

Fall 2010

LYNGBLOMSTEN

Lifestyle



STORIES OF LIFE:
*Two Sisters =
Twice the Passion*

MORE IN THIS ISSUE:

- Lyngholmsten Expands
Transitional Care Unit
- Golf Classic Wrap-up
- Holiday Events Calendar

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

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Lyngblomsten Care Center

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

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Administrator

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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 Four Values 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, and corporate congregations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

Contents

Two Sisters = Twice the Passion	3
Resource Roundtable	5
Reflections	6
Our Partnership	6
Board Profile: Len Eilts	7
Lyngblomsten Expands TCU	7
Board Profile: Deb George	10
Remembrance Fund	11
Golf Wrap-Up	13
Events Calendar	14
Soup-Off	16

On the Cover:

(L to R) Sisters Gayle McCann and Karen Reidt are living out their personal ministries by engaging with Lyngblomsten and enhancing the lives of older adults. Read 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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Two Sisters = Twice the Passion

by Jessica A. Johnson

How wonderful it is that nobody need wait a single moment before starting to improve the world.

— Anne Frank

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.

— One of Lyngblomsten's Four Values Principles

For some people, community stems from a common sense of calling. For others, it's the result of duty, or perhaps simply the sharing of a passion. When these three motivations overlap, the resulting community is nothing short of unstoppable.

Meet sisters Gayle McCann and Karen Reidt who are living out their personal ministries by engaging with Lyngblomsten and enhancing the lives of older adults. They both serve on the Lyngblomsten Foundation Board with Gayle serving as vice chairperson. Additionally, Karen serves as the chairperson of the newly formed Corporate Engagement Council, and Gayle chairs the Annual Fund Committee.

Why have these two career-oriented, busy women chosen to give their time, energy and resources to Lyngblomsten in this capacity at a time when there are so many nonprofits vying for their attention?

"The fact that Lyngblomsten is Christ-centered is very apparent," Karen expressed. "In my experience on the board, Lyngblomsten always meets us on our terms. People often feel they won't be able to give enough time, but every little bit is appreciated; that's how I see Lyngblomsten living out its mission." In comparison to a large organization such as Medtronic, where Karen works in the Cardio Vascular Division, she informed, "A board is like a small corporation and needs all the key functions represented. I've learned that everyone brings something to the table—a different idea or valued perspective." Oftentimes people can be fearful of getting involved (such as accepting a position on a board), thinking they are not qualified or lack the necessary skills or experience. "A board needs everyone—from financial wizards to event planners," Karen reflected.

Gayle is the owner/partner of Johnson McCann, a large employee benefits brokerage. "As in our business, if you identify the gifts and strengths possessed by each person, you will maximize the productivity and outcome for the good of the organization," she shared.

Lyngblomsten values each aspect of its community—corporate congregations, donors, corporations, volunteers, families—every person, every act of service, every dollar, every hour, makes a difference with a lasting impact. "There are so many ways to get involved," Karen expressed. "It really is a community. The volunteer community within Lyngblomsten is fun; it's filled with people who find genuine enjoyment working to enhance the lives of older adults." Gayle advocated, "Lyngblomsten needs our help in many ways; there will be an opportunity that fits for everyone."

After graduating from Gustavus Adolphus College, both sisters started off their careers in the medical field—Gayle in nursing and Karen in exercise physiology. In fact, right after their respective college graduations, both worked for a short time in nursing homes, including Gayle working as a registered nurse at Lyngblomsten Care Center. As they gained experience in the workplace, they each followed a new career path. However, their desire for service and senior healthcare lingered. What is it about seniors that hooked the heart of these two women? "Older adults are so loving, kind, sincere, delightful and share many years of knowledge and wisdom. I learn a lot from them and have been inspired on many occasions," Gayle mentioned with a smile. In agreement, Karen added, "Looking at all they've given historically, the lives they've led—it drives you to work on their behalf—especially when you see how the senior population has been discounted (in some cases)." Both women believe in working towards preserving the highest quality of life and dignity for older adults.

"There is so much that we can do!" Karen exclaimed. "When you look at new technologies—connecting older adults with the younger generation—we need to continue to tap into their knowledge and wisdom so we don't lose it. It's exciting to think about future possibilities with technology and seniors," Karen emphasized.

continued on page 4

With their mother, Diane Grove Johnson, growing up on Midway Parkway, it might seem like fate that these successful sisters have found a niche in the Midway-Como neighborhood on the Lyngblomsten Foundation Board. However, it wasn't until St. Andrew's Lutheran Church congregant and Foundation Board member Mary Blanchard invited Gayle that she became involved. Similarly, after Karen finished her executive masters in Business Administration at the University of St. Thomas and was seeking a nonprofit with which to become involved, Gayle invited Karen to explore Lyngblomsten.

*Find out how much God has given
you and from it take what you need:
the remainder is needed by others.*

—Saint Augustine

Gayle and Karen's new depth of involvement at Lyngblomsten has not only given them the opportunity to enhance the lives of older adults, but it has also helped expand their thinking about the future of senior healthcare. “My awareness has definitely changed,” Gayle paused, “I had no idea of the magnitude of programs and services Lyngblomsten offered.” Specifically, Lyngblomsten's Home- and Community-Based Services programs have captured the attention of Gayle and Karen. For Gayle, working as a registered nurse at Lyngblomsten years ago opened her eyes to many needs—one being respite for caregivers. “I saw the children of those I was taking care of and knew they needed resources and rest, but programs like what Lyngblomsten offers now (such as The Gathering and the Caregiver's Support Group) didn't exist back then,” she reflected.

For Karen, chairing the new Corporate Engagement Council is an important way in which she can help Lyngblomsten plan for the future. To her, the key is how to engage companies, increase their sense of urgency to get involved and show them how to make corporate engagement part of their natural corporate culture. “We need to bridge people's enthusiasm and inspiration with what they do outside of work. If corporations can start incorporating that, they can inspire new volunteers and leaders for future generations,” Karen stated. In her eyes, it is through education, preparation and partnership, that Lyngblomsten can help companies prepare for the Silver Tsunami that is about to hit the U.S. with full force. “Companies need to be actively involved in designing and shaping the vision for the future of senior healthcare as it will inevitably affect their employees who are responsible for their aging parents,” Karen emphasized.

While the reasons for partnering with the Lyngblomsten community differ, the value of legacy should be highlighted. For 35 years, Gayle and Karen's mother worked as a nurse for seniors as well as for teenagers overcoming chemical dependency. Witnessing her service undoubtedly impacted these strong women, subconsciously molding them for their own lifetime of service. “Service and giving to others is what I enjoy doing every day. Therefore, I can't imagine not living a charitable life,” remarked Gayle, who co-founded Johnson McCann with her husband, Patrick. “Lyngblomsten,” Gayle added, “is steeped in such rich heritage and tradition, originating from the care of 11 Norwegian women over 100 years ago.” The legacy of Lyngblomsten definitely plays into the continued loyalty of its community.

Gayle and Karen's efforts in supporting Lyngblomsten through the Lyngblomsten Foundation board, committees and events stems from their desire to see the Lyngblomsten community expand. They help make this happen through events including Spring Rhapsody, Autumn of Your Life (formerly called Meet Lyngblomsten) and the Golf Classic (in which their church, St. Andrew's Lutheran, a corporate congregation, has brought home two team trophies). Through their involvement, Karen and Gayle meet their goal of introducing others to the work and mission they themselves feel called to support.

Bringing their efforts full circle, both Gayle and Karen have seen their own involvement in the Lyngblomsten community and other arenas impact their families. Each the mother of two adult children, they've witnessed the decisions and paths their children have pursued which has included serving at their church. Their legacy of volunteering their time, talents and resources has become a way of life for their families. As Karen put it, “I think it just becomes a conglomerate of your learning and experiences.” Once one is exposed to a need or an issue, movement follows. Their husbands have also followed suit; Karen's husband volunteers coaching girls lacrosse, while Gayle's husband has dedicated time to Listening House, a homeless shelter where he serves on their board.

“We're so blessed in the U.S.,” Karen attested. “It's imperative that we all give back. In giving back, you get back more than you've ever given. When you finally do take that first step forward [in giving to a community], it tends to inspire others around you as well.” Gayle agreed and added, “Sometimes each of us may think that what we are contributing is small, but together we create something larger than we expected for the good of those in need.” **L**



Colorful Collaboration

A few examples of how corporate volunteerism through Lyngblomsten is impacting companies in the Twin Cities

by Jessica Johnson

Why did you feel it was important for your company to reach out or give back to the community?

“Maintaining good community citizenship is part of the Medtronic Mission. It's the right thing to do for our communities, our employees and our business. By bringing together the talents and gifts of our 38,000 employees worldwide, we're improving communities around the world and bringing our passion for community citizenship to life—we're putting our Mission in Motion.”

—Mellisa Felner, Medtronic

Why did you feel Lyngblomsten would be a good place to volunteer?

“My colleagues and I decided to volunteer at Lyngblomsten to give back to a community that is already filled with hope. Spending time with the staff and residents not only lit up our lives but left imprints in our hearts. There were unforgettable moments, life stories being shared, and smiles and laughter everywhere. Occasions like that are what make our lives an experience to be remembered, and we were very thankful that the residents were more than excited and willing to share their lives with us.”

—Breana Ponder, Target

What impact do you think you had on the residents/tenants at Lyngblomsten (during the holiday season)?

“The residents seemed to enjoy the time just as much as we did! We brought cookies and had holiday music in the background. This helped to create a fun, engaging atmosphere. One resident in particular who was cognitively impaired joined us when we asked her to play some Christmas music on the piano; she did a fabulous job! This was as amazing for all of us to see, as much as it was for her to play for us.”

—Lori Corrado Geary, Interim Healthcare

**I am only one, but I am one. I cannot do everything, but I can do something.
And I will not let what I cannot do interfere with what I can do.** Edward Everett Hale

A Gift Collection for Residents & Tenants of Lyngblomsten



How to Participate:

Purchase a \$10–\$15 gift (see suggested gift ideas below). Then drop off the unwrapped gift at the front desk of the Care Center (1415 Almond Ave.) between 9 AM and 9 PM daily. Gifts are due by Friday, December 17.

Or you can send a monetary gift, which will be used to purchase gifts for our residents, to Lyngblomsten, Attn: Leah Gravink, 1415 Almond Avenue, St. Paul, MN 55108. Monetary gifts are due by Friday, December 10.

Suggested Gift Ideas:

Zip-up or button-down sweaters or shirts, “over-the-head” necklaces, lotion, cookies, sun catchers, purses, wallets, scarves, mittens and large-print books.

Questions: Call (651) 632-5365 or email lgravink@lyngblomsten.org

Partnership Profile: Oak Knoll Lutheran

by Jessica A. Johnson

Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten



As a church's population ages, the needs of its congregants change. As the opportunity for involvement, education and leadership may stay strong for many older adults, it may also rapidly increase as a result of their newfound disposable time.

For Pastor Glen Floe, there is no question as to whether the older adults at Oak Knoll Lutheran Church (a Lyngblomsten corporate congregation) are engaging in their church. "They're involved in everything," he proudly shared, "from Bible studies to committees to quilting!"

Oak Knoll, which boasts over 1,000 congregants, was established in 1932. It was because of Lyngblomsten's Parish Nurse Program that Pastor Glen first reached out to Lyngblomsten. "We wanted to improve on our health program, and Lyngblomsten seemed like a great fit to do it," he explained. Oak Knoll Lutheran Church is also a site for The Gathering, hosting groups in the Northwest Consortium twice a month.

Another way Lyngblomsten has partnered with Oak Knoll Lutheran Church is through the Community Wellness & Education Speaker's Bureau. Pastor Glen has used (and looks forward to using more of) the knowledgeable speakers available for programming at his church.

The mission of Oak Knoll Lutheran Church is simply "To help the next one who comes our way." Pastor Glen shared, "We are welcoming and open to all kinds of people." The older adults in their congregation realize that they need to reach out and connect with the next generation, so they have served on committees and helped with events with the intent of outreach in mind.

Through the Shared Ministry Plan with Oak Knoll Lutheran Church and Lyngblomsten, plans for enriching their already thriving senior ministry programming and wellness offerings are in the works. "Lyngblomsten just has a lot to offer," Pastor Glen remarked. Whether it's providing health information resources for seniors, social activities or education speakers for an event, Lyngblomsten seeks to live in continued community and partnership with its corporate congregations. **L**



REFLECTIONS

Friendship

*This devotion is by Pastor Glen Floe,
Visitation Pastor at Oak Knoll Lutheran*

We hear a great deal these days about friendship and how important it is for all of us. Jesus gave his disciples a wonderful compliment when he told them: "I do not call you servants any longer, because the servant does not know what the master is doing; I call you friends." John 15:15

We all need friends. Spiritual friends are those whom we can count on to be there for us when no one else is. Friends are people who will help us build our stronger faith and they will accept us—warts and all. Walter Winchell is quoted as saying, "A real friend is one who walks **in** when everyone else walks **out**."

Who are your friends? Find someone in your church community who will help you to face life's challenges. It is in our relationships with others that we find Christ in human form.

Prayer: *Lord Jesus, thank you for being my friend and loving me for who I am. In Jesus name, Amen.* **L**

Board Profile

Corporate



Len Eilts

by Jessica A. Johnson

For some people, being on the Corporate Board results in volunteerism in other areas of Lyngblomsten. For Len Eilts, however, already serving as a very active Lyngblomsten volunteer

naturally positioned him to join the Lyngblomsten Corporate Board last spring.

As a member of St. Timothy Lutheran Church (a Lyngblomsten corporate congregation), Len was familiar with the work of Lyngblomsten. Several years ago he was invited by another congregant of St. Timothy, Mary Amann (Lyngblomsten Gift Shop manager and former volunteer services employee), to a rodeo round-up for prospective volunteer drivers and began driving for the 5-5-1 Club senior dining program.

A man who “wears many hats,” Len is also on the Church Relations Committee, volunteers at the 5-5-1 Club & Café, drives residents to their medical appointments, and co-chairs Care Team Ministry at St. Timothy Lutheran Church, where he is also actively involved.

After receiving his education in civil engineering, Len worked for MNDOT for 43 years in a variety of roles including road design, traffic engineering and engineering standards. He has eight children (three were adopted through Len and his wife Arlys’ participation in Ramsey County Foster Care) and 14 grandchildren who all keep him very busy in his “free” time!

Part of the draw in volunteering at Lyngblomsten for Len was the opportunity to serve older adults in his community. “My mother was in a care center in South Dakota, so I wanted to do what I could to help people here.” According to Len, Lyngblomsten does a great job of retaining employees and volunteers. “Residents are always commenting on the great people at Lyngblomsten when I drive them to their appointments or to run errands. I hope that serving on the board helps brings continued success to Lyngblomsten.” **L**

Lyngblomsten Expands Transitional Care Unit

by Jeff Heinecke, Administrator – Lyngblomsten Care Center

There remains a general misconception among the public that nursing homes are only a place where the elderly go to live when they are no longer safe in their own home. In fact, there is a growing demand for nursing homes to provide “transitional care” – a place for individuals of all ages to recuperate, rehabilitate, and return home. Consequently, in late spring, Lyngblomsten made the very difficult decision to end the Hanson Service House program in order to increase the number of Transitional Care Unit (TCU) beds available. While the Hanson Service House remained a very popular neighborhood within Lyngblomsten, it was determined that in order to meet the growing demands for TCU beds, the Hanson Service House should be converted into an extension of our existing Lokensgard TCU.

Lyngblomsten now has a total of 30 TCU beds. By expanding into the Hanson neighborhood, we have added nine highly sought-after large private rooms. Lyngblomsten is fortunate to have strong relationships with the local hospitals and various health plans. We are able to serve a variety of individuals regardless of their pay source. Coupled with a strong reputation for providing quality care, we believe we are now well positioned to serve individuals regardless of age and who may need a facility that can assist them in returning home. **L**

*“He who
has health,
has hope.
And he who
has hope,
has everything.”*

–Proverb

Lyngblomsten Scrapbook



Blue Ribbon Art Show

Tenants of the apartments showcased their art skills at the Blue Ribbon Art Show. Shown here is George Anderson with his pen and ink pictures. There was a variety of paintings, drawings, woodcarvings, and needlepoint for all to see.



Ice Cream Social

Kids, neighbors, and family members enjoyed the beautiful day at the 5-5-1 Club & Café's annual community Ice Cream Social. Music, games, corn on the cob, hotdogs, ice cream, and Australian animals (like the emu on the right) delighted the crowds.





Fun with Watercolor

Residents and tenants enjoyed expressing their artistic side with watercolor classes held on campus. The class is part of the Artfully Living at Lyngblomsten program.



New Tub and Shower Rooms

Residents in the care center can enjoy the newly remodeled tub and shower rooms (tub room on the left, shower room on the right). These rooms have towel/blanket warmers, hair dryers, whirlpool tubs, 5X magnification cosmetic mirrors and music.



Board Profile

Foundation



Deb George

by Rebecca Schwartz

Sometimes when you meet a person for the first time, it feels like you've been friends for ages. That's the type of feeling you may get

when you first meet Deb George. Her friendly smile and warm personality could make anyone feel welcome – and maybe that's why Deb is so talented for getting people together and creating a sense of community. "I've always been an inclusive person; I like getting people together and getting more involved in my community," Deb explained.

Deb first became involved with Lyngblomsten when Foundation Board member and her then co-worker Jaime Hansen suggested Deb join Lyngblomsten

Foundation's Planned Giving Committee. "It's funny how life works out," she said. "I realized I wanted to reach out more [to the community], and then the opportunity to get involved with Lyngblomsten presented itself to me through Jaime."

In addition to serving on the Planned Giving Committee, Deb has been on the Foundation Board since fall 2009. Recently Deb began participating on Tuesdays at the 5-5-1 Club and Café for Stitching Hearts, a gathering of people who enjoy knitting and other similar hobbies. Many of them are making items to give to persons in need. She expressed with a smile, "I really like the time I spend with the Stitching Hearts group... knitting is a hobby of mine, so it's nice to get to do that with people I enjoy."

In her free time, Deb likes to travel and ride on her motorcycle. She enjoys doing projects around the house and gardening with her significant other, Jim. Deb is an avid networker with a passion for marketing and recently launched her own business doing personal marketing coaching. **L**

What does "engagement" mean anyway?

by Dale M. Fagre, Chief Development Officer

Dictionary.com defines "engagement" as an arrangement, appointment, pledge, obligation or agreement. As I write this article, the term *engagement* is a very personal term because one of our sons and his long-time girlfriend recently announced their *engagement*. Through the community of family and friends they now embark on a personal journey/ministry to enhance each other's lives as well as all others they will encounter for many years to come.

The original 11 founding women of Lyngblomsten also embarked on a personal journey/ministry to "engage" the community in helping care for and enhance the lives of older adults. For more than 100 years, Lyngblomsten's engagement with the local community has been deep and rich through our donors, volunteers, corporate congregations and socially responsible corporations as we encourage everyone to enhance the lives of older adults.

Now in 2010, Lyngblomsten is announcing the formation of the Community Engagement Department consisting of the current Foundation and Volunteer Services teams. With this new brand, we offer the opportunity for various stakeholders to volunteer, donate, sponsor and learn as they *engage* with Lyngblomsten. To support this effort, we also created a Corporate Engagement Council chaired by Lyngblomsten Foundation Board member Karen Reidt. Karen, along with executive volunteer and international businessman Jitesh Mehta, have been exceptional leaders in helping develop the overarching strategy with Melanie Davis, Director of Volunteer Services & Corporate Engagement. The Council's goal is to broaden Lyngblomsten's visibility in the business community as a vital resource for aging issues and services as well as for marketing, sponsorships, and volunteer/team-building opportunities. Forward-thinking businesses are preparing for and responding to an aging population as they see the wave of aging Baby Boomers and how it is now and will have sweeping impact on businesses and communities.

We invite you to *engage* the business you work for with Lyngblomsten. Together we can *engage* with and enhance the lives of older adults. To learn more, please call Melanie Davis at (651) 632-5356 or e-mail mdavis@lyngblomsten.org. **L**

DEC
31

Make a difference AND enjoy a tax deduction! Donations made to the Lyngblomsten Foundation and postmarked by December 31 qualify for a deduction on your income taxes. **Every gift has an impact!**

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

IN HONOR OF

Marjorie Abas
Mary Abraham

IN MEMORY OF

Jewell Anderson
Kelley and Steve Bergeson

IN MEMORY OF

Adine Aurelius
Larry and Thelma Andersen
Sandy Coyle
Judith Hall

IN MEMORY OF

Joan Bartell
Vincent Bartell

IN MEMORY OF

Jack Boss
Joel Poeschl and Jeanne Pemble

IN MEMORY OF

Yvonne Burbage
Ernie Burbage

IN MEMORY OF

Dr. C. Arthur Christiansen
Dorothy Stach

IN MEMORY OF

Geraldine Dominski
Jayne and Alan Beske
Russell and Susan Currier
Mr. and Mrs. John R. Gustafson

IN MEMORY OF

Pat Flaherty
Joel Poeschl and Jeanne Pemble

IN MEMORY OF

Frances Glantz
Pete Peterson

IN MEMORY OF

Joe Gorecki
Tim and Mary Grupa

IN MEMORY OF

Bruce Hauge
Shirley Dingman

IN MEMORY OF

Gary Heiningar
Shirley Dingman

IN MEMORY OF

Gene Holmquist
Phyllis Bentley

IN MEMORY OF

Pearl Husby
Carl and Louise Feske

IN MEMORY OF

Jeannette "Jane" Johnson
James and Cynthia Giblin
Brien Johnson
Ariel Ronning
James and Judy Rossbach

IN MEMORY OF

Myra Johnson
Carl Ceneskie
Lawrence and Judith Graham

IN HONOR OF

Sandi Krohn's Retirement
John and Janet Crocker
Melanie and Thomas Davis
Dennis and Julie Pfab

IN MEMORY OF

Helen Lokensgard
Rose Bream
Harold Jacobson
Lois Lokensgard
Smith, Schafer and Associates, LTD
Robert and Marion Worsing

IN MEMORY OF

Doug McClellan
Tim and Mary Grupa

IN HONOR OF

**the Wedding Anniversary of
Charles and Mary Kay McJilton**
James McJilton

IN MEMORY OF

Mary Ann McJilton
Charles and Mary Ann McJilton

IN MEMORY OF

Pearl Nibbe
Dorothy Stach

IN MEMORY OF

Evelyn O'Leary
Vernon and Elaine Johnson

IN MEMORY OF

Margaret Rose
John and Brenda Nieland
Betty Strom

IN MEMORY OF

Richard Schroeder
Dorothy Stach

IN MEMORY OF

William A. Smith
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IN MEMORY OF

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Kathleen Grossman
Janice and Joseph Remley
Marvin and Ellen Schindler
Dorothy Stach

IN MEMORY OF

Ernest & Ella Stedje
Davon Stedje

IN MEMORY OF

Violet Strand
Betty Hammersten
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Donald and Marlene Hastings
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Karen Boyer
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:

June 1, 2010 – August 31, 2010*

**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.*

“A Cup of Christmas Tea”

Tuesday, November 30, 2010

10:00 - 11:00 AM

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul, MN 55108

Warren Hanson, a singer, author, and illustrator of *A Cup of Christmas Tea*, returns to Lyngblomsten!

Along with such favorites as *A Cup of Christmas Tea*, *The Next Place*, *Older Love*, and the enchanting Peef books, Warren will read from his newest book, *Today's Special...Yes It Is* and *The Sea of Sleep*. Enjoy tea and treats. No reservations needed. Questions? Call (651) 632-5335 or email jkellen@lyngblomsten.org.

Sponsored by Lyngblomsten's Community Wellness & Education Program.



This Christmas program is funded by donations, and your generosity would be greatly appreciated.



Seasoned with Christmas

Monday, November 8, 2010

Come between 10:00 AM - 5:00 PM and be the first to browse the Christmas merchandise and find great gifts for everyone on your list! Goodies will be served! (Note: Shop closed Nov. 5—7 to prepare.)



Store Hours

Monday: 10 AM - 5 PM

Tuesday - Friday: 9 AM - 5 PM

Saturday & Sunday: 12 PM - 4 PM

Gift Shop: (651) 632-5385



Lyngblomsten Auxiliary's

Annual Scandinavian Cookie & Craft Fair

Friday, December 3, 2010

9:30 AM - 4:00 PM

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

Admittance numbers available at 9:00 AM.



- Donations of cookies (and other baked goods) will be collected on December 1 & 2. Please bring them in dozens to the front desk at the Lyngblomsten Care Center.
- Cookies and goodies from other countries welcome! Please include name of item.

Questions?

Call Melanie Davis at (651) 632-5356.

Matching funds will be provided by
Thrivent Financial for Lutherans.



SHARING THE LIGHT OF LYNGBLOMSTEN

Give a donation to Lyngblomsten Foundation and dress the recognition Christmas tree with card ornaments recognizing your family members and friends. Choose the cause, choose the amount, choose the share card, and choose the honoree. Watch your mail for a brochure in early November or get one in the lobby.

Then join us

December 7th at 7 PM

for the Tree Lighting
Ceremony to celebrate this
annual holiday campaign.

Questions? Call (651) 632-5323.



A look back on the...

Lyngblomsten Foundation's

GOLF CLASSIC

2010 Winners



1st Place Men's Group

(L to R) Rick Steinhauser, Dick Cummings, Will Husting, & Steve Langemo



1st Place Mixed Group

(L to R) Kelly Farley, Doug Dixon, Johnny Hagen, & Joe Milla




Lyngblomsten Cup Winners

St. Andrew's Lutheran Church

(L to R) Pat McCann, Rhonda Sowada, Gayle McCann, & Jeff Sowada

The Annual Lyngblomsten Foundation Golf Classic was held on August 2 at Midland Hills Country Club. Seventy-two golfers played in the classic, and there were about 120 who attended the reception, silent auction, dinner and program. Six churches participated in the Lyngblomsten Cup this year—up from three last year. Once again more than 25 honor/memorial signs were lining the practice putting green as wonderful tributes. All net proceeds will be used to help support Lyngblomsten's 5-5-1 Club & Café.

Special thanks goes to Lee Skaalrud, Joel Poeschl, Bill Lund, Tami Nesheim and Robin Valento for their volunteer efforts in planning the event and silent auction. Staff support was provided by Emily Seiber, Mary Grupa, Dale Fagre, and Rebecca Schwartz. 



SPONSORS

Platinum (\$2,500)

Pro Rehab

Rodney D. Anderson Law Offices

Gold (\$1,000+)

Joyce Boss

Career Partners International

Bill & Lorraine Lund

Joel Poeschl & Jeanne Pemble

LarsonAllen LLP

Silver (\$500+)

EverCare

Thrivent South Ramsey County Chapter

Pam Olson

Thank you!

Coping With Holiday Grief: Helping Yourself and Others

Thursday, November 18



If you are a caregiver, you can expect to have feelings of loss and grief as your life and the person you care for are changed by an illness.

This session will be presented by ELCA pastor Kris Linner, who has 22 years of chaplaincy and pastoral experience working with dying and grieving people.

Join us at 7:00 PM in the Newman-Benson Chapel at Lyngblomsten to learn how to cope with holiday grief and care for yourself as you care for your loved one.

No reservations required; a \$1 suggested donation is welcomed. Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org.

Save the date for 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

Welcome & opening prayer by Bishop Rogness
 Keynote presentation by Kari Berit, author of *The Unexpected Caregiver* (see 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!

As details become available, more information will be posted at www.lyngblomsten.org or call (651) 414-5292.

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

Events Calendar

Visit www.lyngblomsten.org for updates

Tuesday, October 5

Transporting Essentials for Volunteer Drivers

6:30–8:30 PM at the 5-5-1 Club & Café

Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. \$10 per person (or \$25 for a group of 3 or more). FREE for members of Lyngblomsten's corporate congregations. To register contact Debbie Severson at dseverson@lyngblomsten.org or (651) 632-5330. Hosted by Lyngblomsten's Home- & Community-Based Services.

Wednesday–Friday, October 6–8

Lyngblomsten Auxiliary's Fall Rummage Sale

Newman-Benson Chapel at Lyngblomsten

Wednesday 10/6: 9 AM–7 PM

Thursday 10/7: 9 AM–4 PM

Friday 10/8: 9 AM–NOON (bag day!)

Thursdays, October 14, 21, and 28

Lay Visitation Training

7:00 – 9:00 PM in the Newman-Benson Chapel

This 3-part workshop explores the role of lay visitors and teaches the basic skill set for visiting senior adults in a variety of settings. Topics include listening, boundaries, losses in later life, confidentiality, and resources. \$25/person. Reservations required. For more information contact Rev. Katie Nelson at (651) 632-5360 or knelson@lyngblomsten.org.

Friday, October 15

Who Gets Grandma's Yellow Pie Plate?

Lyngblomsten Community Wellness & Education presents a workshop to help you understand the unique challenges of making decisions about non-titled personal property and how to create and communicate plans. Presented by Cindy Petersen, University of MN Extension Educator. 10:00 AM in the Newman-Benson Chapel at Lyngblomsten. No reservations required; a \$1 suggested donation is welcomed. An optional workbook will be available for purchase for \$12.50. Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org.

Thursday, October 28

Explore Your Calling as a Grandparent

Lyngblomsten Community Wellness & Education, Christ the King Lutheran Church, and Nativity Lutheran Church are sponsoring *Explore Your Calling as a Grandparent* on Thursday, October 28, from 9:00 AM–12:30 PM at Christ the King Lutheran Church (900 Seventh Street NW, New Brighton). Keynote speaker Roland Martinson will present, "Age and Experience Count! Mining the Extraordinary Power of Grandparents." To reserve a seat, call (651) 632-5330 or download a flyer with more information at www.lyngblomsten.org. Freewill offering for lunch (\$5 suggested donation). Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

Mondays, starting November 1

Living with Vision Loss: Adaptive Skills Classes for Seniors

1:00–3:00 PM in the Lyngblomsten Apartments Rec. Room
Does your vision loss impact your daily activities such as reading, cooking and recordkeeping? Mary Barlow from Vision Loss Resources will be offering classes at Lyngblomsten focused on basic skills to make life a little easier. Classes will be held once a week for 5 weeks. FREE, but you do need to register by calling Debbie at (651) 632-5330. If you have questions, contact Joanne Kellen, Community Wellness & Education Coordinator, (651) 632-5335 or jkellen@lyngblomsten.org.

Tuesday, November 2

Wellness Presentation

Lyngblomsten Community Wellness & Education Wellness Series presents “Osteoporosis and Vitamin D.” Learn the symptoms, causes, risk factors, and treatment. Presented by Kristen Gerlach, PT, PhD, Assistant Professor at St. Catherine University. Join us at 10:00 AM in the Newman-Benson Chapel to learn more about bone health and why Vitamin D is necessary. No reservations required; a \$1 suggested donation is welcomed. Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org.

Monday, November 8

Lyngblomsten Gift Shop’s “Seasoned with Christmas.”

10:00 AM–5:00 PM

Be among the first to browse the Christmas merchandise and find great gifts for everyone on your list! Goodies will be served! (NOTE: Shop closed Nov. 5–7 to prepare).

Thursday, November 11

Veteran’s Day Celebration

5-5-1 Club & Café’s Veteran’s Day Celebration: “Honoring Generations of Veterans.” Celebrate those who have served on behalf of our country by coming to the community center at 1:30 PM for a time of songs, stories and treats. FREE. If you are a wartime veteran, we would like to recognize you; please RSVP to (651) 632-5330. (Non-veterans don’t need to RSVP—just come!) Rides are available upon request; call (651) 632-5332.

Tuesday, November 16

Quarterly Memorial Service

Join us in Newman-Benson Chapel at 4:00 PM for a time of remembrance of residents who have passed.

Thursday, November 18

Coping With Holiday Grief: Helping Yourself and Others

Join us at 7:00 PM in the Newman-Benson Chapel at Lyngblomsten to learn how to cope with holiday grief and care for yourself as you care for your loved one. See ad on page 14 for details.

Wednesday, November 24

Thanksgiving Worship Service

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

Tuesday, November 30

A Cup of Christmas Tea

With singer, author and illustrator, Warren Hanson. 10:00 AM in the Newman-Benson Chapel at Lyngblomsten. See ad on page 12 for details.

Tuesday, December 7

Celebrating the Light of Lyngblomsten- Christmas Open House

Lyngblomsten volunteers, donors, board members, and families are invited to celebrate the holidays with Lyngblomsten from 3:00–6:30 PM in the Lyngblomsten Apartments Dining Room. Reservations required. Invitations will be sent.

Tuesday, December 7

The Annual Tree Lighting Ceremony

7:00 PM in the Newman-Benson Chapel. Enjoy stories and music. Everyone is welcome.
Hosted by Lyngblomsten Community Engagement.

Friday, December 10

5-5-1 Club & Café Christmas Luncheon

Join in the holiday fun at the 5-5-1 Club & Café Christmas Luncheon with a catered dinner served at noon and entertainment that is sure to delight! Questions? Call Geri at (651) 632-5320. Cost is yet to be determined. RSVP to Debbie Severson by 12/6/10 by calling (651) 632-5330.

Thursday, December 16

Candlelight Christmas Service

4:00 PM in the Newman-Benson Chapel.

Thursday, December 16

Care Center Resident and Family Christmas Dinner and Concert

Following the Candlelight Christmas Service, held in the Newman-Benson Chapel.

Friday, December 24

Christmas Eve Service (ecumenical)

4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

- No Christmas Day service.
- Sunday worship at 10:30 AM.

Wednesday, December 29

Catholic Christmas Mass

Rosary at 3 PM; Mass at 3:30 PM. Newman-Benson Chapel at Lyngblomsten.

Friday, December 31

New Year’s Eve Open House at the 5-5-1 Club & Café

2:00–5:00 PM. Ring in the New Year with some good eats and lively entertainment. Have some fun without having to prop open those eyelids! Questions? Contact Geri Rutz at (651) 632-5320 or gmruz@lyngblomsten.org.

All events are located on the
Lyngblomsten campus at:
1415 Almond Avenue
St. Paul, MN 55108
unless otherwise noted.

Happy Holidays!



1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org

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Join us for

Soup-Off 2011

A Little Taste of Heaven!



sponsored by the 5-5-1 Club & Café
a community center proudly supported by
Lyngblomsten

**Saturday,
January 8, 2011**

Lyngblomsten Campus
1415 Almond Ave., St. Paul

2 Ways to Participate

Enter the Contest

There will be a limited number of entries per category. To be eligible, contestants need to submit the official entry form and a copy of the recipe by December 30, 2010. Then bring a crockpot of your soup on January 8. Prizes will be awarded.

Come to Eat

Step out of the cold and into warm hospitality! Enjoy hot soup, delicious bread, and dessert plus entertainment.

Tickets: \$8 in advance
\$10 at the door

More info

As details become available, information will be posted at www.lyngblomsten.org and www.551club.com, or you can contact Geri Rutz at (651) 632-5320 or gmrutz@lyngblomsten.org.



"Like" the *551ClubandCafe* on Facebook

Join us!

**"A Cup of
Christmas Tea"**

**November 30
10:00 - 11:00 AM**

(see page 12 for details)

Lyngblomsten Auxiliary's
**Annual Scandinavian
Cookie & Craft Fair**

**December 3
9:30 AM - 4:00 PM**

(see page 12 for details)

**The Unexpected
Caregiver**

**January 22, 2011
8:30 AM - 12:30 PM**

(See page 14 for details)