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## **Lyngblomsten to start a new session of The Gathering, a group respite program for those living with memory loss, in Lino Lakes**

**ST. PAUL, Minn. (December 4, 2023)** — Lyngblomsten, a Minnesota nonprofit senior services organization, will expand its group respite program for those living with memory loss to Lino Lakes, Minn., in early 2024.

The Gathering, offered by Lyngblomsten Community Services, is a group respite program that provides four hours of social engagement and brain-stimulating activities (including activities led by professional teaching artists) to older adults who live at home and are experiencing early- to mid-stage memory loss. This allows their family members and/or friends to take a much-needed break from caregiving. These caregivers also have the opportunity to connect one-on-one with a Lyngblomsten Caregiver Specialist for resources and support and to participate in a weekly online Caregiver Connect Group.

The program is led by Lyngblomsten staff with support from a team of volunteers who are specially trained to understand the distinctive needs of people experiencing memory loss.

The new session of The Gathering will be held at the Lyngblomsten at Lino Lakes campus (6070 Blanchard Boulevard) on Wednesdays from 10 AM–2 PM. Other sessions of The Gathering are offered at the Lyngblomsten campus in St. Paul on Mondays and Tuesdays and at St. John in the Wilderness Church in White Bear Lake on Thursdays. All three sites are accepting participants as well as volunteers. Participants and their caregivers do not need to live on a Lyngblomsten campus, nor do they need to attend St. John in the Wilderness Church.

“For more than 20 years, The Gathering has offered a place for persons with memory loss to come together for some fun, laughter, and enrichment. It also provides support, education, and connection for family members and friends who are caring for a person living with memory loss,” said Julie Pfab, Director of Lyngblomsten Community Services. “With the addition of the new Lyngblomsten campus in Lino Lakes, we want to expand our reach and offer this life-giving program to more people living in the northeast metro.”

To learn more about The Gathering, visit [www.lyngblomsten.org/thegathering](http://www.lyngblomsten.org/thegathering).

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Those who are interested in participating in The Gathering can contact Lyngblomsten Community Services at (651) 632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org).

Those who are interested in volunteering with The Gathering can contact Lyngblomsten Volunteer Services at (651) 632-5499 or [mjagolino@lyngblomsten.org](mailto:mjagolino@lyngblomsten.org).

*The Gathering is funded, in part, by an award from the Brookdale Foundation Group and by gifts made to the Lyngblomsten Foundation.*

## **About Lyngblomsten**

*Incorporated in 1906, Lyngblomsten is a Minnesota-based Christian nonprofit organization enhancing the quality of life for older adults of all faiths and cultures through its healthcare and housing facilities and its community services programs. Connect with Lyngblomsten at [www.lyngblomsten.org](http://www.lyngblomsten.org) or through its [Facebook](#) account.*

## **About Lyngblomsten Community Services**

*For more than 40 years, Lyngblomsten Community Services has been equipping older adults in the Twin Cities to live well at home through a variety of community-based programs. Services include: support for informal family caregivers, memory loss enrichment programming, wellness opportunities, and resources to churches.*

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