



Lyngblomsten Lifestyle

Fall 2013



History in the Making: CEO Transition page 5

STORIES OF LIFE:

Rethinking Innovation: Illuminating How Innovation in Senior Care is Possible

MORE IN THIS ISSUE:

Tips & Resources to Inspire Innovation
Volunteers Leading the Way

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Letter from the Editor

August 5, 2013

Dear Readers,

This is a historic time for Lyngblomsten as our long-time President/CEO Paul Mikelson steps down and enters retirement, and our administrator Jeff Heinecke moves into his new role as President/CEO on September 1. Lyngblomsten was re-incorporated in 1960 (originally incorporated in 1906), and since then we've only had four top leaders. Jeff will be the fifth. You can see why this CEO change is pretty big news for us.

In this edition, we continue our series highlighting the pillars of Lyngblomsten, this time focusing on the pillar of "Leadership & Innovation." We've woven those words into several stories. Not only is this fitting given the change of leadership, but also we are coming into the season of harvest and counting our blessings. I am grateful for the expertise of Carol Pletcher and Michael Dugan—innovation gurus, who shared their insights about innovation (see story on page 3) and who are right at our fingertips because they serve on our Boards of Directors. We are blessed with an amazing array of people who serve on our Boards.

Innovation is subtly woven into the fabric of our organization, and effective leaders have encouraged it to happen at every level. Please join us this fall as we celebrate the leadership of Paul Mikelson and Jeff Heinecke. Details are on the back cover.

May this edition inspire you to apply the process of innovation to every aspect of your life.

Create a legacy!

Patricia A. Montgomery | Editor

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Contents

Rethinking Innovation	3
Leadership & Innovation: One Era Ends, Another Begins	5
Resource Roundtable: Tips & Resources to Inspire Innovation	7
What's Innovation Got to Do with Older Adult Ministry?	9
Volunteers Leading the Way	12
Mid-Summer Festival Wrap-Up	14
Volunteer Opportunities	17
Events Calendar	18

On the Cover: Innovation experts Michael Dugan and Dr. Carol Pletcher engaged in conversation. Read more about innovation on page 3.

To be added or removed from the **Lyngblomsten Lifestyle** mailing list, contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.

RETHINKING INNOVATION

ILLUMINATING HOW INNOVATION IN SENIOR CARE IS POSSIBLE

by Christina Rhein

*This article highlights **INNOVATION & LEADERSHIP**—one of Lyngblomsten’s pillars. As an organization we demonstrate this by continually striving to find new ways to improve the quality of life for older adults and their families.*

Innovation is a big buzzword in business. It is vital to success in the nonprofit world as well. Lyngblomsten has a long history of innovation. If we are to continue to be a nonprofit leader, innovating is a core requirement. Defining innovation is an important first step.

INNOVATION EXPERTS



DR. CAROL PLETCHER



MICHAEL DUGAN

The definition of “innovation,” according to Merriam-Webster’s dictionary, dates to the 15th century and means, “the introduction of something new, a new idea, method or device, a novelty.” But

this definition is far too constricting to describe what it means today. Dr. Carol Pletcher, who serves on Lyngblomsten’s Corporate Board, is president of an innovation consulting business, and was named a Top 25 Champion of Innovation by *Businessweek* magazine, defines innovation concisely but broadly as, “a process that transforms knowledge into value.” Innovation expert Michael Dugan serves on Lyngblomsten’s Foundation Board, also owns his own consulting business, and recently published a book on innovation (see page 7 to learn more). Dugan’s definition is, “the whole process, a business process, we go through to generate ideas and put them into action.” He expanded by explaining that, “an innovative organization has great goals, great people with great ideas, and the tools, resources, drive and ambition to make things happen.” The key for both Pletcher and Dugan is that innovation is a *process*. They also

agree that for something to be considered innovative, it must deliver value or results.

With these definitions in mind, let’s take a look at what is different about innovation in nonprofit organizations, the culture of innovation at Lyngblomsten, and examples from our century-long history of ongoing innovation.

“Each organization defines value differently,” Pletcher explained. “They define value based on what their goals are and what they need to accomplish at the time.”

“SMALL OPPORTUNITIES ARE OFTEN THE BEGINNING OF GREAT ENTERPRISES.”

—Demosthenes

Unlike for-profit organizations, where usually innovation needs only to be profitable to be *worth doing*, for nonprofits it must be about doing something *worthwhile*. “People involved with nonprofits are passionate about the organization, the goals, and its mission first,” Dugan shared. Many nonprofits are willing to take more risks because of what they are motivated by. That is the biggest difference between for-profit and not-for-profit businesses from an innovation standpoint.

A motivating mission statement can help establish an organizational culture that welcomes innovation. At Lyngblomsten, people really take the mission statement to heart; they are not just words on a wall plaque.

*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.*

continued on page 4

“Having that word as part of your mission statement and that your mission statement actually means something—it is a driver, it can be a momentum push for people within the organization,” said Dugan thoughtfully. Our clear and motivating mission has helped Lyngblomsten focus attention on those ideas that will most likely support the accomplishment of our mission and create a culture in which ideas are given a fair chance to succeed.

"IF YOU ALWAYS DO WHAT YOU ALWAYS DID, YOU WILL ALWAYS GET WHAT YOU ALWAYS GOT."

—Albert Einstein

Lyngblomsten has created a commitment to a culture of innovation through our strong leadership and willingness to collaborate. Dugan believes that such a culture must start with good leadership behaviors that support and encourage idea generation, diversity of thought, and the freedom to act and go forward to solve the challenges that we have. When leaders demonstrate those behaviors, then they pervade throughout the whole organization. “The leadership I have seen at Lyngblomsten really supports and encourages innovation. They’ve created a culture here where people can go forth with ideas and they trust you in the process. It’s very liberating.”

Talking about leadership, Pletcher added, “To me, leadership is getting things done with and through others. The operative word is **done**—not talk, not charisma—it’s getting things done.” Similarly, Dugan stated, “Ideas are easy. People have them; our brains never shut off. What do we do to get those ideas out of people and then do something with them? That’s the big trick.” And this is a second piece that contributes to Lyngblomsten’s culture of innovation: our willingness to collaborate and get things done together. Dugan emphasized, “Everyone has a role to play in innovation. Engage as many people as possible in the process.” “What I find happening in the collaborative space is that you’re engaging people whose strengths are different, not just the creative types that we normally think of with innovation,” Dugan pointed out. Lyngblomsten is continually growing and changing because we are always seeking out new collaboration opportunities to engage more people. We are creating new programs, forging new relationships, and finding new ways of doing things that directly tie to the communities we serve.

Many innovations have been orchestrated over the years at Lyngblomsten. Two major examples are the imple-

mentation of a neighborhood model of care in the care center and the continuous development and growth of our community-based services as we prepare to serve future generations of older adults. The neighborhood model of care focuses on giving residents more independence, autonomy, and dignity than in a traditional care center, leading to a greater sense of community and a higher quality of life for residents, as well as a better work environment for employees. While the idea of a neighborhood model was not invented by Lyngblomsten, Pletcher stressed that, “It’s the application of the idea within our context to improve the life of the people who choose to live with us. It’s not about the idea—the neighborhood was an idea—it’s about actually transforming the knowledge about it into how you create value.”

Secondly, innovation at Lyngblomsten has been played out through the development and continuous growth of community-based services for seniors living independently, especially in preparation for serving the future wave of Baby Boomers. Many of these programs operate in partnership with area churches. Current programs include: Care Team Ministry, Parish Nurse Ministry Resource Group, The Gathering (a group respite program), 5-5-1 Club community center, several support groups and other resources. Each of these programs offers something not only unique, but impactful for the communities they serve. They are perpetually creating opportunities for collaboration and growth. “The organizations I see who are truly innovative are the ones who see innovation possibilities everywhere,” Dugan proclaimed.

"THERE'S A WAY TO DO IT BETTER—FIND IT."

—Thomas Edison

Looking at both of these examples, Lyngblomsten has truly captured the spirit of innovation. It is not about spectacular acts by individuals, but about the hard work of building an organization in which innovation is both possible and expected.

Pletcher matter-of-factly stated, “Every organization has innovation or it doesn’t stay in business.” Any organization can innovate once. The challenge is to innovate twice, three times, and more to make it a part of daily good practice. By forging a culture of natural innovation, Lyngblomsten has transformed the single, occasional act of innovating into an everyday occurrence.

Looking to the future, what does Lyngblomsten need to do to retain innovation as a hallmark? Pletcher offered

Leadership & Innovation: One Era Ends, Another Begins

by Patricia Montgomery, Director of Marketing Communications & Church Relations

Lyngblomsten has held a reputation for leadership and innovation in the care of older adults since its beginning back in the early 1900s. Remarkably, these two characteristics have permeated the decades through the many women who served as Lyngblomsten president prior to the organization being gifted to the Lutheran church in 1960 and through the four men who have held the top title since then (Rev. Al Lewis, Rev. Gerry Reiff, Wallace Hauge, and current president/CEO Paul Mikelson). On September first, a new leader—Jeff Heinecke, currently serving as administrator of Lyngblomsten Care Center—takes the helm as Mikelson moves into an advisory role until his retirement on October 11.

The Lyngblomsten Corporate Board of Directors undertook the task of selecting a new CEO with a great sense of duty and responsibility. Front and center was their awareness that this is a major milestone in the Lyngblomsten story—one with the potential for monumental impact on its future. Additionally, choosing a new leader to follow a 20-year legacy leader like Mikelson added to the intentionality of their work.

“The process began almost a year ago,” shared Charles Norton, Chair of the Corporate Board. Several external candidates were considered. “Ultimately, the Board felt Jeff was uniquely positioned as not only knowing the industry, but also already knowing Lyngblomsten,” Norton expressed, “and Jeff has proven himself to be an outstanding and compassionate leader.” Of the many successes during his seven-year tenure with Lyngblomsten, Heinecke led the care center to a zero deficiencies survey by the Minnesota Department of Health in 2012, a rare achievement for any long-term care facility. Perhaps even more impressive, this is the second time in his career Heinecke was able to do so. “I fear complacency more than failure,” proclaimed Heinecke. That should prove helpful as he sets to work leading the development of a new strategic plan for Lyngblomsten and upholding our pillar of Innovation & Leadership. “We’re confident Jeff will prove himself to be the innovative leader we need for the future of Lyngblomsten,” Norton stated.

Reflecting on Mikelson’s tenure, Board Vice Chair Carol Pletcher reflected, “Paul’s leadership



Paul Mikelson & Jeff Heinecke

contribution is his having built awareness of people who are aging in their own homes in the community who will never move to a designated senior living setting.” This awareness and respect for people’s desires to remain in their homes led to the creation of several community-based outreach services, most of which operate in partnership with churches. “Paul embraces the early forms of innovation and makes it okay for the organization to experiment for the benefit of enhancing the quality of life for seniors,” Pletcher shared. She referred to the service houses, the neighborhoods, and the community outreach programs as iconic examples of Mikelson having steered the organization to break through the status quo and emerge as a leader in services to older adults. In a recent conversation about Lyngblomsten’s history of innovation, Mikelson said, “When I think of innovation, I think of taking a concept and applying it to a new situation.” It will be interesting to see how he transfers the process of innovation to his new situation of retirement. [L](#)

Please join us as we celebrate the historic milestone change in leadership with a Service of Installation for Jeff Heinecke on September 6 and a Celebration of the Career of Paul Mikelson on October 11. See back cover for details.

**"IF YOUR LIFE'S WORK CAN BE
COMPLETED IN YOUR LIFETIME, YOU'RE
NOT THINKING BIG ENOUGH."**

—Wes Jackson

insight, "Going forward, this is the thing we need to have: sustain our history of innovation—innovation that keeps us as a premium and prominent resource for the aging population." We can accomplish this through the insights we have about what's coming—the wave of aging Baby Boomers who will have a sweeping impact and offer great opportunity for re-imagining senior care. Are we going to generate ideas for products and services that meet the needs of the insights we already have? Are those future things part of our mission and vision? Dugan wisely commented, "We have to keep one eye on operational efficiency here on a day-to-day basis, but we also have to have an eye-and-a-quarter looking ahead aspirationally and making sure we accomplish those things."

From the eleven Norwegian women who started Lyngblomsten more than 100 years ago through today, innovation has always been a characteristic of our organization. We started small, celebrating little steps along the way, and every milestone we hit. "People often overestimate what they can accomplish in a year, but underestimate what they can accomplish in a lifetime," Dugan reflected. Look how far we have come, how many people we are serving, and most importantly, that we are continuing to grow because of our passion and drive for continual improvement. Dugan concluded on behalf of both Lyngblomsten's Corporate and Foundation Boards, "We need to be thinking longer-term. It's on us to drive and set the direction for the future to ensure we are accomplishing great things, and leading the organization down a path that's not just secure, but legendary." **L**

**CHALLENGE YOURSELF:
LIVING BEYOND YOUR LIFETIME**

"The only thing you take with you when you're gone is what you leave behind." —John Allston

How can you use your passions to start a legacy that will last beyond your lifetime?

2013-2014 Lyngblomsten Corporate Board

CHAIR: Charles Norton
Community Representative

VICE CHAIR: Dr. Carol Pletcher
Falcon Heights United Church of Christ

SECRETARY: Wesley Johnson
Gustavus Adolphus Lutheran

TREASURER: Bill Stacey
Community Representative

Rev. Carl Buette-meier
First Lutheran, White Bear Lake

Jane Danielson
Gloria Dei Lutheran

Dr. Beth Detlie
Como Park Lutheran

Kim Durkee
St. Anthony Park Lutheran

Leonard Eilts
St. Timothy Lutheran

Ginger Fischer
Como Park Lutheran

Andrew Lowther
Gustavus Adolphus Lutheran

Betchen Oberdorfer
Prince of Peace Lutheran, Roseville

Bill Sanden
Community Representative

Thomas Schultz
First Lutheran, White Bear Lake

Jim Stender
Augustana Lutheran

Rev. Pam Stofferahn
Redeemer Lutheran, White Bear Lake

Karen Veninga
St. Andrew's Lutheran

Resource Roundtable

Tips & Resources to Inspire Innovation

BOOKS

- ***Saving Innovation: How to Harness the Incredible Promise of Innovation***
by Michael Dugan & Chadd Scott
This book provides a positive, simple and useable approach to the subject of innovation and inspires readers to begin taking action immediately. (Michael is featured in the story starting on page 3.)
- ***The Dot***, by Peter H. Reynolds
An inspiring children's book (for all ages) reminding us all to "Make your mark, and see where it takes you."

WEB

- **TED: Ideas Worth Spreading | www.TED.com**
A nonprofit passionate about the power of ideas to change attitudes, lives and the world. Watch riveting talks by remarkable people for free.

THINKING ABOUT INNOVATION IN YOUR LIFE

- Solve** Solve a simple everyday problem.
- Inspire** Find what inspires you.
- Try** Try lots of ways.
- Grow** Grow with each approach.
- LEARN** ... Learn more about the failures.
- Explore** Continue to explore wherever you are.
- Open** Be open to ideas.
- Express**... Boldly express ideas.
- Change** Embrace change with an excited heart.
- Act** When the ideas come, act on it.
- Search** Search for another way. Treat it like a maze.
- Challenge**... Find people who will challenge you.
- Share** Share your ideas with others. Work together.
- Improve** ... Identify ways to improve every aspect of your life.



15 Celebrating Years Faith & Friendship

Everyone is welcome to join as we celebrate and honor the first five Care Team Ministries that were part of the start-up 15 years ago, as well as all current Care Team Ministries. Refreshments, live music and dancing to follow.

Questions? (651) 632-5333 | **Learn more at www.lyngblomsten.org/CareTeamMinistry**

Open House Celebration

Friday, October 25 | 4–6 PM
at Lyngblomsten

Big Band Music & Dance

6:30–8:30 PM in the
Newman-Benson Chapel

An invitation for Parish Nurses & Faith Community Nurses:

Caring for those with Memory Loss in Your Faith Community

Early Identification of Dementia: Identifying Risks, Empowering Families to Act

This program will equip you to support your faith community members by sharing:

- Current research on memory loss and dementia
- Risk factors for developing dementia
- Evidence-based tools that faith community/parish nurses can use to identify individuals who may have dementia
- Resources that will empower the family/individual to communicate with the medical provider.

This event is hosted by the Lyngblomsten Parish Nurse Ministry Resource Group. Learn about grant money opportunities, benefits, and resources for members at www.lyngblomsten.org/parishnurse, or contact Mary Nordtvedt, RN at (651) 632-5380 or mnordtvedt@lyngblomsten.org.

Presented by
the Alzheimer's
Association

Tuesday, November 5, 2013

8:30–11:30 AM

Light breakfast, resources and program.

Augustana Lutheran Church

1400 S Robert St, West St. Paul 55118

Cost is \$10; includes 2 CEUs

Please RSVP:

Mary Nordtvedt at (651) 632-5380
or mnordtvedt@lyngblomsten.org

Lyngblomsten received \$25,000 to expand life-enhancing arts opportunities for older adults

by Julie Pfab, Director of Home- and Community-Based Services

Lyngblomsten Services recently received a \$25,000 Partners in Arts Participation Grant (PIAP) from the Minnesota State Arts Board. The grant began in July 2013 and for one full year gives the 5-5-1 Club (a community center sponsored by Lyngblomsten) the opportunity to offer affordable and accessible arts programs for older adults throughout the Metro community.

Some of the upcoming opportunities made possible through this grant include:

- **Dancing Through the Decades**
Learn various dances from swing, to polka, and line dancing.
6 weeks; Thursdays, September 12–October 24
- **Sand Painting**
Learn about the Indian culture, history and celebrations through art.
6 weeks; Fridays, September 20–November 1
- **Mary T. & Lizzy K. at Park Square Theatre** on Monday, November 4

Learn more about the 5-5-1 Club (see ad below) and participating in these arts opportunities at www.551club.com/booklet or contact the 5-5-1 Club at (651) 632-5330 or 551club@lyngblomsten.org.

We are grateful for our partnerships with the following Minnesota arts organizations:

COMPAS	VocalEssence
Northern Clay Center	Minnesota Opera
Park Square Theatre	



Photos: July 2013—Intergenerational Arts Camp made possible through the PIAP grant, in partnership with COMPAS and artist Anne Krocak. Participants collaborated to create a public arts mural made from clay tile mosaics. Attendees at the Lyngblomsten Mid-Summer Festival on July 18 also contributed to the piece.

The unveiling and dedication of the final mural will be held September 8 from 2–3 PM in the Newman-Benson Chapel at Lyngblomsten.



5.5.1 CLUB Community, Education, Wellness & Fun for Life

The 5-5-1 Club is a program proudly supported 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 **September & October programs and events.** Download the booklet at www.551club.com/booklet or call (651) 632-5320 to request a paper copy.

Opportunities Preview:

- Fall Colors Tour
- Weaving on the Floor Loom
- Defensive Driving
- books-cheese-wine
- Watercolor painting classes
- Museum Adventure Series

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

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



Inside
Fall Color Tour • Dances through the Decades • Sand Painting
Weaving on the Floor Loom • Defensive Driving • and much more!
5-5-1 Club • A Community Center Proudly Supported by Lyngblomsten

What's Innovation Got to Do with Older Adult Ministry?

by Patricia Montgomery, Director of Marketing Communications & Church Relations

Lyngblomsten's mission statement calls us to be innovative in our approach to enhancing the lives of older adults. When we shifted our focus a few years ago in our work with churches to help them prepare for the Age Wave, I know we didn't say, "Gosh, we need to be innovative in our work with churches and so therefore we will do thus and so." We just knew that the Silver Tsunami would be hitting churches and that we weren't finding (and still are not finding) evidence that most churches are taking the explosion of the older adult population seriously.

This concern has led Lyngblomsten's Senior Ministry Committee down a path with two main arteries: raising awareness of the need for senior ministry, and creating resources and tools for churches that are ready to enhance existing or embrace new ministries to, with, and for the older adults in and around their congregations.

The value—and therefore the innovation—we provide (see the story on page 3 to learn more about innovation) is extending the capacity of the church to offer specialized programming and opportunities to the older adult audience. They don't have to create from scratch. Because we also look at how we can help equip ministry volunteers to lead and execute, churches can usually offer senior ministry without adding paid staff. Another potential value is that having a robust older adult ministry could make a congregation more attractive and lead to growth in membership by tapping the Boomer population. Although that theory is untested at this point, we believe there is opportunity with the exploding number of seniors to grow congregations in this untraditional way. While that could be a boon to the viability of a struggling congregation,

what's even bigger is the potential for any congregation to help older adults find deeper meaning and purpose in their later years as well as the possibility of introducing people to Christ for the first time.

Two projects we have in the works are the creation of a pre-retirement small group study and a web-based older adult ministry network. The group study will help people who are close to retirement address the non-financial aspects of being retired. Framed from a Biblical perspective of Sabbath and work and God's messages of reassurance, participants can take a holistic look at the transition they face and discern their purpose and identity in retirement. The ministry network will provide education and resources for anyone wishing to create or enhance ministries with people age 50+. Additionally, the network will offer the opportunity to collaborate with others working or volunteering in older adult ministries. Both the group study and the network will be released by the end of the year. For updates, visit www.lyngblomsten.org/SeniorMinistry.

Another resource to help churches innovate comes in the form of a conference focused on developing ministries for soon-to-be and recently retired persons. See the ad below.

We feel passionate about our mission to be innovative and recognize its principles and processes can transform any organization—be it a for-profit business, government entity, nonprofit organization, or a CHURCH! We hope you will spread the word of the innovative programs and services Lyngblomsten is developing, especially those available to congregations. ■

Join us for the 2013 Senior Ministry Conference

PURPOSEFUL RETIREMENT & THE ROLE OF THE CHURCH

As people face one of the biggest transitions of their lives, how can the church be a guiding force on the journey?

Join us for rich discussion, learning and resources. Become better equipped to address the special needs and opportunities of those soon-to-be and recently retired.

Sponsored by Lyngblomsten Church Relations

When: Monday, September 23 | 1:30–5 PM

Location: Lyngblomsten | St. Paul, MN

Fee: \$30 includes presentations, materials & refreshments

RSVP: Pre-registration required by 9/13/13

Audience: Clergy, staff, and congregational volunteers looking to enrich ministries with older adults

For more information and registration form, visit:

www.lyngblomsten.org/SrMinConf2013

(651) 632-5322 or pmontgomery@lyngblomsten.org

Lyngblomsten Scrapbook



Husby Concert

The Roseville Lutheran Jazz Ensemble (left) entertained a full house on May 19 for the 16th Annual Husby Memorial Concert.

Summer Youth Volunteers

Over 100 youth volunteers spent almost 900 hours at Lyngblomsten during June and the first part of July. Youth volunteer Emma (right) is shown here participating in “Fancy Fingers” with a resident.



Farewell, Marty!

The Lyngblomsten Board and staff presented Dr. Marty McCusker, the care center’s Medical Director, with a crystal bowl in honor of her service to Lyngblomsten for the past 21 years. You will be missed!



Apartments Kitchen Reno

Kitchens in the Lyngblomsten Apartments are receiving a facelift this summer with new cupboards, countertops, and more. Goodbye harvest gold from 1979!



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.

Tuesday, October 22, 2013 | 6:30–8:30 PM
at the 5-5-1 Club community center

(lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul)

**Register
by
Oct. 18**

Fee: \$10 per person (\$25 for a group of 3 or more); FREE for Care Team Ministry volunteers & leaders
To register, contact Dorthea Doty at (651) 632-5333 or ddoty@lyngblomsten.org

Sponsored by Lyngblomsten's Care Team Ministry

Support Groups

at Lyngblomsten

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

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. Share information and offer mutual support.

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

Caregivers Support Group

Caring for yourself while caring for your loved ones

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

Sessions include a brief education component, time to gather resources, and time to talk. Support yourself and others in the journey of caregiving.

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

Vision Loss Support Group

10–11 AM • 3rd Mondays of the month

Come for information, resources, and support for dealing with vision loss.

Location: *5-5-1 Club, lower level of the Lyngblomsten campus at 1415 Almond Ave., St. Paul*

All support groups are FREE. No reservations needed; come as often as you are able.

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

Join Team Lyngblomsten for the Twin Cities Walk to End Alzheimer's

The Alzheimer's Association *Walk to End Alzheimer's™* is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, the Walk unites the entire community—family, friends, co-workers, social and religious groups and more—in a display of combined strength and dedication in the fight against this devastating disease. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. Learn more at www.alz.org.

Twin Cities Walk to End Alzheimer's
Saturday, September 21, 2013
at Target Field, Minneapolis

7:30–9 AM Registration/Check-in & Festivities
9 AM Program & Walk

To join Team Lyngblomsten on the walk or donate to our team, contact Jackie Hesse at (651) 632-5421 or visit www.alz.org.

World Alzheimer's Day, September 21 of each year, is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.



Volunteers Leading the Way

by Melanie Davis, Director of Volunteer Services
& Corporate Engagement

Since Lyngblomsten's inception in 1906, volunteers have played a vital role in providing compassionate care and innovative services. With over 600 registered active volunteers today, our strong volunteer program distinguishes Lyngblomsten as a leader among senior care organizations as it allows us to offer many more activities and specialized attention to our older adults.

While there are several volunteer jobs that have been somewhat consistent over the years, such as transport and working in the gift shop, changing needs require new volunteer services. In addition, our volunteers are also changing, with many more seeking to utilize their professional skills, participate in short-term commitments, and volunteer more frequently during evening and weekend hours.

In light of a changing volunteer environment, Lyngblomsten is strategically seeking to build our volunteer capacity to meet growing demands and volunteer interests. Through volunteer coordinator Shelli Beck's work with Minnesota Association for Volunteer Administrators (MAVA), we were fortunate to be approved to receive a full time VISTA Volunteer through MAVA for one year beginning in August. Meagan Brostrom, a recent college graduate, will work half of her time with Jill Hult, manager of the Lyngblomsten Apartments, utilizing her skills and interest in addressing issues of accessibility to affordable food for older adults. The other half of Meagan's time will be working with Volunteer Services to build capacity and more fully utilize the unique gifts and skills of our volunteers to provide greater leadership. Both projects have the potential to bring

additional innovations to those we serve and who serve with us.

If you are a volunteer or prospective volunteer looking to grow in your service, we hope you'll contact us and let us know your interest as we move forward with the following initiatives:

- Establishing a volunteer advisory committee
- Improving our registration, orientation and evaluation processes
- Developing and offering specialized training for volunteers to provide greater leadership in the following areas: event planning, assisting in volunteer orientation trainings, assisting artists in Artful Living programs, and working with persons with memory loss.

Our volunteers are such a gift! Truly, their leadership is a key piece of Lyngblomsten and our future! **L**

Melanie Davis can be reached at (651) 632-5356 or mdavis@lyngblomsten.org.

Second Quarter Volunteer Stats

Volunteer Hours

April • May • June:
7,355 hours

Number of Volunteers

April • May • June:
578 volunteers



Lyngblomsten accepts donations online at:
www.lyngblomsten.org/donate

Donations for the Lyngblomsten Foundation can be gifted to a general fund or a specific Lyngblomsten program or service. Contact Mary Grupa at (651) 632-5324 with questions or to explore other opportunities to give.

Thank you for sharing your gifts and making a difference!

Holiday Volunteer Opportunities for Corporate Groups

by Shannon Parker, Corporate Engagement Specialist



photos by Jim Nash

Medtronic volunteers joined residents for an afternoon of holiday crafts (2012).

Tree Trimming—Care Center Neighborhoods: Dress up the neighborhoods holiday style by decking out Christmas trees on each floor of the Care Center. December 2, 1–4 PM.

Tree Decorating and Holiday Social: Trim the trees, decorate the halls, eat cookies, and spread holiday cheer with our residents. December 2, 3, 4. 1:30–4 PM.

Blanket Tying: Tie fleece blankets to be given as gifts to residents and tenants as part of the Spirit of Giving program. Times and days flexible prior to December 12.

Making Holiday Crafts: Put your creative skills to work on December 13, and assist residents with making ornaments and gifts for the holidays. 1:00–4:00 PM.

Gift Wrapping: Chat and wrap presents on December 20 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 residents. January 7. 1:30–4:00 PM.

“Doing something to help someone else, and not focusing on myself was great.”

—2013 UnitedHealthcare volunteer

Though the motivation to volunteer may vary from person to person, the feedback from corporate volunteers following activities at Lyngblomsten is consistent. Volunteers leave with a sense of connectedness to those whom they assisted. Whether playing lawn games with residents in the summer, bingo in the fall, or crafts at the holidays, the responses are similar: “Connecting with a senior who had a lot to share in conversation was meaningful,” said a Target volunteer. So whether the initial goal is to build team unity, engage in the community, meet new people, or a little bit of each, the end result is volunteers walk away feeling that in an afternoon, they made a difference in the life of an older adult. For corporate volunteer opportunities during the upcoming holidays or throughout the year, contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org. **L**



U.S. Bank helped wrap over 400 gifts made possible with donations through the Spirit of Giving program (2012).

2013 YTD Corporate Group Stats

Total Volunteers: 166

Total Hours: 467

Mid-Summer Festival

Corporate Volunteers: 55

Total Hours: 166.5

Thank You

Target

UnitedHealthcare

LYNGBLOMSTEN MID-SUMMER FESTIVAL

Arts | Music | Food | Games

Mid-Summer Festival WRAP-UP

People of all ages attended the Lyngblomsten Mid-Summer Festival on July 18 to enjoy art, music, food, and a little heat! Special thanks to the Mid-Summer Festival Planning Committee, 304 event volunteers, and our sponsors for helping make this event possible for our friends and families to enjoy.



Shakun Maheswari teaching a participant how to do Rangoli sand painting, which later was a public art piece in the Apartments parking lot.



Two generations enjoying some crafting.



Children dancing along to the music of the Teddy Bear Band.



Friends chatting in the food booth line.



Participating in the festivities with a (temporary) festival tattoo on his face!

Happy 100th Festival!



The Lyngblomsten Mid-Summer Festival celebrated its 100th anniversary this year! Although it has taken various forms and has gone by different names over the past century, the roots of the Mid-Summer Festival began in 1913 as an event to pay tribute to the founder and first president of Lyngblomsten, Anna Quale Fergstad (left). A century ago, it was a small fundraiser with live music and poetry readings, later transitioning into a just-for-fun community ice cream social to mix and mingle with our Como neighbors. Today the festival focuses on bringing the Twin Cities community together for an intergenerational day of live performances, artist demonstrations, and creative activities with some of Minnesota's finest arts organizations and artists while enjoying outdoor games and food. There is truly something for everyone! **Learn more about Lyngblomsten's history at www.lyngblomsten.org/history.**

Mid-Summer Festival Fun Facts!

- **304** volunteers helped, giving more than **900** hours
- An estimated **1,500+** attendees, despite the heat
- **100%** of those who completed the event evaluation said they were glad that they came
- **13** arts organizations participated
- More than **170** artists and entertainers
- **1,296** cans of pop sold
- **216** malt cups sold
- **300** ice cream bars sold
- **50** pounds of pulled pork sold
- **720** hot dogs sold

Corporate and Church Volunteer Groups



Cupcake decorating station, sponsored by Target

Corporate Volunteers

Target
UnitedHealthcare
Humphrey Job Corps
(See article on page 13 for more details)

Church Volunteers

Gloria Dei Lutheran
Redeemer Lutheran
Lutheran Church of the Redeemer
St. Anthony Park Lutheran

Thank you, Event Sponsors!

Presenting Sponsor



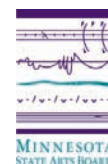
Silver Sponsor



Bronze Sponsors



The Lyngblomsten Mid-Summer Festival was proud to be a part of District 10 Como Community Council's Como Fest.



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.



(above) Festival volunteer grilling hot dogs.



(left) Festival go-er playing the popular game "Water Wars."



Visit us at [facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten) to view more Mid-Summer Festival photos.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

April 1 through June 30, 2013



In Memory of

Barbara Arndt
Deloris E. Barton
Gerd Callant
Bonita Capiz
Jean Christenson
Stephanie Connolly
Harold A. Engelstad
Joan Erickson
Thomas Gerlach
Orloue Gisselquist
Harold Kuehl

Marion Lloyd
Joyce McKibben
Marvin Merrick
Gifford Ovre
Beverly Peterson
Eleanor Poppel
Margaret Skooglun
Dorothy Stach
Irene Turner
Joel Todd Wolleat



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.

In Honor of

Kjersti and Brian Duncan's Anniversary
Mildred Wolff's 101st Birthday
Paul Mikelson's Retirement
The Baptism of Olivia Louise Veum
The Wedding of Anne Krocak & Christopher Voigt
Thelma Pedersen's Birthday

"The best way to spend a day!"

Lyngblomsten Foundation's 17th Annual Golf Classic Wrap-Up

The Annual Lyngblomsten Foundation Golf Classic was held on August 5 at Midland Hills Country Club. Over 100 golfers played in the classic, and there were many people at the reception, silent auction, dinner, and program. All net proceeds will be used to help support the 5-5-1 Club. The winning church of the Lyngblomsten Cup this year was St. Anthony Park Lutheran.



photo by Jim Nash

Golfers participated in the 4-hole shootout.

Thank You, Golf Classic Sponsors!

Co-Presenting Sponsors



Eagle Sponsor

Chancellor-United Companies, Inc.

Birdie Sponsor

Bremer Bank

CliftonLarsonAllen

Merwin LTC Pharmacy

North American Banking Company

Par Sponsor

Delta Dental

Bill & Lorraine Lund

Joel Poeschl & Jeanne Pemble

ProRehab

Rodney D. Anderson Law Offices



Volunteer Opportunities

by Shelli Beck, Volunteer Coordinator

Do you have one day a week or month to help the Lyngblomsten community get tenants to shopping or to a medical appointment by driving our van? Or, do you have one day a week or month to help assist customers at Anna's (café and gift shop)? How about a few hours a week to deal blackjack for Care Center residents? The Lyngblomsten volunteer team is made up of people who perform these activities and more each and every day of the week.



Anna's volunteer at the register

All Lyngblomsten volunteers attend orientation and are interviewed in order to make a mutually beneficial placement. Each volunteer has a staff supervisor who provides specific training and support. Lyngblomsten volunteers range in age from 10 to 99. With more than 100

different positions, there's sure to be something just right for you!


Our greatest needs at this time are for Anna's attendants and bus drivers:

Some responsibilities at **Anna's** café and gifts include using the cash register, scooping ice cream, and helping customers with purchases.

Bus drivers help tenants from the Lyngblomsten Apartments and/or The Heritage apartments get to medical appointments, to the grocery store, and occasionally to fun events off campus. No special license is required to drive the bus. The Transportation Coordinator, Mary Deaner, trains new volunteers. Call (651) 414-5293 if you are interested in driving.

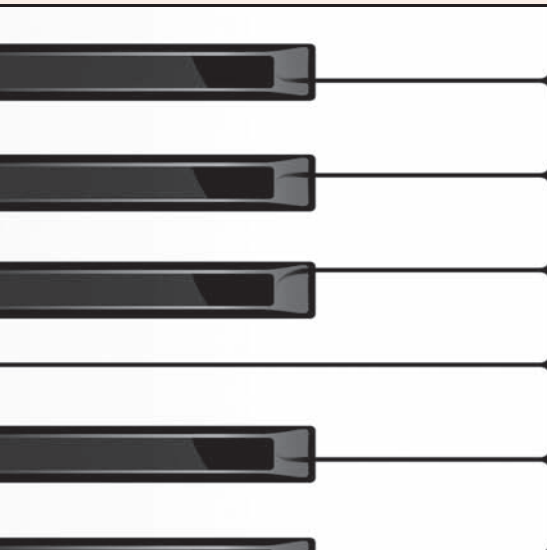


Volunteer bus driver assisting a passenger

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

Other volunteer opportunities include:

- Transporting residents to the Physical, Occupational or Speech Therapy Department
- Playing Bingo with residents
- Transporting residents to the Beauty Shop
- Being a special friend to residents or tenants
- Transporting residents to the in-house Doctor
- Playing a trivia game with tenants
- Helping with an in-house game of bowling
- Bringing your pet to visit residents (usually dogs, but we do have a guinea pig that visits!)
- Coming to play your favorite instrument (we have pianos, you'll have to bring your own "other"!)



2013 Lyngblomsten Supporters Appreciation Our Supporters are the "Key Piece"

November 14, 2013

5:00 PM President's Reception

6:15 PM Dinner

7:30 PM River Rats Dueling Piano Show

Ramada Plaza Hotel | 1330 Industrial Blvd. | Minneapolis, MN 55413

This will be our culminating recognition event for our volunteers, donors, and sponsors. Invitations will be mailed.



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.

Thursday, September 5

books-cheese-wine: Lorna Landvik

5–6:30 PM at the 5-5-1 Club

Come see what this author and comedian has in store for us tonight, and enjoy some cheese and wine at this casual gathering. \$5 if registered by 9/3 or \$8 at the door. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Friday, September 6 – November 22

Tai Chi Classes

10:30–11:30 AM at the 5-5-1 Club

Join certified instructor Marie Mathay in this gentle, slow-moving series of ancient Tai Chi exercises—great for beginners—designed to enhance physical and mental well-being. Cost is \$100 for 12 classes. To register: (651) 632-5330 or 551club@lyngblomsten.org (by 9/3).

Friday, September 6

Installation Ceremony & Reception for Jeff Heinecke

3 PM Service of Installation in the Newman-Benson Chapel at Lyngblomsten

3:30–5 PM Reception in the Lyngblomsten Apartments Dining Room

Join us as we welcome Jeff Heinecke to his new role of President/CEO of Lyngblomsten. Everyone is welcome.

Sunday, September 8

The MacPhail Music Hour presented by Artful Living with Lyngblomsten

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

FREE; open to the public. Performance details at www.lyngblomsten.org/artfulliving.

Wednesday, September 18

New Volunteer Orientation

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

See volunteer opportunities on page 17.

Thursday, September 19

Wellness for Life Talk: Understanding Medicare

2–3 PM at the 5-5-1 Club with extra time after for questions/discussion. FREE. More info at www.551club.com/booklet.

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

Saturday, September 21

Walk to End Alzheimer's – Team Lyngblomsten

9 AM at Target Field

If you wish to walk with us or donate to the Lyngblomsten Team, see page 11 for more details.

Monday, September 23

Senior Ministry Conference

Purposeful Retirement and the Role of the Church

Become better equipped to address the special needs and opportunities of those soon-to-be and recently retired. Sponsored by Lyngblomsten Church Relations. See page 9 for details.

Mondays, September 23 – November 11

A Matter of Balance

9:30–11:30 AM at the 5-5-1 Club

Learn how to manage concerns about falls and exercise safely to increase strength and balance. Cost is \$25 for the 8-week program. To register: (651) 632-5330 or 551club@lyngblomsten.org. More info at www.551club.com/booklet.

Thursday, October 3

books-cheese-wine:

Running Scared with author S. L. Smith

5:30–7 PM at the 5-5-1 Club

Join exciting new mystery author S. L. Smith as she talks about her recently released book, and enjoy some cheese and wine at this casual gathering. \$5 if registered by 10/2 or \$8 at the door. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Monday, October 7

55+ Defensive Driving Refresher Course

5:30–9:30 PM at Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul 55106)

This 4-hour refresher course will make you eligible for a 10% discount on your auto insurance for three years. No driving; no test. Course taught by the Minnesota Safety Council. Sponsored by Lyngblomsten's 5-5-1 Club. Cost is \$17. To register, call (651) 291-9150.

Tuesday, October 8

President's Club Dinner

Evening. Midland Hills Country Club. The President's Club honors donors who have given \$1,000 or more during the most recent fundraising year (10/1/12–9/30/13). Invitations will be mailed.

Tuesday, October 8

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org. See volunteer opportunities on page 17.

Friday, October 11

Retirement Send-Off/Open House for Paul Mikelson

3–6 PM, with a brief program at 4:30 PM. Newman-Benson Chapel at Lyngblomsten. Come and celebrate the career of Lyngblomsten's long-time president/CEO. Read the related CEO transition story on page 5. Visit www.lyngblomsten.org/calendar for more details available mid-September.

Sunday, October 13

The MacPhail Music Hour presented by Artful Living with Lyngblomsten

2–3 PM in the Newman-Benson Chapel at Lyngblomsten FREE; open to the public. Performance details at www.lyngblomsten.org/artfulliving.

Tuesday, October 22

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. See page 11 for details.

Friday, October 25

Care Team Ministry 15th Anniversary Celebration.

See page 7 for details.

Tuesday, November 5

Caring for those with Memory Loss in Your Faith Community

Parish nurses and faith community nurses are invited to attend this morning workshop at Augustana Lutheran Church. See page 7 for details.

Thursday & Friday, November 7 & 8

Fall Delegate Meetings

For representatives from Lyngblomsten's corporate congregations. Choose Thursday evening or Friday morning. Invitations will be mailed.

Sunday, November 10

The MacPhail Music Hour presented by Artful Living with Lyngblomsten

2–3 PM in the Newman-Benson Chapel at Lyngblomsten FREE; open to the public. Performance details at www.lyngblomsten.org/artfulliving.

Thursday, November 14

Annual Supporters Appreciation Event

Invitations will be mailed. See page 17 for more details.

**CHANGE SERVICE
REQUESTED**

An invitation to ...
Celebrate Our Leaders

Lyngblomsten cordially invites you to attend a reception honoring Jeff Heinecke as he begins his tenure as President/CEO of Lyngblomsten and to celebrate the career of Lyngblomsten's long-time President/CEO, Paul Mikelson, at a retirement send-off and open house.



**Installation
Ceremony &
Reception for
JEFF HEINECKE**

Friday, September 6, 2013

3 PM Service of Installation
*in the Newman-Benson Chapel
at Lyngblomsten*

3:30–5 PM Reception



**Retirement
Send-Off &
Open House for
PAUL MIKELSON**

Friday, October 11, 2013

3–6 PM Open House

4:30 PM Program
*in the Newman-Benson Chapel
at Lyngblomsten*