



Lyngblomsten Lifestyle

Summer 2017



STORIES OF LIFE:
Discovering Hidden Talents

MORE IN THIS ISSUE:
Service Enterprise Certification

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Letter from the Editor

Dear Readers,

The colors, growth, and vibrancy of summer is more than a season at Lyngblomsten. It is a way of life. When many people think of older adults, they usually think of decline. But we think of potential. You need look no further than this edition of *Lyngblomsten Lifestyle* for evidence of vitality—stories of older adults growing through new experiences and opportunities available through Lyngblomsten.

Our every-day-of-the-year commitment to wellness, arts, and lifelong learning will soon explode with color like a summer flower garden. On one very special day, July 21, join the movement and participate with us at the Lyngblomsten Mid-Summer Festival: A Celebration of Arts and Lifelong Learning. Then—if you haven't yet—make a commitment to living life on purpose with as much vitality as possible!

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



Tulips artwork by Lenore Sexton, Lyngblomsten class participant



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On the Cover: Janice Walker (left) and Pat Kirchoffner hold items that represent how they participate in creative and lifelong learning endeavors. Walker holds a book that her book club discussed in June, and Kirchoffner shows art she created during classes offered through 2nd Half with Lyngblomsten.



Discovering Hidden Talents

How Lyngblomsten's commitment to the arts, lifelong learning, and wellness is helping hundreds of participants flourish in life's second half | By Sam Patet

FOR MANY ADULTS ENTERING the second half of life, artistry isn't a word they associate with themselves. "I'm no Mozart," they reason. (The child prodigy wrote his first piece of published music at age 5.) Many older adults have college degrees, but they wonder whether it makes sense to learn even more at their age, especially if it's a subject they've never studied. And while they might marvel at how athletes like Harriette Thompson can still compete (at age 92, she became the oldest woman to run a marathon), they quickly reason that they'd never be able to accomplish a feat like that. Creativity, learning, and wellness are admirable endeavors for *other* older adults, but not for themselves.

Lyngblomsten has been challenging these assumptions for years by inviting older adults to exercise their minds, develop their talents, and let their creativity flourish. These endeavors help them live vibrant, engaged lives, no matter their physical, cognitive, or financial limitations.

"Treating people as individuals has been a part of Lyngblomsten's philosophy since the founding women opened the first home in 1912," said Jeff Heinecke, President and CEO of Lyngblomsten. "We want to make sure that we're bringing vibrancy and dignity and choice to the folks we serve."

"There is a consensus among our staff," he continued, "that we want our residents, tenants, and community participants to decide what it is that they want to do—whether that involves painting, book clubs, the theater, singing, fishing, an

educational series, or something else. In turn, the staff at Lyngblomsten is interested in finding ways to help them reach these desires."

Indeed, Lyngblomsten has always provided its older adults with a wealth of creative and engaging activities. However, over the last several years as more research has suggested a positive relationship between creativity, lifelong learning, and aging well, Lyngblomsten has increased its efforts to make these activities even more available to its older adults.

Lyngblomsten affirmed this strategy in the fall of 2014, when the Board of Directors approved a Strategic Priorities document for 2015–2020. One overarching philosophy found throughout the document is "vibrant aging." The document states: "The philosophy of aging vibrantly includes wellness of body, mind, and spirit, with lifelong learning and the arts as its hallmarks" (p. 9). This concept, it continues, "builds on the existing [Lyngblomsten] brand pillar of 'engaged lifestyle' and the desire for living with purpose" (p. 9).

Since then, Lyngblomsten has taken several steps to put this philosophy into practice.

- In February 2015, it hired Andrea Lewandoski as Lyngblomsten's first-ever Director of Lifelong Learning and the Arts. Creating this new position, Heinecke commented, was a big step for Lyngblomsten and shows how it is committed to the "vibrant aging" philosophy.

continued on page 4

- For almost a year, Heinecke and a number of staff have been meeting to discuss how Lyngblomsten can integrate this “vibrant aging” philosophy throughout the organization. Stay tuned for more details!
- And Lyngblomsten continues to celebrate the many ways its older adults are living engaged, creative lives 365 days a year through its Mid-Summer Festival, to be held this year on July 21 (see pages 9–12 for all the details).

Clearly, Lyngblomsten’s leaders and staff are committed to providing quality arts, lifelong learning, and wellness opportunities to older adults. But what do our participants have to say? Read on to find out how two of them—one living in the community and the other living on campus—have benefited from these opportunities.

Retired nurse pleasantly surprised to discover artistic talents

Pat Kirchoffner, a registered nurse who spent much of her career in the St. Paul Public Schools, lives a couple miles north of the Lyngblomsten campus in Roseville. Since retiring in 1996, she’s learned firsthand how beneficial creative endeavors can be.

“I was very busy,” Kirchoffner said, noting that in addition to working as a nurse, she spent time caring for her mother, brother, and aunt. Her mother and aunt spent their final months at the Lyngblomsten Care Center.

When asked why she started participating in activities offered through Lyngblomsten, her answer was simple: “I didn’t want to be in isolation.”

She first participated in Coach Bus Trips offered through Lyngblomsten’s community center (see page 6 for more information on upcoming trips). Since then, she’s become a regular attendee at art classes and lifelong learning opportunities, the latter including Armchair Traveler and Books-Cheese-Wine presentations.

One of the biggest benefits she gains by participating in these activities is connecting with others. “As you get older, you need to make new friends. You can become very isolated, and then you start to deteriorate,” she said. “This [opportunities

through Lyngblomsten] helps you get out and meet other people, and you get your mind off yourself. There’s joy and laughter and there’s sociability, and all that is important.”

She also appreciates how these activities have helped her discover things about herself that she didn’t know existed—including the fact that she’s an artist!

“I’ve made jewelry in Polymer Clay [classes],” Kirchoffner said. “I’ve had a lot of comments about the jewelry I’ve made. I respond, ‘Well, I made this over at Lyngblomsten.’ I feel good when they compliment me on it.”



At a recent Exploring Art class offered through 2nd Half with Lyngblomsten, Pat Kirchoffner displays a picture she created based on the style and techniques of artist Alma Woodsey Thomas.

She continued: “People say, ‘Oh, I can’t—I don’t have any artistic ability.’ And I say, ‘Well, if you can write your name, you can do artwork.’ It’s discovering your talents that you didn’t know you had.”

Lifelong learner enjoys opportunities available through Lyngblomsten

Janice Walker, a tenant at the Lyngblomsten Apartments since 2012, first encountered Lyngblomsten about 15 years ago. She was nearing retirement and wanted to find an opportunity to give back to her community. That’s when she saw an advertisement in her church bulletin asking for volunteers to help at the Lyngblomsten gift shop.

“I thought, ‘There’s something I can do,’” Walker said. So she signed up. As the years progressed,

she got to know many members of the Lyngblomsten family. These relationships motivated her to apply for a unit at the Lyngblomsten Apartments.

“I thought, ‘What am I going to do when my income is stagnant?’ So I put in my application, and I qualified, and it has been the biggest blessing ever,” Walker said.

Living at the Apartments hasn’t simply allowed Walker to feel financially secure; it’s also allowed her to participate in a plethora of arts and lifelong learning activities that add meaning and purpose to her life.

Janice Walker (second from right) smiles with friends at a party celebrating the fifth anniversary of the book club she founded in 2012 after moving into the Lyngblomsten Apartments.



To start, Walker loves the arts. For several years, she was an usher at the Ordway Center for the Performing Arts in St. Paul, and she spent over 30 years square dancing, including at local and national gatherings.

She’s continued to engage her creative self with Lyngblomsten. For example, in April and May of this year she participated in “The Story and Music of *La Boheme*” (see page 13 for a photo), an eight-week series taught by teaching artists from the Minnesota Opera. The one-hour workshops were held in the Lyngblomsten Apartments dining room. When the teaching artists needed five participants to perform a short skit that summarized the opera’s first scene, Walker jumped at the opportunity!

Well, if you can write your name, you can do artwork. It’s discovering your talents that you didn’t know you had.

-Pat Kirchoffner

She also enjoys the many musical performances offered at Lyngblomsten throughout the year—including the Second Sunday Concerts each month and the Husby Memorial Concert held in the spring. “We are very blessed to be having these different artists come to us, whether it’s in our dining room or in the chapel, or music or opera or painting or whatever,” Walker said.

Walker’s passion for the arts is matched by her passion for learning. She loves doing crossword puzzles and playing Scrabble, and she’s an avid reader. She even started a book club for tenants at the Lyngblomsten Apartments; the club just celebrated its fifth anniversary.

She also enjoys the learning that comes from exploring new places and meeting new people. “I love to travel,” Walker said. “It’s just fascinating to see where people have gone.” No wonder one of her favorite activities offered through 2nd Half with Lyngblomsten is Armchair Traveler presentations, during which community members talk about their travels around Minnesota, the U.S., and the world.

Like Kirchoffner, Walker thinks participating in all these activities is important because it keeps her mind active and helps her remain engaged with others. “Every single article you read about aging, you’re always told to keep your brain and your body engaged,” she said. “I want to see all people benefit from what Lyngblomsten offers.”

Now more than ever, the opportunities provided by Lyngblomsten are needed as Minnesota’s population continues to age. But with forward-thinking leadership provided by Heinecke and the Board of Directors, and with hundreds of supporters and volunteers who give what they can, Lyngblomsten will be able to provide these services for decades to come. **L**

Coach Bus Trips offered through 2nd Half are an excellent way to expand your horizons and make new friends | By Sam Patet



Kathi Kirchoff is a traveler at heart. For close to 30 years, she's been planning day and overnight trips for a variety of groups, including for Lyngblomsten's community center for the last year or so. She believes traveling is a joyful, exciting adventure.

"You get into a routine and you don't look beyond that sometimes," Kirchoff said. Traveling, she continued, introduces you to "the wonder of seeing things you hadn't seen and learning about them. ... That's part of it—the mystique of what you're going to learn and what you're going to see."

As we get older, however, making a road trip can become more difficult. Perhaps you don't feel comfortable driving several hours to a distant destination, especially at night or when the weather is poor. Or you don't know how you would spend your time (or your money!) once you arrive. Or you're in need of a travel companion.

That's where a Coach Bus Trip offered through 2nd Half with Lyngblomsten can be a great solution. Everything is planned for you, meaning you don't have to worry about driving or parking and you can rest assured that you'll have an engaging experience at an affordable price. And travel buddies are built in!

"We try and accommodate everything," Kirchoff said, noting that Lyngblomsten uses coach buses that are wheelchair accessible and that have a bathroom. Lyngblomsten has also worked with individuals who have service dogs.

One person who's participated in several Lyngblomsten trips over the last four years is Nina Ward. When asked why she enjoys travelling, one reason came to mind: education.

"Leisure I can sit at home and do," Ward said. "Why I travel is education. ... I love learning about

Above: Participants watch an artist from Red Wing Stoneware & Pottery while on a Lyngblomsten Coach Bus Trip to Red Wing, Minnesota, last December.


Right: Participants on a Lyngblomsten Coach Bus Trip (including organizer Kathi Kirchoff, right) enjoy a ride on a horse-drawn covered wagon last November at Cabin Ridge in Cadott, Wisconsin.

culture. I'm sort of an amateur geologist and anthropologist, so I love anything to do with humans and nature."

"Being able to delve into something different keeps your mind going," Kirchoff said, echoing Ward's comments. "It's like doing a new puzzle. It's refreshing, and it gives you a new outlook."

The trips are also great opportunities to meet new people and form new friendships. That's important for older adults, as they can become more isolated and lonely as they age.

Lyngblomsten has a number of trips planned for the summer, including one to Fossum's Alpaca & Yak Farm and Store in Northfield on August 16 and a boat tour along the St. Croix River, starting in Taylors Falls, on September 20. Sign up today, then simply board the bus, pick a seat, and enjoy the ride!

For more information about or to sign up for Lyngblomsten's upcoming Coach Bus Trips, check out our Summer 2017 2nd Half with Lyngblomsten catalog, available online at www.lyngblomsten.org/publications. Or contact Deb Hannasch at (651) 632-5330. 

Laughter and smiles form the heart of interactions between preschoolers and older adults at The Gathering

By Sam Patet

The third week of May 2017 was a wet one for much of Minnesota. But rain couldn't dampen the spirits of a group gathered at Augustana Lutheran Church in West St. Paul that Tuesday. The group consisted of old and young persons who were enjoying smiles and conversations over treats, juice, and coffee.

The old were participants in The Gathering, Lyngblomsten's respite program for persons with memory loss, which is hosted at congregations throughout the eastern Twin Cities (including at Augustana). The young were 4- and 5-year-olds who attend Augustana's preschool program, which is held in classrooms on the lower level.

This wasn't a one-time encounter for the two groups. They've been spending time together throughout the school year. That's a good thing, according to Teri Collins, director of Augustana's preschool program.

"I like the idea that the young preschoolers can see elderly people not as persons to be afraid of," Collins said.

One preschooler who's gotten to interact with participants in The Gathering is Parker Hult, age 5. His mom, Jill Hult, serves as Manager of the Lyngblomsten Apartments. Jill said Parker once told her that the older adults enjoy visiting with him and his classmates. "They said that they did like us," Parker said.

Collins couldn't agree more. "A lot of the elderly people seem to look at these children and remember their own children or relatives in their own family," she said. "You just see the joy on their faces."

Jean Breuer and Jeanine Wedekind are volunteers with The Gathering at Augustana, and they've been organizing these interactions for the last several

years. "The [preschool] teachers have been great to work with," Breuer said. "I think we're indeed fortunate that we have this opportunity."

Breuer and Wedekind explained that the groups gather four to five times during the school year, most often around holiday celebrations. "For two years now we've made simple valentines for the kids at the Boys & Girls Club here in West St. Paul," Breuer said. "And the Boys & Girls Club wanted to have an Easter egg hunt, so we bought a couple hundred [plastic] eggs and the kids helped us fill them [with candy]."

The preschoolers also performed their Christmas program for Gathering participants last December. "The Gathering participants really love to sing," Wedekind said.



The Gathering volunteer Jeanine Wedekind (upper left) peels an orange for preschoolers Henry Tamke and Parker Hult as they visit with The Gathering participants and volunteers on Tuesday, May 16.

Collins noted that the preschoolers don't know that the older adults have trouble remembering things. But that doesn't matter, as they simply enjoy their company.

Collins, Breuer, and Wedekind all think that these interactions are especially beneficial for preschoolers who don't have living grandparents. And Breuer thinks it's a great way for young persons to learn about how much older adults care about them. "I hope that the kids will learn [about] respecting [their elders] and the fact that older people care about them," she said. **L**

Wanted: Lead Volunteers for The Gathering group respite. Roseville. Lead, plan, delegate. Friendly, safe environment. 1:1 volunteers for participants with early- to mid-stage dementia. Training & supervision provided. Contact Betsy Hoffman at bhoffman@lyngblomsten.org or (651) 414-5291.

Lyngblomsten earns Service Enterprise certification



By Sam Patet

After months of planning and training, Lyngblomsten was certified as a Service Enterprise in May 2017. This designation is given to a small percentage of nonprofits nationwide for their exceptional volunteer programs. Lyngblomsten is the first senior care organization in Minnesota to become a Service Enterprise.

“I think being certified as a Service Enterprise organization fits us really well,” said Jeff Heinecke, President and CEO of Lyngblomsten. “In my estimation, our volunteer program is one of the biggest differentiators between Lyngblomsten and other senior healthcare organizations in the Twin Cities. Volunteerism has been a part of our history since our beginnings in the early 1900s, and I think the Service Enterprise certification affirms that what we’re doing is the right thing.”

The Service Enterprise Initiative, or SEI, recognizes nonprofits that strategically engage volunteers and their skills across all levels of the organization to deliver successfully on their social missions. Currently, nearly 300 organizations in 20 states and Puerto Rico have been certified as Service Enterprises, including 35 in Minnesota.

Tim Overweg, Manager of Volunteer Services for Lyngblomsten, coordinated the certification process for Lyngblomsten. He said of the hundreds of Service Enterprises across the country, only nine provide services to older adults. And of those nine, only Lyngblomsten provides a full continuum of services.

SEI is overseen by Points of Light (a national nonprofit dedicated to volunteer service), which works with local organizations to administer the program. In Minnesota, Points of Light collaborates with HandsOn Twin Cities and the Minnesota Association for Volunteer Administration (MAVA).

Lyngblomsten began the process to become a Service Enterprise in the fall of 2016. The process

included having staff from across the organization:

- Complete an online survey (the Service Enterprise Diagnostic, or SED) that measured the health of Lyngblomsten’s volunteer program,
- Complete over 20 hours of training with representatives from HandsOn Twin Cities, and
- Create an action plan that addressed areas for growth.

Katie Walsh, Program Director for HandsOn Twin Cities, worked with Lyngblomsten during the certification process. Having worked with Lyngblomsten before, she wasn’t surprised by how high it scored on the initial SED assessment.

“This is the highest SED score that I have seen to date,” Walsh said, comparing it to the scores of over 45 Minnesota nonprofits with which HandsOn Twin Cities and MAVA have worked. Lyngblomsten’s overall score, she continued, was 84 out of a possible 100.

“Even though they scored high, the team led by Tim [Overweg] recognized this was a great opportunity to look at where they could streamline and make improvements,” Walsh said. She thinks this is one factor that led Lyngblomsten to be certified so quickly. From start to finish, it took Lyngblomsten about nine months to become certified, whereas for most organizations it takes well over a year.

Using insights gained from the certification process, Lyngblomsten plans on pursuing a number of goals over the next several years, including providing volunteers with more opportunities for skills-based volunteering, creating a culture where all staff see volunteers as important partners in their work, and increasing Lyngblomsten’s presence at volunteer recruitment events in the community. Attaining these goals is important, as Lyngblomsten will have to apply for recertification in three years. **L**

A Sneak-Peek at the 2017



LYNGBLOMSTEN MID-SUMMER FESTIVAL

A Celebration of Arts & Lifelong Learning

2–8 PM on the Lyngblomsten campus at
1415 Almond Avenue, St. Paul, MN 55108

*Come and celebrate enrichment
activities that promote artistic
exploration and lifelong learning.
There's something for everyone!*

- * Arts showcase featuring works by older adults
- * Make-&-take art activities for all ages
- * Music, dance, and theatrical stage performances
- * Wellness Lounge
- * Food
- * Games for kids

Friday
JULY 21
2017

Admission & Tickets:

Admission to the Lyngblomsten Mid-Summer Festival is FREE! Admission also includes the arts showcase and all music and entertainment. Tickets are 50 cents each and are needed for food, games, and make-&-take art activities. Tickets can be purchased in advance at the Lyngblomsten Care Center reception desk July 14–20 or on site at the festival. Cash and checks accepted.

Parking & Shuttle Bus:

Street parking around campus will be limited. A free Lyngblomsten shuttle bus will run every 20 minutes, 1:30–8:30 PM, from the Cub Foods parking lot at 1201 Larpenteur Avenue West, Roseville. Please park in the southwest corner of the lot, near the pavilion.



more Festival details →



A Sneak-Peek at the 2017 LYNGBLOM



MAKE-&-TAKE

ART

ACTIVITIES

Spark your creativity, learn something new, and create your very own masterpiece to bring home and showcase. Activities are for all ages and abilities! Projects will include clay butterflies, polymer clay pens, splatter garden art, mini canvas art, wet felt bee bracelets, and weaving bookmarks and keychains.



FREE!

ARTS & LIFELONG

LEARNING SHOWCASE



Photos by Jim Nash



An exhibit displaying a variety of art forms created by older adults throughout the year through Lyngblomsten's arts and lifelong learning programs, including photography, Art with Heart, Northern Clay Center, Creative Circle, Art History, MacPhail Center for Music, Minnesota Opera, and Alzheimer's Poetry Project.

MUSIC &

FREE!

ENTERTAINMENT



Outdoor Main Stage:

- * Kalpulli Ketzal Coatlicue Aztec Dancers
- * Minnesota Opera
- * Ragamala
- * Kairos Alive!
- * MacPhail Jazz Quartet
- * HealthRHYTHMS Drumming

Theatre Stage:

- * Lakeshore Summer Youth Players
- * Theatre games for all ages
- * 10-minute plays
- * Storytelling workshop
- * Lakeshore Radio Players



Arts Showcase Stage:

Live music and poetry readings throughout the day

LYNGBLOMSTEN MID-SUMMER FESTIVAL ✨

NEW!

WELLNESS LOUNGE



Sample some of Lyngblomsten's wellness programs designed for older adults and caregivers with a focus on caring for mind, body, and spirit.

- * Adult coloring pages
- * Music & Memory interactive stations **FREE!**
- * Aromatherapy
- * Pet visits **FREE!**
- * Chair massages
- * Hydration station **FREE!**
- * Wellness demos of Ageless Grace and yoga **FREE!**



FOOD

Delicious food and beverages will be for sale from Grand Ole Creamery & Pizzeria including ice cream cones, corn, pulled pork and chicken sandwiches, hot dogs, brats, hamburgers, veggie burgers, and pizza.



GAMES & ACTIVITIES

Games and activities will include an art mart, bouncy house, sand art, art selfies, puppet making, crazy hair, and more!



Come and experience for yourself how Lyngblomsten is promoting artistic exploration, wellness, and lifelong learning for all ages 365 days a year.

Bring your family, friends, and neighbors! Admission is **FREE**, and creative activities, food, and games are priced for affordable fun.

A Sneak-Peek at the 2017

LYNGBLOMSTEN MID-SUMMER FESTIVAL

The Lyngblomsten Mid-Summer Festival is a day to celebrate a wide variety of life-enriching experiences that promote artistic exploration and lifelong learning. The day also provides a unique opportunity for older adults to showcase—through various art forms—their continuing capacity to be purposeful and engaged, and for the community to participate in learning about, supporting, and celebrating the contributions of older adults.

For Lyngblomsten, promoting wellness, arts, and lifelong learning is not just a one-day-a-year event. It's an EVERY-day-of-the-year philosophy! Lyngblomsten's pillar of "engaged lifestyle" is a commitment to supporting the desire of older adults to live with purpose, no matter what limitations may exist for someone. 365 days a year, Lyngblomsten provides a robust offering of opportunities to author one's life and live vibrantly in body, mind, and spirit.



Thank you to our sponsors:

Main Stage Sponsor (\$1,000):



Art Showcase Sponsor (\$750):

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Recreational Booth Sponsor (\$500):

- * Piché & Associates Real Estate

Art Activity Sponsor (\$500):

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- * Wet Paint

Booth Sponsor (\$500):

- * Griffith Printing
- * FastSigns (Roseville)

-
- * ASL interpreters provided
 - * Wheelchair accessible

The Lyngblomsten Mid-Summer Festival is proudly part of **ComoFest 2017: Fun Every Weekend in July**



Visit www.CelebrateMSF.com

for more information and to download the official Festival Guide to help plan out your day. General questions? (651) 646-2941 or info@lyngblomsten.org.

1



1. On May 18, Mayor Chris Coleman of St. Paul (standing) visited Lyngblomsten in celebration of Older Americans Month. About 30 people attended.

2. Lyngblomsten Apartments tenants Arlene Lellelid (left) and Barbara Simmonds (right) enjoy reenacting the first scene of the opera *La Boheme* during a workshop on April 11. The 8-week series was taught by teaching artists with the Minnesota Opera, including Alisa Magallón (standing).

3. Pastor Kelley Bergeson (right), Director of Spiritual Care for Lyngblomsten, poses with a new set of paraments (including a matching stole she is wearing) specially made for Lyngblomsten. Also pictured is the artist who created them, Chillon Leach, and youth volunteer Ingrid Mundt (left), who secured the funds to have them made.



2

Lyngblomsten Scrapbook

3



Lyngblomsten celebrated Homes for the Aging Week May 14–20 with garden-themed activities, including an All-Campus Garden Party on May 18.

4. Residents and tenants enjoyed watching Lyngblomsten employees participate in an exciting game of *Family Feud* at the All-Campus Garden Party.

5. Adell Niendorf (left), a resident at the Lyngblomsten Care Center, gets her picture taken with family at a garden-themed photo booth on May 18.



4



5

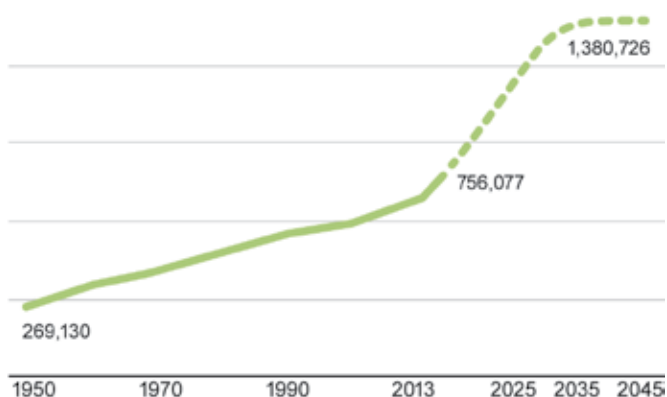
Under the Surface

By Melanie Davis, Chief Development Officer

Recently, my husband Tom and I had the opportunity to visit Yellowstone National Park. As we walked to the Visitors Village close to the site of Old Faithful (pictured to the right), we saw several signs that indicated the approximate time the geyser would next erupt. We quickly made our way to join hundreds of other tourists awaiting, from a safe distance, the next magnificent show of nature. And just as predicted, Old Faithful did not let us down—shooting thousands of gallons of steaming hot water high into the air in an amazing display of power and beauty. I hold on to this cherished vacation experience and now see my world through the metaphor it provided.

Back here in Minnesota, we are also beginning to see predictions posted all around regarding another natural wonder brewing under the surface—something soon to erupt that we've never seen the likes of before: a demographic explosion. With a spike that rivals Old Faithful, the chart below shows the predicted increase in the number of persons 65 and older in Minnesota.

Minnesota population age 65 years and older



Source: www.mncompass.org/demographics/age#1-5229-g

Some experts are lifting up the wondrous possibilities about to burst forth. Senior economist Chris Farrell demonstrates in his newly released book, *Unretirement*, how boomers who are in good health will extend their lives through entrepreneurial ventures, new careers, and volunteer service. He believes boomers—with their wisdom and experience and continued earnings—will help

provide economic stability and continue to enrich America as they age.

While there is potential for magnificence, this eruption also brings the increasing potential for danger that threatens many older adults and our capacities for service. The Minnesota Compass reports that 78 percent of all senior households are financially vulnerable. For almost 30 percent of Minnesotans age 65 and older, Social Security is their only source of income, leaving them unable to afford market-rate housing, most home health services, assisted living, or skilled care services.

At present, we at Lyngblomsten are feeling the initial pressure of the explosive population growth of older adults and know that a greater display of need is brewing under the surface and soon to explode forth. That's why strengthening our community services through our new 2nd Half with Lyngblomsten life enrichment centers is so vitally important. Together, we can engage boomers and build neighborhood networks of support to assist older adults to age well in their own communities. It's important to advocate for HUD appropriations, government funding, and other creative solutions so that we can meet the anticipated increase in demand to provide affordable housing and skilled nursing care to our most vulnerable older adults.

Just like Old Faithful, we can predict the coming spike in aging but not its magnitude and how we will experience it. Your support is more important now than ever before. Thank you in advance for joining with us to take in all the beauty that aging can bring while also helping to ensure that no one is caught in harm's way.

If you would like to visit with Melanie about how you can engage with Lyngblomsten to make a positive difference, please contact her at (651) 632-5356 or mdavis@lyngblomsten.org. **L**



Photo by Melanie Davis

Corporate Connections

By Shannon Parker, Manager of Corporate Engagement



Sponsor Profile: Pro Rehab



As part of its sponsorship, representatives from Pro Rehab attended the Spring Gala.

For over a decade, Pro Rehab of Watertown, MN, has supported the Lyngblomsten Foundation's spring fundraiser. This year was no different, as the company was a Platinum Sponsor (\$5,000+) for the Spring Gala held April 21.

Lyngblomsten contracts with Pro Rehab to provide physical therapy and occupational therapy services to its residents and tenants on campus.

"I feel like we [Pro Rehab and Lyngblomsten] have a common goal—an approach—to the care of residents," said Jeff Dagen, President/PT of Pro Rehab. "We just wanted to reinforce this partnership that we've had with Lyngblomsten."

Dagen is also passionate about what this year's Spring Gala supported—Lyngblomsten's community-based programs for persons with memory loss and their caregivers. "When they [caregivers] get a break, it makes it less challenging for them," Dagen said. "Anything that's available ... to keep them [persons with memory loss] in the community and with their family and in their home the longest are all good and valuable."

Thank you, Pro Rehab, for supporting the Lyngblomsten Foundation!

For more information on how your business can get involved, contact Melanie Davis at mdavis@lyngblomsten.org or (651) 632-5356.

Opportunities to Get Involved

Learn at Lunch with Lyngblomsten

Schedule a presentation for your employees. Lyngblomsten staff can present several topics, including *The Healthy Brain*. Learn strategies you can take to help ensure a healthier brain based on the four things you can do now for mental fitness. See more topics and details at www.lyngblomsten.org/get-involved/learn.

Year-Round Opportunities

Flexible Events:

State Capitol Tours (through September):

8:45 AM–12:30 PM. Accompany a resident on a tour of the capitol. 5–8 volunteers.

Strolls to Como Zoo (through Summer):

9 AM–Noon. Accompany residents on a stroll through Como Park and Como Zoo—a great way to spend a morning or afternoon. 20–30 volunteers.

Pre-Scheduled Events:

Halloween Bingo: October 31, 1–4 PM. Join residents for a festive celebration. Assist with setting up, playing, calling numbers, and handing out prizes. Costumes welcome. 15–25 volunteers.

Veterans Day Celebration: November 10,

1–4 PM. Assist with activities to honor veterans, serve refreshments, and visit with residents. 10–15 volunteers.

Thank You! We appreciate the following corporate volunteer groups that have made a difference in the lives of Lyngblomsten residents so far this year (1/17–5/17):

- | | |
|-------------------|-----------------------|
| Cummins | Target |
| Meridian Services | United Healthcare— |
| Midwest Sign & | Medicare & Retirement |
| Screen Printing | |
| Northern Tool + | |
| Equipment | |



Summer is bursting forth and so are plans for campus improvements

By Patricia Montgomery

When the Lyngblomsten Board of Directors approved the Strategic Priorities in late 2014, they naturally had their eye on the future. A major strategy within the “Align Residential Services” section is to upgrade the existing physical plant on the Como Park campus with the latest technology and design to match consumer needs and expectations.

“Our campus is known for being attractive to individuals of all income levels,” said Jeff Heinecke, President and CEO of Lyngblomsten. “However, everything history tells us about baby boomers suggests that status quo in our physical appearance and functionality will not suffice for the years ahead. Plus, it’s in Lyngblomsten’s DNA to always look for ways to improve the experience for all those we serve.”

For well over a year, a workgroup has been gathering needs, wishes, and options in the areas of maintenance, technologies, and amenities. The

comprehensive list includes mechanical items, interior and exterior renovations, and landscaping. The final list of recommended capital improvements will be presented to the Lyngblomsten Board for approval very soon.

The first significant project underway is the installation of a new call light system. While not a glamorous undertaking, the benefits of an upgraded system were deemed so important that it was taken to the Board already for pre-approval.

The next project anticipated will be landscape improvements along Almond Avenue at Lyngblomsten Care Center. The illustration above gives a sneak peek of the vision for the center island. Plans for completely transforming this underutilized area include a central space for tables and chairs with a water feature framed by two stacked stone seating walls, smaller subspaces for small group conversations, trees for shade, and a variety of perennials for color and texture that will be of interest to people and wildlife alike. Landscaping along the building and street will also receive attention. **L**

Illustration (above) shows the view from standing in the renovated island looking toward the main entrance at 1415 Almond Avenue.

Join Team Lyngblomsten for the 2017 Twin Cities Walk to End Alzheimer’s

Saturday, September 9

Target Field (1 Twins Way, Minneapolis, MN)
Route Length: 3 miles or 1 mile shortcut

Join Team Lyngblomsten in the fight against Alzheimer’s by walking with us or making a donation to the team’s fundraising page. To register for the walk or donate, visit www.lyngblomsten.org/walk.

Questions? Contact Jackie Hesse at (651) 632-5421 or jhesse@lyngblomsten.org.



VOLUNTEERS NEEDED TO HELP WITH A VARIETY OF ACTIVITIES

Lyngblomsten relies on the time and talents of hundreds of volunteers to enrich the lives of the older adults we serve. If you're looking for a new volunteer opportunity this summer, consider partnering with Lyngblomsten.

We're looking for help with a variety of activities, including the following:

- Helping with a **clay or pottery class** (Thursday mornings or afternoons)
- Helping with a **drumming class** (Monday morning, one time a month)
- Assisting with **bingo** in the chapel (Thursday mornings or Saturday mornings)
- **Baking cookies** once a week in the Lyngblomsten Apartments (day is flexible)
- Cashiering in **Anna's café & gifts** (various days, monthly or weekly)
- **Transporting** residents and patients to physical therapy (various days weekly)

In March, April, and May 2017, **449 individuals** volunteered **8,133 hours** for Lyngblomsten programs (including at The Gathering sites). That's **1,113 more volunteer hours** than during the same period last year! Way to go, volunteers!

If you haven't volunteered with us before, be sure to sign up for a New Volunteer Orientation.

Upcoming dates:

- Thursday, July 20, from 6–8 PM
- Tuesday, August 15, from 6–8 PM
- Saturday, September 16, from 10 AM–Noon

To learn more about volunteering or to register for orientation, contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

LYNGBLOMSTEN FOUNDATION'S SPRING GALA RAISES AWARENESS AND FUNDS FOR MEMORY LOSS

On April 21, more than 250 friends of Lyngblomsten gathered at Vadnais Heights Commons united in a shared desire to help a special group of people in our community: the growing number of people with memory loss living at home with their caregivers. This year's event was emceed by Gayle Kvenvold, President and CEO of LeadingAge Minnesota.

More than \$93,000 was raised to support Lyngblomsten Community Services, including The Gathering (group respite), caregiver support groups and coaching, and resource and referral support. Thank you to everyone involved who helped make the evening a success!



EVENT SPONSORS

PLATINUM
(\$5,000+):



GOLD (\$2,500+):

Bremer Bank, McGough

SILVER (\$1,000+):

CliftonLarsonAllen

Delta Dental of Minnesota

BRONZE (\$500):

Griffith Printing



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 care-giving, innovative thinking, problem-solving, and opportunity seeking.

Through our **community** of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

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

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

March 1, 2017, through May 31, 2017

In Memory of

Mary Choitz	Jeanette Kelsey	Carol Sather
John Fowler	Dorothy Navratill	Evelyn Sedio
Barron Geisen	Mary Ann O'Connor	George Sowada
Howard E. Hanson	Helen Overbee	Marge Tarver
Marilyn Johnson	Joe Price	Marcella Weegman
Yvonne Johnson	Blanche Sanders	June Wrolstad
Lorraine F. Jones		

Aging Matters with Lyngblomsten

Join us for **Aging Matters with Lyngblomsten**, a one-hour informational session about the work of Lyngblomsten and the need for continued innovation in older adult services.

Upcoming Dates:

- Thursday, July 13: Noon-1 PM
- Thursday, July 27: 5-6 PM
- Thursday, August 10: Noon-1 PM
- Thursday, August 17: Noon-1 PM
- Thursday, September 14: Noon-1 PM
- Thursday, September 21: 7:30-8:30 AM

Sessions will be held on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul.

How to Register: Register for a mission tour online at www.lyngblomsten.org/AgingMatters. Questions or for more information, contact Veronica Williams at (651) 632-5324 or foundation@lyngblomsten.org.

Events Calendar

Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Registration should be made at (651) 632-5330 or 2ndHalf@lyngblomsten.org, unless otherwise noted.

NOTABLE DATES

August 21 – Senior Citizens Day

September 10 – National Grandparents Day

September 21 – World Alzheimer's Day

Month of July

ComoFest 2017: Fun Every Weekend in July
www.comofest.org

Wednesdays, July 12–August 16

Living Well with Chronic Conditions
10:30 AM–12:30 PM at Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake)
A six-week workshop that offers practical tips and guidelines on a variety of topics in order to feel more in control of managing health issues. \$15; registration required by July 7.

Sponsored by the Amherst H. Wilder Foundation.

Friday, July 21

Lyngblomsten Mid-Summer Festival:
A Celebration of Arts & Lifelong Learning
2–8 PM on the Lyngblomsten campus
Details on pages 9–12.

Wednesday, August 2

Continuing Education for Lyngblomsten Volunteers
Lifelong Learning and the Arts: Wellness
9 AM–1 PM in the Newman-Benson Chapel at Lyngblomsten
Open to current and prospective Lyngblomsten volunteers. FREE; registration required by July 28.
To register, contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

Sunday, August 13

Second Sunday Concert
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
FREE concert featuring piano performance by Gail Olszewski from MacPhail Center for Music.

Sunday, August 13

Friends of Lyngblomsten Motorcycle Fun Run
Love Motorcycles? Love Lyngblomsten? Join us for a motorcycle run to Interstate Park in Taylors Falls! To register or for more information, contact Lyngblomsten volunteer Thom Campbell at thomgc5@gmail.com.

Thursday, August 17

Meet the St. Paul Chief of Police
3–4:30 PM in the Community Room (lower level)
Visit with Todd Axtell, St. Paul Chief of Police.
FREE; registration required by August 14.

Saturday, September 9

2017 Twin Cities Walk to End Alzheimer's
Target Field, Minneapolis
Details at www.lyngblomsten.org/walk.

Sunday, September 10

Second Sunday Concert
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
FREE concert featuring piano and vocal performance by Paula Lammers from MacPhail Center for Music.

Monday, September 18

Older Adult Ministry Forum: Am I Really Listening? Becoming a Purposeful Listener
10 AM–Noon in the Community Room (lower level)
Presented by Barb Schwery, Executive Director of BeFriender Ministry. Details on the back cover.

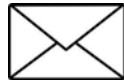
MINNESOTA STATE FAIR NOTE:

During the days of the Minnesota State Fair, August 24–September 4, parking around the Lyngblomsten campus is very limited. Please plan accordingly.

For updates and more events, visit www.lyngblomsten.org/calendar.



View the current 2nd Half with Lyngblomsten catalog and subscribe to *Engage*, our monthly eNewsletter, at www.lyngblomsten.org/publications



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CHANGE SERVICE REQUESTED

Resources for Churches

Older Adult Ministry Forum: Am I Really Listening? Becoming a Purposeful Listener

Monday, September 18, 2017 | 10 AM–Noon
Lyngblomsten, Community Room (lower level)
1415 Almond Avenue, St. Paul

Have you ever asked yourself: “*What if I could learn how to listen better or respond differently to the older adults in my faith community?*” or thought: “*I don’t know what to say.*”

In this fun and interactive session, you will have the opportunity to learn attitudes and skills that will enhance your ability to listen with understanding and compassion. You will leave with practical tools to fine-tune and transform your listening abilities and improve your ministry to older adults. Light refreshments will be served.

Presenter: Barb Schwery, Executive Director, BeFriender Ministry

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. *If you are signing up as a group, please do so at one time.*

Registration required by September 14 to (651) 632-5330 or 2ndHalf@lyngblomsten.org.

Workshop: Becoming a Dementia-Friendly Congregation

Friday, October 6, 2017 | 10 AM–Noon
Lyngblomsten, Newman-Benson Chapel
1415 Almond Avenue, St. Paul

Move beyond fear of the “D” (dementia) word in this strength-based session to offer opportunities to our most vulnerable and voiceless. Show the love of God through ACTION by learning ways to see a person’s ABILITIES, supporting and encouraging those with memory loss in your faith community. Light refreshments will be served.

Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. *If you are signing up as a group, please do so at one time.*

Registration required by September 29 to (651) 632-5330 or 2ndHalf@lyngblomsten.org.