



Lyngblomsten Lifestyle

Winter-Spring 2021

BE THANKFUL
FOR YOUR blessings
& NEVER DOUBT YOUR
struggles.

Don't ask why
IT HAPPENED.
JUST BE THANKFUL
FOR THE
strength
IT GAVE YOU. -UNKNOWN

See
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**Blessings
in Disguise**

STORIES OF LIFE:

Group e-Respite program offers
caregivers virtual support

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Capital Campaign Concludes

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Letter from the Editor

Rejoice always, pray continually, give thanks in all circumstances.

1 Thessalonians 5:16-18

Dear Readers,

2020. Uncharted. Tumultuous. Intense. Yes, it was all those things. But how does one give thanks in ALL circumstances? I think it's by faith and perspective.

Courage. Tenacity. Flexibility. Those words also describe what we at Lyngblomsten experienced in 2020. While, of course, we would have preferred to carry out the plans we had made for the year and experience a miracle of COVID-19 not touching those we serve and those who serve, we choose to see the good and give thanks. (That may mean I have more work to do being thankful for the hardship itself.) Till then, thankfulness overflows for the lessons learned, the endurance built, the opportunities to innovate, the creative thinking for solving problems, and the relationships built from trusting one another and leaning on one another—working collaboratively as a community—to get through the pandemic as best as possible.

While we deeply mourn for those who lost their lives to the virus, please join us in rejoicing for the blessings that came through the disguise of COVID-19. A few examples are shared starting on page 3.

May the new year and the freshness of springtime restore your hope and cause you to give thanks in all circumstances.

With thanksgiving,

Patricia A. Montgomery | Editor

Vice President of Communications & Stewardship



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Blessings IN DISGUISE

By Clare Buche



There's no doubt 2020 has been one of the most unique in recent history. With a global pandemic, civil unrest, and a tumultuous political season, many of our lives have been greatly affected in one way or another. Through it all, Lyngblomsten residents, tenants, staff, and community participants have pressed on with hope and faith. It can be difficult to acknowledge the good things life presents while so much is in disarray. However, our resilient community has recognized these moments, connections, and interactions with gratitude in our hearts.



Since March 2020, we have shifted the way we operate in response to COVID-19 restrictions. While our residents are limited in meeting with family members in person, they are now able to connect virtually. While our in-person programs are suspended, they are now being offered online. While our staff need to wear extra protective gear, their positivity has never wavered. We have evolved with the times in order to continue serving older adults in the Lyngblomsten community with the highest quality of care, and we will continue to learn as we grow with our spirits high.



Amid all these adjustments, we have taken the time to recognize the blessings in disguise that have come from these challenging times. Here are a few silver linings from the experiences of the Lyngblomsten family.

Continued on p. 4

“ [In July], my three siblings and I had the most special outdoor visit, enjoying a little “hymn sing” with Mom, a highlight for us all! ... In recent months, it has been my privilege to be an “essential caregiver” for Mom which has allowed me to be reconnected face to face (or at least mask to mask!), a reminder of times past when I perhaps took for granted such pleasures! ... The very God who came to Earth as a baby out of love for all mankind invites us into a relationship with Him—amazing! Living through this pandemic reminds us that life is precious ... and sometimes fragile! Maybe that’s actually a “silver lining” in this hard year because we know more than ever how important it is to be ready! ”

-Jeannie Squires

Daughter of Lyngblomsten Care Center resident



“ In the last few months, I’ve completed writing two books—one my memoirs, and the other the story of Jesus, a Mosaic. It wouldn’t be odd or surprising that I would write a book about Jesus! ”

-Roy Harrisville

Tenant at The Heritage at Lyngblomsten and Professor Emeritus of New Testament at Luther Seminary



“ I am so thankful for the [staff]. They are kind and do everything I ask them. I have a place to call home. ”

-Dee Joynes

Resident of Johnson Neighborhood

“ We were missionaries in Madagascar, living way out in the brush. Without any people around ... I learned to fill my days with interesting things to do so I didn’t sit and mope around. So it has helped me here, too, in that when people say, “Well, what are you doing? Aren’t you lonesome?” I say “No, I never have enough time in the day to get my stuff done!” I keep busy with making cards and sending them out.

One thing I did this fall that I found real fun: ... the leaves around here were especially bright colored this year. I started picking them up and pressing them, and then I made little booklets out of them and sent them to some of my little great-grandkids. I left the end page empty and told them they had to go for a walk and find a leaf to put on that page. ”

-Arlene “Renie” Lellelid

Tenant at the Lyngblomsten Apartments



I don't think we would have gotten here this quickly [offering online programs for community participants and caregivers] if it hadn't been for the pandemic—even if we were all being innovative. I just don't think people would have been as open to it. Who could have imagined all the connections and engagement that's happening?! It will forever change the way we do things.

-Julie Pfab

Director of Community Services, 2nd Half with Lyngblomsten



Through the Virtual Visits program, a resident was able to see her great grandchild. And she gave this really awesome blessing to the baby that the family recorded. And they'll be able to keep that recording forever. The great-grandchild was born in Holland, so she probably would never have had that opportunity otherwise. That's pretty cool!

-Shelli Beck

Director of Volunteer Services



The new Zoom programs might even be more accessible to people because it is an online platform, that they could all say, "Hey let's meet back here in 2 weeks," and nobody has to find someone to care for their loved one, or you don't have to drive anywhere to connect in person. It seems more realistic that they could do that 2 or 3 times a month instead of just once.

-Lynn Amon

*White Bear Lake
Site Coordinator,
2nd Half with Lyngblomsten*



[The pandemic] draws people together and teaches us to be precautionary. I've felt much closer to the staff and to my roommate. I love them very much.

-Sonya Quam

*Resident of Koller
Neighborhood*





Pandemic Spurs New Online Group e-Respite Program

By Clare Buche

Caring for a family member or friend living at home with memory loss is a big undertaking. Many people don't identify as caregivers until they find themselves needing extra support. Now more than ever with increased isolation due to the pandemic, assistance for caregivers is crucial. 2nd Half with Lyngblomsten has responded to the need with a new online Group e-Respite program.

Group e-Respite was created as an opportunity for caregivers to get a break while providing an interactive experience for people experiencing early- to mid-stage memory loss. It provides participants (i.e., persons with memory loss) with a weekly one-hour session that takes place via Zoom (a video conference platform). During each session, participants enjoy engaging in a variety of creative, brain-stimulating activities led by Lyngblomsten staff. With a format that is sincere, intentional, and predictable, it has become a ritual that feels comfortable for participants as they know what to expect.

While participants are engaged in the day's programming, family caregivers are able to take a much-needed break from their caregiving duties. This can include catching up with a friend or family member on the phone, doing a hobby or activity that brings them joy, or simply resting.

"We are finding that even an hour break is rejuvenating and is essential to reduce stress," said Julie Pfab, Director of Community Services for Lyngblomsten. "Hopefully it contributes to the joy that comes with caring for another."

The program began in July 2020 and currently has five separate groups meeting weekly. Participants meet with the same group each week, which makes engagement and participation more natural.

The program is led by Carolyn Klaver, Community Dementia Care Specialist for 2nd Half with Lyngblomsten, and Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten, who are intentional on giving every participant a voice. To achieve this, they first learn some life history from each participant so they can have conversation starters and can pair groups

with like-interests. "It's important that the group gels together," said Andrea.

Carolyn and Andrea begin each session with a song that is upbeat, familiar, and often lighthearted. Choosing familiar versions of the songs allows participants to sing along easily and follow the visual aids that are shown on screen. After the singing, they move into a reminisce activity, where a colorful photo is shown to elicit thought-provoking conversations. Next, the group engages in exercise activities with videos that show the movements. Oftentimes caregivers are surprised at how much their loved one can do. The final portion is a storytelling activity. The group is presented with a generic, non-historical image for which to develop a story. Participants are asked open-ended questions that elicit memories while Carolyn and Andrea record their responses. The participants are delighted to hear the stories read back to them, and it's a fun conversation topic for caregivers to engage in as well after the class is finished. To close the session, there is a final song related to the day's topic, and each participant is bid farewell by name.

The virtual platform is beneficial to both the caregiver and the person with memory loss in a variety of ways. If caregivers are nearby during the sessions, they are able to glean a few techniques they can use in their day-to-day lives. For example, they can do the exercises together, create art projects, or even try some communication tools. The online presentation has been unexpectedly beneficial for group interaction because participants can see each other equally on the screen instead of fixating on the presenter. This has been constructive for meaningful conversations.

While 2nd Half with Lyngblomsten intends to be able to offer in-person respite when it is safe to do so, the feedback on the online Group e-Respite program has shown the need for e-Respite to continue after the pandemic. For some it is more accessible as they don't need to arrange transportation or worry about weather conditions, and it is available for people who need assistance with daily care. The virtual platform offers yet another avenue to support caregivers by giving them a choice on how to spend their time and support their loved one with memory loss. **1**

Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act.

Group e-Respite participant, Jock, attends a group session from home.



“I really enjoy the Zoom sessions with Carolyn and Andrea and the rest of the people. It gives me a chance to see and talk to people and not be so isolated. I learn a lot of things and I enjoy the exercises too. I look forward to each week and it makes me happy to be with the group.”
—Jock, participant

2nd Half with Lyngblomsten
A Center for Enriching Lives after 50

2nd Half with Lyngblomsten is filling open spots for its Group e-Respite program, with new sessions starting in February 2021.

If you or someone you know are interested in participating in an e-Respite group or to inquire about other caregiver services, please contact caregiving@lyngblomsten.org or visit our website at www.lyngblomsten.org/eRespite.

To see all the current offerings from 2nd Half with Lyngblomsten, visit www.lyngblomsten.org/2ndHalf.

A Message from the President

January 22, 2021

Dear Lyngblomsten Friends,

The new year is well underway. While I can't predict the future, I can tell you that the atmosphere at Lyngblomsten is one of hope and joyful anticipation. I pray that is true for you as well.

Probably like it did for your life, COVID-19 affected nearly every aspect of our operations in 2020 and continues to be our main focus. Hopefully you've been following our updates in publications or on our website. We are hopeful that our hardest days are behind us, and we are very encouraged that the uptick of cases we experienced in the fall is markedly down. The process of vaccinating those who live and work on our campus began the last week of December. We know it will be quite some time before widespread immunity will allow us to completely re-open for visitors and volunteers again, but the vaccine is another step forward toward that great day. I continue to be so proud of our staff, residents, tenants,

and families. There truly is "something special" about the Lyngblomsten family!

As the COVID-19 vaccine becomes more accessible, Lyngblomsten strives to do its part in making it available to others. We've informed CVS Pharmacy that we are interested in playing a role to get the vaccine for those associated with Lyngblomsten. If that becomes an opportunity, we will announce it on our COVID-19 webpage (www.Lyngblomsten.org/COVID) and send a message to those for whom we have an email address.

Thank you for your continued support of Lyngblomsten. May you have a safe and prosperous 2021!



In Christ,

Jeff Heinecke
President & CEO

THANK YOU TO OUR 2021 CORPORATE SPONSORS!

The generosity of our corporate sponsors helps the Lyngblomsten Foundation fund programs and services for older adults, especially 2nd Half with Lyngblomsten community programs as well as arts and lifelong learning opportunities.

www.lyngblomsten.org/sponsor

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Jacobsons Honored with Distinguished Service Award

by Patricia Montgomery

In late October 2020, Dr. Maynard and Elaine Jacobson were presented with the Anna Quale Fergstad Award for Distinguished Service for their longstanding philanthropy and volunteer service to Lyngblomsten. Their accomplishments were celebrated as part of the President's Virtual Social Hour hosted for donors who had given \$1,000 or more in the fundraising year ended 9/30/20. The award is named after the organization's founder, Anna Quale Fergstad, who was a leader, influencer, philanthropist, and mobilizer of volunteers.

"Distinguished Service" aptly describes Dr. Maynard and Elaine Jacobson's involvement with Lyngblomsten where they have generously shared their time, talent, and treasure since the mid-1990s. The Jacobsons first learned about Lyngblomsten from their church, Gloria Dei Lutheran (a member congregation), and Elaine served as a delegate for many years. Maynard's mother lived at Lyngblomsten for a brief time. Grateful for the quality of care and Christian atmosphere, the Jacobsons decided to get involved.

Elaine has served on the Lyngblomsten Foundation Board, Annual Fund Committee, and Spring Gala Committee and most recently on the Our Turn in History Capital Campaign Leadership Team. Maynard—who is Professor Emeritus of Medicine, U of M Medical School—has served on the Lyngblomsten (corporate) Board, the Quality Assurance Committee, and the Long Range Planning Committee.

The Jacobsons' service and generosity extend beyond Lyngblomsten. Elaine has been involved with numerous boards and circles with her church, the community, and around the country—including leadership roles with



Dr. Maynard & Elaine Jacobson with their award.

organizations such as Lutheran Social Service, the Saint Paul Area Council of Churches, the Minnesota School of Missions, and the United Nations Association of Minnesota. Maynard has served many organizations, including internationally through Lutheran Health Care and Global Health Ministries. At the University he has been active in the International Medical Education Program with medical students spending time in Scandinavian medical schools and countries of poverty. The Jacobsons have worked tirelessly to raise awareness of social issues, cultural sensitivities, and the general betterment of the world around them.

Together, Elaine and Maynard are building a legacy of philanthropy for their children through the Jacobson Family Foundation. Like Anna Quale Fergstad, the Jacobsons see the needs in their community and respond with zeal and generosity. **L**

The Jacobsons join the ranks of Lyngblomsten's previous Anna Quale Fergstad Award recipients:

2001: Wallace R. Hauge †	2009: Mary Dennis
2002: Rev. Elder Bentley †	2013: Paul Mikelson
2003: Marvin Merrick †	2015: Michael A. Santoro
2004: June Husom & Rachel Husom	2017: Dr. Leslie Grant
2005: Jack Boss †	2018: James (Jim) Nash
2006: Bill Lund	2019: Don & Lu Zibell
2007: Jeanette Severson †	2020: Dr. Maynard & Elaine Jacobson
2008: Mary Blanchard	

† Deceased

It's a Wrap!

Capital Campaign and renovations come to a close

by Patricia Montgomery

The Our Turn in History capital campaign launched in 2018 to raise funds for the \$9 million renovation of the Lyngblomsten Care Center came to a close at the end of December. Donors contributed \$1,063,529!

This includes gifts to the homestretch of the campaign this past fall where generous contributors surpassed the \$250,000 homestretch goal—reaching \$316,861. Special thanks goes to the Hardenbergh Foundation who gifted the project a grant of \$180,000 in early December!

This major renovation of the care center focused on updating and modifying resident rooms, shared living spaces, and public areas.



The digital sky installed in the Stanford Neighborhood brings calm and comfort to those with Alzheimer's. Lyngblomsten is one of the first nursing homes in the country to have a digital sky.

From remodeling resident bathrooms, to creating more spaces for small group activities and visiting, to creating a park-like setting in the former grass island of the parking lot, the facility is a more beautiful, functional, and safe place to live and work.

"It's a remarkable transformation!" exclaims Jeff Heinecke, President & CEO of Lyngblomsten. "So much planning went into this project, and the intentionality is evident in the results. I'm excited for visitors to see the new spaces as COVID wanes and we can begin welcoming more people to campus."

With the remodeling work and fundraising finished, attention now turns to the finishing touches of furniture, décor, and equipment.

Thank you, donors, for helping make the renovation—and a higher quality of life—possible! L

NOTE: Now with all rooms renovated and back in service, there are openings for new residents needing any type of care—short-term transitional, long-term, and specialty care such as Alzheimer's and Parkinson's.



L
LYNGBLOMSTEN

**Healthcare, Housing, & Services
for Older Adults since 1906**

Spread the Word: Lyngblomsten Care Center has Openings!

Our care center provides 24-hour skilled nursing care in a facility that feels as much like home as possible. Well-trained and caring staff feel privileged to provide person-centered, individualized care to enhance the quality of life for those needing short-term care, long-term general care, memory care, and other specialized care.

Residents are able to visit with their loved ones inside our building, as well as across the globe through online video calls.

1415 Almond Avenue | St. Paul, MN 55108 | www.lyngblomsten.org | (651) 632-5301



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

August 1 through December 31, 2020*

In Memory of

Carole Boyle
Elaine Bradley
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Carmen Gabrielli
Billy Hansen
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In Honor of

Alden & Karina Allen
Alisandra Johnson
Ann Murphy's 101st Birthday
Weis Builders

For information about making a gift in honor or in memory of your loved one, please contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

**This list does not include tribute gifts given through Lights of Lyngblomsten. To see those tributes, visit www.lyngblomsten.org/lights and view the video.*

www.lyngblomsten.org/donate

Thank You

Lyngblomsten extends its gratitude to the corporate congregations of Amazing Grace Lutheran Church (Inver Grove Heights) and Jehovah Lutheran Church (St. Paul), as well as to numerous individuals, for their participation in our annual **Spirit of Giving** Christmas gift collection, which provides gifts to all Lyngblomsten residents and tenants for Christmas! Thank you for helping us continue this wonderful tradition, especially this year as we scaled back other holiday activities due to the COVID-19 pandemic.



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
Engaged Lifestyle

www.lyngblomsten.org



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**CHANGE SERVICE
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SAVE THE DATE

FRIDAY, APRIL 23, 2021

Spring Gala

*A live online fundraiser for
2nd Half with Lyngblomsten*

Join us for our second-ever *virtual* Spring Gala as we raise funds to support 2nd Half with Lyngblomsten community programs. Learn how 2nd Half with Lyngblomsten has adapted during the COVID-19 pandemic and how you can help continue its work of serving adults ages 50+ in the community, including those living at home with memory loss and their caregivers.

For more information, visit
www.lyngblomsten.org/SpringGala

Questions?

Contact Margaret Winchell at (651) 632-5358
or mwinchell@lyngblomsten.org.

Spring Gala

