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Lyngblomsten Lifestyle

Winter | Spring 2012



STORIES OF LIFE:

Creativity Matters: Incorporate creativity into your life for a healthier, happier you

MORE IN THIS ISSUE:

Memory Loss Pilot Programs Launching
BONUS: 2012 Pullout Calendar

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www.lyngblomsten.org/donate

New Year, Fresh Start

At the end of every year when the plans are laid out for the upcoming year, I think to myself, "This is going to be a big year for Lyngblomsten." If that's been true in the past, then 2012 is going to be a gargantuan year! There are new services launching (read about the early memory loss services on page 7), senior ministry and parish nurse resource networks being built, a re-envisioned café and gift shop being planned (see page 9), physical plant improvements, and many, many more projects in the works—all designed to meet our mission of enhancing the quality of life for older adults. I look forward to sharing with you the stories of progress and impact.

The start of a new year often signals the start of transformations. Perhaps you noticed there is a new look to *Lyngblomsten Lifestyle* magazine. We are making some fairly significant changes to our publication and decided it was a good time to refresh the look as well. Based on feedback from our reader survey as well as our plan to fully embrace social media in the year ahead, we have modified the publication schedule for the print edition of *Lifestyle*, producing only two full issues annually plus a special (holiday) edition.

I am always so grateful to those people who invite us into their lives and allow us to share their stories with others. In this edition, we focus on creativity and aging. You'll meet four older adults who talk about their involvement in our *Artful Living with Lyngblomsten* program (story begins on page 3). I hope their stories inspire you to embrace the arts and to infuse even more creativity into your life—be it through the arts or in other ways. Don't miss the opportunities to learn more about creativity and aging presented on page 5.

May your 2012 be filled with many blessings, boundless creativity, and opportunities pursued,

Patricia A. Montgomery | Editor

P.S. I'm always glad to hear from our readers—whether you want to suggest a person's story to feature, offer constructive feedback, or tell me about something from the magazine that inspired you to act. Contact me at (651) 632-5322 or prmontgomery@lyngblomsten.org.



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

Patricia Montgomery, Editor — Director of Marketing Communications

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

Click on "News & Events."

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"Lyngblomsten Lifestyle Mailing List" Attn: Mary Grupa: 1415 Almond Avenue, St. Paul, MN 55108 (651) 632-5324 or mgrupa@lyngblomsten.org

Contents

Creativity Matters.....	3
Resource Roundtable: Early Memory Loss Services	7
Corporate Board Profiles.....	8
Study ends, re-envisioned café to begin	9
Wellness for Life.....	12
Foundation Board	14
It's A Wrap! Looking back on 2011 Events.....	16
Remembrance Fund	17
Events Calendar	18

On the Cover: Bob Ogren is shown at his in-home painting studio showcasing his watercolor paintings. Read "Creativity Matters" on page 3 for more details.



Creativity Matters

Incorporate creativity into your life for a healthier, happier you

by Christina Rhein

“Every child is an artist. The problem is how to remain an artist once we grow up.” —Pablo Picasso

Although there can be many losses in later life, it may be surprising to learn that creativity is not one of them. In fact, studies show that creativity often flourishes as we age.¹ Take, for example, Oscar Hammerstein II who was 65 years old when he wrote the lyrics to accompany Richard Rodgers’ music for *The Sound of Music*. At the age of 75, Helen Keller published *Teacher* in honor of her miracle-worker teacher, Annie Sullivan. George Friedrich Handel suffered a stroke when he was 52 but went on to create *Messiah* five years later, and at age 65 he composed *Jephthah*. Architect Frank Lloyd Wright designed the famous *Fallingwater*—a house projecting out over a waterfall—at age 69. He later designed the Guggenheim Museum in New York at age 91. While creativity is often relegated to the world of the young, it is important to know that we have the opportunity to create once we “grow up.”

There is a vital relationship between creative expression and the quality of life for older adults. According to Gene Cohen, M.D., Ph.D., founder of the Washington, D.C., Center on Aging, the very act of engaging one’s mind in creative endeavors directly affects health in positive ways. In 2001, Cohen undertook a study of 150 adults ages 65 to 100 to examine the effects of various pursuits on their well-being. The control group was engaged in noncreative community activities, and the other group participated in community-based art programs taught by professionals. After one year, Cohen found that the group engaged in creative activities—such as painting or singing in a choir, had started fewer new medications, experienced fewer falls, and made fewer doctor’s visits than the control group. This landmark study showed the powerful impact of creative activities through brain stimulation, stress reduction, and the overall improvements in physical and mental health.

Creativity can take many forms and serves as a powerful way to engage older adults in self-expression, enabling them to create works that honor their life experiences. One way Lyngblomsten encourages creativity is through *Artful Living with Lyngblomsten*^{TM,2} In support of Lyngblomsten’s mission to enhance the quality of life for older adults, the *Artful Living* program offers access to fine

arts events, workshops by resident artists, and celebrations of creativity for older adults at Lyngblomsten and in the community, thereby enhancing lives, igniting creativity, and driving passion toward living full and healthy lives.

“To me, Lyngblomsten’s approach appears unique,” stated Daniel Gabriel, Director of Arts Programming at COMPAS, an arts organization partner with the *Artful Living* program. “First of all, by running focus groups that brought a range of stakeholders to the table, Lyngblomsten staff ensured that the art projects undertaken were ones that would generate interest.”

Lyngblomsten has collaborated with numerous premier arts organizations to provide the professional expertise for each art form. Pat Samples, Coordinator for arts partner Minnesota Creative Arts and Aging Network, shared that “*Artful Living* is a shining example of an arts learning program for older adults. I’m very impressed because it’s rare for a senior-serving organization to invest so fully in making the arts a priority within their services.”

A survey after the first year of the *Artful Living* program showed that for nearly 43 percent of the participants, this was the very first time they had access to an arts program.

For our participants, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

—One of Lyngblomsten’s Four Guiding Principles

Meet a few participants of *Artful Living with Lyngblomsten* as they share their special experiences and discuss what this program has meant to them.

Bob Ogren, Watercolor Artist

Bob Ogren, a 90-year-old local community member, has participated in three watercolor classes through the *Artful Living* program. Bob’s wife talked him into trying the watercolor classes, and now he is thankful that she did. When he first started the classes, he intended to only attend one or two sessions to see what they were like.

continued on page 4



Photography 1,2,3! class exhibit at the Tree Lighting Ceremony in December



Winnie Johnson sings with the instructors at Music for Life™ class



Taiko Drumming performance



Watercolor class exhibit at the Tree Lighting Ceremony in December

continued from page 3

After participating in several courses, he is more enthused about doing art than ever before. About 35 years ago Bob enjoyed oil painting, but after having had a heart attack, he abandoned his hobby. Now Bob has been re-introduced to painting, this time watercolors, and as a result of taking the watercolor classes has purchased his own paints, brushes, paper, and DVDs for beginners. Bob credits his enthusiasm to his watercolor teacher, Anne Krocak from COMPAS, an arts partner for the *Artful Living* program. "She praised and encouraged everyone's efforts no matter what. She inspired us and promoted carefree thinking," Bob said.

Bob is featured on the front cover of this magazine at his recently created in-home painting studio. In the photo he is holding a painting that started out as just an exercise in class to paint hands but turned into something much more for Bob. "This is the first breakthrough I've had to really create something. It's the first painting I've done that I can take credit for it being completely original and creative, and that's what was important to me," Bob proudly stated.

Winnie Johnson, Vocal Artist

Retired pastor Winnie Johnson is a 95-year-old tenant at The Heritage at Lyngblomsten and has been an active participant in the *MacPhail Music for Life™* vocal classes offered through *Artful Living with Lyngblomsten*. As an advocate of the classes for others around campus, Winnie was eager to share his experience. "I have been sort of the apostle in getting more people involved, especially men," Winnie said. "I'm always talking about it and trying to get residents involved." He believes it's a great opportunity for anybody who wants to have an enjoyable time and learn something. Winnie performed with the *Music for Life™* group at Lyngblomsten's Tree Lighting Ceremony in December and proclaimed, "It became a sense of accomplishment to do something and contribute and help other people enjoy something." He tells anyone who is hesitant to join the class that you don't have to know how to sing. "The teachers are there to teach you to use what you already have." He added, "Most of all, it's a place to do something different, to get out and see other people, and to keep growing."

Geraldine Coleman & Ruth New, Vocal Artists

Geraldine Coleman and Ruth New are both residents at Lyngblomsten Care Center and have often participated in the *MacPhail Music for Life™* classes together. Geraldine shared her enthusiasm for singing and what it has meant to her throughout her life. "We [her family] always sang just for amusement. On Christmas Eve when I was a little girl, our whole family would sing Christmas hymns until three in the morning," she reminisced. Geraldine still has a passion for singing. "Sometimes you might just catch me humming in my room. I just like to sing!" she said smiling.

Ruth has also enjoyed singing most of her life and as a teenager was involved in a glee club. Now she often recruits other residents to join the music classes and hopes to soon help organize a group to go off campus and perform for others. Ruth has a positive attitude about staying active and participating in new activities, and the music classes have given her the opportunity to do just that. "I love it. It's meant a lot to me, and I wouldn't give it up for a million dollars!" she said spiritedly. She was also proud to share that she sang a solo at the Tree Lighting Ceremony. Ruth is excited for the next series of classes to begin and looks forward to encouraging even more residents to participate with her.

The process of creating, as well as the art that is created itself, has transformed these participants and the people around them, including other *Artful Living* participants, family members, caregivers, those who experience their art, and even the employees at Lyngblomsten.

For our employees, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

—One of Lyngblomsten’s Four Guiding Principles


With a knack for opportunity-seeking and connecting people, Lyngblomsten employee Melanie Davis (Director of Volunteer Services and Corporate Engagement), was “off and running” in 2010 after having lunch with Bob Olsen, a friend from church. Bob, the Executive Director of COMPAS, shared the life-changing work their organization was doing related to the arts in healthcare settings. Several meetings later with other staff as well as with community arts organizations, plus a few focus groups and an arts grant opportunity, together paved the way for what has become the *Artful Living with Lyngblomsten* program.

Iris Shiraishi from Mu Performing Arts, the arts partner that brought Taiko Drumming to the *Artful Living* program, applauded the efforts of Lyngblomsten staff, commenting, “I can’t say enough about how much thought and careful consideration Melanie Davis and the staff committee put into this *Artful Living* program. It is because of each of them and the support of the Lyngblomsten community that this program has and will continue to thrive.” In addition, Jeanie Brindley-Barnett, co-founder of arts partner *MacPhail Music for Life*TM agreed saying, “I’ve never seen

a more committed, amazing group of staff. They really jumped in full force, got everyone on board, and gave this a team approach. Staff and volunteers showed a willingness to try and explore this, and they approached this program with unbridled enthusiasm to work together and make it happen. It’s about togetherness.”

To continue efforts to foster long-term growth and the success of *Artful Living with Lyngblomsten*, Lyngblomsten is launching a study in January intended to measure and evaluate basic health-related outcomes of participants in the program. Like Cohen’s research suggests, there is a rich relationship between creativity and aging. Creativity contributes to physical health as we age. Creativity strengthens our morale later in life. Creativity enriches relationships. Creativity is our greatest legacy.¹

Learn More About Creativity and Aging:

- Attend Lyngblomsten’s Annual Wellness Conference: *Living the Creative Life*, on Saturday, April 14, 2012. See details on page 6.
- Get involved with *Artful Living with Lyngblomsten*. See page 6 for a list of upcoming opportunities.
- Learn more about arts and aging from the National Center for Creative Aging: www.creativeaging.org.
- Play the Creativity Game (below) to help incorporate creativity into your life on a regular basis. 

¹Cohen, G. D. (2000). *The Creative Age: Awakening human potential in the second half of life*. New York: HarperCollins Publishers Inc.

²*Artful Living with Lyngblomsten*TM is made possible in part by a grant from the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature and a grant from the National Endowment for the Arts and generous contributions to the Lyngblomsten Foundation.

START  Collect 20 Creativity Points	Visit a person	E-mail or write a letter	Visit a new place	Explore a new activity
Describe a decade in your life	The Creativity Game			Read an article or book
Explore a new activity	Record dreams or daydreams	Your choice	Record daily thoughts	See a movie or cultural event

Roll a die at least once a day and carry out the activity on the square on which you land (Example: You roll a 2, so you’d e-mail or write a letter to someone). Earn 5 points each time you complete the activity. Leave a small object as a “marker” on the square you land on, and roll again, moving forward from that square. Earn 20 bonus points each time you pass the “Start” square.

When you reach 1,000 points, give yourself a special reward—a trip, a book, a day away—but the most exciting reward will be the sense of vitality, community, and self-esteem you’ll gain through the activities themselves.

Adapted from *The Creative Age: Awakening Human Potential in the Second Half of Life*, p. 273, Gene D. Cohen, M.D., Ph.D.

Artful Living with Lyngblomsten™

Art for Every Season of Life!

This is a program of fine arts events, workshops held by resident artists, and celebrations of creativity for older adults living at Lyngblomsten or in the community. *Artful Living* is designed to give access to the arts, thereby enhancing lives, igniting creativity, and driving passion toward living full and healthy lives.

Art forms offered January – April 2012:

Watercolor Classes with artist Anne Krocak

Tuesdays, 1:00 – 2:30 PM and 2:45 – 4:15 PM
Care Center Conference Room at Lyngblomsten

Places Please! Theatre Sampler

Thursdays, 2:30 – 4:00 PM
Newman-Benson Chapel at Lyngblomsten

MacPhail Sing for Life™

Fridays, 9:30 – 10:30 AM
The Heritage Dining Room (on the Lyngblomsten campus)
1440 Midway Parkway, St. Paul, MN 55108

MacPhail Music for Life™

Fridays, 10:45 – 11:45 AM
Newman-Benson Chapel at Lyngblomsten

Mu Daiko 15th Anniversary Concert (Taiko Drumming)

Sunday, February 12, 2:00 PM
The Ordway-McKnight Theatre, St. Paul, MN

Complete class descriptions are available online at www.lyngblomsten.org/news-events, or request a copy of the *Artful Living with Lyngblomsten™* schedule (see contact information below).

For more information or to register for a class, contact:

Allyson Linden, *Artful Living* Coordinator
(651) 632-5357 or alinden@lyngblomsten.org.

All activities and materials are provided free of charge. Donations welcome. These activities are made possible in part by a grant from the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature and a grant from the National Endowment for the Arts, with support from the Lyngblomsten Foundation.

Lyngblomsten's Annual Wellness Conference

Living the creative Life

Saturday, April 14, 2012

Keynote presentation: **Life is a Work of Art**

There is a “use it or lose it” principle for cognitive ability—if we stimulate our brains, we continue to grow dendrites, even in old age. This is a presentation about the power of creativity in later life, using a combination of research, personal stories, and vivid illustrations.

Presenter Lucy Rose Fischer, PhD, award-winning gerontologist, author, and artist, shares her own experience of launching her art career around age 60 when she asked herself:

How old do I have to be to follow my dream?

- Discover the health benefits and power of arts in aging.
- Explore new possibilities for creative expression.
- Learn about resources in the arts community.

When: 8:30 AM – 9:30 AM Early Bird Workshops
9 AM – 10 AM Registration & Exhibits
10 AM – 1:30 PM Keynote, Workshops, Exhibits, Lunch, & Panel Discussion

Where: Roseville Lutheran Church
1215 W Roselawn Ave, Roseville, MN 55113

Cost: \$25 per person

Register: (Starting February 15) Online at www.lyngblomsten.org/calendar or contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org

Questions or for more details:

Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.



Hosted by Lyngblomsten
Community Wellness & Education



EML Group Pilot

12-week Series: March 7 – May 23, 2012
Wednesdays, 10 AM – 2 PM

10 on-site sessions plus 2 sessions of culture bus outings—mentally enriching experiences to cultural destinations such as a museum or history center (included in cost)

Typical 4-hour session includes:

- Memory enhancement techniques
- Variety of activities focusing on remaining strengths and abilities
- Group discussion, lunch, socialization time
- Review of homework and materials distributed at previous session (*homework optimizes learning*)

Facilitator: Carolyn Klaver, RN, is a leader in the field of memory loss care with nearly 30 years of nursing experience plus specialized training in memory care.

Cost: \$720 (*sliding fee available*)

Contact: For more information or to begin the registration process, contact Betsy Hoffman, at (651) 414-5291 or bhoffman@lyngblomsten.org.

Download the complete EML Group brochure at: www.lyngblomsten.org/services/supportive-services

Memory Loss Pilot Programs Launching

Lyngblomsten recognizes the need to support individuals living with memory loss. This includes supporting their caregivers. As more individuals are being diagnosed earlier with Alzheimer's and other dementias, education and support can be beneficial for both the individual with the disease and their family members. Both are seeking ways to continue living their lives in meaningful and productive ways by taking care of their holistic health—mind, body and spirit. In an effort to expand its services to those with memory loss, Lyngblomsten Home- and Community-Based Services is introducing two new memory loss pilot programs: *Early Memory Loss Group* and *Caregiver Coaching*.

Early Memory Loss (EML) Group

This early memory loss service is a proactive, educational program providing memory-building exercises and social support for people in early stages of memory loss. The EML Group will help decrease isolation and promote being engaged in life as much as possible for the longest period of time. Participants can talk and share in confidence with others who have similar memory issues. Opportunities to socialize and problem-solve together, share experiences, and create bonds make the group an invaluable source of support.

Benefits of an early memory loss program include: increased knowledge of stress management techniques, decreased depression, a support system outside the family, increased self-esteem, strengthened brain function, and much more. Plus, the EML Group provides educational and social support services for participants' families.

Caregiver Coaching

Caregiver Coaching is a personalized service that equips family caregivers with knowledge, skills, and the tools needed to develop themselves and enrich their roles as caregivers. The program will assist caregivers in navigating through the difficult decisions and uncertainties people with memory loss and their families face at every stage of the disease.

Benefits of Caregiver Coaching include: tools to organize and cope with your situation, a customized care plan document, evaluation of what you do well and what you need help with, decreased stress and depression, and more.

Programs are partially funded by gifts made to the Lyngblomsten Foundation. www.lyngblomsten.org/get-involved

Caregiver Coaching Pilot

Available starting April 2012

Services include:

- Assessment of needs
- Assistance with planning and problem-solving
- Supportive listening
- Creation of a customized care plan document

Services are provided by telephone, e-mail, or in person.

Care Coach: Susan Buelow, RN, has 40 years of nursing experience and is a trained caregiver coach with a memory loss emphasis.

Cost: Sliding fee scale available. Contact for details.

Contact: For more information or to begin the registration process, contact Betsy Hoffman, at (651) 414-5291 or bhoffman@lyngblomsten.org.

Download the complete Caregiver Coaching brochure at: www.lyngblomsten.org/services/supportive-services

Lyngblomsten Corporate Board Profiles

Meet three of our newest Board Members



Rev. Carl Buettemeier

Rev. Carl Buettemeier first became acquainted with Lyngblomsten while serving at Como Park Lutheran Church (a Lyngblomsten corporate congregation), visiting and singing for Lyngblomsten residents. “Visiting with the senior members of congregations has always been an important part of my ministry,” said Carl. Carl served as a Lutheran pastor for more than 50 years and is currently a Visitation Pastor and the director of Senior Adult Ministries at First Evangelical Lutheran Church (a Lyngblomsten corporate congregation) in White Bear Lake. “I have long felt a special call to senior ministry and greatly appreciate what Lyngblomsten is doing on behalf of seniors in need, both in-house and in their own homes,” he said. Carl has extensive experience writing and developing educational programs for both youth and adults. He also has expertise in pastoral counseling and training lay visitors and Holy Communion ministers. Carl serves on the Corporate Board and is Chair of the Senior Ministry Committee.



Betchen Oberdorfer

Betchen Oberdorfer has a Master of Social Work degree from Columbia University, with specialties in mental health and senior ministry. She retired from Lutheran Social Service where she worked as a therapist and was instrumental in managing their adoption, refugee resettlement, and personal social awareness programs. She also served as director (and was one of the founders) of the conservator/guardian program. After retiring, Betchen spent three years in India doing volunteer work: tsunami relief, mental health counseling, and therapy. She first became acquainted with Lyngblomsten through her church, Prince of Peace Lutheran—Roseville (a Lyngblomsten corporate congregation), and has spent time visiting with residents over the years. She now serves on the Corporate Board and Senior Ministry Committee at Lyngblomsten. Betchen is currently Chair of the Senior Ministry Committee at Prince of Peace and serves on their council.



Tom Schultz

Tom Schultz is retired after working for 40 years as a computer hardware design engineer at companies including Control Data, Cray Research, and Unisys. In his role on the board, Tom is excited to assist in the growth of Lyngblomsten’s outreach programs. He began his service with Lyngblomsten when he joined Care Team Ministry (a Lyngblomsten Home- and Community-Based Services program) at Redeemer Lutheran Church in White Bear Lake (a Lyngblomsten corporate congregation). He has now been involved as a volunteer with Care Team Ministry for nearly 15 years and with The Gathering for about one year. Tom serves on Lyngblomsten’s Senior Ministry Committee. “As Christians, I have always felt that we are called upon to serve others. Being involved in the Lyngblomsten experience adds tremendous value to a Christian way of life,” Tom said. Tom enjoys reading history, following baseball and football, and spending time with his two granddaughters.

Study ends...re-envisioned service begins; yum!

by Patricia Montgomery

A two-year study of whether café-style dining would draw larger numbers of lunch patrons to Lyngblomsten's community center, the 5-5-1 Club, has been completed. The findings from the venture will bring a change to the amenities on campus in mid-2012.

For the last several years across the country, there has been a trend of dwindling participation in congregate dining (where everyone eats the same meal at the same, designated time) at senior centers. A similar decline was also experienced with our community center. To traverse the decline at our community center, café-style dining was launched with the 5-5-1 Club & Café as a pilot study in 2009. Aligning with our limited resources, we created a simple lunch menu available three days a week and set out to learn whether older adults living in the 551 zip code areas would partake of café-style dining on the Lyngblomsten campus. We also wanted to ascertain whether having café-style lunches at the community center would increase the number of people participating in other activities offered by the club. The longer range vision, following the pilot with this "practice café," was to move the café/community center to a location in the community—off the Lyngblomsten campus.

During the café pilot, folks from the community participated, but not in great numbers. Location is everything, and a café without street presence and located on a campus with a nursing home is a pretty tough sell. So we were not surprised that café-style dining was not a big draw for folks living near the Lyngblomsten campus.

What did surprise us, however, was the response from folks living, working, or visiting on campus. The 5-5-1 Café proved to be a convenient lunch option for staff, a conducive place to hold lunch meetings with project partners and committee members, an alternative meal choice for tenants, and a nice place for families to "go out to eat" with their loved ones without the hassle of transporting them off campus.

Seeing how much folks on campus found the 5-5-1 Café to be useful and enjoyable, plans are in the works for a re-envisioned Lyngblomsten Gift & Coffee Shop in its current location near the chapel on main floor. The grand re-opening is tentatively planned for the first week of July. If you'd like to provide input on the new café menu and gift shop product lines, take the café/gift shop survey which will be posted online later in January. Go to www.lyngblomsten.org/news-events/newsletters and click the survey link under *Lyngblomsten Lifestyle*.

The current café at the 5-5-1 Club will operate until late June, and the new café/gift shop will open in early July. After June, the non-café activities of the 5-5-1 Club (e.g. classes, outings, Friday special meals) will continue to be held at the Club in its current location on campus. Additionally in 2012, the community center will be exploring taking 5-5-1 programs "on the road" to locations where seniors are already gathering—such as churches and senior housing buildings. 📍

Save the date for the 2012 Senior Ministry Conference

A conference to equip clergy, church staff, and lay leaders for enhancing ministries to, with, and for the older adults in their congregations



featuring
Amy Hanson, PhD
national speaker, writer,
and consultant with a
passion to help older
adults discover a life of
Christ-centered meaning
and purpose.

Learn more about
Dr. Hanson at
www.amyhanson.org

Date: Tuesday, October 2 (daytime*)

Location: St. Paul, MN

Details will be in the summer edition of *Lifestyle* and posted online at www.lyngblomsten.org/calendar, or to have a brochure mailed to you, contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

*We may also offer a session the evening of Oct. 1.

Sponsored by Lyngblomsten Church Relations

Congratulations to the Dr. Clarence Dennis Nursing Scholarship Recipients (new scholarships awarded in 2011)

LPN Program: Gameda Argo

NP Program: Krystal Choi

BSN Program: Korme Koji and Tesfa Kidane

Masters in Nursing Informatics: Boniface Mwangi

Dementia Care Program: Jackie Hesse, Gina Hemmesch, Nancy Higgins, Kathy Linden, Tina Giwa, Cheryl Chapman, and Marie Marino

CDP Designation: Reta Walters and Jackie Hesse

CHPN: Tyna Dohman

Congratulations to all recipients!

Lyngblomsten Scrapbook

Lyngblomsten's Annual Wellness Conference

Lyngblomsten's Massage Therapist Ruthann Ryberg (left) led The Power of Touch workshop at the Wellness Conference in September. Participants gave each other hand massages after discussion and a demonstration about a variety of ways to receive and give touch to reap significant benefits.



Scandinavian Cookie & Craft Fair

The Lyngblomsten Auxiliary's Annual Scandinavian Cookie & Craft Fair was held on December 2. Many people came to buy handmade gifts and sweet treats (left) and some Auxiliary members dressed the part (above)!

Candlelight Christmas Service

Residents, tenants, and family members gathered in the Newman-Benson Chapel at Lyngblomsten to celebrate Christmas at the annual Candlelight service. Chaplains Kelley Bergeson and Harry Stephenson led the beautiful service.



Husby Memorial Concert

Hannah Sacred Ensemble, a spiritual choral group, performed at the Annual Husby Memorial Concert in October.

This free concert is made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.



A Cup of Christmas Tea

Author/Illustrator/Singer Warren Hason returned to Lyngblomsten for the annual “A Cup of Christmas Tea” program in December. A book signing was held after the program.



Jazzed About Our Supporters

Lyngblomsten friends Margit Hauge (left) and Elaine Jacobson (right) chat while at the “Jazzed About Our Supporters” event in November. See event details on page 16.

Honoring Veterans

The 5-5-1 Club & Café held a special program with food, music, and a photo presentation to honor local vets on Veterans Day. Thank you for your service to our country.



Wellness for Life

Wellness Checks

1–3:30 PM each Tuesday. FREE.

Talk with a registered nurse, Deb Bowman, about health concerns; issues related to remaining independent as health needs change; and questions about medications, disease, or health care. Deb is also available to perform health screening services such as blood pressure, pulse assessments, and fasting blood sugar levels.

Deb's office is located down the hall from the 5-5-1 Club & Café (lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul, MN). No appointment needed; just come.

Caregivers Support Group

Caring for yourself while caring for your loved ones.

1:30–3:30 PM each 2nd & 4th Wednesday 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.

Sessions are held at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN). No reservations needed. Come as often as you are able.

Upcoming sessions:

February 8, 22, March 14, 28, April 11, 25, May 9, 23, & June 13, 27.

New! Vision Loss Support Group

10–11 AM each 3rd Monday 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.

Sessions are held at the 5-5-1 Club & Café (located on the lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul, MN). No reservations needed. Come as often as you are able.

Upcoming sessions:

February 20, March 19, April 16, May 21, & June 18.

Wellness for Life Health Talks

10–11 AM each 3rd Thursday of the month.

Fee: \$2

Health talks are held on the Lyngblomsten campus at 1415 Almond Ave, St. Paul, MN. Come early to enjoy breakfast, or stay after the presentation for lunch in the Café.

- February 16 Health Talk: *Improve Function & Decrease Pain Through Movement.*
- March 15 Health Talk: *A Fond Farewell—Independent, Innovative, Creative Funeral Pre-Planning.*
- April 19 Health Talk: *Alzheimer's Disease and the Caregiver.*

See the events calendar on pages 18 and 19 for complete details about the upcoming presentations.

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

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

Questions or for more information about services and resources offered through Lyngblomsten Community Wellness & Education:

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



books • cheese • wine is a casual book club that meets once per month at the 5-5-1 Club & Café. Come meet and listen to local authors, and enjoy some cheese and wine. There is no required reading—just come for fun, to learn, and socialize with your neighbors.

Join us the first Thursday of each month at the 5-5-1 Club & Café from 5:30 – 7 PM.

1415 Almond Avenue, St. Paul, MN 55108
Lower level of the Lyngblomsten campus

Register: (651) 414-5292 or calbing@lyngblomsten.org

\$5 pre-registered or \$8 at the door.

Upcoming programs:

**February 2 • Bruce Bethke
Stupefying Stories!**

11 all-new stories by 11 hot new writers in this monthly science fiction anthology.

**March 1 • Walt Blue
Of Werewolves & Nightingales**

Compelling tales of courtly love written over 700 years ago.

**April 5 • Donald Epps
The Clash of Civilizations**

Conflict in the post-Cold War world.

**May 3 • Joy Lee Davis
Jane Austen & The Almighty Pound**

Ambiguous language, telltale gestures, astute observations, and subtle symbols that pervade Jane Austen's novels.

**June 7 • Susan Vigilante
Breakfast with the Pope**

The story of a woman wrestling with questions about how a God of love can answer prayers with heartbreak.

**Corporate Volunteer Groups
Assist with Holiday Preparations**

The holiday season is always a busy time around the Lyngblomsten campus. The days were made even more festive this season with help from some corporate volunteer groups. These groups helped bake cookies (photo below), decorate The Heritage (apartments) for Christmas, tie fleece blankets for the *Spirit of Giving* program (photo below), and much more. The groups that volunteered were from:

- 3M**
- Blue Cross and Blue Shield of MN**
- Medtronic**
- Target**
- UnitedHealthcare**

There is a variety of corporate volunteer group opportunities available year-round, whether you're looking for a one-time experience or an ongoing relationship, Lyngblomsten has something for everyone. Please contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org for more information and to find the right fit for your corporate group. **L**



photos by Jim Nash



**Join your neighbors for the
5-5-1 Club & Café Soap-Off!
Saturday, February 11, 2012**

Soup Sampling & Lunch • 11:30 AM – 1:30 PM

Tickets: \$8 pre-paid by 2/8, or \$10 at the door.

Fee includes soup sampling and voting, lunch (salads, bread, dessert & beverage), and door prizes. **To purchase tickets call (651) 632-5320, or stop by the 5-5-1 Club or the reception desk at Lyngblomsten.**

Questions? Contact Geri at (651) 632-5320 or gmrutz@lyngblomsten.org

The 5-5-1 Club & Café is a Community Center Proudly Supported by Lyngblomsten
Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108

Details: www.551club.com/calendar

Lyngblomsten Foundation Board Members

Chair: Gayle McCann

President, *Johnson-McCann Benefits*

Vice-Chair: Jaime M. Hansen

Financial Advisor, *Morgan Stanley Smith Barney*

Secretary/Treasurer: John LeFevre

Retired Senior VP, General Counsel
& Secretary, *Deluxe Corporation*

President/CEO: Paul L. Mikelson**Julie Antolak**

Community Volunteer

Kirstin Sersland Beach

Director of Local Government Affairs,
CenturyLink

Duane Brekken

Retired, *Control Data*

Kim Donat

Attorney, *Best & Flanagan*

Michael Dugan

Global Creativity and Imagination and Idea
Management Leader, *Cargill, Inc.*

Deb George

Founder/Owner of *Authentic Marketing*

Bradley Jacobson

CFO, *Lyngblomsten* (Asst. Treasurer of the Foundation)

Scott Koester

Vice President, *WAI Continuum*

Juliane Kvalbein

Retired Principal & Educator

LeRae Mortensen

Community Volunteer

Chuck Norton

Retired IRS Attorney

Carol Pletcher

Owner, *Pletcher, Inc.*
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Mike Santoro

Retired, Director of Environmental, Health, Safety
and Regulatory Affairs, *3M*

Jeanette Severson

Community Volunteer

Bill Stacey

Director of Financial Systems, Budgets,
and Compliance, *Goodwill Easter Seals*

Esther Tatley

Retired Registered Nurse

“We make a living
by what we get,
but we make a life
by what we give.”

— Winston Churchill

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Visit www.lyngblomsten.org/donate to give
a gift online.

We're on Facebook

Visit [www.facebook.com/
LyngblomstenFoundation](http://www.facebook.com/LyngblomstenFoundation) and “Like” the
Lyngblomsten Foundation to receive
updates and connect with others.

Lyngblomsten = Innovation

By Dale M. Fagre

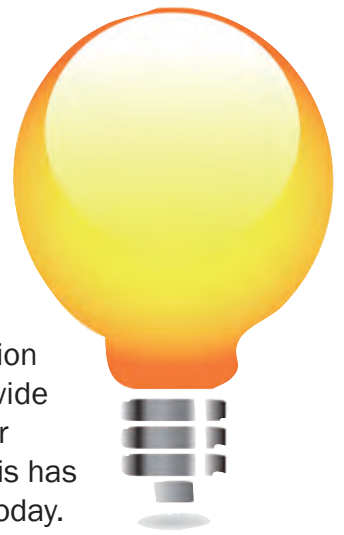
At Lyngblomsten, the term *innovation* is a part of our culture. Dictionary.com defines innovation as “something new or different introduced.” In fact, the word “innovative” is in our mission statement. Lyngblomsten has used innovation to develop many programs and services, including our newest creation, *Artful Living with Lyngblomsten*, which is rapidly growing and involving hundreds of folks. Over the years as well as today, innovation is present throughout our home-and community-based programs: 5-5-1 Club, The Gathering, Care Team Ministry, Parish Nurse Ministry, and Community Wellness & Education. Plus, I think it’s also safe to say that innovation remains key in managing the day-to-day activities of our residential services.

Recently, Lyngblomsten Foundation Board member Michael Dugan released his new book titled, *Saving Innovation: How to Harness the Incredible Promise of Innovation*. Michael writes, “My years of experience have shown me conclusively the establishment of an innovative culture must come before the introduction

of tools...culture works.

A culture of innovation is sustainable and long term” (p. 27). This struck a positive note with me as Lyngblomsten has been developing a culture of innovation for 106 years in order to provide exceptional services for older adults in our community. This has never been more true than today. We are able to create and sustain these programs due to our great staff, as well as the faithful donors, volunteers and partners who support our innovation. We thank you all for your support and invite you to continue supporting innovation at Lyngblomsten in 2012.

For information, please contact Dale Fagre, Chief Development Officer, at (651) 632-5319 or dfagre@lyngblomsten.org. ■



2012 Lyngblomsten Foundation Benefit **Forget Me Not**

\$50,000 Matching Gift!
(from a loyal anonymous donor)

Friday, April 27, 2012
Minnesota History Center
7:00 PM–11:00 PM

Silent Auction • Music • Hors d’oeuvres

Bring your friends and enjoy a special evening as we raise funds for our Home- and Community-Based Services with a special focus on our new early memory loss programs.

Learn about the path of early memory loss and the flowers along the way.

Volunteers needed!

The Silent Auction Committee is in need of volunteers to help solicit donations of all kinds: baskets, gift cards, travel and vacation items... anything fun!

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

Watch for an invitation in the mail, or go online to www.lyngblomsten.org for more information.

Visit the Foundation on Facebook at www.facebook.com/LyngblomstenFoundation.

A Look Back: 2011 Community Engagement Year-End Events

By Dale M. Fagre



Harvest: The Time of Your Life

About 100 guests attended this cocktail hour event on October 13, 2011, at The Saint Paul Hotel. Featured was the *Artful Living with Lyngblomsten*[™] program, along with several program participants. More than \$12,000 was raised to help fund this growing program in 2012.

Jazzed About Our Supporters: Recognition Event

About 250 people attended this first-time combined recognition event held November 10, 2011, integrating several constituent groups that Lyngblomsten has traditionally honored through various separate events. Prior to the dinner and program, Paul Mikelson, President/CEO, hosted over 100 guests at a VIP champagne reception. Recognized during the program were President's Club donors (\$1,000+); Heritage Society members (planned gifts); volunteers (various levels of hours served); and, our corporate partners.

A special honor and recognition was given to the Lyngblomsten Auxiliary who celebrated 50 years of service. Over 30 Auxiliary members were present to be recognized (photo right).



Sharing the Light of Lyngblomsten

On December 6, 2011, Lyngblomsten welcomed in the Christmas season along with 200 residents and guests in the Newman-Benson Chapel. Guests enjoyed singing a host of familiar Christmas songs, and of course, all were treated to the traditional tree lighting. The program featured The Joyful Ringers from Como Park Lutheran Church (photo left), Lyngblomsten's *Artful Living* singers supported by MacPhail Music Center's Music For Life (photo middle), and, finally, Leslye Orr from Dreamland Arts performed "A Christmas Memory" by Truman Capote (photo right). Funds raised from the Lights for Lyngblomsten campaign will support general programming. Thank you for your generosity!



Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

(09/01/11–12/15/11; includes gifts to Lights for Lyngblomsten)



In Memory of

Mary T. Abraham
Gale Anderson
George Anderson
Nancy Anderson
Adine Aurelius
Pearl Barker
Laura Beckwith
Esther Bentley
Edith Bowles
Carl & Ruth Brenden
Donald and Marian Brostrom
Eleanor and Lawrence Busse
Rose Carlton
Lulu Coury
David Dingman
Guel M. Dostal
Clifford Dueholm
Elfrieda Engstrom
Mary Fagre
Solveig Farseth
Clara Fehr
Dr. Eugene Fevold
Vivian Foss
Raymond Garcia
Dorothy Gebhart
John Duncan Gibson
Arnold Gredvig
Marjorie A. Gregory
Dean and Charlotte Hamer
Gladys Hammond
Colleen "Cody" Haney
Dorothy and George Hansler
Mona Harvey
Jean Heideman
Marian Holmstrom
Rev. Leonard Jacobsen
Harold Jacobson
Norman A. Johnson, Jr.
Scott Doran Johnston
Alfred W. Jones
Lorraine Ronnei
Dr. Clive Kelsey
Evelyn Kolars
Festus Krebs
Joseph Kwong
Annella Langer
Ella Laqua
Hazel Lillehaugen
Esther Lindberg
Helen Lokensgard
Marcella Lundy
Irene MacGregor
Louise Martinson
Jeannette Cairncross Mason
Doug McClellan
Mary Ann McJilton
Aileen Melbostad
Hazel Moore
Keith Mortensen
Bertha Moteberg
Clara Mulligan
Delphine Nash
Louis Nash
Marge Novak
Martin Olson
Lorraine Oster
Lorraine Pederson
Janice Phinney
Bob Pooler
Mary L. Prescott
Florence and Herman Preus
Eunice Richter
Elfie Robey
Marjorie Romnes
Anne Rydeen
Robert Rydeen
Leroy Samuelson
LaVonne Semmler
Donald Simpson
Stan Stanz
Helen and Clyde Starkey
Cliste Stephanie

Peter Stumpf, Jr.
Virginia Swedeen
Herbert Tatley
Alice Thoreson
Al & Ellie Torgeson
Edna Torgeson
Roland Ufer
Hans and Borghild Upstad
Forrest Vance
Rose and Paul Watson
Ray Wolf

In Honor of

Marjorie Abas
Esther and Elder Bentley
Gus and Mary Blanchard
Katherine Eklund
Raymond Fisher
Owen Foss
Rev. Einfield Johnson
Don Mielke's Birthday
Don Mielke
Most Holy Trinity Church
Ruth Osell
Elwood Rafn
Rosemary Reynolds
Grandma Ariel Ronning
Dorothy Stach's 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.



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 & Café) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Wednesday, January 25

The Art of Forgiveness: Images of the Prodigal Son
11 AM – 2 PM. Bus departs the 5-5-1 Club & Café at 10:30 AM. Attend a Chapel service at Luther Seminary, enjoy lunch at the cafeteria, then take a guided tour to view the remarkable collection of artwork based on the Prodigal Son parable housed in Northwestern Hall. Fee: \$2 for the bus, plus lunch expense. To register: (651) 414-5292 or calbing@lyngblomsten.org.

Thursday, February 2

books-cheese-wine
5:30 – 7 PM at the 5-5-1 Club & Café. Stupefying Stories! with author Bruce Bethke. See page 13 for more details.

Saturday, February 11

5-5-1 Club & Café Soup-Off!
Soup sampling/voting and salad lunch from 11:30 AM – 1:30 PM at the 5-5-1 Club & Café. See page 13 for more details.

Thursday, February 16

Wellness for Life Talk: Improve Function & Decrease Pain Through Movement
10 – 11 AM in the Newman-Benson Chapel at Lyngblomsten. A therapist from The Rehabilitation Institute and Aqua Therapy at Regions Hospital will talk about different ways to bring movement into your life to improve your functional abilities and decrease pain. Fee: \$2. RSVP (651) 632-5335 or dbowman@lyngblomsten.org.

Thursday, March 1

books-cheese-wine
5:30 – 7 PM at the 5-5-1 Club & Café. Of Werewolves & Nightingales with Walt Blue. See page 13 for more details.

Saturday & Sunday, March 3–4

Fireside Dinner Theatre: Viva Vegas! Big Band Show
Join the 5-5-1 Club & Café for an overnight trip to Fort Atkinson's (WI) Fireside Dinner Theatre. Contact Geri Rutz at (651) 632-5320 or gmrutz@lyngblomsten.org for information.

Monday, March 5

Transporting Essentials for Volunteer Drivers
6:30 – 8:30 PM at the 5-5-1 Club & Café. Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. \$10 per person (or \$25 for a group of 3 or more). FREE for members of Lyngblomsten's corporate congregations. To register contact Debbie Severson at (651) 632-5330 or dseverson@lyngblomsten.org.

Thursday, March 15

Wellness for Life Talk: A Fond Farewell – Independent, Innovative, Creative Funeral Pre-Planning
10 – 11 AM in the Newman-Benson Chapel at Lyngblomsten. Taught by Jeanne R. McGill, Certified Senior Advisor & Pre-Planning Consultant. Fee: \$2. RSVP (651) 632-5335 or dbowman@lyngblomsten.org.

Thursday, March 22

The Church Basement Ladies in A Mighty Fortress is Our Basement
Enjoy a delicious lunch at Axel's Bonfire before settling down for an afternoon of music and laughter at the Plymouth Playhouse. See back cover for more details.

Thursday, April 5

books-cheese-wine
5:30 – 7 PM at the 5-5-1 Club & Café. The Clash of Civilizations with Donald Epps. See page 13 for more details.

Thursday, April 12

WWII History Roundtable at Fort Snelling History Center – Jedburghs: Jumping Behind Enemy Lines
Bus departs the 5-5-1 Club & Café at 6 PM; lecture begins at 7 PM. Join author Lt. Col. Will Irwin for a discussion of his book, *Jedburghs*. Fee: \$5 admission at the door; \$5 for a ride on the Lyngblomsten bus. Questions or to RSVP: (651) 414-5292 or calbing@lyngblomsten.org.

Saturday, April 14

Annual Wellness Conference – Living the Creative Life
Keynote presentation: Life is a Work of Art. Discover the power of creativity in later life. See page 6 for details.

Sunday April 15 – Saturday, April 21

Lyngblomsten Volunteer Appreciation Week
Look for details in *The Lyngk* (volunteer newsletter) for special happenings throughout the week.

Thursday, April 19

Wellness for Life Talk: Alzheimer's Disease and the Caregiver
10 – 11 AM at the 5-5-1 Club & Café. Deb Bowman, RN, MSN, will present information about memory loss and Alzheimer's disease. Learn how to meet the challenges of difficult dementia behaviors. Fee: \$2. RSVP (651) 632-5335 or dbowman@lyngblomsten.org.

Thursday, April 19

Special Presentation: The Ten Commandments
5:30 – 7:30 PM at Nativity Lutheran Church (3312 Silver Lake Road, St. Anthony, MN). This study will take a refreshing and adult look at God's essential law for our lives. Join us for dinner and a spirited lecture by Luther Seminary Professor, Dr. Rolf Jacobson. Fee: \$7. Please pre-register and pre-pay. Register: (651) 414- 5292 or calbing@lyngblomsten.org.

Thursday, April 26

Fanny Hill Dinner Theatre presents "Fox on the Fairway"
Enjoy lunch, and then sit back and enjoy the play that is sure to be a laugh riot. See back cover for more details.

Friday, April 27

2012 Lyngblomsten Foundation Benefit: Forget Me Not
7 – 11 PM at the Minnesota History Center (345 W. Kellogg Blvd. St. Paul, MN 55102). Come join the fun as we raise funds for our Home- and Community-Based Services, with a special focus on our new early memory loss programs. See page 15 for more details.

Tuesday, May 1

Lyngblomsten Corporate Annual Meeting
Lyngblomsten Board members and all delegates (lay and pastoral) from corporate congregations should attend. 6 PM dinner; 7 PM meeting. Details will be mailed.

Thursday, May 3

books-cheese-wine
5:30 – 7 PM at the 5-5-1 Club & Café. Jane Austen & The Almighty Pound with Joy Lee Davis. See page 13 for more details.

Wednesday, May 9

Parish Nurse Network Event
9 AM in the Newman-Benson Chapel at Lyngblomsten. "Prayercraft" workshop: using art as a gateway to healing, wholeness and meditation. Led by Sue Swanson, retreat leader and spiritual director. Questions or for more details, contact Mary Nordtvedt at (651) 999-2592 or mnordtvedt@lyngblomsten.org.

Thursday, May 10

History Theatre presents *Capital Crimes: The St. Paul Gangster Musical*
See back cover for details.

Thursday, June 7

books-cheese-wine
5:30 – 7 PM at the 5-5-1 Club & Café. Breakfast with the Pope with author Susan Vigilante. See page 13 for details.

AARP Tax Assistance

Every Tuesday & Thursday, February 2 – April 12

9 AM – 3 PM at the 5-5-1 Club & Café (on the 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.



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Upcoming Opportunities

Community Education, Wellness & Fun for Life

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www.551club.com

Community Center located on the lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul, MN 55108

The Church Basement Ladies in

A Mighty Fortress is Our Basement

Fanny Hill Dinner Theatre presents

Fox on the Fairway

History Theatre presents

Capital Crimes: The St. Paul Gangster Musical

Thursday, March 22

*Bus departs the Club at 10:30 AM,
and will return around 4 PM.*

The Church Basement Ladies are at it again in their latest musical comedy, with more crazy antics and great new songs!

We'll stop at Axel's Bonfire in Plymouth for lunch, and then we'll do a hop, skip and a jump down the road to the Plymouth Playhouse.

Fee: \$55 per person

Register: (651) 632-5330 or
dseverson@lyngblomsten.org
Registration deadline is 3/1/12.

Please specify your menu selection:
 Oriental chicken salad, pulled pork sandwich, or rotisserie turkey on a ciabatta roll.

Thursday, April 26

Bus departs the Club at 10:15 AM

Join us for a scenic journey to Eau Claire, Wisconsin. We'll arrive at the always beautifully decorated Fanny Hill Dinner Theatre and be escorted to the dining room for lunch before the play.

From the author of *Lend Me A Tenor* comes another laugh riot. Sit back and enjoy as the fun centers around Quail Valley and Crouching Squirrel Country Clubs as they compete in an inter-club golf tournament ... and watch as it all adds up to mayhem on the fairway!

Fee: \$59 includes motor coach, lunch, and the play

Register: (651) 632-5330
Registration deadline is 4/11/12.

Thursday, May 10

9:15 AM Bus departs Lyngblomsten

1932: Crime is running rampant and St. Paul is the crime capital of the USA when public enemies like "Alvin "Creepy" Karpis and the Ma Barker Gang have free reign.

It's high stakes at the Hollyhocks Club Casino, with great songs by Drew Jansen, dance numbers featuring G-men and Tommy guns, and a dose of dark humor that explores the crazy days of St. Paul's infamous past.

We'll go out to lunch afterwards.

Fee: \$22 per ticket or \$26 for ticket plus bus. Lunch cost on your own.

Register: (651) 414-5292 or
calbing@lyngblomsten.org