

Spring 2011

LYNGBLOMSTEN

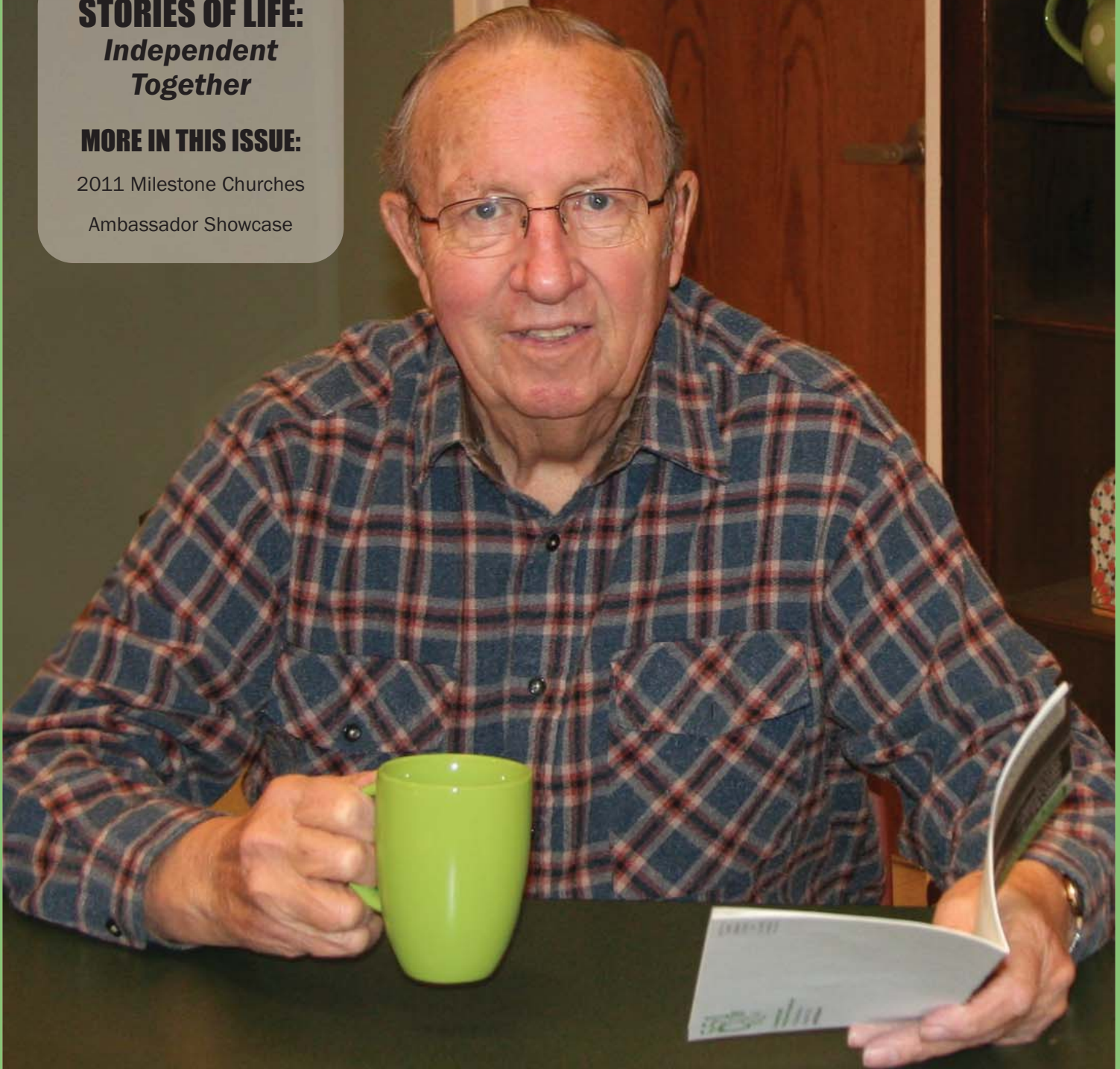
Lifestyle

STORIES OF LIFE:
*Independent
Together*

MORE IN THIS ISSUE:

2011 Milestone Churches

Ambassador Showcase



Directory

MAIN NUMBER: (651) 646-2941
WEB: 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
Administrator
Jeff Heinecke: (651) 632-5308
jheinecke@lyngblomsten.org

Lyngblomsten Apartments

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

Superior Street Cottages

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

The Heritage at Lyngblomsten

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

Home Health Services

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

HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

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

Community Wellness & Education

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

Parish Nurse Ministry

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

The Gathering

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

5-5-1 Club & Café Community Center

Geri Rutz: (651) 632-5320
grutz@lyngblomsten.org
Café: (651) 632-5332
Web: www.551club.com

HUMAN RESOURCES

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

COMMUNITY ENGAGEMENT

Volunteer Services, Corporate Engagement, and Lyngblomsten Auxiliary

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

Lyngblomsten Foundation

Dale Fagre: (651) 632-5319
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.

Contents

Independent Together	3
Our Partnership	6
Resource Roundtable	7
Ambassador Showcase	7
Scrapbook	8
Board Profile: Duane Brekken	10
Boomerang	11
Making History Together	12
Remembrance Fund	13
Events Calendar	15

On the Cover:

5-5-1 Club & Café participant, Ted Striny, enjoying a cup of coffee and perusing the new Opportunities Booklet. See story on page 3.



LYNGBLOMSTEN LIFESTYLE

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

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Lyngblomsten Lifestyle can be found online at 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

Independent Together

Utilizing community programs and volunteers to maintain independence

by Christina Rhein

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

— A Lyngblomsten Guiding Principle

Lyngblomsten is committed to caring for the “whole person,” and our Home- and Community-Based Services are designed around holistic health, caring for people’s bodies, minds, and spirits. Many seniors are able to live independently in their communities with the use of a supportive service or two.

Meet five people, each with unique insight and experience to share as a participant of one of Lyngblomsten’s five community-based programs: The Gathering, Care Team Ministry, Parish Nurse Ministry, Community Wellness & Education, and 5-5-1 Club & Café. The participants illustrate how they have been able to use these supportive services to enhance their overall quality of life and maintain independence in their homes as they journey forward.

Meet Pat & Jim Wilmot

Participants of The Gathering



Pat and Jim Wilmot have been involved with The Gathering program (Bethlehem Lutheran Church site) for two and a half years. The Gathering provides a day of respite for Pat, Jim’s spouse and caregiver, and a day of socializing and stimulating activities for Jim who is experiencing memory loss. “The Gathering gives us independence and a good

break from each other,” Pat said. While Jim is at the program, Pat has a five-hour break from her caregiving role to schedule appointments, run errands, and get things done that she usually doesn’t have the time to do when caregiving. “It’s time to myself where I don’t have

to be answering questions and explaining things,” Pat said. Jim also enjoys his time at The Gathering. While he was somewhat hesitant about the program at first, Pat said, “Now he feels like he fits in well. He enjoys the experience, the different activities, and always looks forward to the day.” The program exudes creativity and stimulating activities. “Sometimes the volunteers will even call ahead to tell us if there is a ‘theme’ of the day,” Pat said. “I am always amazed at how professional and kind the volunteers are,” she said. “They are always sincere, and they show that they care.” The Gathering has been a life-enhancing experience for both Pat and Jim, as it helps sustain their independence.

Meet Essie Barnoski

Participant of Care Team Ministry



Essie Barnoski and her Care Team volunteer Darlene Hanson have a special connection that is immediately recognizable when you walk in the room. Care Team volunteers function as extended family

members doing a broad range of activities, such as friendly visiting, light housekeeping and running errands. Essie has been participating in the Care Team Ministry program through Augustana Lutheran Church (a Lyngblomsten corporate congregation) for more than three years now. Previous experience with a similar program left Essie frustrated, but after being introduced to Care Team Ministry and Darlene, things seem to have fallen into place. The two are like spunky old friends—talking, laughing, and catching up on all the latest in their lives. Darlene visits several times per month, and they enjoy going different places for lunch or coffee and in the summer taking walks in the park.

continued on page 4

continued from page 3

They talk on the phone often, checking in on each other and just visiting. Their relationship is give and take—both women are passionate about serving, caring for, and helping one another. “I couldn’t have a better friend,” said Essie sincerely. “I met Essie at the right time and reached out. It’s my calling,” said Darlene. Both women truly exemplify the opportunity through Care Team Ministry for people to live their faith by serving others.

Meet Corky Donaldson Participant of Parish Nurse Ministry



Last summer while recovering from hip surgery, Corky Donaldson was visited by Parish Nurse Julia Nordling from Centennial United Methodist Church (a Lyngblomsten corporate congregation).

As part of the Parish Nurse Ministry’s mission to bring together faith and health to educate, counsel and help people in the faith community, Julia presented Corky with a prayer shawl and talked with her about her health concerns, recovery, and progress. At the end of each visit, Julia and Corky would pray together. Julia also offered Corky videos of Centennial’s church services when she was unable to physically attend. Now Corky is back home with check-ins every few months from Julia.

Corky has found the Parish Nurse Ministry program to be accommodating in providing other necessary resources and services during her transitions. Through Julia, Corky found that Care Team Ministry services would be helpful for her transportation needs. “So far everyone has been eager to help me,” she said. “I like that these programs are available—you don’t know about them and what’s offered until you need the help.” It is reassuring for Corky to know that Home- and Community-Based Services, such as Care Team Ministry and Parish Nurse Ministry, are able work together to provide her with the most relevant resources and support as her needs change. She can depend on the programs to give her options and guide her in the direction of maintaining independence and staying in her own home.

Meet Lillian Bloom Participant of Community Wellness & Education



Lillian Bloom has been a participant of the Community Wellness & Education program since it became available more than 20 years ago at Hope Lutheran Church (a Lyngblomsten corporate congregation). There she takes advantage of the free wellness and blood pressure checks each

month and appreciates the time to ask any health-related questions or learn about resources available to her. “It’s a reassuring type of thing,” Lillian said, “that if anything is wrong, we will be advised.” Lillian values the program because it helps her keep track of her health, and most importantly, the nurse is familiar with her health history and personal background.

The program also provides an abundance of resources for Lillian, especially when she has health-related questions. “If they don’t know the answer, they will always find out for you and provide you with the resources the next time you meet,” Lillian said.

Not only does the Community Wellness & Education program provide Lillian with regular wellness checks, but it gives her the opportunity to socialize and get to know other community members using the program too. “It’s good companionship,” she said. Lillian’s trust and commitment to the program and her continued use of its services has played a role in helping her maintain her independence and stay in her home as health changes occur.

Meet Ted Striny Participant of the 5-5-1 Club & Café



Ted Striny has been an active participant of the 5-5-1 Club & Café community center since the café’s grand opening two years ago. His involvement began with Waffle

Wednesdays, where he enjoyed socializing and meeting new people. Now Ted also participates in trips and outings the club provides. Some of his favorites include a trip to Duluth to the Lake Superior Railroad Museum and lunch along the North Shore, the Minnesota Landscape Arboretum, and Chanhassen Theatre to see the play, "I Do! I Do!" Ted also stops at the café to enjoy lunch some days and frequents the wellness talks and educational programs offered by Community Wellness & Education.

For Ted, the 5-5-1 Club & Café offers a social atmosphere, entertainment, and friendly people to visit. "It brings me in contact with new people who can often provide different outlooks on life," Ted said. He finds the club an encouraging place to see other seniors in the community engaging and being active. "The friendly atmosphere and cordiality of the people makes it such a nice place," Ted commented. The 5-5-1 Club & Café is a fitting environment for Ted's adventurous spirit and enthusiasm for meeting new people. He has shown how a little involvement and support from the 5-5-1 Club & Café gives him many opportunities to thrive, learn, and explore and belong in the community.

Lyngblomsten's Home- and Community-Based Services play an integral role in carrying out Lyngblomsten's mission of providing innovative services to older adults in order to preserve and enhance their quality of life. Lyngblomsten serves more people off campus in the community than they do on campus, and by providing supportive services like these five programs, we can continue to evolve, innovate, and work harder to help seniors maintain their independence and stay in their own homes. **L**



A brief description of each Home- and Community-Based program is provided to the right. Contact information for the programs can be found on the Directory on page 2. To learn more about Home- and Community-Based Services, visit www.lyngblomsten.org; click on "Services," then "Supportive Services."

Join us April 29 for the Lyngblomsten Foundation's Spring Benefit, "Making History Together" (see back cover for details). Proceeds benefit Lyngblomsten's community-based programs.



Lyngblomsten Home- and Community-Based Services

5-5-1 Club & Café

Thrive, Learn, Explore, and Belong!

A community center promoting wellness and fun for life through social, recreational, and educational programs for people age 55+ working or living in or near the 551 zip code areas. www.551club.com

Care Team Ministry

Friendship and Faith

Responds free of charge to the non-medical "quality-of-life" needs of individuals and families of all ages. Offers supportive services to those in need within and around a faith community and provides an opportunity for people to *live their faith* by serving others.

Community Wellness & Education

Maintain your health. Maintain your independence.

Provides education, health assessments, and resources for seniors as physical and mental changes occur during the aging process.

Parish Nurse Ministry

Mind. Body. Spirit. Woven together in ministry.

Combines nursing and faith to assist faith communities as they provide care for individuals and families, promoting wellness of body, mind and spirit.

The Gathering

Renew. Replenish. Rejuvenate.

A day of cognitive and social stimulation for those experiencing memory loss and five hours of respite for their caregivers.

For more details, visit www.lyngblomsten.org/services. See the Directory on page 2 for contact information.

Partnership:



Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten

2011 Milestone Churches

Partnership Milestones

At the Corporate Annual Meeting on May 3, we'll celebrate the milestone anniversaries of partnerships with our corporate congregations. This year's honorees are:

50 Years

Christ Lutheran on Capitol Hill (St. Paul)
Prince of Peace Lutheran (Roseville)
St. Timothy Lutheran (St. Paul)

20 Years

Holy Childhood Catholic (St. Paul)
St. Andrew's Lutheran (Mahtomedi)

15 Years

Cathedral of St. Paul (St. Paul)



REFLECTIONS

by Rev. Katie Nelson, Lyngblomsten

Gracious God,

Thank you for our many partners in ministry. For those who have walked with us for many years, thank you for their dedication and sustaining support, for our new partners and the excitement and new opportunities that they bring. Sustaining God, bless us all as we care for your people of all ages. **Amen.**

May is Older Americans Month

Celebrate the elderly in your families and communities!

Finishing Strong:

The Challenges and Power of Elderhood

Thursday, April 28, 2011

5:00 - 9:00 PM

Nativity Lutheran Church – Fellowship Hall
(3312 Silver Lake Road, St. Anthony, MN)

Participants will join the presenter in exploring their own and other elders' strengths and opportunities to enjoy life and the leadership that is uniquely theirs.



Keynote speaker Roland Martinson, member of Christ the King Lutheran Church, is Academic Dean and Professor of Children, Youth and Family Ministry at Luther Seminary.

Cost: \$5 includes presentation and dinner

Questions or to reserve a seat, call Cindy Albing at (651) 414-5292.

Sponsored by: Christ the King Lutheran Church, Nativity Lutheran Church, & Lyngblomsten Home- and Community-Based Services



Plan to attend the 2011 Senior Ministry Conference featuring author & national keynote speaker Rev. Dr. Richard Gentzler

Director, The Center on Aging & Older Adult Ministries
General Board of Discipleship of The United Methodist Church

A one-day conference to equip church staff and lay persons for enhancing ministries for, to, and with the older adults in their congregations

Date: Tuesday, October 4 (daytime)
Location: Centennial United Methodist Roseville, MN

Details will be in the summer edition of *Lyngblomsten Lifestyle* and also posted at www.lyngblomsten.org

Sponsored by Lyngblomsten Church Relations

Celebrate Your Role as an Ambassador

by Patricia Montgomery, Director of Marketing Communications

Am • bas • sa • dor — a representative or messenger; delegate; a teller of stories


LYNGBLOMSTEN

It only takes a moment to find yourself “on the spot” to respond to the comment, “Lyngblomsten! What’s that?” Anyone who is involved with Lyngblomsten is in a position to play the role of “ambassador” for our organization—telling others about how we enhance the lives of older adults. When you are familiar with all the ways we serve older adults and their families, you can be an effective link connecting folks with resources that can enhance their quality of life, no matter where they may be on life’s journey.

To highlight and celebrate the role of our ambassadors, we will be hosting the **2011 Lyngblomsten Ambassador Showcase** the evening of Wednesday, June 29, at North Heights Lutheran Church.

The Ambassador Awards, presented at the showcase event, will celebrate four people who do an outstanding job telling the full story of Lyngblomsten and representing our Guiding Principles (printed on page 2). Everyone who is in a capacity to serve as ambassadors—participants (residents, tenants, community-based services participants) and their families, Lyngblomsten employees, and our community of donors, volunteers, and corporate congregations will be part of this special event.

Invitations for the Showcase event will be mailed. You also have the opportunity to nominate people for the Ambassador Awards. Details will be posted online at www.lyngblomsten.org as they become available. Please contact me with any questions; I can be reached at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Thank you for being an ambassador for Lyngblomsten and for caring about the older adults in our communities. 

April is National Volunteer Month

Thank you, Lyngblomsten volunteers,
for all the ways you enhance the quality
of life for older adults.



Independent Living

Resources to help seniors stay in their own homes

A variety of independent living resources are available to help seniors remain in their own homes despite changes in their health. Below are just a few resources available in the Twin Cities area to help seniors continue to live independently in their own homes.

Living at Home/Block Nurse Program

Using a combination of neighborhood volunteers and health professionals, the program provides information, support service, and health care to neighborhood residents over age 65.

(800) 320-1707 or www.blocknurse.org

Vision Loss Resources

Offers in-home low-vision assessments, individual classes, volunteers and support groups.

(612) 871-2222 or www.visionlossresources.com

Store-to-Door Groceries

Provides quality, affordable grocery shopping and prescription delivery services to enhance independent living in Ramsey, Hennepin, Washington, Dakota, Anoka, Scott, and Carver counties.

(651) 642-1892 or www.storeto-door.org

Rebuilding Together Twin Cities

Provides no-cost, small-scale home safety and accessibility modifications for low-income homeowners who are older adults (55+) living with a disability or caring for a loved one with a disability.

(651) 776-4273 or

www.rebuildingtogether-twincities.org

Free Medical Equipment Loans

Lyngblomsten (Medical Equipment Lending Library)
(651) 632-5335 or www.lyngblomsten.org

Goodwill/Easter Seals

(651) 646-2591 or www.goodwilleasterseals.org

These resources are provided for your information only. Lyngblomsten does not endorse and is not responsible for the content on sites not affiliated with Lyngblomsten.

Lyngblomsten Scrapbook

Valentine's Day program

The Lyng Sisters sang at a Valentine's Day program at the 5-5-1 Club & Café. Guests sang along, learned a little history about Valentine's Day, and enjoyed some sweet treats.



Books-Cheese-Wine

Participants gathered at the March event *books • cheese • wine* to join in a discussion with local author, Nancy Koester, on her biography of Harriet Beecher Stowe. This casual book club gathers once per month at the 5-5-1 Club & Café to meet local authors and enjoy cheese and wine. There is no required reading—participants come for fun, to learn, and socialize with neighbors! See page 15 for upcoming dates and topics.



Memoir Writing Class

Participants of the Memoir Writing class, *Artful Living at Lyngblomsten*, joined together Saturday mornings to write and share their

Marketing Moxie Blog

The Marketing Communications Department at Lyngblomsten launched Lyngblomsten's first blog, Marketing Moxie, in January. At the launch event, employees gathered around computers to learn about the new site and won prizes for participating in activities. The blog can be found at www.marketingmoxieblog.com.



5-5-1 Club & Café Soup-Off

Community neighbors, tenants, employees, and volunteers gathered for the 2011 Soup-Off at the 5-5-1 Club & Café on January 8. Winners pictured above L to R: Scott Rhein (3rd Place, Ed's Vegetable Beef Soup), William Wilson (1st Place, Minnesota Wild Rice Soup), and Nicky Napierala (2nd Place, Lasagna Soup). Each winner's soup has been periodically featured at the café throughout the winter.

Board Profile

Foundation




Duane Brekken

by Rebecca Schwartz

Many people are first connected with Lyngblomsten through their church, and Duane Brekken is no exception. Duane and his wife,

Carol, are active members of Como Park Lutheran, a Lyngblomsten corporate congregation. In 2006, Sherwin Singsaas, who at the time was a member of Como Park Lutheran and also an active member of Lyngblomsten's Finance Committee, asked Duane if he would be interested in joining the committee. Duane accepted, and a few years later he joined the Investment Committee. From there, Paul Mikelson, Lyngblomsten's President/CEO, asked Duane to serve on the Foundation Board. "Lyngblomsten is a fantastic organization," Duane explained with a smile. "The staff and volunteers are great; I'm happy to be a part of it."

After working many years for Control Data as a contract manager, Duane is now retired — and enjoying every minute of it. He likes spending time with his grandchildren, volunteering, and following sports, specifically at the college level. Duane hasn't just enjoyed sports on the sidelines his whole life; he was part of the action in college playing football and track at St. Olaf College (where he earned his degree in Economics) and was inducted into the St. Olaf Athletic Hall of Fame in 2004. Duane earned his J.D. degree from William Mitchell School of Law.

In addition to his volunteering with Lyngblomsten, Duane volunteers with Meals on Wheels, Our Saviors Shelter, and Lions International, just to name a few. "I like to volunteer and give back to my community; I think it's what we need to do. I want to support Lyngblomsten to continue what they're doing to help people. When people need services, we're here for them." 



Save the Date

Mid-Summer Festival (Ice Cream Social): July 14

Enjoy an afternoon of music, food, and activities with neighbors, friends and family. Lyngblomsten campus courtyard. Details will be posted at www.lyngblomsten.org or call (651) 632-5320.

Go Digital in 2011

Reduce paper usage and receive *Lyngblomsten Lifestyle* electronically

Please help us conserve paper and reduce postage costs 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 the following information if you would like to start receiving *Lyngblomsten Lifestyle* electronically:

- Full name and address
- E-mail address

Artful Living at Lyngblomsten: Updates and Theatre Opportunities

We are pleased once again to be awarded a Partners in Arts Participation Grant of \$25,000 through the Minnesota State Arts Board. Grant funds are provided through the Minnesota Arts and Cultural Heritage Fund established in the November 2008 Clean Water, Land and Legacy Amendment to the Minnesota Constitution.

Upcoming Opportunities in the Theatre Arts

Trip to Park Square Theatre: *To Kill a Mockingbird*

Prequel show is April 11 at 2:30 PM
in the Apartments Dining room

Trip options:

April 15 at 11:00 AM (ASL Show) or
April 17 at 2:00 PM

Classes Offered

Two theatre classes, *Acting for Everyone* and *Places Please!* are being offered in early spring.

Interested? Contact Lana Western at (651) 632-5357 or lwestern@lyngblomsten.org for more info.



Play Boomerang

The Game That Keeps Giving Back™

The game “Boomerang” is Lyngblomsten’s yearly activity to help fund the actual costs of operating the 5-5-1 Club & Café, our community center primarily serving adults living or working in 551 zip code areas. Purchasing Boomerang tickets helps to sustain this community resource and **could put money in your pocket too!**

Each ticket is \$52 and enters the ticket holder in 52 weekly drawings for \$100 plus four quarterly drawings for \$200.

Here’s how you can get tickets:

- 1) Stop by the 5-5-1 Club & Café (Mon. thru Fri.) or the reception desk at Lyngblomsten Care Center (7 days a week) and purchase your tickets in person (1415 Almond Ave., St. Paul), or
- 2) Send a check, made payable to “5-5-1 Club” with a memo note of how many Boomerang tickets you would like. Each ticket is \$52. Mail to: Boomerang, 5-5-1 Club, 1415 Almond Ave., St. Paul, MN 55108.

Boomerang tickets make great gifts!

Ticket sales begin May 1, 2011

All ticket orders for this year’s game
must be received in our office and paid
by July 15, 2011.

Drawings begin July 25, 2011.

Need NOT be present to win.

*Don’t want to play but
want to support the club?
Make a tax-deductible
donation of \$52 (or more).*



Questions?

Contact Geri at (651) 632-5320
or grutz@lyngblomsten.org.



Good luck in the drawings!
May the monies
“boomerang” back to you!

*The purchase of a Boomerang
ticket is not tax-deductible.*

www.551club.com



Community Education, Wellness & Fun For Life Spring 2011

Thrive • Learn • Explore • Belong



Check out the new Spring 2011 Opportunities Booklet presented by the 5-5-1 Club & Café!

Opportunities promote wellness and fun for life through social, recreational, and educational programs for people age 55+ working or living in or near the 551 zip code areas. Everyone from the community is welcome!

Visit www.551club.com (Click “News & Events”) to download the *Opportunities Booklet*, or call (651) 632-5330 to request a paper copy.

Questions: (651) 632-5320
551club@lyngblomsten.org

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

Proudly Sponsored by Lyngblomsten | www.551club.com

Making History Together

by Dale M. Fagre, Chief Development Officer


For 105 years, Lyngblomsten's founders and everyone associated with this great organization since then have been "making history together." The enormity of what has been accomplished is almost too great to wrap our arms around.

It has taken a vast collection of people, talent, determination, passion, and vision along with an extraordinary mission to guide Lyngblomsten this far and to carry us into the future. Lyngblomsten has a unique history of service, innovation and compassion behind all we do to enhance the quality of life for older adults that is virtually unmatched in the senior healthcare space.

On April 29 we will host the Lyngblomsten Foundation Spring Benefit: Making History Together at The Minnesota History Center (see ad on page 16). The Minnesota History Center is home to the Minnesota Historical Society's collections and provides a place for visitors to discover their connections to the past. This event, formerly known as Spring Rhapsody, will also celebrate Lyngblomsten's connections to the past, present, and future.

A big part of Lyngblomsten's past, present and future is the great work of our Home- and Community-Based Services (listed on page 5), designed around holistic health—caring for people's bodies, minds, and spirits. Many seniors are able to live independently with the use of a support service or two. Some of the programs operate in partnership with area churches, which means service is accessed through the church and not directly through Lyngblomsten.

Since 1985 the Lyngblomsten Foundation (Community Engagement) has been in existence with a simple purpose to raise funds to support Lyngblomsten. During this 26-year history, the Foundation has raised over \$20 million to support special projects (such as major remodeling) and programming—especially our community-based services.

You can help us "make history together" by attending the April 29th event, volunteering, making a gift, placing Lyngblomsten in your Will, recommending a loved one or friend consider Lyngblomsten, and of course, praying for Lyngblomsten and its mission. 

Vintage Bridal Show & Tea

Hosted by the Lyngblomsten Auxiliary,
with program and dresses from Goodwill Foundation

When: Saturday, May 14, from 2:30–4:00 PM

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

Price: \$10 per person

Are you looking for something special to do with your mother or daughter, or another special woman in your life? At the Vintage Bridal Show & Tea, you can enjoy a historical journey of bridal gowns while enjoying a delicious tea with all the delicacies (scones, finger sandwiches, fruit, and more)!

Feel free to bring your own special tea cup!

To RSVP, contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org. Pre-payment is appreciated.



LYNGBLOMSTEN

www.lyngblomsten.org



Lyngblomsten Foundation's

Golf Classic

Monday, August 1, 2011

Midland Hills Country Club

Golf Classic Sponsors:

as confirmed by 03/14/11

Co-presenting Sponsors

Johnson-McCann/PreferredOne

Eagle Sponsor

Chuck Kadrie
(Chancellor Properties)

Par Sponsors

LarsonAllen LLP
ProRehab

Fan Sponsor

Delta Dental

The Best Way to Spend a Day!



Gifts to the
Remembrance Fund
 In Memory or Honor of a Loved One

IN MEMORY OF

Jane Evelyn Amlee

Paul and Shannon Burke
 Mr. and Mrs. Alan C.
 Eidsness
 Jeffery and Evie Engler
 Evelyn Foster
 Rev. Winfield Johnson
 Gary and Judith Kreyer
 Debra London
 Toby London
 Candice and Charles Nadler
 Pete Peterson
 Leslye Phillips
 Renee and Michael Popkin
 Stephen and Wendie Ryter
 John and Sally Turrittin
 Irv and Marge Weiser
 Steven Wexler and
 Pamela Stuart
 Harry Yaffe

IN MEMORY OF

Bert Anderson

Doris Anderson

IN MEMORY OF

Adine Aurelius

Sandy and Dave Coyle
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IN MEMORY OF

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Karen Barstad

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Rev. Elder K. Bentley

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Daniel and Irene Brink
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Bob Culver

Pamela Culver
 Sig Culver
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*Remembrance Fund List
 continued on page 14*

Remembrance Fund List
continued from page 13

IN MEMORY OF

Eileen Litsheim

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Susan Lillehei
Paul and Ann Nyquist
Daniel and Kimberly Radunz
Mary Radunz
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95th Birthday**

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Thelma Pedersen
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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:

December 1, 2010 – February 28, 2011*

**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.

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.

Tuesdays, April 12 & 26, May 10 & 24

Watercolor Classes with Anne Krocak returning as the professional artist/teacher (FREE)

Classes: 1:15–3:15 PM; Open paint time: 1–4 PM every Tuesday in the Care Center Conference Room

For registration, contact Lana at (651) 632-5357 or lwestern@lyngblomsten.org.

Tuesday, April 19

Volunteer Appreciation Open House

3–6 PM

5-5-1 Club & Café

There will be an awards program as well as musical entertainment.

Thursday, April 28

Special Presentation — Finishing Strong:
The Challenges and Power of Elderhood

5–9 PM

Nativity Lutheran Church at 3312 Silver Lake Road, St. Anthony, MN

Participants will join keynote speaker, Roland Martinson, in exploring their own and other elders' strengths and opportunities to enjoy life and leadership that is uniquely theirs. See page 6 for more information.

Friday, April 29

2011 Lyngblomsten Foundation Benefit:

Making History Together (formerly Spring Rhapsody)

6:30 PM

Minnesota History Center, 345 W. Kellogg Blvd. St. Paul, MN 55102

An evening full of activities, learning, food, music, and silent auction — an all-around good time to help support Lyngblomsten's Home- and Community-Based Services. See back cover for more information.

NOTE: No Spring Rummage Sale this year. Fall Rummage Sale will be October 5–7.

Sunday, May 1

Boomerang Tickets go on sale

Help fund the actual costs of operating the 5-5-1 Club & Café through this game of chance. See page 11 for details.

Tuesday, May 3

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.

Saturday, May 14

Vintage Bridal Fashion Show & Tea

2:30–4 PM

Newman-Benson Chapel at Lyngblomsten

Enjoy a historical journey of bridal gowns while enjoying a wonderful tea with all the delicacies. Hosted by the Lyngblomsten Auxiliary. See page 12 for more information.

Tuesday, May 17

Syttende Mai Concert

7 PM

Newman-Benson Chapel at Lyngblomsten

Help Lyngblomsten celebrate its Norwegian heritage by attending a FREE concert by the Chapel Strings Orchestra in honor of Syttende Mai (Norway's Constitution Day). Everyone is welcome.

Wednesday, June 29

Ambassador Showcase

A special evening celebrating all those who tell others about Lyngblomsten and exemplify the mission and principles of our organization. Social hour followed by the presentation of the 2011 Ambassador Awards. Invitations will be mailed. See page 7 for more information.

Thursday, July 14

Mid-Summer Festival (Ice Cream Social)

Enjoy an afternoon of music, food, and activities with neighbors, friends and family. Lyngblomsten campus courtyard. Details will be posted at www.lyngblomsten.org or call (651) 632-5320.

Monday, August 1

2011 Lyngblomsten Foundation Golf Classic

See page 12 for more information.

Wellness for Life presentations

10–11 AM at the 5-5-1 Club & Café

- Monday, April 18 – Health Care Directives
- Monday, May 16 – Foot Care Basics
- Monday, June 20 – Riding Buses & Trains with Confidence

Fee: \$2. No pre-registration needed.

Questions? Call (651) 632-5335. For more details, visit www.551club.com/calendar.

books • cheese • wine

5:30–7 PM at the 5-5-1 Club & Café

- Thursday, April 7 – Mission Memories
- Thursday, May 5 – Battle Hymn of the Tiger Mother
- Thursday, June 2 – The Appeal of Jane Austen
200 Years Later

Fee: \$5 if pre-registered, or \$8 at the door.

Register/questions: (651) 414-5292.

For more details, visit www.551club.com/calendar.



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**CHANGE SERVICE
REQUESTED**

You're Invited
Making History Together

2011 Lyngblomsten Foundation Benefit*

Hors d'oeuvres • Silent Auction • Activities • Music

Date: Friday, April 29, 2011

Time: 6:30 PM

Cause: Lyngblomsten Home- and Community-Based Services

Location: The Minnesota History Center
(345 W Kellogg Blvd, St. Paul, MN)

\$75 per person | \$1,200 table of 8 (VIP area)

Cocktail casual attire requested. Free parking at the Minnesota History Center.

RSVP by April 22, 2011, to Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.

* This event was formerly known as *Spring Rhapsody*

Event Sponsors

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