

Summer 2011

LYNGBLOMSTEN

Lifestyle

STORIES OF LIFE:
The Family Network

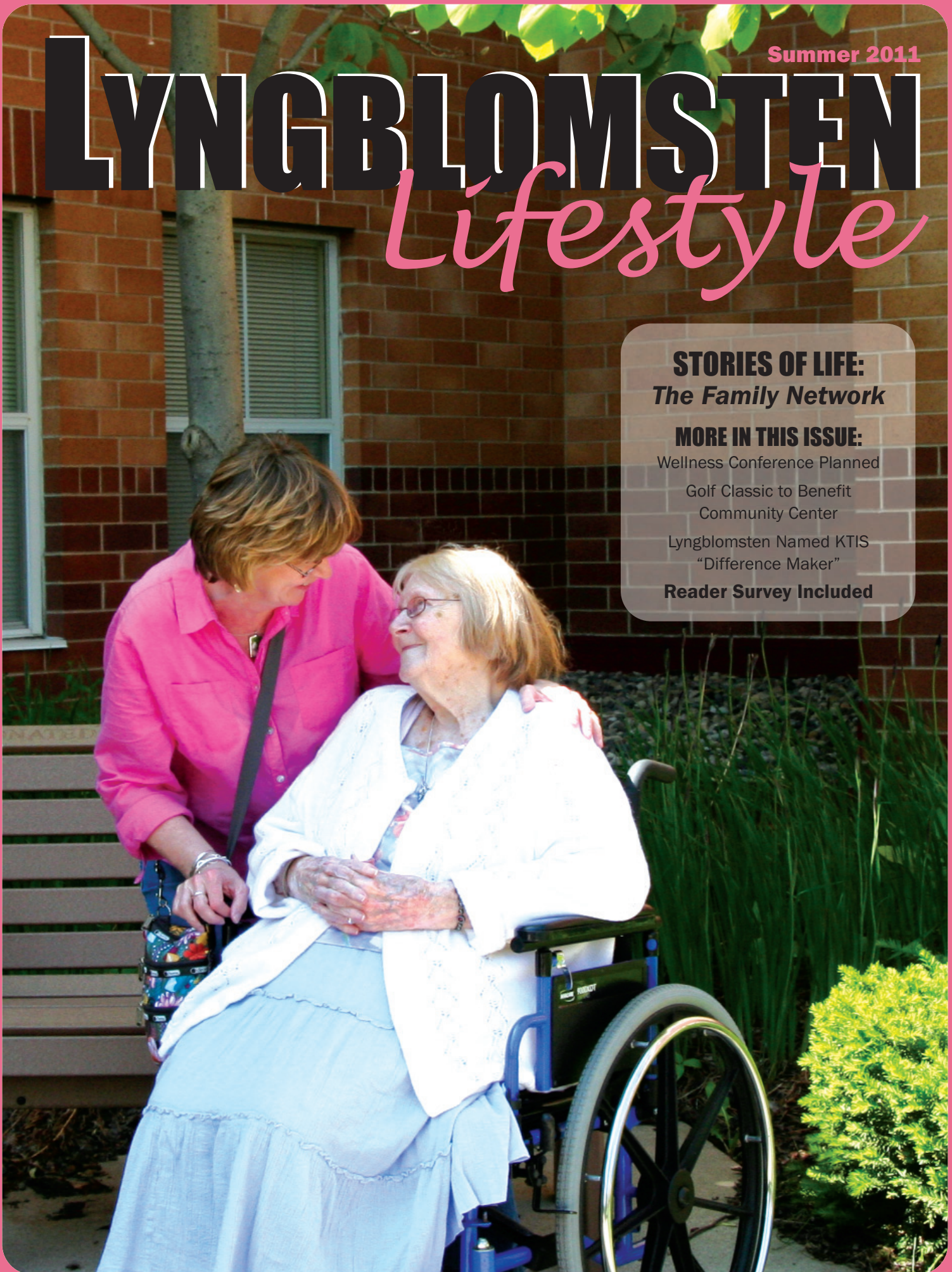
MORE IN THIS ISSUE:

Wellness Conference Planned

Golf Classic to Benefit
Community Center

Lyngblomsten Named KTIS
"Difference Maker"

Reader Survey Included



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

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HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

ddoty@lyngblomsten.org

Community Wellness & Education

Deb Bowman, RN, PHN: (651) 632-5335

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Parish Nurse Ministry

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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

Donate Online:

www.lyngblomsten.org/donate

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:

Annie Reynolds-Smith with her mother, Rosemary Reynolds, outside enjoying quality time together. See their 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."

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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

The Family Network

by Christina Rhein

An Extended Family Support System with Lyngblomsten

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

— A Lyngblomsten Guiding Principle

“Family” can be defined in many ways. For Lyngblomsten care center resident Rosemary Reynolds, family extends beyond her immediate family to include staff, other residents and tenants at Lyngblomsten, and all of their families too. Rosemary and daughter Annie Reynolds-Smith share the story of their family’s journey and their experience with Lyngblomsten.

Rosemary first came to Lyngblomsten in 2006 for transitional care. She expected to return to her apartment in Circle Pines within a few weeks but was unable to go back due to complications with walking. Annie recalls thinking that her mom had been fine in her apartment — she had friends, her books, music, ate what she wanted, and went to bed when she wanted. “Then when Mom came here, all of a sudden, it was like maybe we had that wrong,” Annie reflected. “She was going to Rise and Shine classes, Music Bingo, and she just started doing so many more things and being around younger people. She just blossomed. It made us feel really comforted to know that she was doing much better here.”

Years earlier, Rosemary’s husband lived at Lyngblomsten after he developed Alzheimer’s. She and her family were pleased with the care he received and felt very comfortable with Lyngblomsten and the staff. At that time, Rosemary confidently said, “If I ever have to go to a nursing home, that’s where I want to go.” When she

received a letter in the mail from Lyngblomsten inquiring if she would be interested in having her name placed on a waiting list, Rosemary did not hesitate to respond, “yes.” “My sisters and I felt very grateful for Mom taking the initiative to put herself on the waiting list [for the care center],” Annie said. “Mom really has been a part of the decision-making for herself through this whole journey.” While her family would have liked to see Rosemary return to her apartment after being in the hospital, they agreed that it wasn’t meant to be. Now the family feels fortunate that Rosemary is living at Lyngblomsten. “Not only has she made friends here with staff and residents, but we have too,” Annie remarked fondly.

“She [Rosemary] just blossomed. It made us feel really comforted to know that she was doing much better here.”

Rosemary was also eager to share about the friends she has made at Lyngblomsten. “I have made a lot of friends here — among the staff particularly,” she said. “It is wonderful to be able to talk to them, and we talk about our families. I can talk about things that bother me, and we laugh and joke. And they’re always glad to see Annie come!” Rosemary added with a smile.

continued on page 4

continued from page 3

In response to what her struggles were during her transition to Lyngblomsten, Rosemary stated, “You hate to lose your independence – that’s the hard thing about it.” But that does not seem to have hindered Rosemary from becoming involved in many activities, staying busy, and making friends. She remains upbeat and has a positive outlook on her life at Lyngblomsten. “It’s a good place to be. I would encourage others to make their own decision to come here,” Rosemary advised.



Rosemary with her daughters (L to R) Mary Kay Rodman, Beth Reynolds, and Annie Reynolds-Smith
photo courtesy of Annie Reynolds-Smith


Two years ago Rosemary became very ill and began hospice care. It was a difficult time for the family. “There was a lot of staying overnight here,” Annie remembered. “But the staff was wonderful again – caring for us and showing their concern.”

Thankfully, Rosemary “graduated” from hospice and is doing even better than before hospice. Proud of her recovery and graduation at the time, Rosemary said with spunk, “Well, let’s do something about it!” Staff and family presented her with a graduation cake and cap. She still keeps her graduation cap on a bulletin board in her room.

It has been a journey of learning for the Reynolds family. When asked if they had any advice for other families who might be going through a similar situa-

tion, Annie immediately replied, “Good lines of communication.” She explained how important it is to discuss, if possible, decisions and parents’ wishes before there is an emergency situation. She admits that this is hard to do for both parents and children. “When growing up, we never knew anything about Mom and Dad’s finances, or anything like that, and that was okay. But when we did have to know and help, it was difficult for them to give up that independence and have their children help them.” Annie continued with advice, “Roles do reverse, and it is hard. It’s hard for us as the kids to take it on and it’s hard for the parents to give it up. If it’s at all possible, be open and talk about that stuff before you have to so that the wishes of your parents can be taken into consideration.” Annie also discussed how she and her two sisters have taken certain “roles” in their care for Rosemary and how this has helped them get along, share responsibilities, and maintain a smooth system of care. Annie’s perspectives have served others well through her former service as Lyngblomsten Family Council President and her new role on the Resident Life Committee.

Lyngblomsten provides an abundance of resources and support for Rosemary and her family. From the chaplains, to doctors, the beauty salon, and therapists, Rosemary feels that there is plenty of support at Lyngblomsten so that she does not have to go out and always seek extra services. And to top it off, a pleased Rosemary said, “I have friends among them – they’re all wonderful people.” Annie agrees that Lyngblomsten is a generous provider of resources, especially for family caregiving tips. Several times she has attended the Caregivers Support Group offered at Lyngblomsten through Community Wellness & Education. When she does use outside resources, such as going on retreats or to senior health fairs, she said she always brings back new information for Rosemary.

With all of the support Rosemary and her family receive through Lyngblomsten, it is no surprise that strong and caring relationships are a part of that. Annie made an extra point to emphasize that Lyngblomsten really is a network of families, working together to care for, support, and look out for one another. What a blessing to have the love of such a large family. 



Discussing Difficult Topics With Your Aging Family Member

How do you talk to your aging family member about difficult issues without causing hurt feelings or family rifts? Start by becoming educated on likely topic areas. By knowing about the topic, you will be better equipped to handle these sometimes difficult discussions. Then, learn about techniques to help you bring up these subjects and divert resistance to the discussion.

Below are a few online resources to help you start needed conversations with your aging family member:

Talking to Older Parents About Independence

Tips for beginning a conversation about independence, dealing with resistance, and keeping dialogue positive.

Resource: AARP at www.aarp.org/caregiving

Communicating With Those Who have Memory Disorders

The Duke Family Support Program offers a Tool Kit for Alzheimer's and Dementia Caregivers which supplies advice, tips, and strategies for communicating with a family member with Alzheimer's.

Resource: Duke Family Support at www.dukefamilysupport.org

Conversations With Older Drivers

Information to help families address sensitive subjects and foster meaningful family conversations about older driver safety.

Resource: The Hartford Financial Services Group at www.hartfordauto.thehartford.com/Safe-Driving

Discussing Death and Planning for Death

Tips to approach discussions about end-of-life decisions in constructive and non-threatening ways.

Resource: Full Circle of Care at www.fullcirclecare.org/endoflife/discussions.html

Lyngblomsten Speakers Bureau

Educational and informative presentations on topics that emphasize preventative care and wellness as well as to help navigate resources available in the Twin Cities area for older adults and their families.

Resource: Contact Lyngblomsten Community Education Coordinator Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org. www.lyngblomsten.org/resources

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.

10 Tips For Family Caregivers

- 1** Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
- 2** **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
- 3** When people offer to help, **accept the offer** and suggest specific things that they can do.
- 4** **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
- 5** There's a difference between *caring* and *doing*. **Be open** to technologies and ideas that promote your loved one's independence.
- 6** **Trust your instincts.** Most of the time they'll lead you in the right direction.
- 7** Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
- 8** Grieve for your losses, and then allow yourself to **dream new dreams.**
- 9** **Seek support** from other caregivers. There is great strength in knowing you are not alone.
- 10** **Stand up for your rights** as a caregiver and a citizen.

Source: National Family Caregivers Association
www.thefamilycaregiver.org

Board Profile

Corporate



Carol Pletcher


by Christina Rhein

Dr. Carol Pletcher, currently the Lyngblomsten Corporate Board chair (as well as a member of the Foundation Board), has been of service to the

Corporate Board for nearly eight years. She became involved with Lyngblomsten after her pastor at Falcon Heights United Church of Christ, a Lyngblomsten corporate congregation, gave her name to Lyngblomsten's president/CEO, Paul Mikelson. "Paul called and asked if I would be interested in serving on the board, and I said YES! Until that moment I did not even know that Lyngblomsten existed. This was a career development opportunity for me; it was an opportunity to learn about governance and how a board influences policy."

Carol brings impressive experience and expertise to Lyngblomsten's board, having been named as one of the Top 25 Champions of Innovation in the World by *Business Week* and serving as former Cargill, Inc. Innovation Officer. Trained as a chemist, she holds a PhD in biochemistry and today heads PLETCHER, INC., working with companies in a variety of industries to jumpstart their innovation efforts.

When asked about her involvement at Lyngblomsten, Carol just smiled. "The magic of Lyngblomsten," she responded. "What started out as a bit of an assignment [from my church] has turned into an opportunity for personal service. Lyngblomsten is magical," Carol said again. "Personally, I would like to lead the board in the discovery and evaluation of new approaches in care delivery. And the 5-5-1 Club & Café — what's the next step? How to expand our services in a financially responsible way will challenge the board for the next several years."

On a personal note, Carol is a wife of 43 years, mother of "two awesome men and two fantastic daughters-in-law," a grandma, keeper of two dogs, and long-time member of Falcon Heights United Church of Christ. 

JOIN US FOR THE SENIOR MINISTRY CONFERENCE

TUESDAY, OCTOBER 4, 2011

SPONSORED BY LYNGBLOMSTEN CHURCH RELATIONS

- Date:** Tuesday, October 4 (daytime)
Location: Roseville, MN (suburb of St. Paul)
Fee: \$35 per person (includes materials, presentations, & lunch)

KEYNOTE PRESENTER:

Rev. Dr. Richard Gentzler Teacher • Author • Leader

in the field of aging and older adult ministries

Topics will include:

- Spirituality & Aging
- Designing an Older Adult Ministry (Why? What? How?)
- Models for Intentional Ministry with Older Adults

Save the date now.

Conference brochures will be available in early August. Registration information will also be available online at

www.lyngblomsten.org/calendar



Share • Serve • Grow
for a Lifetime

Questions? Contact: Rev. Katie Nelson at (651) 632-5360 or knelson@lyngblomsten.org

Our Partnership: Bethlehem Lutheran Church in the Midway

Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten
by Christina Rhein



Bethlehem Lutheran Church in the Midway, located in St. Paul, has been in partnership with Lyngblomsten as a corporate congregation for nearly 50 years. They have four core values that serve as a foundation for all they do: everyone is welcome, love changes people, everyone has a gift to share, and all things are possible.

Founded in 1910, this neighborhood church has faced some logistical challenges in their geographic

area over the years — currently with construction of the expanding light rail, as well as ongoing challenges of serving an economically and ethnically diverse community. Despite these obstacles, Bethlehem Lutheran has been able to adapt their mission to reach out to the neighborhood around them. “This neighborhood is our mission field,” said Pastor Joy Johnson.

Pastor Joy is especially proud of Bethlehem Lutheran’s outreach ministry. “We recognized the needs in the Hamline-Midway neighborhood and our responsibility to meet some of those needs. By partnering with other churches and organizations in the surrounding Midway area, we began our outreach ministry, and as the needs have increased, we have increased our services.” Their outreach program, called *Open Hands*, is comprised of

several components: Monday Meals, community events, Street Ministry, Kids Club, and mentoring opportunities. “We have embraced Christ’s mission to reach out in love, in tangible ways, to people in the neighborhood year-round,” said Pastor Joy of the *Open Hands* program.

The seniors at Bethlehem Lutheran engage in the congregation’s activities and outreach efforts in many ways: putting together Lutheran World Relief Kits, quilting, contributing financially, making prayer shawls, and more. “We try to keep our older members of the congregation tangibly engaged and involved so they always feel like they have a part in what’s happening,” said Pastor Joy. “Older members often lend prayer support if they can’t be physically engaged.”

Bethlehem Lutheran maintains a strong relationship with Lyngblomsten. “There is a need for ongoing relationships, especially with such a large population of older adults,” reflected Pastor Joy. The congregation is involved with Lyngblomsten in several ways — they publish and promote Lyngblomsten activities and events in their bulletins and newsletters, use the Community Wellness & Education program services, and have congregants who attend the Caregivers Support Group.

The love of Christ and growing outreach into their neighborhood continues to give new energy and new life to the Bethlehem Lutheran Church in the Midway congregation. “It takes a leap of faith to be able to serve this neighborhood,” Pastor Joy said, “in ways we sometimes don’t understand or can’t even imagine.” **L**



With this edition of *Lyngblomsten Lifestyle* focusing on family, I was struck as I read Bethlehem Lutheran’s four core values: *Everyone is welcome. Love changes people. Everyone has a gift to share. All things are possible.* Not only are these important values for a congregation, but aren’t they also important for families? Perhaps we can challenge ourselves to come up with our own set of statements created and adopted by our families.

Gracious God,
Within our families, we learn how to share your gifts of love, forgiveness, and mercy. We thank you for our families and ask for your blessings upon them.
Amen.

REFLECTIONS

by Patricia Montgomery,
Director of Marketing Communications
& Church Relations

Lyngblomsten Scrapbook



Auxiliary's Vintage Bridal Show & Tea

Over 160 people attended the Lyngblomsten Auxiliary's Vintage Bridal Show & Tea on May 14. Guests enjoyed a program showcasing the historical journey of bridal gowns while having tea and delicacies with their friends and family.



Making History Together

The Lyngblomsten Foundation Benefit *Making History Together*, held April 29, was a great success! Guests enjoyed music, hors d'oeuvres, and a silent auction, and also had a chance to learn about Lyngblomsten's Home- and Community-Based Services. See page 12 for more details.



Thank you, Board Members

At the Annual Meeting in May, the Auxiliary thanked its board members (left to right) Lisa E. Severson, and Don V. Clark) and presented them with framed certificates of appreciation for their painted Norwegian rosemales for your years of service!

Royal Wedding Celebration

On April 29, Lyngblomsten held a Royal Wedding Party in the Newman-Benson Chapel. Residents came dressed in their fancy hats which they made themselves and viewed the beautiful ceremony on TV. A wedding dress show, festive decorations, and cake were also part of the celebration.



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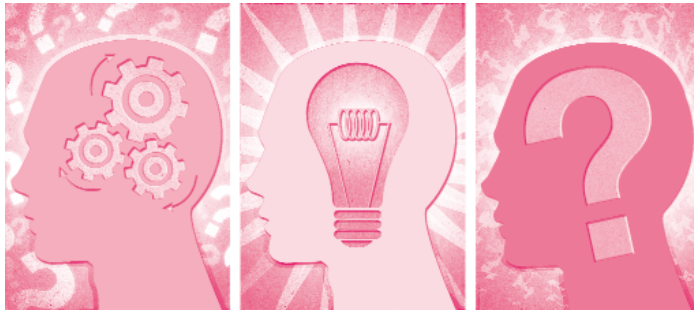
, we recognized retiring board
dstrom, Maynard Jacobson,
Walch (not pictured: Linda
with a parting gift of a hand-
d keepsake box. Thank you

Music in the Café with Trudy Harper

Trudy Harper gave an inspiring performance at the 5-5-1 Club & Café.

She explained how nature inspired famous composers to create songs we know and love, and then performed them on her harp. Thanks for coming, Trudy!





Lyngblomsten's Annual
Wellness Conference
 Cultivating Our Grey Matters:
Keeping a Sharp Mind

Thursday, September 15, 2011

Pre-Conference Session:
Who's the One With Memory Loss?

Communicating With People Who Have Memory Loss
 Teepa Snow's *It's All in Your Approach* DVD presentation

Keynote Presentation:
Cultivating Our Grey Matters:

Lessons From Brain Science On Keeping a Sharp Mind
 by Dr. Catherine Sullivan, St. Catherine University

Breakout Session 1: Exercise & Dementia

Dr. Fang Yu, University of Minnesota

**Breakout Session 2: Alzheimer's Disease:
 Diagnosis, Treatment, & Prevention**

Dr. Lisa Jungbauer Nikolas, Medtronic

**Registration form and details on presenters,
 exhibitors, and activities will be posted
 online at www.lyngblomsten.org.**

| | | |
|---------------|---|------|
| When: | Pre-Conference 2:30–5 PM | |
| | Conference 5–9 PM | |
| Where: | Gustavus Adolphus Lutheran Church (1669 Arcade Street, Saint Paul, MN) | |
| Cost: | Pre-Conference Only (no dinner) | \$10 |
| | Pre-Conference -OR- Conference & Dinner | \$15 |
| | Pre-Conference, Conference & Dinner | \$25 |

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

Event Sponsors
 (confirmed as of 06/17/11)
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**Community Education,
 Wellness & Fun For Life**
 Summer 2011
 Thrive • Learn • Explore • Belong



Check out the new
**Summer 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 or 551club@lyngblomsten.org

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

Opportunities Preview:

**Dinner & Lecture: The Lepers of
 Kalaupapa**
Wednesday, July 20

Music in the Café | Klondike Kate Live!
Thursday, July 21

Garage Sale Trips
Thursdays July 28, August 18, September 22

books • cheese • wine
Thursdays, August 4 & September 8

Brewing Beer
Monday, August 8

St. Croix River Cruise & Lunch
Wednesday, August 10

Wabasha Street Caves Tour & Swing Night
Thursday, August 11

The Minnesota Zoo
Tuesday, September 13

Highlights of Renaissance & Baroque Art
Wednesdays, September 7, 14, & 21

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Board Profile

Foundation



Eric Schnell

by Rebecca Schwartz


Having joined in January 2011, Eric Schnell is new to the Lyngblomsten Foundation Board, but he talks about Lyngblomsten as though he has been involved for

years. “I have seen, and I am absolutely convinced, that Lyngblomsten has done and will continue to do innovative things in the field of senior care,” he expressed. It was Lyngblomsten’s innovation and strong community that piqued Eric’s interest when his friend, Melanie Davis (Lyngblomsten’s Director of Volunteer Services and Corporate Engagement), asked him to be on the Board.

Currently Eric is on the Corporate Engagement Leadership Council and is looking forward to helping develop and strengthen Lyngblomsten’s connections to

corporations. Eric is no stranger to development and nonprofits; he is on the Fraiser Autism Board and recently hosted a successful benefit for autism (he has a son with autism).

In his day-to-day life, Eric is the Chief Administrative and Information Officer for the Office for Equity and Diversity at the University of Minnesota (he received a BS in Psychology and a minor in Computer Science from the University of Illinois and a Masters in Education from Colorado State). When he’s not working, Eric enjoys time with his wife, April, and two sons (ages 10 and 14), participating in outdoor activities such as biking and gardening, and they are also part of the Twin Cities Unicycle Club (yes — unicycle!).


While on the Board, because he has a passion for diversity, Eric would like to see Lyngblomsten’s already strong Culture Change grow. “It’s definitely not broken, but it can always keep improving. The elderly have a continued wisdom that we can all learn from.” 

Family Taking Care of Family

Dale M. Fagre, Chief Development Officer/Community Engagement

The theme for this issue of *Lyngblomsten Lifestyle* is “families.” Our Guiding Principle states, *For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.*


Our Community Engagement team (foundation, volunteer services and corporate engagement) has the privilege of connecting with many of the families of those we serve. Our team members authentically love working with everyone we come in contact with through Lyngblomsten. We see them around campus; we engage them at events; we train them as volunteers; we walk alongside them throughout the journey; we laugh with them; we grieve with them; and, we listen to stories of their loved ones after they have passed away. In fact, many families will come see us because they want to celebrate the life of a loved one with a permanent plaque placed on the Remembrance Tree in the care center lobby. It is touching to witness a family member place the leaf plaque on the Remembrance Tree.

Starting in 2007, I had the privilege of a wonderful relationship with a family member and her aunt. I would see them weekly around campus, and we would always have a friendly visit. In fact, we even met in the aunt’s apartment to discuss “business” matters. Recently, I had the privilege of receiving a phone call from this niece whose aunt had passed away over a year ago now. She told me how much her aunt loved Lyngblomsten, the staff, residents and everything about it. She was calling to tell me that her aunt was so grateful that she was giving Lyngblomsten what turns out to be the second largest legacy gift in our history. It is amazing and humbling at the same time. But, you know what the real moral of this story is to me? It is simply “family taking care of family.” 

Making History Together: Wrap Up

by Shannon Parker, Volunteer Development Coordinator

The 2011 Lyngblomsten Foundation Benefit: Making History Together infused new life to a previous tradition (Spring Rhapsody) with an upbeat venue and interactive program that netted about \$70,000 for Lyngblomsten's Home- and Community-Based Services programs.

Representing a spectrum of ages, 175 guests gathered for an evening at the beautiful Minnesota History Center in St. Paul on April 29. The new format allowed guests to mingle as they visited five interactive exhibit areas throughout the evening, learning more about each of the featured programs: 5-5-1 Club & Café, The Gathering, Care Team Ministry, Parish Nurse Ministry, and Community Wellness & Education. At each exhibit, guests received stamps on their "passports" after which they traveled to the gifting station to make donations, receive beads and qualify for the grand prize drawing. Bids were made on silent auction items, and a variety of delicious food and drinks were plentiful. Jazz music from The Neighborhood Trio created a fun, relaxed vibe for guests to enjoy. History can mark this event a success! 

2011 Lyngblomsten Foundation Benefit Event Sponsors

\$50,000 Matching Gift!

From a loyal anonymous donor

Platinum (\$3,000+)

Gold (\$1,500-\$2,499)




Silver (\$1,000-\$1,499)



Monday, August 1, 2011

Midland Hills Country Club

The 15th Annual Lyngblomsten Foundation Golf Classic is coming Monday, August 1, to Midland Hills Country Club in Roseville. Come and tee off your support for older adults! Put together a foursome for \$796 or come as an individual for \$199. Lyngblomsten Corporate Congregation foursomes receive a \$100 discount per foursome (so \$696). Each church foursome is automatically in the running to win the Lyngblomsten Cup.

Prices include lunch, 18 holes of golf with a cart, a sleeve of golf balls, steak dinner and program. There is also a social hour and silent auction prior to the program. Not a golfer? We invite you to attend the social hour, silent auction, dinner and program for just \$60. Proceeds raised go to support the Lyngblomsten 5-5-1 Club & Café community center. For details, visit www.lyngblomsten.org and click "Upcoming Events," or contact Mary Grupa at mgrupa@lyngblomsten.org or (651) 632-5324. 

Golf Classic Sponsors:

as confirmed by 06/06/11

Co-presenting Sponsors (\$10,000+)



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Remembrance Fund
In Memory or Honor of a Loved One

IN MEMORY OF

Jane Evelyn Amlee

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Adine Aurelius

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IN MEMORY OF

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Judith Sorensen

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Kelley and Steve Bergeson

IN MEMORY OF

Ida Belle Davis

Carolyn Gibson

IN MEMORY OF

Wayne "Tim" Dordell

Karin Peterson

IN MEMORY OF

Anne Driscoll

Lee and Mary Woodruff

IN MEMORY OF

Andrew Grostyan

Mary Ellen Porwoll

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Rita Erickson

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Pete Peterson

Dorothy Stach

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Thelma Pedersen

Iris Raths

Ariel Ronning

Terrence and Nancy Simon

Joseph Uemura

*Remembrance Fund List
continued on page 14*

IN MEMORY OF

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Marjorie Abas
Nancy Greene
Pat Hasse
Beverly L. Peterson
Dorothy Stach
Lucille Teel

IN MEMORY OF

Mary Ann McJilton

James McJilton

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Don Mielke's Birthday

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Myrtle Noss

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Kathleen Ernster
Mary Waibel

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Lonnie and Patricia
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Mahoney
Clara Mayer
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Anne Rae Sanderson
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(Rose Veum cont.)

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Kristin Anderson
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Daniel and Irene Brink
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Sonja Hagander
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Hagander

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Vasilakes
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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:

March 1, 2011 – May 31, 2011*

**Includes memorial donations to the Lyngblomsten Auxiliary.*

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

Lyngblomsten Program Named Local "Difference Maker"



Lyngblomsten's The Gathering, a community-based program offering respite to family caregivers of persons living with early or mid-stage memory loss while providing stimulating cognitive activities for their loved ones, has been named the KTIS "Difference Maker" for the month of July. Each month Julie Nelson from KARE 11 TV assists KTIS, a Christian radio station, in telling the story of a local organization that is making a difference.

Throughout July, tune in to 98.5 FM to hear snippets of Julie Nelson's interview with Carolyn Klaver, Coordinator of The Gathering, and Patricia Montgomery, Director of Marketing Communications for Lyngblomsten. There will also be a featured link online at www.ktis.fm near the bottom of the home page. **L**

Congratulations to The Gathering!

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.

Wednesdays, July 13 & 27, August 10 & 24, September 14 & 28

Caregivers Support Group – Caring for yourself while caring for your loved ones

1:30–3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN 55108)

Sessions include a brief education component, time to gather resources, and time to talk. By participating, you can support yourself and others in the journey of caregiving. Free; no reservations needed. Come as often as you are able.

Thursday, July 14

Mid-Summer Festival (formerly known as the Ice Cream Social)

2–8 PM at the Courtyard at Lyngblomsten (Midway Parkway & Pascal Streets)

Join neighbors, friends and family for this annual summer celebration. Everyone is welcome! Hosted by the 5-5-1 Club & Café community center. See back cover for details.

Monday, August 1

Lyngblomsten Foundation's Annual Golf Classic

Enjoy lunch and an afternoon of golfing at Midland Hills Country Club followed by a social hour, silent auction, dinner, and awards. Funds raised benefit Lyngblomsten's 5-5-1 Club & Café community center. Questions? Please contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org. For complete details and registration information, download the Golf Classic brochure at www.lyngblomsten.org/calendar. See page 12 for additional details.

Thursday, September 15

Annual Wellness Conference – Cultivating Our Grey Matters: Keeping a Sharp Mind

Pre-Conference 2:30–5 PM | Conference 5–9 PM. Hosted by Lyngblomsten Community Wellness & Education. See page 10 for details.

Tuesday, October 4

Senior Ministry Conference

Join keynote presenter Rev. Dr. Richard Gentzler and explore older adult ministries and the challenges (and opportunities) churches are facing. Sponsored by Lyngblomsten Church Relations. See page 6 for more information.

Wednesday, October 5 – Friday, October 7

Lyngblomsten Auxiliary's Fall Rummage Sale

Donations will be accepted Friday, September 23 – Tuesday, October 4. Sale Hours: October 5, 9 AM – 7 PM; October 6, 9 AM – 5 PM; and October 7, 9 AM – Noon. Clean out your closets; one person's "trash" may be someone else's "treasure!"

Sunday, October 16

Husby Memorial Concert

3:00 PM at the Newman-Benson Chapel at Lyngblomsten. Join us for a delightful concert featuring a performance by Hannah Sacred Ensemble. FREE, thanks to the Gertrude Husby & Ingebor Husby-Smith Memorial Endowment. Learn more about Hannah Sacred Ensemble at www.hannahsacredensemble.org.

Wellness for Life presentations

10–11 AM at the 5-5-1 Club & Café

- Monday, July 18 – Healthy Summer Living
- Monday, August 15 – Getting a Good Night's Sleep: Sleep Apnea, Symptoms & Solutions
- Monday, September 19 – Vision Loss: Symptoms, How to Deal With It, & Resources

Fee: \$2; Coffee and refreshments included.

No reservations 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, August 4 – Through No Fault of My Own: A Girl's Diary of Life on Summit Avenue in the Jazz Age
- Thursday, September 8 – How I Killed Pluto and Why It Had It Coming, by author Mike Brown

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

Register/questions: (651) 414-5292.

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

Lyngblomsten Lifestyle Reader Survey

Please give us your feedback by completing and mailing in the Reader Survey included in this issue, or take the survey online at www.lyngblomsten.org (click "News & Events;" "Publications;" *Lyngblomsten Lifestyle*). We value your opinion!



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www.lyngblomsten.org

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Join us for the Mid-Summer Festival!

formerly known as the Ice Cream Social

Hosted by the 5-5-1 Club & Café community center

- Tasty food until 7 PM (hot dogs, corn on the cob, cake, ice cream, and more)
- Children's activities
- Gift Shop clearance sale
- Live music until 8 PM (FREE)
- FREE art exhibit and storytelling in an air-conditioned space

Thursday, July 14

2:00 PM – 8:00 PM

Courtyard at Lyngblomsten
1415 Almond Ave., St. Paul MN

Thank you to our supporting sponsor:
as confirmed by 06/17/11



Questions? (651) 632-5331
www.551club.com

Fun for the whole family!
Everyone is welcome!

