



Lyngblomsten Lifestyle

Fall-Winter
2023



STORIES OF LIFE:

First Residents of Lino Lakes Campus
Reflect on their New Home

MORE IN THIS ISSUE:

Lino Lakes Timeline from 2014-2023
Lyngblomsten Snapshots from 2023

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Letter from the Editor

Dear Readers,

It's only natural there's been much attention on the construction of a new campus for Lyngblomsten. There's progress to observe, responsibilities to monitor, milestones to celebrate, and excitement about a new time in Lyngblomsten's history. But, as incredible as all that has been, none of this attention is really about the building. It's all about the **people**. Our mission calls us to serve older adults, and that's where the focus is and our hearts are.

In this edition, you'll meet a couple of the first residents of Lyngblomsten at Lino Lakes as well as the people for whom roads and venues have been named. You'll step through the timeline of major points along the journey from the conception of a new campus to its grand opening. And you'll peruse photos of the spaces where residents are settling into daily life, making friends, and exploring new opportunities.

It's a new era for Lyngblomsten as we transition from one campus to two—branching to Lino Lakes, with deep roots in Como Park. Could the women who founded Lyngblomsten 117 years ago ever have imagined how the seed they planted would grow and thrive?! It's our time to tend the mission, and I'm glad you're on the journey with us!

Don't just live; leave a legacy!

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

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On the Cover: Longtime supporter Esther Tatley is pictured next to a history display at the Lyngblomsten at Lino Lakes campus, her new home since July 2023.



Esther Tatley's introduction to Lyngblomsten came early in life. When she was about five years old, her father, a Lutheran pastor, told her, "If I ever need a nursing home, bring me to Lyngblomsten." She didn't know what that meant, but her father was planting seeds for her future involvement with Lyngblomsten. Her father's request definitely stayed with Esther—so much so that today, she just might be the most active ambassador for Lyngblomsten since founder and first president Anna Quale Fergstad. Like Anna (whom she calls "a force"), Esther has a servant's heart and is proud of her Norwegian heritage. She even has a framed photo of the Lyngblomsten founding women displayed in her apartment.

Growing Involvement with Lyngblomsten

As an adult, Esther has been very involved in her church, Prince of Peace Lutheran in Roseville, which is a Lyngblomsten member congregation. Esther's pastor believed her valuable nursing background would make her a good fit to serve on the Lyngblomsten Board of Directors, and he encouraged her to join. Thus,

Esther's pastor was watering the seeds that her father had sown.

Her service through Lyngblomsten has spanned decades, and she has volunteered her time in various roles, including serving as a board member and board chair, representing her church as a congregation delegate, and being a financial donor, and she has loved all of these roles. "When you have people gathered for a purpose, there is inspiration. I got involved," she stated. "And that was that!"

One program that she felt strongly about being involved with is The Gathering, a group respite program through Lyngblomsten Community Services for older adults living at home experiencing early- to mid-stage memory loss that offers their caregivers a much-needed break. For many years she led a cohort of The Gathering—as well as a caregiver support group—explaining that "community health [school and parish] nursing is my background, and I'm very interested in and passionate about helping those who are caring for loved ones with memory loss."

Continued on page 4

Expanding Roots to Lyngblomsten at Lino Lakes

A few years ago, Esther, a widow for about 15 years, took a break from volunteering at Lyngblomsten to focus on downsizing, preparing her home for sale, and considering senior living communities.

"I figured I'd better start planning now," she said. "Looking for a place like Lyngblomsten at Lino Lakes was high on my list of priorities. I knew I couldn't stay in my home anymore," she continued.

She didn't know then where her new home would be, but as the new campus in

Lino Lakes moved closer to becoming a reality, her decision was made after she attended a Sneak Peek event about Lyngblomsten at Lino Lakes in 2019. "I called a friend right away, I was so excited!" she said. "I'm a very social person!" she explained, which is why she wanted to move to a senior living campus with many opportunities for interaction and building community. In July 2023, Esther was among the first people to move into the independent living apartments in the main building.

The community-building isn't just about residents. Esther has high praise for the staff of Lyngblomsten at Lino Lakes: "The lovely staff is top of the line. The staff who work in the kitchen are so well spoken, and they know my name and apartment number!" she exclaimed. She also appreciates that chef Jerry Kane is committed to preparing delicious, inventive, healthy cuisine, and she enjoys gathering with others for meals and making new friends. "There's a network that happens here," she said.

Not only is Esther a resident of Lyngblomsten at Lino Lakes, but because of her Norwegian heritage and her knowledge of the Norwegian

language, staff asked her to help choose the Norwegian names for the apartment floor plans. And she happily volunteered at the Grand Open House in October, serving food at Wally's, saying, "Serving brings its own joy and introduces you to others whom you might not normally meet." And she continues to plant seeds with others—

like her father and pastor did for her—by telling about her positive experiences and roots she has had with Lyngblomsten.

Sharing her Story and Advice

Not everyone is as connected to a senior services organization as Esther is, so we asked her

how she would encourage others who are in the same stage of life and planning their next steps. "We all know we are going to age and go through certain stages and phases," she said, "so it's important to plan and make things easier for our children." She continued, "I try to share my own story," which is influenced by her perspective as a nurse. "My advice is to age where you can have support at your age and stage."

Reflecting on the past few months and settling into campus life with Lyngblomsten at Lino Lakes, Esther remarked, "It's so nice to have everything you need!" as she looked around her spacious, light-filled apartment. Like Lyngblomsten itself, Esther is rooted in the Como Park campus and has now branched out to Lyngblomsten at Lino Lakes. And she couldn't be more content. **L**



In her role as board chair, Esther meeting with then President & CEO Paul Mikelson in 2011.



Making History

Meet Marie Hammond, First Resident of Lyngblomsten at Lino Lakes

Marie Hammond made history on February 16, 2023, as the first resident of Lyngblomsten at Lino Lakes when she opened the door for the first time to her new home. Lyngblomsten staff made the moment special with a beautiful bouquet of fresh flowers and a personal welcome from Jeff Heinecke, President & CEO, greeting her at her townhome door.

Learning about Lyngblomsten

Marie, who hadn't been familiar with Lyngblomsten, had researched and visited several other senior living communities in the Lino Lakes area, but those campuses didn't offer townhomes, which was what she was looking for. She learned about Lyngblomsten at Lino Lakes through friends who were anticipating moving to the new campus. They drove Marie around the site as it took shape, and she liked the woodsy feel of the area and the plans and layout for the detached townhomes. "Moving from a house, I wanted to be able to open my own front door and step outside," she explained.

Enjoying Community

"Being the first person to live here, I have made several friends," she reflected, adding that she likes conversations over continental breakfast at Wally's restaurant in the main building, a spot she describes as a "good meeting place." She has also been pleasantly surprised by a neighbor's unexpected acts of kindness. Recently, Marie spent several weeks in a rehab facility, and a new neighbor visited her, bringing her coffee and taking care of her laundry. "This was very thoughtful of her. That gesture makes this feel like a neighborhood!" Marie remarked.

Sharing her Passion for Art

A nurse by trade, Marie created art in her spare time, painting with watercolors and acrylics.



Marie Hammond with President & CEO Jeff Heinecke outside her new townhome on move-in day.

Since retiring, she has had more time to focus on her art, which is displayed throughout her townhome and also at a studio in Saint Paul. She turned her second bedroom into a home art studio, which serves as a bright and inspiring space for her work.

Marie recently shared her work and artistic talent by volunteering at the Grand Open House for Lyngblomsten

at Lino Lakes in October. During the event, she led a drawing class for guests in the studio/classroom of the main building. And with an invitation



Marie Hammond teaches guests at the Lyngblomsten at Lino Lakes Grand Open House on Oct. 7, 2023.

from Holly Nelson, Director of Lifelong Learning & the Arts for Lyngblomsten, Marie has begun teaching a drawing class for residents.

At nine months since moving to Lyngblomsten at Lino Lakes, Marie is enjoying one-level living. Spending time outside on her front porch and back patio is always refreshing, as she can watch the changing seasons and the diverse wildlife, including deer, turkeys, and foxes. Marie loves her interior space, too, and she's not the only one who feels this way. She said that guests and visiting physical and occupational therapists (who have seen dozens of senior living campuses) have raved about the finishes, brightness, and open concept of her townhome.

"With a brand new place, this feels like a new beginning," she said. Indeed, it is! **L**

Nine Years in the Making

2014

2017

2018

2019

2020

2021

2023

October 27, 2014 Lyngblomsten Board of Directors unanimously approves the five-year strategic direction for Lyngblomsten. One of those priorities was to explore building a second campus.

Summer 2017 A site co-located with a member congregation in Arden Hills is explored.

September 6, 2017 Lyngblomsten staff begin exploring a site in Lino Lakes.

May 7, 2018 Lino Lakes' City Council discusses an informal concept plan submitted by Lyngblomsten.

April 8, 2019 Lino Lakes' City Council approves the preliminary plat/planned unit development stage of the project.

July 8, 2019 Lino Lakes' City Council holds a public hearing and passes a resolution approving a tax increment financing (TIF) plan to assist the project.

September 5, 2019 First Sneak Peek information session is held for prospective residents at Living Waters Lutheran Church in Lino Lakes. Marketing staff begin taking reservations for units.

March 27, 2020 MN Governor Tim Walz signs an emergency executive order directing Minnesotans to stay at home to slow the spread of COVID-19. Sneak Peeks that were scheduled are cancelled, and the project is paused.

January 2021 Lyngblomsten begins exploring a new financial plan for the project through the Mission Investment Fund of the ELCA and Choice Bank.

July 26, 2021 Lino Lakes' City Council gives final approval for the project.

September 27, 2021 Lyngblomsten Board of Directors gives final approval to move forward with the project. Financing for the \$65 million project closes a week later on October 5.

November 9, 2021 Ceremonial groundbreaking held, paving the way for a campus to include rental townhomes, independent living, assisted living, memory care, and later skilled nursing.

February 16, 2023 Marie Hammond moves into a rental townhome, making her the first resident of the Lyngblomsten at Lino Lakes campus.

July 10, 2023 First independent living residents move into apartments. By July 31, 2023, fifty-one residents had moved into 37 independent living apartments.

August 15, 2023 First resident moves into the memory care wing, followed by the first resident of the assisted living wing on August 16.

October 7, 2023 Grand Open House held.



▲ Quad Community Press article from February 2019 showing an initial design.



▲ The Lyngblomsten Board of Directors who voted to proceed with the project in September 2021.



▲ Land O' Dixie entertains at the Grand Open House on October 7, 2023.



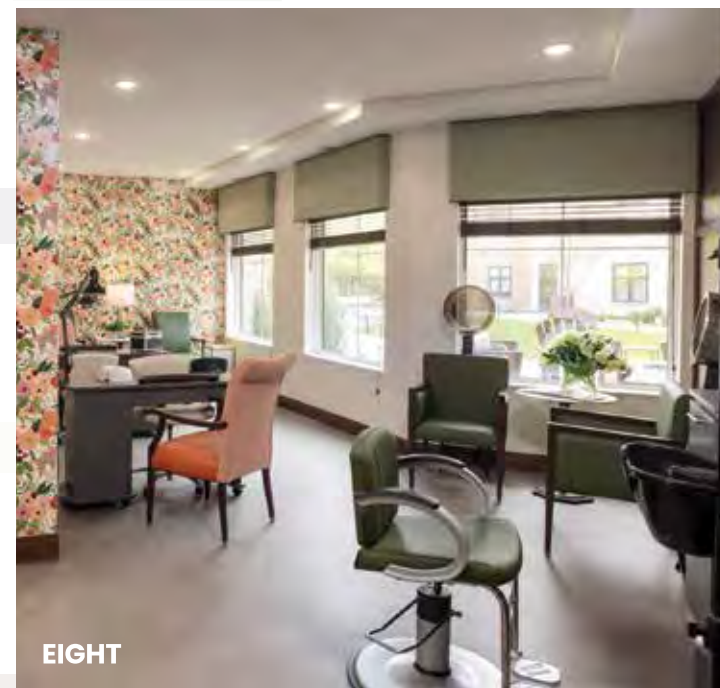
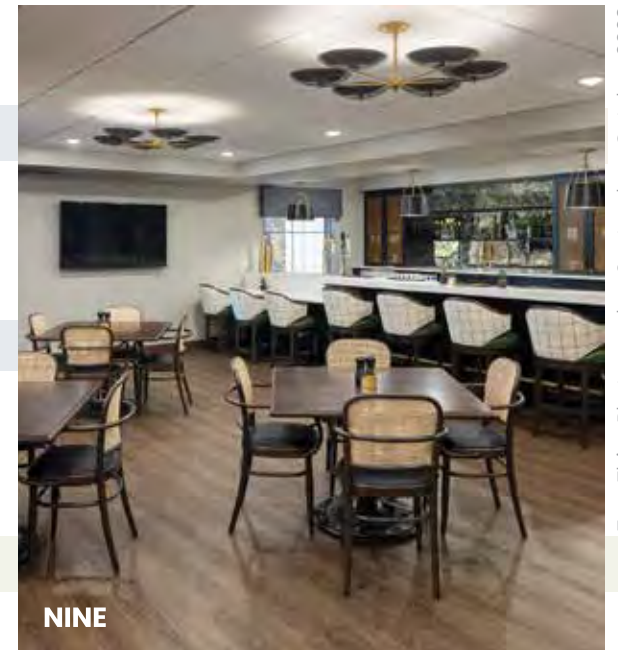
▲ One of the first residents about to enter her new home in July 2023.



▲ Sneak Peek information session in Shoreview in November 2019.



▲ Future residents participate at groundbreaking in November 2021.



ONE Living room and kitchen of an independent living apartment (96 units)

TWO Lyngblomsten at Lino Lakes main entrance

THREE Community living room in the memory care wing (17 units)

FOUR Independent rental townhome (20 units)

FIVE Courtyard featuring grills, firepit, and plenty of seating

SIX Dining and living room of assisted living wing (36 units)

SEVEN Game Room featuring a pool table, golf simulator, and shuffleboard table

EIGHT Blue Heron Salon

NINE Mikelson's Tavern

TEN Two-story lobby with reception and grand staircase

*Not pictured: Wally's, Sophia's, Warm-Water Pool, Fitness Center, Theater, Pooch Patch (pet park), Pet Wash Station, Community Room, Studio/Classroom, The Shed (workshop), Guest Suite, & Chapel/Multipurpose Room

Reflections

"I feel such pride being a part of this phase in Lyngblomsten's history, and I get excited telling everyone I know about the new campus and what a great organization this is."

—Debra George, Chair,
Lyngblomsten Board of Directors

"It's very comfortable and inviting with spaces that encourage gathering with others."

—Chris Ehalt, Weis Builders

"It was so wonderful watching what was on paper come to life. It is an absolutely beautiful campus, with wonderful amenities and fabulous food."

—Mary Simon, Executive Director,
Lyngblomsten at Lino Lakes

"As planners and designers, our job is to visualize a campus amidst a blank landscape. The vision that we rendered has been in my head for five years, but nothing prepared me for seeing the completed campus for the first time. We could not be more proud of how the exterior and interior flow together with simple, modern designs."

—Tu-Anh Bui Johnson,
Wold Architects & Engineers

"The campus itself is the physical embodiment of the welcome and hospitality that Lyngblomsten is known for. It's teaming with life!"

—Pastor Ivy Huston, Vice Chair,
Lyngblomsten Board of Directors

Lyngblomsten at Lino Lakes is a great place to *live, work, and volunteer!*



LIVE

Choose from townhomes, independent living, assisted living, and memory care, all of which are bolstered by an abundance of campus amenities to enrich your life.

Stacy Herink | Assisted Living & Memory Care
(651) 515-1727 | sherink@lyngblomsten.org

Angie Quick | Independent Living (incl. townhomes)
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WORK

Be part of a supportive and encouraging culture as a Lyngblomsten employee, with access to competitive wages and outstanding benefits.

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VOLUNTEER

Make a difference in the lives of older adults as a volunteer, with opportunities that fit your interests, skills, and schedule.

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What's in a Name?

By Patricia Montgomery

A lot of history and passion!

The creation of a new campus presented several naming opportunities. The names chosen build a bridge, of sorts, from our original campus in Como Park to the new campus in Lino Lakes. While the dining venue names honor past leaders of Lyngblomsten, the street names honor supporters who have given significant time and treasure. Below, you'll meet the people behind the names.

Sophia's

Named for Sophia Stearns Benson, Sophia's is the café and gift shop located on first floor. Sophia served as the president of Lyngblomsten during the construction of the original Lyngblomsten Home for the Aged which opened in 1912 on the site of Lyngblomsten's Como Park campus.



Wally's

Described as being like a mayor of a city as he walked the halls visiting with residents and staff, Wallace "Wally" Hauge is memorialized with the naming of the campus restaurant. Wally served as President & CEO from 1980-1992. Wally's wife, Margit, was involved with the Lyngblomsten Auxiliary and continues her involvement as a supporter.



Blanchard Boulevard

This thoroughfare is named for Gus and Mary Blanchard for their many years of involvement as volunteer leaders, philanthropists, and companions on the aging journey for family and friends. With service on the Foundation Board and committees, countless lives have been touched by the time, talent, and treasure the Blanchards have shared with Lyngblomsten.



Mikelson's Tavern

Honoring Lyngblomsten's longest-serving President & CEO (1993-2013), Mikelson's Tavern is named for Paul L. Mikelson. Paul was known for innovation in the senior services field. He continues to participate in Lyngblomsten events, and he and his wife, Barb, are dedicated contributors to the Lyngblomsten Foundation.



Hammerly Court

The name of Hammerly Court honors Harry and Lorraine Hammerly who have multifaceted connections to Lyngblomsten through family, volunteering, and philanthropy. Harry served on the Lyngblomsten Foundation Board of Directors and co-chaired the Focused on the Future Capital Campaign, which transformed the Lyngblomsten Care Center for person-centered, neighborhood-style living.



Dennis Drive

Dennis Drive honors Dr. Clarence and Mary Dennis. Clarence was a resident, and Mary served on the Lyngblomsten Foundation Board. Her appreciation of the nursing staff led her to establish a scholarship program for nursing assistants to pursue nursing degrees, and her philanthropy has been instrumental for several facility projects.





Throng Turns Out for Grand Open House on October 7

by Tricia Theurer

Lyngblomsten unveiled its new senior living campus, Lyngblomsten at Lino Lakes, to the public with a Grand Open House on the sunny and crisp afternoon of Saturday, October 7, 2023. The event drew more than 1,200 people, who had formed a line down the front sidewalk nearly an hour before the doors opened!

Neighbors, community members, residents and their families, and many others connected with Lyngblomsten enjoyed a variety of family-friendly activities. These included tours of the campus, including housing options and amenities; delicious chef-prepared appetizers; a "Where's Anna?!" scavenger hunt (honoring Lyngblomsten's founder and first president, Anna Quale Fergstad); a drawing class held in the studio and taught by resident Marie Hammond (featured on page 5); live Dixieland music in the courtyard; Lyngblomsten history videos in the theater; and crazy hairdos in the salon.

Immediately before the open house, a reunion was held for past members of

the Lyngblomsten Boards of Directors. Approximately 70 people attended, which included alumni and their guests. This gathering was a time for the leaders to connect and witness how the work they began years ago has brought Lyngblomsten to the monumental present: celebrating the opening of just the second campus in the organization's 117-year history.



Current and former members of Lyngblomsten's boards of directors gathered for a reunion.

Jeff Heinecke, President & CEO of Lyngblomsten, said, "We were so thrilled to see such a great turnout with so much energy and excitement." He continued, "It's been a long journey to get to this point, and we're honored to build upon our strong legacy of care for older adults in St. Paul and serve more people in the east metro."

The Grand Open House was a wonderful celebration and culmination of all the hard work of Lyngblomsten staff, board members, and partners: from the approval of the 2014 Strategic Plan—which included the priority of exploring a second campus—to the groundbreaking ceremony seven years later and the public unveiling in 2023. **L**

A Message from the President

Dear Lyngblomsten Friends,

On October 27, 2014, the Lyngblomsten Board of Directors approved a set of strategic priorities that included the construction of a second campus. That decision put in motion a series of events that led to what is now Lyngblomsten at Lino Lakes.

Acknowledging Lyngblomsten's deep roots in the Como Park area of St. Paul, the Board believed that it was time for Lyngblomsten to explore branching out into a neighboring community of the Twin Cities. The excellent management of previous leaders had laid the groundwork for a Lyngblomsten expansion. The Board believed that expanding our housing options would ultimately allow us to provide more community programs to older adults who wanted to remain in their homes. And they correctly assessed that our strong reputation for serving older adults would help us as we found our way in becoming part of another community.

The strategic document didn't mention a specific community where Lyngblomsten was to put down new roots. What the document did specify was the "when." It directed staff to begin looking for land in a few years, which would allow enough time to complete work on more urgent priorities, including the renovation of the Lyngblomsten Care Center.

After extensive dialogue with various land owners (including some of our member congregations), we decided to contact the City of Lino Lakes regarding property it owned near City Hall. We knew we had a strong following in the northeast metro, which is why we were looking there. Over the next several months and with help from city staff, a larger parcel of land was identified that would accommodate a more expansive

campus, including townhomes and larger outdoor spaces.

Despite delays due to the COVID-19 pandemic, interest rate hikes, and rising lumber costs, our first resident moved into her new rental townhome in the middle of February 2023. Five months later, our first independent living residents moved into their apartments, followed by our first assisted living and memory care residents in mid-August. The long-awaited time had arrived, and the vision of the 2014 Lyngblomsten Board of Directors was realized!

As I reflect on the past nine years, I have so much appreciation for all those who have made Lyngblomsten a special place to live, work, and volunteer. We would not exist as we do today if not for our 11 founding women, who worked tirelessly to raise enough money to build the first Lyngblomsten home for older adults. We wouldn't have flourished over the past 117 years if not for the strong volunteer leadership of our boards and others and the incredible generosity of our supporters. But above all, Lyngblomsten stands strong because of our staff—past and present—who have graced our fine organization with hard work and unparalleled care and compassion for those they serve. I am proud to be a part of something this special and humbled by all these remarkable individuals.

In Christ,

Jeff Heinecke
President & CEO



Snapshots

In addition to the excitement of opening our second campus in Lino Lakes, 2023 was a year full of community building, program expansion, and donor recognition.



March Martin Tollefson received the Anna Quale Fergstad Award for Distinguished Service.



May Lyngblomsten celebrated Homes for the Aging Week with fun activities and appearances from MN celebrity impersonators.



August An Ice Cream Social for the St. Paul campus included farm animals, games, music, hot dogs, and lots of ice cream!



September Gala donors raised funds to expand The Gathering to Lino Lakes.

THANK YOU TO OUR 2023 CORPORATE SPONSORS!

The generosity of our corporate sponsors helps the Lyngblomsten Foundation fund programs and services for older adults, including Lyngblomsten’s community programs and arts and lifelong learning opportunities. www.lyngblomsten.org/sponsor

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To make a gift in honor or in memory of your loved one, contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org.

www.lyngblomsten.org/donate



OUR MISSION

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

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, 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
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Special Coverage:

With the historic opening of Lyngblomsten at Lino Lakes, this edition of *Lyngblomsten Lifestyle* focuses on the entire project, from its conception in 2014 to its celebratory opening in 2023.



The Gathering is expanding to Lino Lakes in early 2024!

Our group respite program for older adults living at home with memory loss has openings for participants and volunteers.

Learn more at:
www.lyngblomsten.org/TheGathering

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