

Winter 2011

# LYNGBLOMSTEN

*Lifestyle*

engage

minister

serve

thrive

volunteer

belong

advocate

sponsor

share

explore

learn

donate

**How are you enhancing lives?**

Special Insert: 2011 Calendar

# Directory

**MAIN NUMBER: (651) 646-2941**  
**WEB: [www.lyngblomsten.org](http://www.lyngblomsten.org)**

## RESIDENTIAL SERVICES



### Lyngblomsten Care Center

Short-term rehab, long-term care & Alzheimer's care

Care Center Admissions  
 Kathy Starr, LPN: (651) 632-5301  
[kstarr@lyngblomsten.org](mailto:kstarr@lyngblomsten.org)  
 Administrator  
 Jeff Heinecke: (651) 632-5308  
[jheinecke@lyngblomsten.org](mailto:jheinecke@lyngblomsten.org)

### Lyngblomsten Apartments

Located at 1455 Almond Avenue, St. Paul  
 Sylvia Newgren: (651) 632-5424  
[snewgren@lyngblomsten.org](mailto:snewgren@lyngblomsten.org)

### Superior Street Cottages

Located near West 7th Street, St. Paul  
 Paula Stauffacher: (651) 632-5422  
[pstauffacher@lyngblomsten.org](mailto:pstauffacher@lyngblomsten.org)

### The Heritage at Lyngblomsten

Located at 1440 Midway Parkway, St. Paul  
 Jennifer Veitenheimer: (651) 632-5428  
[jveitenheimer@lyngblomsten.org](mailto:jveitenheimer@lyngblomsten.org)

## Home Health Services

Janet Byrnes: (651) 632-5350  
[jbyrnes@lyngblomsten.org](mailto:jbyrnes@lyngblomsten.org)

## HOME- & COMMUNITY-BASED SERVICES

### Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333  
[ddoty@lyngblomsten.org](mailto:ddoty@lyngblomsten.org)

### Community Wellness & Education

Lori Reinert, RN, PHN: (651) 632-5335  
[lreinert@lyngblomsten.org](mailto:lreinert@lyngblomsten.org)

### Parish Nurse Ministry

Julie Pfab: (651) 632-5331  
[jpfab@lyngblomsten.org](mailto:jpfab@lyngblomsten.org)

### The Gathering

Carolyn Klaver, RN: (651) 414-5291  
[cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

### 5-5-1 Club & Café Community Center

Geri Rutz: (651) 632-5320  
[gmrutz@lyngblomsten.org](mailto:gmrutz@lyngblomsten.org)  
 Café: (651) 632-5332  
 Web: [www.551club.com](http://www.551club.com)

## HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302  
[thall@lyngblomsten.org](mailto:thall@lyngblomsten.org)

## COMMUNITY ENGAGEMENT

### Volunteer Services, Corporate Engagement, and Lyngblomsten Auxiliary

Melanie Davis: (651) 632-5356  
[mdavis@lyngblomsten.org](mailto:mdavis@lyngblomsten.org)

### Lyngblomsten Foundation

Dale Fagre: (651) 632-5319  
[dfagre@lyngblomsten.org](mailto:dfagre@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.*

## Lyngblomsten's 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.

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### On the Cover:

Get involved! See page 3 to see how you can make a difference.

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**LYNGBLOMSTEN LIFESTYLE**  
 is published quarterly by the Lyngblomsten  
 Marketing Communications Department  
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**Patricia Montgomery | Editor**  
 Director of Marketing Communications

**Christina Rhein | Lead Writer**  
 Marketing Communications Specialist

**Rebecca Schwartz | Lead Designer**  
 Marketing Communications Specialist

**Lyngblomsten Lifestyle can be found online at [www.lyngblomsten.org](http://www.lyngblomsten.org). Click on "News & Events."**

**Would you like to be added to or removed from our mailing list? Have a change of address? Please let us know.**

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

# How are you enhancing lives?

Lyngblomsten is an organization for, by, and about PEOPLE. People who are older. People who walk the journey with those who are elderly. People who support and serve seniors. Your association with Lyngblomsten is one mark of your care and concern for older adults. You are an ambassador for the mission of Lyngblomsten:

***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 and questions for each constituent group are given below. Ponder the questions that apply to you. Then cut out and hang up this page (there's a poster on the back!) as a memory key and ideas generator for 2011.

## Participants

For our participants (residents, tenants, community program members), Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

- What activity could you begin participating in that you haven't yet tried?
- How could you share your stories, wisdom, and experiences with others?
- What resource(s) are available that could give you more options and a better quality of life?

## Families

For our participants' families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

- What feedback or ideas could you share with Lyngblomsten that would support your needs as a family caregiver?
- How will you take time to care for yourself so that you can "be there" for your loved one(s)?
- What resources could you access that would enhance your quality of life?

## Employees

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

- Can you identify gaps in our continuum of services and opportunities to meet those needs?
- What more can you do to work in ways that promote dignity, value, and personhood of those we serve?
- How can you improve your skills and be even more effective in your role?

## Community

Through our community of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individuals to live one's personal ministry by enhancing the lives of older adults.

- How could you involve your church, employer, or friends in the mission of Lyngblomsten?
- What financial gift could you make to support the mission and services of Lyngblomsten?
- How could you share your talents and enhance the lives of older adults?

## Already doing these things? Tell us your story!

Write: Patricia Montgomery, Lyngblomsten, 1415 Almond Avenue, St. Paul MN 55108

Email: [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org)

Web: [www.lyngblomsten.org](http://www.lyngblomsten.org); go to News & Events, then Publications; form will be with *Lyngblomsten Lifestyle*.

We will celebrate your stories at the LYNGBLOMSTEN AMBASSADOR SHOWCASE scheduled for June 29.



## Our Guiding Principles

### Participants

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

### Families

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### Employees

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### Community

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## Our Mission

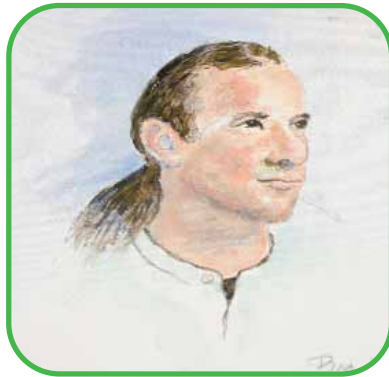
Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

# Artful Living at Lyngblomsten: Watercolor Classes

Lyngblomsten's Partner in Arts Participation Grant through the MN State Arts Board has provided Lyngblomsten with funding to introduce and integrate various fine arts— such as theatre, music and visual arts—to inspire, educate, and nurture Lyngblomsten community members. The new program, called “Artful Living at Lyngblomsten: Art for Every Season of Life,” recently completed its first “season” focused on the visual arts. Along with a trip to the Minneapolis Institute of Arts, residents, tenants and community members had the opportunity to participate in watercolor classes here at Lyngblomsten for eight weeks with resident artist Anne Krocak, provided through Compas.

Thank you to all those who volunteered, supported and participated in the first season of “Artful Living at Lyngblomsten!” Ongoing financial gifts will be needed to keep this program operating.

**Below is a sampling of work from a few class participants.**



**The Artist: Bob Ogren**  
community neighbor/volunteer

Bob said his wife talked him into trying the watercolors class and he is thankful that she did. He thought he would come once or twice and see what it was like, but by the end of the course, he was more enthused about painting than ever before. As a result of this class, he has purchased paints, brushes, watercolor paper, and DVDs for beginners.  
*(paintings to left & above)*



**The Artist: Bob Conophy**  
community neighbor

Bob wanted to use the images in his artwork to express himself. His goal was to let the creativity flow. He found watercolor painting to be very relaxing.  
*(painting above)*



**The Artist: Nora Wagner**  
Lyngblomsten participant

Nora is an experienced painter but enjoyed getting back into watercolors. She painted flowers and said that they are a symbol of remembrance for her.  
*(painting to right)*



# Our Partnership:

# Prince of Peace • Burnsville

Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten

by Christina Rhein



Prince of Peace Lutheran Church in Burnsville, a Lyngblomsten corporate congregation, has a simple mission according to Claire Cassell, Pastor of Spiritual Care. "We are about making disciples," she stated. Prince of Peace welcomes all people into the presence of God, equipping them to be passionate disciples of Jesus Christ, and sending them out to serve in the world.

"We also make three promises to our congregants," said Pastor

Claire. "You will never go without food, never live without a roof over your head, and you will never walk alone."

Established in 1964 with 68 families, Prince of Peace today is attended by 3,652 families and is made up of 12,246 individual members and participants. They match their impressive number of congregants with a range of opportunities for participants in every generation and of every talent.

With a population of 2,500 Baby Boomers entering into the age 65+ range over the next few years, Prince of Peace has especially focused on expanding their repertoire of volunteer opportunities and activities for senior adults. Currently, there are 1,500 congregants at Prince of Peace over the age of 65. Gloria Swanson, Minister of Vital Aging, said, "Approximately 500 of them volunteer in various ways, such as in the Mission Outpost, children and family ministry, childcare, church council, various teams, women's and men's ministries and more."

Through their partnership with Lyngblomsten, Prince of Peace has made use of the Parish Nurse Ministry program and Community Wellness and Education's Speakers Bureau. Parish Nurse Leu Killion regularly attends monthly parish nurse meetings and support groups through Lyngblomsten. "My favorite part about the Parish Nurse program is learning about how to educate seniors, and through Lyngblomsten, having access to other parish nurses and resources," Leu said. "Our partnership with Lyngblomsten is very valuable." **L**



## REFLECTIONS

### *Love Your Neighbor as Yourself*

This devotion is by Rev. Claire Cassell, Pastor of Spiritual Care at Prince of Peace Burnsville

*"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and love your neighbor as yourself."* Luke 10:27

Jesus wants to invite you into love this day. He wants to invite you to love God with all your heart, soul, strength and mind. He also wants to invite you to love your neighbor and to love yourself.

God wants to have a loving relationship with us just as he wants us to have a loving relationship with others and with ourselves. Let me speak for a moment about this last form of love: love for ourselves. As Christians, I believe we are much better at loving God and our neighbor than we are at loving ourselves.

Think for a moment about how many times you put yourself down in a day or how much negative self-talk you give yourself. If we really think about it, we often have a hard time loving ourselves, but yet Jesus tells us to love our neighbor in the same way that we love ourselves. If we don't fill our own cup with love for ourselves, but keep on giving to our neighbor, pretty soon we will have an empty cup and we won't be able to give to anyone. On the other hand, if we fill our own cup with lots of love, we will be strengthened and sustained by God to fill another's cup out of our own abundance.

God loves you with all His heart, soul, strength and mind. If God loves us that much, how can we love ourselves any less? **L**



# Website Makeover

A new design for Lyngblomsten's website makes navigation simple and resources more readily available.

[www.lyngblomsten.org](http://www.lyngblomsten.org)

## A New Look for Lyngblomsten's Website

We're kicking off the new year with a redesigned and improved website! When it comes to resources, what's better than information at your fingertips 24/7?! We hope you will find the new site to be vibrant and fresh with content that is easier to navigate and read. A few of the improvements are:

- A blog that will show you the "smaller moments" of life with Lyngblomsten and short, timely news pieces
- A way to submit questions electronically
- A more robust staff directory
- The opportunity to donate online
- Coming soon: online registration for selected events

## Resources for older adults and those who care for them and about them

The mission of Lyngblomsten is to enhance the quality of life for older adults and their families. One of the best ways we can do this is by providing resources—especially for those who are seeking information for themselves or for those they love. The links below may provide the information you need to reach a solution. You can also visit the Resources page on Lyngblomsten's website for more listings of organizations, support groups, education and classes, and our medical equipment lending library.

### Information about Alzheimer's Disease

[www.alzheimers.org](http://www.alzheimers.org)

### Information and help for family caregivers of seniors in Minnesota and nationwide

[www.caregiverMN.org](http://www.caregiverMN.org)

### Medicare

[www.medicare.gov](http://www.medicare.gov)

### Minnesota Board on Aging/Metropolitan Area Agency on Aging

[www.mnaging.org](http://www.mnaging.org)

### Aging Services of Minnesota

[www.agingervicesmn.org](http://www.agingervicesmn.org)

### General caregivers resources

[www.caregiver.org](http://www.caregiver.org)

### Connecting people of all ages with community help

[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

### Service opportunities for people age 55 and older

[www.seniorcorps.org](http://www.seniorcorps.org)

### Social Security Administration

[www.ssa.gov](http://www.ssa.gov)

These links are provided for your information only. Lyngblomsten is not responsible for the content on these sites.

## Go Digital in 2011

### Reduce paper usage and receive *Lyngblomsten Lifestyle* electronically

Please help us conserve paper in 2011 by receiving your quarterly copy of *Lyngblomsten Lifestyle* electronically. Instead of receiving a copy of the magazine via U.S. mail, you would receive an e-mail with a link to an online copy of *Lyngblomsten Lifestyle*. All online issues include the same information as the hard copy. In addition to reading the current publication online, you can also browse through past editions of *Lyngblomsten Lifestyle*.



If you choose to receive *Lyngblomsten Lifestyle* electronically, you will no longer receive a hard copy by mail. Please e-mail [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org) the following information if you would like to start receiving *Lyngblomsten Lifestyle* electronically:

- Full name and address
- E-mail address

# Lyngblomsten Scrapbook



## Corporate Volunteers

Employees from Target (above) and General Mills (right) volunteered during the holidays to help spread cheer by decking the halls and baking Christmas cookies.



## Husby Mem

Balkan dance performed at t in September.



## Spritz, Lefse, and Rosettes, oh my!

The Lyngblomsten Auxiliary's Annual Scandinavian Cookie & Craft Fair was held on December 3. Many people came to buy handmade gifts and sweet treats, including rosettes (shown above).



## Music for Life

MacPhail, Music for Life™ (ta Barnett and Jeanne Bayer) wa as part of the Artful Living at L of music. Residents and tena themselves through singing an performance at the annual Tre





**Memorial Concert**

The musical group Orkestar Bez Ime held the Husby Memorial Concert held



Organized by Jeanie Brindley, the event was held at Lyngblomsten. Residents enjoyed expressing their thoughts and gave a special candle lighting celebration.



**Veterans Day Celebration**

The 5-5-1 Club & Café held a special program of music and history to honor local vets on Veterans Day. Thanks for your service to our country!



**Dr. Clarence Dennis Nurses Scholarships Awarded**

Dr. Clarence Dennis Nurses Scholarship recipients with Mary Dennis, who established the scholarship (L to R): Clifford Akporherhe, Mary Dennis, Newton Momanyi and Jane McHattie.



# Board Profile

## Corporate




### Kim Durkee

by Christina Rhein

After serving on the Human Resources Committee at Lyngblomsten for almost 15 years, Kim Durkee was elected this

past May to the Corporate Board. Now performing two roles at Lyngblomsten as well as being an active member at St. Anthony Park Lutheran Church, a corporate congregation, Kim clearly shows a passion for being involved in the Lyngblomsten community. “Lyngblomsten is a great example of how seniors should be treated with respect and dignity,” Kim stated. “Lyngblomsten’s outreach to the community and churches is a noble cause.”

Kim is employed at Medtronic as a Human Resources Consultant. Her background in human resources ranges across many different industries from retail, utilities, and health care. She has even worked internationally in human resources when she lived in England for four years. Of course with her passion for human resources, Kim believes that employees are a key role in the success of any company. As both an employee of Medtronic for almost 12 years and an active participant at Lyngblomsten, Kim sees two organizations that value their employees and have many similarities in their success. Kim feels that she can help both organizations “accomplish goals through employees by keeping them engaged, motivated and satisfied.”

Kim and her husband Paul have two children. She enjoys gardening in her free time and is active in a wine club, card club, and the St. Anthony Park Garden Club as the plant sale chair and garden tour publicity chair. 

Need a speaker for an upcoming gathering? Make use of the

LYNGBLOMSTEN

# Speakers Bureau



Educational and informative presentations on topics pertinent to older adults and those who care about them. Churches, groups and clubs, companies, and other organizations can access the presentations.

## Featured Presentations:

- **How Do I Know When It's Time to Move (And What Are My Options)?** Evaluate the spectrum of senior housing options.
- **Eating Right for Older Adults** Learn about the nutrients the aging body needs to perform well.
- **Driving No More: A Guide for Families of Impaired Drivers** Learn strategies for approaching and talking about this difficult topic.
- **Caregiving: A Family Team Approach** Learn to take a family team approach to the care of your aging loved ones.
- **Getting Your Affairs in Order** Learn about the things you can do now to prepare your affairs for the future.
- **Faith of Our Mothers: The Ladies of Lyngblomsten** Sing songs of faith, read the poetry, and learn about how 11 Norwegian women founded a “home for the aged” in 1906.
- **Father Damien and the Lepers of Kalaupapa** Be inspired by a famous caregiver who cared for lepers on the Hawaiian island in 1873.

To see a listing of all presentations available, visit [www.lyngblomsten.org](http://www.lyngblomsten.org) and click on “Resources.”

## To inquire about a presentation, contact:

Cindy Albing  
Community Education Coordinator  
(651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)



COMMUNITY WELLNESS & EDUCATION

Did you make a resolution to give back to your community?

## Give back by volunteering with Lyngblomsten!

### Current volunteer opportunities:

#### Bus Driver:

Do you have the gift of a lift? 13-passenger van for local stops needs drivers!

#### Skype Helper:

Connect people over the miles. Help set up Skype calls for people not able to travel.

#### Welcome Desk

**Attendant:** Friendly faces? Help make people feel welcome as they arrive on campus.

#### 5-5-1 Club & Café

**Server:** Our 5-5-1 Club & Café food is delightful and served by volunteers. If serving is for you, this is the order!

For more information, contact Shelli Beck at (651) 632-5297 or sbeck@lyngblomsten.org.



## Driving for Others?

### Transportation Essentials for Volunteer Drivers

Sponsored by Lyngblomsten's Care Team Ministry

**Tuesday, March 15, 2011  
6:30—8:30 PM**

at the 5-5-1 Club community center  
(lower level of 1415 Almond Ave., St. Paul)

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

Free to corporate congregations; open to others for \$10 per person (or \$25 for a group of 3 or more).

Register by March 7



To register, contact Debbie at (651) 632-5330 or dseverson@lyngblomsten.org

Be a blessing to others by sharing your ability to drive!



## books·cheese·wine

Join us at the 5-5-1 Club & Café

Thursday, February 3, 2011

5:30 - 7 PM

Enjoy wine and cheese, and meet our guest for the evening, noted Minnesota mystery writer and winner of the Edgar Award, **David Housewright**.

David will read selections from his books and talk about the craft of writing.

**Event Cost:** \$5 if registered before 02/01/11  
\$8 at the door

To RSVP, please contact Cindy Albing:  
(651) 414-5292 or  
calbing@lyngblomsten.org



A Community Center Proudly Supported by Lyngblomsten

**Location: On the Lyngblomsten campus at  
1415 Almond Avenue, St. Paul, MN 55108**

www.551club.com



L to R: Bob and Ellie Slama, Kelly Bergeson, Deb George, Dorothy Stach, Paul Mikelson

## Heritage Society and President's Club Honors New Members

Paul Mikelson, Lyngblomsten CEO, recognized the new members of the President's Club & Heritage Society during the social reception preceding the *Celebrating the Light of Lyngblomsten* program on Tuesday, December 7, 2010. See below for the complete list of new members.

### President's Club

Mary Jean & Dale Anderson  
Kelly & Steve Bergeson  
Deb George  
Kathleen Grossman

### Heritage Society

Justin & Maxine Silvius  
Jaime & Kevin Hansen  
Bob & Ellie Slama  
Dorothy Stach



Lyngblomsten  
Foundation  
**PHONE  
-A-  
THON**

The 5<sup>th</sup> Annual Phone-A-Thon will be held February 8-10, 2011. The Lyngblomsten Foundation Annual Fund Committee is planning this event.

Last year the phone-a-thon motivated families to donate money to support Lyngblomsten programs and services. Please consider this opportunity to make a gift if you are called by a Lyngblomsten volunteer.

**Save the date!**

**Lyngblomsten  
Foundation Benefit:**

**April 29, 2011**

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

*Celebrating*  
the Light of Lyngblomsten  
**Event Wrap-Up**

The *Sharing the Light of Lyngblomsten* campaign received about 125 gifts totaling about \$10,000.

*Celebrating the Light* program

was held on Tuesday, December 7, and this festive program was highlighted by the participants in the McPhail Music for Life program who gifted us with Christmas songs.

**Thank you** to all who helped make this night memorable!



Mr. and Mrs. Claus greeted people by the tree after the *Celebrating the Lights* program.



**Harvest: The Time of Your Life**

**Event Wrap-Up**



Guests at the "Harvest" event are shown above perusing at the artwork.

*Harvest: The Time of Your Life* was held on October 21 at The Saint Paul Hotel. Over 110 attended and heard testimonials from art class participants Georgine Bellotti and Jeanette Severson. Bob Veninga gave an uplifting presentation on *Growing Older with Grace, Purpose & Joy!* Nearly \$20,000 was raised in support of the new Artful Living program. We also thank Gayle McCann, Foundation Board Member, who chaired this event for the third year in a row.

IN HONOR OF  
**Jane Amlee**  
Candice and Charles Nadler

IN MEMORY OF  
**Bert Anderson**  
Oak Knoll Lutheran  
Diane and John Sweeney

IN MEMORY OF  
**Jewell Anderson**  
Phyllis Bentley  
June Husom  
Rachel Husom  
Pearl Odland

IN MEMORY OF  
**Phyllis M Anderson**  
Robert and Jeanne Anderson  
Richard and Judy Bartz  
Katherine and Kent Eklund  
Norma Hunter

IN MEMORY OF  
**Adine Aurelius**  
Judith Hall

IN MEMORY OF  
**Joan Bartell**  
Vincent Bartell

IN MEMORY OF  
**Beulah Beebe**  
Kathleen Finnegan

IN MEMORY OF  
**Esther Bentley**  
Barbara Bentley  
Carol Bentley  
Rev. Elder K. Bentley  
Dennis and Elaine Boom  
Shirley Dingman  
Wally and Margit Hauge  
Harold and Elene Henrikson  
Eunice Heuer  
Muriel Jacobson  
Karin Peterson  
Ruthann Ryberg  
Dorothy Stach  
Curt and Kay Thorpe  
Dr. and Mrs. Doug Wangensteen

IN MEMORY OF  
**Marjorie Bohn**  
Katherine and Kent Eklund  
Anne Hanson

# Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

IN MEMORY OF

**Roman Borkan**

Joseph D. Adams  
Richard Anderson  
Dianne Barnett

Teresa Borkan  
James Diebel  
Robert and Leslie Goodale  
Karin Haase

Dick and Meredith Hedenstrom  
Carol Hirt

Ronald and Susan Hornbaker  
Kenneth and Mary Nelson

Richard and Mary Lou Olsen  
Margaret Riggs  
Donald and Margje Severson

IN MEMORY OF

**Dian Boss**

Anonymous  
Lowell and Leanne Van Berkom

IN MEMORY OF

**Jack Boss**

Anonymous  
Lowell and Leanne Van Berkom

IN MEMORY OF

**Edith Bowles**

Betty Hammersten

IN MEMORY OF

**Ruth Brenden**

Gail and Rob Onan

IN MEMORY OF

**Helen Christensen**

Dorothy Galle

IN MEMORY OF

**Lorraine D'Ambrose**

Ruthann Ryberg

IN MEMORY OF

**Frances Dodgson**

Kelley and Steve Bergeson

IN LOVING MEMORY OF

**Guel M Dostel**

Muriel Dostal

IN HONOR OF

**Raymond Fisher**

Holly Sylvester

IN HONOR OF

**Wedding of Marilyn Foss and  
Thomas Sherwood**

Kelley and Steve Bergeson

IN MEMORY OF

**Vivian Foss**

Ruthann Ryberg

IN MEMORY OF

**Marie Franzen**

Mark Franzen and Shere Kahn  
Jeanette Severson

IN MEMORY OF

**Theresa Hammer**

Bonnie Hammer

IN MEMORY OF

**Tyra Houle**

Edward and Barbara Wink

IN MEMORY OF

**Myra Johnson**

Anonymous  
Bryan and Janet Benskin  
Randal and Marsha Parrott  
Sandra Thompson

IN MEMORY OF

**Alfred W. Jones**

Lorraine Jones

IN HONOR OF

**Helen Klask**

Carol and Dennis Gilson

IN MEMORY OF

**Joseph Kwong**

Mary Kwong

IN MEMORY OF

**Roland LaFond**

Shirley Dingman  
Bob and Elaine Ogren

IN MEMORY OF

**Hazel Lillehaugen**

Shirley and Michael Santoro

IN MEMORY OF

**Esther Lindberg**

Steve and Reany Lindberg

IN MEMORY OF

**Helen Lokensgard**

Kathleen Hayes  
Dennis and Mary Kragness  
Gary and Sally Larson  
Ethel Ofstehage

Milan and Ruth Raether

Melba Surina  
Les, Megan and Callie Walck  
Jim and Jan Willard

Robert and Kay Witt  
Ervin and Pamela Zinter

IN MEMORY OF

**Mary Ann McJilton**

James McJilton

IN HONOR OF

**Don Mielke**

Gus and Mary Blanchard  
Rich and Barbara Mielke

IN HONOR OF

**Paul Mikelson**

Rev. and Mrs. Norman W. Heidorn

IN MEMORY OF

**Betty Myhre**

Patrick and Gayle McCann

IN MEMORY OF

**Paul Narum**

Joy Narum

IN MEMORY OF

**Evelyn O'Leary**

Janet Newberg

IN MEMORY OF

**Mildred Olsen**

David and Gloria Olsen

IN MEMORY OF

**Howard Olson**

Douglas and Dorothy Chapman  
Gaylord and Ruth Glarner  
Kjeld and Karen Husebye

IN MEMORY OF

**Lorraine Oster**

Craig and Kathleen Oster

IN MEMORY OF

**Branch Paulson**

Daniel and Irene Brink  
Judith Connolly  
Shirley Dingman

IN MEMORY OF MOTHER

**Hazel Peterson**

Karin Peterson

IN MEMORY OF

**Janet Owen Potter**

Dennis and Martha Clark

IN MEMORY OF

**Eunice Richter**

Eugene Richter

IN MEMORY OF

**Margaret Rose**

Eleanor Pearson

IN MEMORY OF

**Melvin Roth**

Ruth Roth

IN MEMORY OF

**Donald Ruddick**

Eudora Post

IN MEMORY OF

**Betty Soderberg**

Kelley and Steve Bergeson

IN HONOR OF

**Dorothy Stach's Birthday**

Donald and Bernice Thoele

IN MEMORY OF

**Harry Steen**

Rosemary Steen

IN MEMORY OF

**Paul and Grace Stoerker**

Joy Stoerker

IN MEMORY OF

**Violet Strand**

Ferial Abraham

IN MEMORY OF

**Vilah Stromberg**

Anonymous  
Shirley Dingman  
Lillian Wirth

IN MEMORY OF

**Aune Toivola**

Karen Ringheim

IN MEMORY OF

**Edna Torgeson**

Cheryl Griffin

IN MEMORY OF

**Richard Tretsven**

Robert and Angeline Barduson  
Thomas and Irma Casteen  
Shirley Dingman

IN HONOR OF

**Cordella Williams**

Karmen Williams

IN HONOR OF

**Ann Zibell**

Don and Lu Zibell

IN MEMORY OF

**Mary Zoukos**

Theodore Zoukos



The Lyngblomsten Foundation recognizes donors who have made gifts to the Lyngblomsten Remembrance Fund in memory of loved ones and in honor of friends and associates. This listing reflects gifts received from:

**September 1, 2010 – November 30, 2010\***

*\*Includes memorial donations to the Lyngblomsten Auxiliary. Does not include donations to Sharing the Light campaign.*

*If you have questions about this list, please contact the Foundation at (651) 632-5324 or [mgrupa@lyngblomsten.org](mailto:mgrupa@lyngblomsten.org).*

# Board Profile

## Foundation



### Sarah Wilkey

by Rebecca Schwartz

Sarah Wilkey's ties began through Lyngblomsten supporter Mary Dennis. Mary was looking for a new home after her husband,

Clarence, moved to Lyngblomsten, and Sarah was her realtor. They became friends, and Mary invited Sarah to be her guest at Spring Rhapsody. It was at that Spring Rhapsody where Sarah felt a connection with Lyngblomsten, and that sparked her interest to become involved. Sarah explained, "I worked for a for-profit care center with no Foundation support, and I saw residents suffer from that. The Lyngblomsten

Foundation is giving back and helping to support programs to make Lyngblomsten residents' lives better."

Sarah is the chair of the Spring Rhapsody Committee (she co-chaired the committee last year), she is on the Foundation Board serving her first year, and she has volunteered at the Ice Cream Social and the Phone-A-Thon. "I want to get Lyngblomsten's name out there," Sarah said. "There's a great community of staff, residents, and programs that I think people should know about. I enjoy seeing programs like The Gathering and the 5-5-1 Club & Café; the club reminds me of a quality life experience."

Sarah received her degree in general studies from the University of Tucson—Arizona, and worked in healthcare for 12 years before becoming a realtor for Edina Realty. She is a licensed contractor and enjoys flipping, staging, and remodeling houses. Sarah's Maltese dog, Harry, is often alongside her for realty adventures and client meetings. **L**

## My 2011 New Year's Resolution

by Dale M. Fagre, Chief Development Officer

This year I resolve to do more **volunteering**.  
This year I resolve to do more **donating**.  
This year I resolve to do more **sponsoring**.  
This year I resolve to do more **learning**.

New Year's has come and gone many times in my life. Over the years I have made resolutions such as get to the gym more often; focus on being a better father, husband or leader; eat healthier; spend more time with friends and family; or reach a financial goal. Of course, there have been years when I simply did not make any New Year's Resolutions. *Not this year.*

The four highlighted words above offer inspiring opportunities in 2011. These four words represent the four cornerstones anchoring the newly minted Lyngblomsten Community Engagement effort. Because this is our collective vision to encourage more individuals, groups, corporate partners, churches and others to become involved in the life of Lyngblomsten, then, I as the leader in this area must do so in my own personal life. Therefore, my New Year's resolution is to **volunteer, donate, sponsor and learn** more this year than I ever have in the past.

Many of you will see me throughout the year on campus, at events, in meetings or maybe at the store or restaurant. When you see me I would appreciate your asking me how I am doing on my New Year's resolution. I need to be held accountable for this promise as I know you would want to be.

With that being said, I also want to encourage each of you to consider the positive impact you can make by committing to **volunteer, donate, sponsor and learn** more in 2011 than you ever have before. Lyngblomsten has many opportunities for you to contribute in one or more of these areas as does your church, school or other organizations you hold dear to your heart.

We live in uncertain times, and there is talk of a "new normal." Well, as part of the new normal, let us **volunteer, donate, sponsor and learn** more than ever. My personal belief is when we engage in these ways, we ignite a spark and an optimism in others which is contagious; I suspect will cause others to go and do likewise. You and I may never know if our example rubs off on another person, but that is not why we do it, is it? We choose to **volunteer, donate, sponsor and learn** because it helps others—it is the right thing to do, and it genuinely feels good. Remember the Bible verse in 2 Corinthians 9:7 where it states, "God loves a cheerful giver?" Well, this coming year let's agree to cheerfully give of our time and possessions as we **volunteer, donate, sponsor and learn**. When we do so, blessings will abound! **L**



# Events Calendar

Visit [www.lyngblomsten.org](http://www.lyngblomsten.org) for updates

## Saturday, January 8

5-5-1 Club & Café Soup-Off

Soup Sampling: 11:30 AM – 1 PM or until samples run out

Lunch: 11:30 AM – 2 PM

5-5-1 Club & Café, 1415 Almond Avenue, St. Paul

Melt away winter chills with soup to warm the soul! In addition to sampling soups and voting for your favorite, ticket includes lunch at the 5-5-1 Club & Café on January 8 (soup, bread, dessert, & beverage), and a chance to win door prizes. Purchase tickets before 1/5/11 for \$8, or for \$10 at the door. For questions or to purchase tickets, please contact Geri Rutz at (651) 632-5320.

Tickets can also be purchased at the 5-5-1 Club or the reception desk at Lyngblomsten. Download a flyer with more details at [www.551club.com](http://www.551club.com).

## Tuesday, January 11

Auxiliary Meeting

1:30 PM in the Newman-Benson Chapel at Lyngblomsten

Enjoy a special program at the meeting called, A Patchwork of Heartwarming Stories. Presenter Pati Kachel is a nationally known storyteller. She has been a professional storyteller for more than 20 years, making dozens of appearances at churches, conferences and other venues. Everyone is welcome to attend!

## Wednesdays, January 12 & 26, February 9 & 23, and March 9 & 23

Caregivers Support Group

1:30 – 3:30 PM

2nd Floor Lounge at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN 55108) on the 2nd & 4th Wednesdays each month. FREE; no reservations needed. Being a caregiver for a loved one requires an abundance of emotional and physical energy. You can take care of others only by taking care of yourself, including talking about your caregiving journey and gathering more resources. Sessions will include a brief education component plus time to talk. Questions? Call (651) 632-5335.

## Tuesday, January 18

Wellness for Life Presentation

10 AM at the 5-5-1 Club & Café (1415 Almond Avenue).

Lyngblomsten Community Wellness & Education presents, "Be Wise, Be Informed, Be Empowered." The program will cover topics like scam alerts and Better Business Bureau business reviews, as well as how to empower yourself to take action to protect yourself and others in today's marketplace. Presenter: Gary Johnson, Better Business Bureau. Questions? Call (651) 632-5335. No reservations needed. Fee: \$2.

## Saturday, January 22

The Unexpected Caregiver

8:30 AM – 12:30 PM at Augustana Lutheran Church, West St. Paul

You're invited to a keynote presentation and variety of breakout sessions to explore the needs of caregivers – from mental fitness resources to communication tips, daily care tips and advice for development of a long-term strategy. See back cover for details.

## Tuesday, February 1 – Thursday, April 14

AARP Tax Prep Help

Tuesdays and Thursdays starting February 1 from 9 AM to 3 PM at the 5-5-1 Club & Café. Call tax line for appt.: (651) 414-5293.

## Thursday, February 3

Books, Cheese, Wine

5:30 – 7 PM

5-5-1 Club & Café at 1415 Almond Avenue, St. Paul, MN

Enjoy wine and cheese, and meet our guest for the evening, noted Minnesota mystery writer and winner of the Edgar Award, David Housewright. David will read selections from his books and talk about the craft of writing. Event cost is \$5 if registered before February 1, or \$8 at the door. To RSVP, please contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org).

## Tuesday, February 15

"It's All in Your Approach" (DVD Presentation)

6:30 PM in the Newman-Benson Chapel at Lyngblomsten

FREE; no reservations needed. This DVD showing will help caregivers understand how to better work with people with memory loss. See back cover for details.

## Tuesday, March 15

Transportation Essentials for Volunteer Drivers

6:30 – 8:30 PM

5-5-1 Club Community Center (lower level of 1415 Almond Avenue, St. Paul, MN)

See page 11 for details.

Sponsored by Lyngblomsten's Care Team Ministry.

## Monday, March 21

Spring Delegate Meeting

All delegates: Please save this evening on your calendar. Details will be mailed.

## Thursday, April 28

Explore Your Calling as a Grandparent

5:30 – 9 PM at Nativity Lutheran Church (St. Anthony Village).

Lyngblomsten Community Wellness & Education and Nativity Lutheran Church are sponsoring this mini conference on grandparenting. Keynote speaker Roland Martinson will present, "Age and Experience Count! Mining the Extraordinary Power of Grandparents." There will be a small charge for the meal. More details to come. Questions? Contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org).

## Friday, April 29

Lyngblomsten Foundation Benefit (formerly Spring Rhapsody)

Enjoy a special evening at the History Center in St. Paul.

## Tuesday, May 3

Corporate Annual Meeting

All delegates: Please save this evening on your calendar. Details will be mailed.

## Save the Date

Tuesday, October 4

Senior Ministry Conference

Featuring national speaker Rev. Dr. Richard Gentzler.



1415 Almond Avenue  
St. Paul, MN 55108  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

## CHANGE SERVICE REQUESTED

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### Thrivent Financial For Lutherans Invites You To: **The Unexpected Caregiver**

A growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get emotional training for this role? Armed with facts and humor, we'll explore the needs of caregivers—from mental fitness resources to communication tips and more.



**Date:** Saturday, January 22, 2011  
**Place:** Augustana Lutheran Church, West St. Paul  
**Time:** 8:30 AM - 12:30 PM  
**Fee:** \$10/person

Keynote presentation by Kari Berit, Author of *The Unexpected Caregiver* (see [www.kariberit.com](http://www.kariberit.com))

Breakout sessions on topics ranging from Estate and Financial Planning to Advanced Health Care Directives, to Care of Mind, Body & Spirit, and much more!

**To register and reserve a "ticket," visit:**  
[www.unexpectedcaregiveraugustana.eventbrite.com](http://www.unexpectedcaregiveraugustana.eventbrite.com)  
Questions? Call (952) 913-9399

**Sponsoring Partners:** Thrivent Financial for Lutherans, Augustana Lutheran Church, Salem Lutheran Church, Lyngblomsten Community Wellness & Education

### "It's All In Your Approach" DVD Presentation

Helping us understand how to better work with  
people with memory loss.



**Tuesday, February 15, 2011  
6:30 - 8:00 PM**

Newman-Benson Chapel  
at Lyngblomsten  
(1415 Almond Ave., St. Paul, MN 55108)

Shown previously to The Gathering volunteers, this DVD was received very positively, with many asking to see it again. Here is that opportunity! Bring a guest to spread this valuable information even farther.

**FREE, open to the public, no reservations needed.**

**Teepa Snow is changing the world of Alzheimer's!**

The facilitator on the DVD is Teepa Snow, MS, OTR/L, FAOTA, a Master's prepared, licensed Occupational Therapist and Fellow of the American Occupational Therapy Association. Teepa is a dementia expert who trains and consults for healthcare professionals and families privately about how a brain disease like dementia affects a person.

Questions?  
Contact Carolyn Klaver at (952) 261-5235  
or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

[www.lyngblomsten.org](http://www.lyngblomsten.org)

