



Lyngblomsten

# Lifestyle

Winter 2024-2025

JOY

**Choose Joy!**

A special edition reflecting on the joys of 2024

## Directory

COMO PARK MAIN: (651) 646-2941  
LINO LAKES MAIN: (651) 515-1725  
www.Lyngblomsten.org

### RESIDENTIAL SERVICES

#### Lyngblomsten Care Center

1415 Almond Avenue, St. Paul

##### Care Center Admissions

Michelle Ulland: (651) 632-5301  
www.Lyngblomsten.org/Openings

##### Administrator

Trisha Gerleman: (651) 632-5302  
tgerleman@lyngblomsten.org

##### Spiritual Care

Rev. Ruth Sorenson: (651) 632-5376  
rsorenson@lyngblomsten.org

#### Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Tammy Johnson: (651) 632-5423  
tjohnson@lyngblomsten.org

#### The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Cosmina Strain: (651) 632-5428  
cstrain@lyngblomsten.org

#### Lyngblomsten at Lino Lakes

6070 Blanchard Blvd., Lino Lakes

Mary Simon: (651) 515-1724  
msimon@lyngblomsten.org

### COMMUNITY SERVICES

#### General Information

(651) 632-5330  
communityservices@lyngblomsten.org

#### Caregiver Services

Lisa Brown, MSW, LISW: (651) 632-5320  
caregiving@lyngblomsten.org

#### Wellness & Enrichment

Lynn Amon, MSW: (651) 301-9445  
lamon@lyngblomsten.org

#### Resources to Churches

Carolyn Klaver, RN: (651) 414-5292  
cklaver@lyngblomsten.org

### HUMAN RESOURCES

Lindsey Hart: (651) 632-5387  
lhart@lyngblomsten.org

### LYNGBLOMSTEN FOUNDATION

Tim Overweg: (651) 632-5319  
toverweg@lyngblomsten.org

### VOLUNTEER SERVICES

Melanie Jagolino: (651) 632-5499  
mjagolino@lyngblomsten.org

## Letter from the Editor

*Consider it pure joy, my brothers and sisters,  
whenever you face trials of many kinds, because you  
know that the testing of your faith produces perseverance.*

— James 1:2-3

Dear Readers,

JOY! Although it's one of the shortest words in the English language, it isn't short on impact!

In looking to close out the year, we wanted to get another edition of *Lyngblomsten Lifestyle* published. Realizing we were short on time to do a full edition, our team decided to focus on sharing a sample of joys from throughout Lyngblomsten in 2024. While there are, of course, difficult days (or "trials," as James wrote), there also is joy every day. Experiences of joy come in all sizes, and the collection of photos in this edition just scratch the surface of how joy is woven into everyday life with Lyngblomsten.

Even on the most difficult days, there is the option to choose joy. May our calendar (see insert) remind you of this and lift your spirits throughout the new year!

Choose Joy!

*Patricia A. Montgomery*

Patricia A. Montgomery | Editor  
Vice President of Communications & Stewardship



Nativity scene displayed at the Newman-Benson Chapel on the Como Park campus, Christmas 2024.

*May the gift  
that is Jesus  
bring you joy  
all year long!*



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Patricia Montgomery, Editor      Nathan Livedalen, Designer  
Sam Patet, Production Manager

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## Reflections of Joy

In big and small ways, joy reverberates in daily life with Lyngblomsten. Here's a small sample from 2024.



◀ Attending the first day of the Minnesota State Fair is always a highlight for care center residents, who were accompanied by corporate group volunteers and staff, including on the three-block walk from campus to the fairgrounds.



▲ Residents from both campuses took pride in the pieces they created as part of Japanese saori weaving classes held in the spring.



▲ Having a new chiller installed at the care center was a cause for rejoicing, as it ensured residents, staff, and visitors stayed cool this summer and will continue to for many summers to come.

▶ Residents from the apartments and care center in Como Park wait with joyful expectation for the opera *La Bohème* to begin at the Ordway in St. Paul.





▲ Resident of The Heritage at Lyngblomsten and Parkinson's support group co-facilitator Jean Larson is always willing to share why she's grateful for Lyngblomsten, including at the Parkinson's Foundation Moving Day event in May.



▲ No tricks, just treats! There were smiles and candy aplenty for treat-or-treaters who visited residents at the Lyngblomsten at Lino Lakes campus on Halloween.



▼ All "a-board"! A group of youth joined the Lyngblomsten at Lino Lakes residents one August morning for a board game extravaganza that was held in the chapel. Joy, laughter, and conversation were shared by all.



▲ The Pop-Up Arts Memory Café, a program held in the fall for older adults with memory loss and their family caregivers, provided opportunities for camaraderie and support as attendees socialized, flexed their creative muscles, and connected with the Lyngblomsten Community Services staff.



▲ Blue skies made for a perfect outing on the St. Croix River, where care center residents spent the afternoon fishing for sunnies.

▼ Olé! A Zorongo Flamenco dance class was well received by residents from the Lyngblomsten Apartments, who got to express their creativity while exercising and learning something new.



▶ Jeff Heinecke greeted attendees, including this table of guests from Lino Lakes, at the Lyngblomsten Foundation Annual Gala in September. Always a joyful gathering, this year's event invited attendees to step into the story of how their gifts make a difference for those Lyngblomsten serves.

▼ Residents from The Heritage at Lyngblomsten couldn't help but smile as they got their hands dirty during a nature-based therapy class that featured making arrangements of colorful spring flowers.



▲ Honoring volunteers and the joy they bring every day, Lyngblomsten hosted a recognition celebration—held at the Lino Lakes campus this year—as part of Volunteer Appreciation Week.



# Gifts to the Remembrance Fund

## In Memory or Honor of a Loved One

### In Memory of

May 1, 2024, through November 30, 2024

Darlene Dixon Aamodt	Bruce Finger	Patricia Kirchoffner	Leona Reyelts
Doris Alexander	Ruth C. Flom	Lois Elaine Laurence	Mary Jo Skaggs
Karina E. Allen	Catherine Gadbois	Arlene Lellelid	John Skalbeck
Elaine Ash	Carolyn Gibson	Ronelva McAuley	Clyde and Helen Starkey
Josephine A. Barnes	Mary Goodrich	Brian McCaffery	John Thoenke
John Bartz	Dianne Grandy	Bobbi Megard	Howard and Alice Thoreson
Esther and Elder Bentley	Patrick Hallock	Cyril and Mary Agnes Merth	Marvin J. Voigt
Vesta Bergin	Alice and Bill Hydukovich	Lois Munson	Linda Melnick Weiner
Nancy Bovee	Grace Ingulsrud	Barbara Ortt	Floyd White
Corrine Burdash	Donald Douglas Jack	Signe and Gifford Ovre	Dave Youngren
Marilyn Dayton	Florence Johnson	Paul A. Pennoyer	Donald Zibell
Claereda Dethmers	Mary and Bob Johnson	Mary Ann Petersen	
Jerry Eide	Mary Kime	Joel Pruess	



### In Honor of

Margaret Keysor

For information about making a gift in honor or in memory of your loved one, please contact Carrie Godfrey at (651) 632-5358 or [cgodfrey@lyngblomsten.org](mailto:cgodfrey@lyngblomsten.org).

## A New Year's Resolution You'll Want to Keep— Volunteering with Lyngblomsten!

No matter your age or experience, you can enrich the life of an older adult as a Lyngblomsten volunteer. Opportunities for individuals and corporate groups tailored to your interests, skills, and schedules are available at our campuses in Como Park and Lino Lakes.

### Contact us to start your application today!

(651) 632-5499  
[volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org)  
[www.lyngblomsten.org/Volunteer](http://www.lyngblomsten.org/Volunteer)



## Caring for an older adult at home with memory loss?

The Gathering, Lyngblomsten's award-winning group respite program, provides meaningful engagement and cognitive stimulation for those living at home with memory loss and gives their caregiver a break. Participants can attend up to 3 days a week. Sessions held at Lyngblomsten's campuses in Como Park and Lino Lakes.

### Reach out today for details!

#### Contact Lyngblomsten Community Services:

(651) 632-5320  
[caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)  
[Lyngblomsten.org/TheGathering](http://Lyngblomsten.org/TheGathering)



## Live your purpose

Enhance the lives of older adults as you live your purpose working for Lyngblomsten. Stellar benefits, competitive wages, and a caring culture. Job openings in Como Park and Lino Lakes.

[www.Lyngblomsten.org/Work](http://www.Lyngblomsten.org/Work) | (651) 632-5408

## Live Vibrantly with Lyngblomsten!



Be part of a caring community when you make Lyngblomsten your new home.

**Como Park**  
 Independent Living (HUD subsidized) – (651) 632-5423  
 Assisted Living – (651) 632-5428  
 Skilled Nursing & Transitional Care – (651) 632-5301

**Lino Lakes**  
 Independent Living, Assisted Living, & Memory Care  
 (651) 341-0483

[www.Lyngblomsten.org](http://www.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.

### OUR 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, member congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

### OUR PROMISE

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

### OUR PILLARS:

- Influenced by Christ
- Innovation & Leadership
- Resources & Support
- Person-Centered & Dignity-Enhancing Experiences
- Engaged Lifestyle

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



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**CHANGE SERVICE  
REQUESTED**

*Joy*



There are so many ways to share your joy  
when you're connected with Lyngblomsten.  
Choose something new to try in 2025!

*Live*



**Como Park:** (651) 646-2941  
**Lino Lakes:** (651) 341-0483

*Work*



(651) 632-5408  
[www.Lyngblomsten.org/Work](http://www.Lyngblomsten.org/Work)

*Volunteer*



(651) 632-5499  
[www.Lyngblomsten.org/Volunteer](http://www.Lyngblomsten.org/Volunteer)

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