

Winter 2010

# LYNGBLOMSTEN

## Lifestyle



**Kathy Starr**  
Administration  
Finalist

**Kris Kempf**  
Therapeutic Recreation  
Finalist

**Eddy Orwenyo**  
Nursing - Lakeland College  
Finalist

**STORIES OF LIFE:**  
*Working with Passion*

**MORE IN THIS ISSUE:**  
New Year's Resolution: Get Organized!  
Corporate Congregations 50<sup>th</sup> Anniversary

**BONUS:** 2010 Calendar Inside!

# Directory

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

## RESIDENTIAL SERVICES



### Lyngblomsten Care Center

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

*Care Center Admissions*

Kathy Starr: (651) 632-5301

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*Administrator*

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### Lyngblomsten Apartments

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Sylvia Newgren: (651) 632-5424

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### The Heritage at Lyngblomsten

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The four Lyngblomsten Ambassador Award winners (L to R):

Kathy Starr, Jennifer Veitenheimer, Kris Kempf, and Eddy Orwenyo. Turn to page four for their story.

## HOME- & COMMUNITY-BASED SERVICES

### Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

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### LYNGBLOMSTEN LIFESTYLE

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

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# Putting RESOLVE in Your Resolution

by Jessica Johnson

Take a stroll down memory lane and reflect on New Year's Resolutions over the past several years. Which ones seem to make the list every year in some shape or form? Lose weight? Get organized? Save more money? Take a vacation? Learn the tango? Or not.

No matter what your resolutions may be, the first step to success is having a plan and thinking about the tools that can help. In this Resource Round Table, find tips and resources to support a resolution of **"Getting Organized."**

## Consider these intriguing statistics:

**80% of what we keep we never use.**

*Agency Sales Magazine*

**Getting rid of clutter eliminates 40% of housework in an average home.**

*Ottawa Citizen*

**We wear 20% of the clothes we own 80% of the time. The rest hangs there, just in case.**

*Calgary Herald*

**The average American receives 49,060 pieces of mail in a lifetime; 1/3 of it is junk mail.**

*National Association of Professional Organizers media stats*

**The average American spends one year of his/her life looking for lost or misplaced items at home and at the office.**

*US News and World Report*

## Ready for action? Use these 4 tips to help you enter the New Year without fear and ready for change!

### Start with small goals.

- Get in the habit of making a list and discover the satisfaction of crossing off accomplished tasks.
- Tackle one drawer, room or file at a time; taking on too much can be overwhelming.
- Schedule dedicated time each week to declutter.

### Look for poorly used space.

- Switch out seasonal items—kitchen, closets, and garage—to keep what you use daily easily accessible.
- Think of creative storage—utilize areas like under beds, behind doors and high shelves.
- Don't have junk drawers or "miscellaneous" files; they become a magnet for clutter.

### Take an inventory periodically.

- Upon receiving new items, pitch old items and look to sell, donate or give away (the Lyngblomsten Auxiliary's Rummage Sale is April 21-23, donations taken April 12-17, see pg. 15).
- If you find unrelated items stored somewhere, be sure to relocate in an area that makes sense.
- Keep your storage room neat and orderly—it's not a junkyard for hoarding stuff.

### Tap your resources.

- Use those around you who have a knack for organizing to help sort, store or prioritize.
- Visit <http://www.pca.state.mn.us/> and search "junk mail" to find ways to remove yourself from junk mail lists.
- Read for inspiration. Try a new approach to organization with these books by Peter Walsh—reduce clutter AND adopt a healthier lifestyle.
  - Does This Clutter Make My Butt Look Fat?: An Easy Plan for Losing Weight and Living More.* Read about a connection found between clutter in your home and weight gain/loss.
  - It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff.* Learn how to let go of your emotional and physical clutter so that you can create a happier, more stress-free home and life.
- Attend the "Donut" Make You Wonder presentation, "Declutter, Downsize & Simplify Your Life." Join us Tuesday, January 5, at 10 AM at the 5-5-1 Club & Café (1415 Almond Ave.) for a presentation by Diane Bjorkman, owner of Gentle Transitions Senior Move Management. For more information contact Joanne Kellen at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

#### Sources:

<http://www.entrepreneur.com/worklife/worklifebalanceadvice/timemanagementandorganization/article82924.html>  
<http://www.containerstore.com/expert/help/tips/topTwelveTipsForGettingOrganized.html>  
<http://www.home-organization-online.com/organizing-facts.html>

# Workin

by Jessica Johnson

Lyngblomsten's four values principles center on the four groups that comprise our organization: **participants** (residents, tenants, community program participants), participants' **families, employees,** and **community** (volunteers, donors, and corporate congregations). The text of the principles is sprinkled throughout this article. Each edition of *Lyngblomsten Lifestyle* highlights one of these groups, and in this edition we focus on employees.

Whether it's direct care, programming, services, facility maintenance, events or administration, Lyngblomsten employees live out their personal ministry in ways that are interdependent upon one another.



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

## **...Engaging Participants**

Meet Kris Kempf.



For Kris Kempf, therapeutic recreation coordinator, knowing what she wanted to pursue as a career was an easy decision. "I know this is what I was meant to do; I have a lot of fun in my job."

The residents of Lyngblomsten are blessed to have Kris around. "They make me laugh—they're so expressive when you make their day. There's such a rich history and an unconditional love there, too. Their stories are fabulous—they help me grow," she shared.

In Kris' five years at Lyngblomsten, she's sought to promote dignity and individuality for her residents through letting them do what they want to do and treating them as her friends. "My theory is to help



# g with Passion

Meet four employees who exemplify the values of Lyngblomsten and work with passion to carry out the mission.

them have fun; I do what I can for them, and if they want something, I try my best to make it happen—within limits, of course!” Ann Reynolds Smith, daughter of resident Rosemary Reynolds, confirmed, “Kris is respectful of residents’ wishes and definitely makes a positive difference in their lives. Residents consider her a friend.”

One way Kris sees Lyngblomsten enabled to live out the mission of enhancing the lives of seniors on a daily basis is through the neighborhood model in the care center. “The employees are like family to the residents here, and it shows. You really get to know the residents.” She also attributed the success of this model to great teamwork and camaraderie within Lyngblomsten. “I couldn’t do my job without the help of so many people around here; we have an awesome volunteer staff, too!”



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

## **...Journeying with Families**

Meet Kathy Starr.



What sets Lyngblomsten apart from other organizations? For Kathy Starr, admissions coordinator, and former nurse of 22 years, it is the fact that Lyngblomsten is a faith-based organization, with a person-first approach to care, and support from a strong community of churches and volunteers.

When Kathy first started at Lyngblomsten, she remembers the director of nursing telling her “we are working in their home.” Kathy aims to take that approach in her work with prospective families at Lyngblomsten.

With parents out of state and needing more care, Holly Sylvester found hope when she met Kathy. “She coached me through the paperwork and necessary steps, assured her everything would work out, and indeed, it has! Kathy is persistent and experienced (which is very helpful when dealing with medical red tape and my own repetitive questions), calm and reassuring (so needed at those emotional times), and clearly dedicated to her work. She has that rare and appreciated ability to empathize with a tough situation yet can also provide options to solve the problems.”

The love of serving older adults at Lyngblomsten and the community is a common thread among employees, while the reasons for that love may vary. “I’ve been working with seniors since I was 15 years old,” Kathy reminisced. “I enjoy the wisdom and kindness older adults have. They are so sincere—they don’t have to impress anybody.”

“Everybody in Lyngblomsten’s four principles groups works together for the betterment of the residents here.” Kathy, like many others, accredited the teamwork that is so evident at Lyngblomsten. “Everyone is working together to find the best solution.”



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

## **...Fostering Compassionate Employees**

Meet Eddy Orwenyo.



Lyngblomsten’s unique continuum of care allows individuals to have a variety of experiences at Lyngblomsten. Whether it’s having lunch at the 5-5-1 Club & Café, participating in a “Learn for Life”

lecture, or recuperating in the Transitional Care Unit (TCU), there is an unspoken language of love and dedication among employees.

That language is clearly demonstrated through nursing assistant Eddy Orwenyo, who has worked in TCU for the past two years. For Eddy, there is a strong sense of mutuality, both with co-workers and residents. “The residents tell me stories—I learn something new every day from them. I like their company.” As someone with an infectious and pleasant attitude, Eddy has found it is something that goes a long way. “There’s a lot of teamwork [at Lyngblomsten]; if you ask somebody to do something—they do it.”

Eddy came to the United States from Kenya in 1996 with a goal of obtaining a degree in nursing. His cross-cultural experience resulted in many intriguing and entertaining stories for residents. Lyngblomsten helps give him the training and experience he desires. “I like the scholarship program—that Lyngblomsten encourages and promotes education.”

Janet Crocker, a former patient in the TCU raved, “Eddy is an exceptional person and employee. He is seriously motivated – by what I’m not exactly sure – to simply help people and make their day better. I’m sure anyone can see that by how hard he works.”



*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.*

### **...Collaborating with the Community**

Meet Jennifer Veitenheimer.



Lyngblomsten has a long-standing reputation in the community as being an innovative, friendly, and caring resource. It is through employees like housing manager Jennifer Veitenheimer that the connection between Lyngblomsten and the community is strong and productive.


Over the past eight years that Jennifer has been a part of Lyngblomsten, she has spearheaded several programs incorporating groups or resources from the

community including: Healing Helpers (in partnership with Lyngblomsten Volunteer Services), a vision loss support group (with Lyngblomsten Community Wellness & Education) and exercise classes (through the Arthritis Foundation). She recently coordinated a Senior Health Fair in partnership with District 10 (Como Park Neighborhood) at the Annual Lyngblomsten Ice Cream Social this past July. Community Organizer, Rhonda DeBough, shared about her collaborative effort with Jennifer, “She shares the principal value that we live in this wonderful neighborhood together and that the residents of Lyngblomsten and neighbors of the Como neighborhood both benefit when we help create bridges of interaction.”

Connecting Lyngblomsten to resources in the community is second nature to Jennifer, who easily generates ideas to find solutions for things she is passionate about. For example, having a family member who is deaf has increased her pursuit and awareness of the resources available for the deaf community—a venture she hopes to pioneer at Lyngblomsten.

The community Jennifer has also established within the walls of Lyngblomsten is evident. “You can sense it when you walk in—the compassion and warmth—I think we make it more of a home-like experience for everyone,” she noted.

“I love this population because it makes you feel like you’re making a difference,” Jennifer shared. Lyngblomsten tenant Wil Langer affirmed, “Anytime I’ve entered Jennifer’s office to visit with her, she stops and listens and makes me feel like I’m the most important person in the world. She always helps me find a solution to my problems. Jennifer is a person you can trust and count on to help you when you need it.”

Regarding her fellow colleagues, she added, “Lyngblomsten employees live the philosophy of Lyngblomsten. Everyone I work with here goes out of their way to enhance the lives of seniors every day.” 

*(To learn more about Lyngblomsten’s 1<sup>st</sup> Annual Ambassador Showcase, see page 9).*

# Board Profile

## Corporate



## Chuck Norton

by Jessica Johnson

There are two sides to every story. That's often true of people, too. For Chuck Norton, who enjoys riding his motorcycle, hunting, and

re-making a 1959 Austin-Healey, the other side is one of compassion.

"I enjoy working with the elderly—they need an advocate. I'm in and out of nursing homes a lot, and I see what goes on at various places; I've been very impressed with all aspects of Lyngblomsten."

Chuck and his wife of 38 years, Jean, have been members at St. Rose of Lima Catholic Church (a Lyngblomsten corporate congregation), for 17 years.

It was through their church that Chuck first became involved with Lyngblomsten, as the co-leader of Care Team Ministry. "I've been very pleased with the training and treatment I've gotten as a volunteer; Lyngblomsten is a first-class operation," he shared.

After receiving his bachelors from the University of Nebraska, Chuck attended law school at the University of Minnesota. After a couple years in the army in the Army Managing Engineering Training Agency, he began working for the IRS—first as an Estate Tax Attorney, then an Appeals Officer and most recently, Associate Chief of Office until he retired in 2000. Chuck also participated in the visitation ministry at his church and provides respite care through Catholic Charities.

Through his involvement with the Lyngblomsten Corporate Board of Directors, Chuck has joined the Resident Life Committee, which to him "is where the rubber meets the road." According to Chuck, this committee allows him to see a very direct relationship between the goals and mission of Lyngblomsten. **L**

## Lyngblomsten Program Going Nationwide in 2010

by Patricia Montgomery



Through an exploratory grant from Lutheran Services in America (LSA) and Thrivent Financial for Lutherans in 2009, Lyngblomsten's The Gathering gained national attention for its potential to help serve the growing number of persons suffering from early memory loss and the family caregivers who take care of

them. In late December LSA announced that it had selected The Gathering as one of two programs it wishes to bring into its suite of services for its member organizations across the United States.

"This is a dream come true," said Betsy Hoffman, business specialist for Lyngblomsten's The Gathering. When she began a grassroots effort in her community two years ago to bring The Gathering to the White Bear Lake area through a consortium of churches, she envisioned the program being offered across the nation "some day."

The collaboration with LSA will bring a replicable program to social ministry organizations that wish to provide a respite program for family caregivers and a time of socialization and stimulation for persons living with early to mid-stage memory loss. The project includes development of training materials, a program implementation guide, and classroom training for

prospective program leaders. Lyngblomsten will develop the materials and deliver the training and support while LSA will market the program nationally.

The training course and materials are being designed so organizations will be prepared for a quick launch—full implementation six to nine months after completing training. "It's 10 years of program experience put into an implementation guide," summarized Carolyn Klaver, coordinator of The Gathering for Lyngblomsten. "We're saving organizations years of time."

"LSA is made up of members, and the members have asked for resources," shared Paul Mikelson, President/CEO of Lyngblomsten. "This is a good opportunity to be in relationship with a national organization and help share information and spread the 10 years of success we've had locally with The Gathering."

**NOTE:** *Lyngblomsten's first Gathering program was envisioned by the Como Park Block Nurse Program, Lyngblomsten's Care Team Ministry, and members of St. Timothy Lutheran Church in St. Paul. Lyngblomsten now has eight program sites in the Twin Cities. You can learn more about The Gathering at [www.lyngblomsten.org](http://www.lyngblomsten.org); click on Support Services.*

# Lyngblomsten Scrapbook

## Scandinavian Cookie & Craft Fair

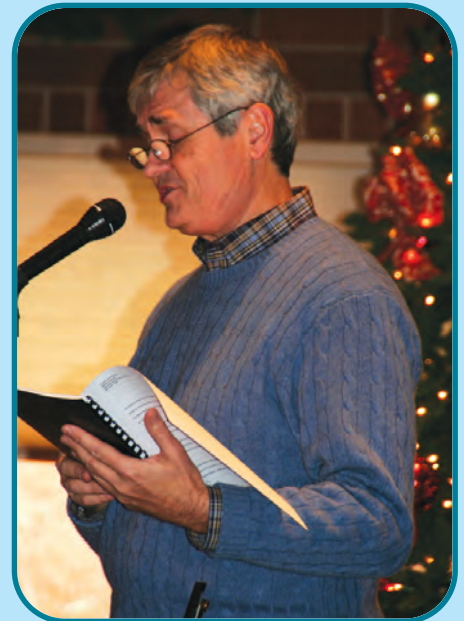
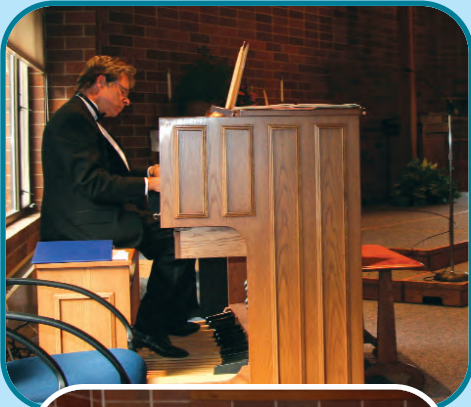
On December 4 the Auxiliary hosted their festive annual Scandinavian Cookie & Craft Fair. People came from far and wide to see

what sweet treats they could get their hands on (upper left)! There was also a variety of talented crafters selling their wares (left).



## Husby Memorial Concert

Pop organist George French (left) entertained many at the 12<sup>th</sup> Annual Husby Memorial Concert in October. This annual concert is free, thanks to The Gertrude Husby & Ingebor Husby-Smith Memorial Endowment.



## A Cup of Christmas Tea

Warren Hanson (above) returned to Lyngblomsten to share his musical talents and read the book, *A Cup of Christmas Tea*, which he illustrated.

## Fall Fashion Show

Lyngblomsten Gift & Coffee Shop hosted a Fall Fashion Show (above) late October. The show previewed the shop's delightful new fashions. Special thanks to all the models!



## Veteran's Day

The 5-5-1 Club & Cafe held a special program to honor veterans on Veteran's Day.



# LYNGBLOMSTEN AMBASSADOR SHOWCASE

## Event Showcases Lyngblomsten's Mission and Values

The first annual Lyngblomsten Ambassador Showcase was held on November 12 to celebrate the mission and values of Lyngblomsten and encourage employees to embrace their role as “ambassadors” for the organization. The four employees profiled in the feature story were the 2009 winners of an Ambassador Award—one award for each of the four ambassador values principles (printed in the feature story). These photos show highlights of the evening.



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8



1. The Ambassador Showcase “Prize Patrol” on its way to present balloons, a certificate and the award finalist prize package to an unsuspecting employee on the job.
2. Board Directors, Julie Antolak (left) and Linda Clark (right), presented the Ambassador Awards.
3. President/CEO Paul Mikelson explained the important role ambassadors play.
4. An engaged audience eagerly awaiting the awards presentation.
5. The 12 Award Finalists: (From left to right, back row: Scott Stauffacher, Rick Thompson, Colleen Anderson, Jennifer

6. Jan Daniels, Julia Nordling, Dorthea Doty, and Dale Fagre enjoy delicious food during the social hour.
7. Guests enjoyed musical entertainment by the Lyng Sisters and Lana Western, accompanied by Dale Fagre.
8. Employees and their guests received “swag” bags filled with goodies at the end of the evening.

# Our Partnership: 2010 Marks 50th Anniversary of Partnerships with Area Churches

At the corporate annual meeting of Lyngblomsten held in January 1960, the members voted to merge Lyngblomsten with the Evangelical Lutheran Church (ELC, later called the American Lutheran Church and now called the Evangelical Lutheran Church in America). Below are a couple passages from documents in our archives.

— From a letter dated May 6, 1960, written to Congregations of the ELC in the St. Paul Circuit by John M. Mason, Assistant Executive Secretary of the Department of Charities of the Evangelical Lutheran Church:

“...The society has realized for some time that the demand for services on the part of elderly people is growing from year to year and that they [the Lyngblomsten Society] have a fine location with ample land area for a large development program. Realizing these facts, they have as a corporation come to the conclusion that it would be wise for them to affiliate with the Church in order to obtain the full benefit of experience of the Church in this field of service and in order to preserve and strengthen their corporation.

At the last annual meeting of the corporation, it was decided that the congregations of the ELC in the St. Paul Circuit should be invited to merge with the Society for the purpose of developing the resources available in the most advantageous manner. The legal details are at this time being worked out.... It is necessary, however, that the congregations vote on the matter of participation. If a number of congregations vote to enter this program, the merger will be carried through, and under the direction of the Department of Charities of the ELC, the new program will be promoted. After January 1, 1961, all of the congregations of The American Lutheran Church in the St. Paul area will be invited to participate.

At the present time, the Society has no indebtedness, a building valued at about \$350,000 caring for about 45 people, an endowment fund of about \$125,000 and other assets in the amount of about \$25,000. In addition to these assets, the Society owns seven or eight acres of very valuable land. The reorganized corporation will seek out additional funds from individuals within the participating congregations and other interested individuals and organizations. As soon as sufficient funds are available, a new building program will be started. It is proposed that the first unit to be built should be a nursing home...”

— From a speech given by Mrs. Henry Dahl on the occasion of the 65<sup>th</sup> anniversary of Lyngblomsten in 1968 (coinciding with the 1903 formation of Lyngblomsten Society as a literary society—not the 1906 incorporation for creating a home for the elderly):

“On January 12, 1960, the Lyngblomsten membership voted to merge with the ELC, or today called the American Lutheran Church. These are the churches in the St. Paul Circuit. We should all be so happy that the churches of St. Paul have taken hold and are doing so well for the Lyngblomsten Center. Do you women realize that the women in the branches have given the St. Paul churches a gift of a half million dollars comprised of a home and some money? It would take the churches many years to accumulate such an undertaking.”

Today Lyngblomsten is partnered with 31 Christian congregations, primarily Lutheran, across the Twin Cities. The majority of our Board of Directors comes from these churches. Together we share resources and enhance each other's work with the older adults in our community. **L**

## Thank you!

The following corporate congregations collected gifts for the 2009 Spirit of Giving program:

**Amazing Grace Lutheran Church**  
**Centennial United Methodist Church**  
**Como Park Lutheran Church**  
**First Lutheran Church**  
**Falcon Heights United Church of Christ**  
**Gustavus Adolphus Lutheran Church**  
**Holy Childhood Catholic Church**  
**Hope Lutheran Church**  
**Jehovah Lutheran Church**  
**Prince of Peace Lutheran Church (Roseville)**  
**St. Anthony Park Lutheran Church**  
**St. Mark Lutheran Church**  
**St. Rose of Lima Catholic Church**  
**Immanuel Lutheran Church**  
**St. Timothy Lutheran Church**



Their generosity, and that of many individuals, helped brighten the holidays for residents and tenants of Lyngblomsten.

## Funds Raised for



On September 22 the Lyngblomsten Foundation hosted Meet Lyngblomsten, a one-hour fundraising breakfast event, at The Saint Paul Hotel. This year's featured program was the Lyngblomsten Care Team Ministry. Using trained volunteers, Care Team Ministry responds free of charge to the non-medical "quality-of-life" needs of individuals and families of all ages not normally fulfilled by existing social service programs. Care Teams function as extended family with members doing a broad range of activities such as respite for caregivers, regular visits, light yard work or household chores, shopping assistance, transportation, or meal preparation. Over 65 people attended this event and raised \$18,000. For information on Care Team Ministry, contact Dorthea Doty at [ddoty@lyngblomsten.org](mailto:ddoty@lyngblomsten.org) or call (651) 632-5333.

## Fergstad Winner



Congratulations to **Mary Dennis** (shown above with Lyngblomsten President/CEO Paul Mikelson), recipient of Lyngblomsten's Anna Quale Fergstad Award for Distinguished Service 2009. She was recognized at the Annual President's Club Dinner on October 13.

## Board Profile

### Foundation



**Karen  
Reidt**

by Rebecca Schwartz

Karen Reidt lived on Midway Parkway (adjacent to the Lyngblomsten campus) in the 1980s, but it wasn't until she joined the Lyngblomsten Foundation Board that she learned about the organization. "I'd heard of Lyngblomsten and knew of it, but it wasn't until I joined the board when I actually *discovered* all the interesting things Lyngblomsten has to offer."

Karen joined the Foundation Board two years ago (currently starting her third year) by a recommendation from her sister, Gayle McCann, who is also on the Foundation Board. "Gayle knew I was looking for an opportunity where I could give back to the community, so she mentioned Lyngblomsten because she thought it would be a good fit, and she was right!"

Karen serves on the Annual Fund Committee and is involved with "Meet Lyngblomsten" and the Foundation's annual phone-a-thon. "I like working with annual fundraising. It gives me a chance to help bring something back to Lyngblomsten and contribute to the community. I am especially interested in getting more funding for Care Team Ministry and other community-based programs. I think that area of Lyngblomsten is phenomenal, and I would love to see it move forward and expand."

Karen received her executive masters in business administration (EMBA) from St. Thomas in 2006. She has been working in medical devices for 12 years, 10 of which have been at Medtronic, where she is currently employed. Karen attends church at St. Andrew's Lutheran Church in Mahtomedi (a Lyngblomsten corporate congregation) and lives in Stillwater with her husband, Rick, and Remi, their new gorton setter puppy. They have two adult daughters, Lise and Emily. **L**

# A WORK OF PASSION


by Dale M. Fagre, Chief Development Officer

Do you know what the definition of passion is? **“Passion is the energy that comes from bringing more of YOU into what you do.”**

However, a recent survey suggests that 75% of us don't know what our true passion is, and only 20% of us typically feel “energized” by our work. Well, the fact is passion does not exist in a job itself...passion exists within us. Each one of us has a purpose, and we know if we are putting our passion to use every day. Many of us struggle from time to time with the question of personal meaning: *“Am I living the way I want to live?”* None of us should be unhappy with our daily lives, because as the phrase goes...life is too short! Even so, many of us put off our passions because of obstacles that we just can't seem to get past.

Mark Sincevich is an executive coach. He has identified **five keys to keeping passion in our work:** **1)** Keep a file of awesome people; **2)** Know the reasons why you do your work; **3)** Just launch (no one is going to come along and give you passion); **4)** Make a commitment; and, **5)** Have faith in yourself.

In addition, I would like to add a sixth one...*trust and have faith in God to help you.* He is the one who has given us the ability to experience passion. One of the benefits of working for a Christian organization is we can express not only the passion we have for our work, but also the passion we have for our faith. I can honestly say at Lyngblomsten there are many, many staff living out their inner passion each and every day in a variety of ways. In fact, for our recent Ambassador Showcase, 38 staff were nominated by their peers largely for the passion they show in their work with participants, families, employees, and the community.

Finally, the mission of Lyngblomsten includes the phrase “a ministry of compassionate care.” Nearly 104 years after the founding of Lyngblomsten, I can safely say the passion continues to live within those who work here! 



## Lyngblomsten Foundation **PHONE -A- THON**

The 4th Annual Phone-A-Thon will be held February 9–11, 2010. The Lyngblomsten Foundation Annual Fund Committee is planning this event.

Last year the phone-a-thon motivated 209 families to donate a total of \$28,000 to support Lyngblomsten programs and services. Please consider this opportunity to make a gift if you are called by a Lyngblomsten volunteer.

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

### **Give back by volunteering with Lyngblomsten!**

#### **Current volunteer opportunities:**

##### **Skype Volunteer:**

Helping residents and their families connect using Skype video conferencing.

##### **Storytelling Helper:**

Help residents share their stories by recording interviews and creating virtual scrapbooks.

##### **Gift Shop Clerk:**

Provide hospitality to gift shop visitors. Specific tasks: Cash registering, inventory, displays, coffee, scooping ice cream, light cleaning.

##### **Administrative Help:**

Assist staff at Lyngblomsten with clerical work including filing, mailings and data entry.

For more information, contact Lana Western at (651) 632-5357 or [lwestern@lyngblomsten.org](mailto:lwestern@lyngblomsten.org).






## Heritage Society Luncheon

by Dale M. Fagre, Chief Development Officer

About one hundred people attended the 17th Annual Heritage Society Luncheon held November 9 in the Newman-Benson Chapel. For the second year we invited a broader group of donors, volunteers and Auxiliary members to help celebrate. We recognized the following new Heritage Society members: LaVerne and Jane Dehlin, Leslie Erickson, Thelma Pedersen, Herbert and Helen Schmidt, Barb Segelstein, and Laurie and Laurence Yunker. Each of the new members was presented with an engraved wooden plaque.

The event was hosted by the Lyngblomsten Foundation Planned Giving Committee. Committee chair and Foundation board member Jaime Hansen served as emcee for the event. Pastor Orv Wold, (Heritage Society member) gave the Invocation. Dale Fagre, Lyngblomsten's Chief Development Officer, read an update from CEO Paul Mikelson who was out of town. Ben Wegner delighted the crowd with his piano playing. The highlight of the event was a presentation entitled "Gifts to Remember" by Brenda Moore (ELCA gift planner) and Polly Bergerson (Bergerson Enterprise) who captivated everyone's attention using chocolates to illustrate how planned giving works.

There are currently 130 members in the Heritage Society who have made a planned gift to Lyngblomsten. Immediately after the event at least four individuals indicated interest in placing Lyngblomsten in their will or establishing a gift annuity. The Foundation will host a "Legacy Seminar" sometime early in 2010 for folks interested in further unpacking planned giving options.

If you have named Lyngblomsten in your will and have not notified us, please contact the Lyngblomsten Foundation office at (651) 632-5319 or e-mail [dfagre@lyngblomsten.org](mailto:dfagre@lyngblomsten.org). 

# Save the Date

Lyngblomsten Foundation's Annual  
Spring Rhapsody Gala

## Back to the '50s!

The evening of

# April 30, 2010

Featuring the

## Rockin' Hollywoods

For more information, contact Emily Seiber at  
(651) 632-5323 or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org).



### We're on Facebook!

Become a fan of  
Lyngblomsten Foundation.



### Twice the Gift

Lyngblomsten had a presence in downtown Minneapolis this holiday season through its participation at Twice the Gift (above right), a unique seasonal store that showcases the products and services offered by more than 60 Twin Cities nonprofits. When you give a gift from Twice the Gift, you support the mission of a nonprofit organization.

Residents and friends helped make felted wool flower pins (above left) that were sold at the store along with pecans and donation cards. Proceeds benefit Lyngblomsten Volunteer Programs and Services.

# Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

IN MEMORY OF

**Edna Barstad**  
Jeanette Severson

IN MEMORY OF

**Norma Bartlett**  
David Bartlett  
First National Bank  
Patrick and GERALYN Powers

IN MEMORY OF

**Lucille Borsch**  
Dorothy Stach

IN MEMORY OF

**Edith Bowles**  
Betty Hammersten

IN MEMORY OF

**June Cincotta**  
Shirley Dingman

IN MEMORY OF

**Dave Dingman**  
Shirley and Michael Santoro

IN MEMORY OF

**Jerry Formo**  
Larry and Laurie Yunker

IN MEMORY OF

**Betty Hable**  
Fred and Karen Koch

IN MEMORY OF

**Martha Celestine Hooper**  
Carolyn Gibson  
Lewis Kriegner  
Patricia and Robert Lee  
Barbara Read

IN MEMORY OF

**Madeline E. Johnson**  
Dorothy Stach  
Lila Storaasli

IN MEMORY OF

**Barbara Jones**  
Gretchen Bangerter  
Sam and Marilyn Buscemi  
First Baptist Church  
Harriet Gibbon

IN MEMORY OF

**Virginia Pates**  
Douglas and Lila Rowley

IN MEMORY OF

**Beulah Kirk**  
Jolene Alexander  
Richard and Shirley Anderson  
Jean Berttula  
Mabel Bossard  
Pastor and Mrs. Richard  
Carlson  
Marion Glasow  
Anne Hanson  
Louann and Duane Jokela  
Helen Klask  
Kirk and Lorraine Kluegel  
John and Marilyn Landman  
Lisa and Chad Miller  
Mary Muiznieks  
Iona Omnaas  
Thelma Pedersen  
Karen and Gerald Pitra  
Iris Raths  
Ariel Ronning  
Marilyn Rowe  
Ann Rucker  
Elizabeth Wiger

IN MEMORY OF

**Mary Klanske**  
Valerie Kyllo

IN MEMORY OF

**Annie Larson**  
Ronald and Sharon Bergom  
Betty Christ and Barry Yocom  
Kristine Kempf  
Barbara Pugh-McCreight  
Margery Starr

IN MEMORY OF

**Pernilla Lembke**  
Marie Franzen  
Pete Peterson

IN MEMORY OF

**Anna May Malfeld**  
Dorsey and Whitney, LLP

IN MEMORY OF

**Martin McGowan**  
Mr. and Mrs. John R.  
Gustafson  
Carol Meyer  
Alice Parrish  
Dorothy Stach

IN MEMORY OF

**Ethel Neumann**  
Nancy Neumann

IN MEMORY OF

**Magdalene McPherson**  
Larry and Marilyn Albert  
Muriel Anderson  
Roy and Donna Diehl  
Jim and Delores Dinzio  
Roger and Catherine Drawing  
Richard and Dorothy Evans  
Gladys Grabowski  
Valerie Greenstein  
Rick and Kathy Kauphusman  
Dick and Lynn Meryhew  
Mike Milotzky  
Rick Milotzky  
Bob and Lou Milotzky  
Dick and Carol Newkumet  
Bruce Nielsen  
Richard and Georgia Nielson  
Evelyn Norton  
Lorraine Purvis  
Carl and Judi Schuhwerck  
Joan Sedro  
Colleen Westerberg  
Jack and Mary White

IN MEMORY OF

**Bertha Moteberg**  
Eunice Heuer  
Bob and Elaine Ogren  
Jeanette Severson

IN HONOR OF

**Erin and Peter Preuss'**  
**Wedding**  
Douglas and Lila Rowley

IN MEMORY OF

**Marie Smith**  
Marian Keapproth  
Jeffrey Smith

IN MEMORY OF

**Mary Stachowski**  
Pete Peterson

IN MEMORY OF

**Carl P. Stendahl**  
Dave and Tami Nesheim

IN MEMORY OF

**Judy Stendahl**  
Dave and Tami Nesheim

IN MEMORY OF

**Capitola Strong**  
Sandra Hunegs

IN MEMORY OF

**Leigh Sweet**  
Gerhart and Doris Buehrer  
Marie Franzen  
Carol Meyer  
Pete Peterson  
Jeanette Severson

IN MEMORY OF

**Alice Thoreson**  
Carl Schwartz  
Lee Wall

IN MEMORY OF

**Bernard J. Wosika**  
Jeanette Severson

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**2009 Golf Classic Memorials**  
*(received after the Fall edition of Lyngblomsten Lifestyle)*

IN MEMORY OF

**Clive Kelsey**  
Don and Carol Kelsey

IN MEMORY OF

**Mary Kelsey**  
Don and Carol Kelsey

IN MEMORY OF

**Frank Cox**  
Joyce Boss



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:

**August 1, 2009 – October 31, 2009\***

*\*Includes memorial donations to the Lyngblomsten Auxiliary.  
\*Does not include gifts to Lights for Lyngblomsten.  
If you have questions about this list, please contact the Foundation at (651) 632-5324 or [mgrupa@lyngblomsten.org](mailto:mgrupa@lyngblomsten.org).*

# Events Calendar

## **Tuesdays at 2:15 PM, ongoing in 2010**

Strength, Stretch, Balance & Breathe

Join other beginners for an exercise class that meets every Tuesday in The Heritage first floor lounge (1440 Midway Parkway, St. Paul). Questions? Call Sara (Instructor) at (651) 649-4946.

## **Tuesday, January 5**

Vision Loss Support Group

Meets from 1:30–2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month. Eula Dellwo from Vision Loss Resources will facilitate. FREE. For more information, call (651) 632-5335 or email [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

## **Tuesday, January 12**

Lyngblomsten Auxiliary Meeting

1:30 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul). Enjoy a program called “Health & Humor: Humor as Good Medicine.” Everyone is welcome to attend! FREE.

## **Tuesday, January 12**

Monthly Book Club

Join book club leader Pauline McMahon at 2 PM at the Lyngblomsten Apartments recreation room (1455 Almond Ave, St. Paul) for a book discussion (at the time this issue went to print, the book is yet to be decided). If you have any questions, contact Pauline at (651) 645-7933. Everyone is welcome! FREE.

## **Thursday, January 21**

5-5-1 Club & Café’s Trip: “The Greatest Generation” at the Minnesota History Center.

See the stories of those who experienced first-hand the Depression, World War II and the post-war boom. After our tour, enjoy lunch at Café Minnesota. We’ll leave the 5-5-1 Club (1415 Almond Ave.) at 9 AM and return around 1:30 PM. Cost is \$19 which covers transportation, the tour and lunch. Call (651) 632-5330 with questions or to make a reservation.

## **Tuesday, February 2–Thursday, April 15**

AARP Tax Prep Help

Tuesdays and Thursdays starting February 2 from 9 AM to 2 PM at the 5-5-1 Club & Café. Call (651) 632-5330 or email [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org).

## **Tuesday, February 2**

Vision Loss Support Group

Meets from 1:30-2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month. See January 5 entry for details.

## **Tuesday, February 9**

Monthly Book Club

2 PM at Lyngblomsten Apartments recreation room. See January 12 entry for details.

## **Friday, February 12**

Valentine Trip to McHattie’s Victorian Times

Join the 5-5-1 Club & Café for a trip to Woodbury featuring an elegant four-course luncheon: starting out with their signature scone and Devonshire cream, followed by a seasonal second course, choice of a delicious entrée, dessert and specialty tea of the day. The bus will leave the 5-5-1 Club (1415 Almond Ave.) at 11:30 AM and return around 2:30 PM. Cost is \$44.

Call (651) 632-5330 with questions or to make a reservation.

## **Tuesday, March 2**

Vision Loss Support Group

Meets from 1:30–2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month. See January 5 entry for details.

## **Thursday, March 4**

Workshop for Lyngblomsten’s Care Team Ministry Volunteers

From 6:30–8:30 PM in the Newman-Benson Chapel at Lyngblomsten. This workshop will provide information to the Care Team Ministers about working with members from their church with early memory loss.

## **Tuesday, March 8**

Monthly Book Club

Join book club leader Pauline McMahon at 2 PM in the Apartments Recreation Room (1455 Almond Ave, St. Paul). See January 12 entry for details.

## **Thursday, March 11 & Tuesday, March 16**

Orientation for New Delegates

New delegates from corporate congregations should attend one of these sessions at Lyngblomsten: Thursday, March 11, 6–8 PM or Tuesday, March 16, from Noon–2 PM. Details will be mailed.

## **Monday, March 15 & Tuesday, March 16**

Spring Delegate Meetings

All delegates should attend one of these two meeting options: Monday, March 15, 6:30–8:30 PM or Tuesday, March 16, 9:30–11:30 AM at Lyngblomsten. Details will be mailed.

## **Monday–Saturday, April 12–17**

Lyngblomsten Auxiliary’s Rummage Sale Donation Drop-Off

8 AM–8 PM at the front desk of the Lyngblomsten Care Center. Please bring your tax-deductible donations of new and gently-used items for the sale. (Sorry, we cannot accept electronic equipment—TVs, microwaves, etc.) The sale is April 21–23.

## **Friday, April 30**

Spring Rhapsody Gala

Lyngblomsten Foundation’s Annual Spring Gala. 6 PM reception, followed by dinner, live auction and entertainment by the Rockin’ Hollywoods at the Prom Center in Oakdale. For more information, contact Emily Seiber at (651) 632-5323 or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org). Please RSVP by April 16.

## **Tuesday, May 4**

Corporate Annual Meeting

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

## **Thursday, May 6**

Gathering of Grandparents: Explore Your Vocation

8 AM to noon at Augustana Lutheran in West St. Paul. Enjoy a keynote speaker talking about one’s vocation as a grandparent, followed by breakout sessions. More details forthcoming at [www.lyngblomsten.org](http://www.lyngblomsten.org) or contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@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.*

Nonprofit Org.  
US Postage  
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St. Paul, MN  
Permit No. 2376

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

Make a New Year's resolution to put more **FUN** in your life!

**Let the 5•5•1 Club & Café be your guide!**

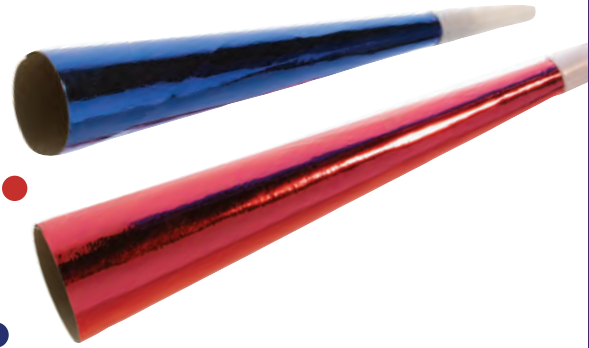
Participate in these (and more) activities to add some **FUN** to your daily routine:

- Day Trips
- Adult Education
- Extended Travel
- Billiards
- Walking Club
- Cafe-style Lunches served Tues., Wed., Thurs.; 11–2

Coming in February to the  
**5•5•1 Club & Café:**  
**Chili Cook-Off!**



Check [www.551club.com](http://www.551club.com)  
for more details.



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