returns. This is a free service for seniors and people with low income. **Call (651) 999-2499 to schedule an appointment.**

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

**CHANGE SERVICE
REQUESTED**



BEAUTIFUL THINGS.

Revealing Overlooked Art From the Digital Realm

Art has always been a staple of life at Lyngblomsten, but in our increasingly fast-paced and mobile age, it has become very easy to miss the wealth of stunning creations being produced and distributed on the internet.

We've taken care of the searching and finding for you, and during the month of February will be bringing you a glimpse of some of the beautiful things found in the far-reaching corners of the Web. All you have to do is check out our Lyngblomsten Facebook page every Monday, Wednesday, and Friday in February for the exciting finds!



facebook.com/Lyngblomsten



Follow us @Lyngblomsten_US