



Lyngblomsten Lifestyle

Holiday Edition 2013

*The people who walked
in darkness have seen
a great light; those
who lived in a land of
deep darkness—on
them light has shined.*

Isaiah 9:2 NRSV

SPECIAL HOLIDAY ISSUE!
See inside for featured holiday
events and programs

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Scandinavian Cookie Fair
Lights for Lyngblomsten

Directory

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5-5-1 Club Community Center

General contact: (651) 632-5330

gmrutz@lyngblomsten.org

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Community Wellness Nurse

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Donate Online:

www.lyngblomsten.org/donate

From the Editor

Dear Readers,

I'm amazed at how one element of Christmas, gift-giving, has pretty much taken over the entire holiday. And every year I am re-amazed at how early the advertising for Christmas gifts and toys begins. I think I saw the first ad the last week of September this year. I wish retailers could wait till at least after Halloween to start the season. Waiting till mid-November would be even better. Waiting till Advent would be grand.

Perhaps you've heard about the story of the candy cane. It seems it is more legend than factual. I don't think that matters too much; it's just a good reminder of why Christmas exists.



There are several versions of the candy cane story. In *The Legend of the Candy Cane* by Lori Walburg, she tells a story of a stranger coming into town and settling into a vacated storefront. He works for weeks preparing the space, and no one knows who he is or what sort of store he will be opening. Some people hope for a doctor, some for a tailor, and some for a trader. The children hope for a candy maker. Finally, one young girl named Lucy who had been watching the progress couldn't wait any longer. She knocked on the door, introduced herself, and asked the man if he needed any help. He said he could use help unpacking. She tried to prepare herself that there'd only be barrels of nails and bags of flour; she didn't want to be disappointed. The first crates contained glass jars of all shapes and sizes. Then there was a large wooden crate. The man opened the crate and Lucy began removing the packing material. Yes, you guessed it. The crate was filled with all sorts of candies. The man then introduced himself as John Sonneman and welcomed her to Sonneman's Candy Store.

They began filling the jars with the various types of candy. When Lucy came across a candy she had never seen before—a red-and-white striped candy stick with a crook on the end—she asked Mr. Sonneman what it was.

"This," he explained, "is a candy cane. It is a very special Christmas candy."

"Why?" Lucy asked.

"Tell me," Mr. Sonneman said, "what letter does it look like?"

"J!" she said.

"Yes." Mr. Sonneman smiled. "J is for Jesus who was born on Christmas day."

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

On the Cover: Newman-Benson Chapel at Lyngblomsten, Christmas 2012.

To be added or removed from the *Lyngblomsten Lifestyle* mailing list, call (651) 632-5324 or email MailingList@lyngblomsten.org.

HOLIDAY HIGHLIGHTS

Out & About Lyngblomsten

Christmas of Swing at the Minnesota History Theatre

Thursday, December 5 | 10 AM performance

A joyful celebration of music, family, and patriotism featuring real letters from WWII soldiers and favorite swing versions of holiday songs in this musical re-imagining of the Andrews Sisters' USO show.

\$22/ticket; Lunch after at *Fabulous Fern's* (cost on own)

Bus site pick-ups: \$3 round trip

9 AM at the 5-5-1 Club (1415 Almond Ave., St. Paul)

9:15 AM at Applewood Pointe of Roseville

(1480 Applewood Court W, Roseville)

Register: (651) 632-5330 or 551club@lyngblomsten.org by December 2 to reserve your spot. Please let us know if you will be riding the bus with us or meeting us there.

This trip is coordinated by Lyngblomsten's 5-5-1 Club.

For a complete calendar of 5-5-1 Club programs and activities, visit www.551club.com/booklet.

Spirit of Giving A Gift Collection for Residents & Tenants of Lyngblomsten

How to participate: Monetary donations and gift cards will be collected to have Lyngblomsten staff purchase gift items for residents and tenants. For monetary donations, please make checks payable to "Lyngblomsten Foundation." Bring or mail donations and gift cards to:

Spirit of Giving, c/o Leah Gravink

Lyngblomsten Care Center

1415 Almond Avenue, St. Paul, MN 55108

Suggested stores for gift cards: Target, JCPenney, Walmart, Kohls, Macy's

Monetary donations and gift cards are due to Lyngblomsten by Monday, December 16.

Questions? Contact Leah Gravink at spiritofgiving@lyngblomsten.org.

A Cup of Christmas Tea with Warren Hanson

Friday, December 6 | 10-11 AM

*Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul*

Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings!

Along with such favorites as *A Cup of Christmas Tea*, Warren will share from his newest book, *The Steeple*.

Enjoy tea and treats at this charming morning retreat.

Books will be available for sale after the presentation, and Warren will stay for book signing.

\$5 suggested donation. No reservations needed.
Questions? (651) 632-5335

Caregiver Café Caregiving & the Holidays

Tuesdays, November 12 & 19

December 3 & 10 | 11:30 AM-1 PM

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

Caregiver Café is an opportunity for caregivers to connect with one another about caregiving while enjoying each other's company in a café-style atmosphere. There will be guided "table talk" that keeps the focus on you as a caregiver and your unique experiences related to providing care for a family member, friend or neighbor. Please bring a lunch or pick up something at *Anna's* (café located on campus). Dessert, coffee, tea and water will be provided.

4 sessions—join us for all four, or come as often as you are able. FREE; please RSVP to (651) 632-5330.

Questions? Contact Jen Finstad, MSW, LGSW, Caregiver Services Social Worker at (651) 280-2538.

This workshop was supported, in part, by a CS/SD grant from the Department of Human Services (DHS). Points of view or opinions do not necessarily represent official DHS policy.



Lyngblomsten

Scandinavian Cookie Fair

Rosettes • Krumkake • Sandbakkels
Lefse • Spritz • Various Baked Goods

Saturday, December 14, 2013 | 10 AM-2 PM

in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul)

Proceeds go to the Lyngblomsten Auxiliary Legacy Fund

Join us at Lyngblomsten for an annual holiday tradition—the Scandinavian Cookie Fair! In addition to the Scandinavian cookies and various baked goods that will be for sale, there will be lunch, coffee and treats available for purchase, cookie decorating for all ages, demos and live entertainment, and pictures with Santa. *(Note: There will be no crafts for sale this year.)*

Cookie Donations

If you would like to donate cookies and other baked goods for the fair, donations will be collected December 12 and 13. Please bring them in dozens (include name of item) to the front desk at the Lyngblomsten Care Center (1415 Almond Ave., St. Paul). Cookies from all cultures are welcome!

Questions or for more information

Contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org. Updates and details also available at www.lyngblomsten.org/cookiefair2013.

BONUS! Keep the tradition alive and learn how to make two classic Scandinavian cookies—Krumkake and Rosettes—in a hands-on cookie-making class. Thursday, November 21 at the 5-5-1 Club; see page 6 for details.



Seasonal Worship Services

in the Newman-Benson Chapel at Lyngblomsten

Thanksgiving Service: November 28 at 10:30 AM

Candlelight Service: December 19 at 4:00 PM

Christmas Eve Service: December 24 at 2:30 PM

Christmas Mass: December 26 at 3:30 PM

Lights for Lyngblomsten

Let your light shine by helping us sustain and expand these vital services for our older adults.

You can make a difference this Christmas by honoring someone you love or admire with a tribute gift to the *Lights for Lyngblomsten* campaign. Recognize those special people who are or who have been a shining light in your life.

Here's how:

Select your honoree and choose a card:

You can give in honor or memory of people who have been a shining light in your life. For each gift, an ornament will be hung on the Lyngblomsten Christmas tree and your honoree's name will be displayed at the annual Tree Lighting Ceremony (for donations received by December 2).

You may also choose a card to give to your honoree to let them know a donation has been made to Lyngblomsten in their name. The card shares information about the cause you support.

Card choices are:

Manger



Wreath



Ornament



Dove



Choose your cause:

Supporting one of our suggested causes (below) is a great way to tell others that you support the dignity and well-being of older adults in our community.

- **The Paul L. Mikelson Fund for Innovation and New Initiatives**
- **Artful Living with Lyngblomsten**
- **Home- and Community-Based Services** (programs such as Care Team Ministry, Community Wellness and Education, 5-5-1 Club, The Gathering, and Parish Nurse Ministry Resource Group)
- **Lyngblomsten Auxiliary Legacy Fund**
- **Lyngblomsten General Fund**

Give a donation: Give easily online at www.lyngblomsten.org/donate or pick up a brochure on campus.

Learn more: Call (651) 632-5356 or visit www.lyngblomsten.org/lights2013.



Join the celebration by attending the annual Tree Lighting Ceremony
Tuesday, December 10, 7:00 PM | Newman-Benson Chapel at Lyngblomsten

Join us and enjoy a time of celebration with our older adults as we give thanks for the gift of Light and for those who have been lights in our lives. Enjoy entertainment and refreshments. Everyone is welcome.

"Now turn it over. What does it remind you of?"

Lucy turned the candy in her hand and peered intently. "I know!" she said finally. "It's like a shepherd's staff."

Then Lucy went on to ask about the stripes, and Mr. Sonneman told her about Jesus' suffering and death. "By his stripes, we are healed. The red reminds us of his suffering and his blood shed for us. But the candy is white as well. When we give our lives to Jesus, his blood washes away our sins, making us pure and white as snow." That is the story of the candy cane.

Candy Cane Symbolisms

J • Jesus

Shape • shepherd's staff; shepherds were first to know of Jesus's birth; Jesus the Good Shepherd

Hard candy • solid like a rock—foundation of Church

White • purity of Jesus and his virgin birth

Bold red stripe • Jesus' love

3 thin stripes • Holy Trinity; or stripes from the beating

The story that the candy cane was used as secret symbolism by Christians appears to be a myth. What does seem to be consistent about the history of the candy cane is that in about 1670, the choirmaster at Cologne Cathedral had sticks of candy (all white) bent into the shape of a shepherd's crook and passed them out to children who attended the Nativity service—to help them stay better focused during the long ceremony. Soon after, the practice of handing out the sugar canes at living crèche ceremonies spread throughout Europe.

At about the same time, people began decorating Christmas trees. The hook on the cane made them easy to hang on trees. By the mid 1800s, people in America were also hanging sugar canes on their Christmas trees. It wasn't until the early 1900s that candy canes appeared with red stripes. Many sources report that a candy maker in Indiana developed the candy cane as a witness of Christ's love. While we may never know the full history of this special candy, we can share in the truth of Christ's birth and redemption and the gift of his love.

If you're searching for ways to keep Christ in Christmas, perhaps you, too, will share the story, or representation, of the candy cane.



Season's Blessings,

Patricia A. Montgomery

Patricia A. Montgomery | Editor

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.

Tuesdays, November 12 & 19, December 3 & 10

Caregiver Café: Caregiving & the Holidays

11:30 AM–1 PM at the 5-5-1 Club

This is an opportunity for caregivers to connect with one another about caregiving while enjoying each other's company in a café-style atmosphere. FREE; please RSVP to (651) 632-5330. Details on page 3.

Thursday, November 21

Scandinavian Cookie-Making Class

6:30–9 PM at the 5-5-1 Club

Learn how to make two classic Scandinavian cookies: Krumkake and Rosettes. Enjoy chocolate and a glass of wine (or non-alcoholic beverage) while you bake. Bring an apron and a box or tin in which to take home your cookies. Cost: \$15 per person; free for children under 12 if accompanied by adult. Register by 11/15 to (651) 632-5330 or 551club@lyngblomsten.org.

Sunday, November 24

The Saint John's Bible

Learn the story of The Saint John's Bible, the first completely handwritten and illuminated Bible in 500 years. 9:45 AM worship service at Augustana Lutheran Church (1400 S Robert St, West St. Paul); 10:50 AM presentation. FREE. Register by 11/22 to (651) 632-5330 or 551club@lyngblomsten.org. Complete details at www.551club.com/booklet.

Thursday, November 28

Thanksgiving Worship Service

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

Tuesdays, December 3 or 10

Holiday Fused Glass Jewelry-Making

5:30–8:30 PM at the 5-5-1 Club on December 3 or 1–4 PM at the 5-5-1 Club on December 10

Create two pieces of jewelry—earrings, a necklace, pendant, or jeweled pin—with beautiful dichroic glass. More details on back cover.

Thursday, December 5

"Christmas of Swing" at the Minnesota History Theatre
This musical re-imagining of the Andrews Sisters' USO show is a boogie-woogie Christmas delight! Event details on page 3.

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

Friday, December 6

A Cup of Christmas Tea
10–11 AM in the Newman-Benson Chapel at Lyngblomsten. Warren Hanson returns to Lyngblomsten to delight you with music and readings! Event details on page 3.

Friday, December 6

Christmas Lunch at the 5-5-1 Club
Noon–2 PM at the 5-5-1 Club
Celebrate Christmas with a catered meal of turkey, mashed potatoes and gravy, dressing, veggies, bread, and dessert. Lunch followed by a program and music of the season. Cost is \$12. Register by 12/3 to (651) 632-5330 or 551club@lyngblomsten.org.

Saturday, December 7

Elva Kaffe
10 AM–2 PM at Augustana Lutheran Church (1400 S Robert St, West St. Paul). Scandinavian for “11:00 Coffee,” Elva Kaffe features all things Scandinavian: food, crafts, and music. Free admission.

Sunday, December 8

Second Sunday Concerts featuring:
The Early Days of Doo-Wop & Rock ‘n’ Roll
2–3 PM in the Newman-Benson Chapel at Lyngblomsten. FREE; open to the public. Concerts presented by Artful Living with Lyngblomsten and MacPhail Center for Music every second Sunday of the month. More at www.lyngblomsten.org/artfulliving.

Tuesday, December 10

Celebrating the Light of Lyngblomsten and Annual Tree Lighting Ceremony
7 PM in the Newman-Benson Chapel at Lyngblomsten. Everyone is welcome at this annual holiday tradition. More details on page 5.

Saturday, December 14

Lyngblomsten Scandinavian Cookie Fair
10 AM–2 PM in the Newman-Benson Chapel at Lyngblomsten. Donations of cookies and other baked goods will be collected December 12 and 13. Event details on page 4.

Tuesday, December 17

Silk Scarf Painting
1:30–3 PM at the 5-5-1 Club
Learn how to paint silk, and leave with a beautiful scarf ready to wear or share for the holidays! More details on back cover.

Thursday, December 19

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

Tuesday, December 24

Christmas Eve Service
2:30 PM in the Newman-Benson Chapel at Lyngblomsten. (There will be no Christmas Day Service.)

Thursday, December 26

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



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Christmas at Anna's

Special holiday treats will be available at Anna's café, and the gift shop will have an abundant offering of beautiful Christmas merchandise for anyone on your gift giving list. **Stop by and visit, enjoy a meal, and get a jump start on your holiday shopping!**

For holiday hours, call (651) 632-5385 or visit www.lyngblomsten.org/annas. Anna's is located near the chapel on the Lyngblomsten campus.

**CHANGE SERVICE
REQUESTED**

Arts for the Holidays

presented by Artful Living with Lyngblomsten™

**Create fused glass jewelry pieces or paint a silk scarf, and leave
with your art ready to wear or share for the holidays!**

Holiday Fused Glass Jewelry-Making

Create a pair of earrings, a necklace, pendant, or jeweled pin with beautiful dichroic glass, in this class led by artist Anne Krocak, COMPAS. Leave with at least two pieces ready to wear or to give as gifts to loved ones. No experience necessary; all ages welcome! Choose one of two dates:

Tuesday, December 3 | 5:30–8:30 PM

Fee: \$58/person (includes dinner)

Register by November 27

Tuesday, December 10 | 1–4 PM

Fee: \$40/person (includes snacks & coffee)

Register by December 8

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

Classes are held at the 5-5-1 Club, lower level of the Lyngblomsten campus at 1415 Almond Ave., St. Paul.

Silk Scarf Painting

Learn how to paint silk! Different techniques will be demonstrated, and each participant will learn how to paint using high quality silk paints. Leave with a beautiful scarf ready to wear or share for the holidays. Class led by artist Anne Krocak, COMPAS.

Tuesday, December 17 | 1:30–3 PM

Fee: \$30/person

Register by December 15

