

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

June 2025

DIRECTORY

Mary Simon

Executive Director

(651) 515-1724

Angie Quick

Assistant Executive Director

(651) 515-1726

Deb Bland

Director of Marketing

(651) 515-1727

Kaitlyn Olson

Director of Life Enrichment

(651) 515-1730

Jackie Leuer

Director of Culinary

(651) 515-1736

Jared O'Connell

Director of Physical Plant

(651) 515-1737

(Office)

Receptionist

(651) 515-1725

After Hours Emergency -

Maintenance

(651) 356-3595

Please put maintenance
requests in through the
front desk.

**TUNE TO CH. 7 ON YOUR
TV FOR DAILY UPDATES**

GREETINGS FROM THE EXECUTIVE DIRECTOR

What a wonderful Spirit Week we had! Thank you to everyone who joined in — your energy and enthusiasm truly made it a special time. We've heard such positive feedback and are grateful for your participation in all the fun.

We are continuing our search for a new Chaplain and extend our heartfelt thanks to those who have been stepping in during this transition. Your support means so much to our community.

Exciting news: the installation of our pond fountain is getting closer! We're hopeful it will be in place within the next month or so — a beautiful addition just in time for the summer season.

A quick reminder: the Lyngblomsten Resident Survey is underway. We want to hear your thoughts! Your feedback helps us strengthen and improve the services we provide, so thank you in advance for taking the time to share your input.

As we move into the season of summer storms, please remember our severe weather precautions:

-Keep your TV or radio on for updates.

Close blinds and curtains.

-Move to a safe area away from windows and doors, such as your bathroom or walk-through closet.

-If you prefer, you can also go downstairs to the basement (game room or employee lounge) for more seating.

-And remember: avoid using the elevator if the tornado sirens are sounding.

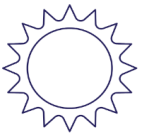
Lastly, a gentle summer tip: if you're running your air conditioner, please be sure to keep patio and balcony doors and windows closed to help your unit run efficiently.

Wishing you all a joyful and sunny June!

Blessings to all,
Mary Simon
Executive Director



A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT



Summer is calling, and Lyngblomsten is answering with a month packed full of excitement, connection, and discovery!

We're kicking off with unforgettable outings: set sail on the sparkling St. Croix River for a scenic boat ride, wander through local history on a tour of the Old Chrysler Garage, and cast your line for an evening of fishing on White Bear Lake — perfect for both seasoned anglers and first-timers. And for those with a heart for service, we're heading to Feed My Starving Children, where you can help make a real impact while working alongside your neighbors.



But the fun doesn't stop there!

Our Carnival Social will bring the energy right here at home, with your favorite carnival games, nostalgic treats, and plenty of laughter. It's the perfect way to meet new neighbors, reconnect with old friends, and soak in that summer magic.

We're also welcoming back some fantastic entertainment: enjoy the toe-tapping tunes of the Klondike Kates, a performance sure to lift spirits and get hands clapping. Feeling musical yourself? Join our Gather & Games nights in Sophia's Café — a laid-back, social way to end your day.

For those looking to keep active, don't miss Seated Strength, Chair Yoga, or our Weight & Cardio Room with a volunteer on hand — perfect ways to keep your body moving and your energy up. And if you're feeling creative, try your hand at the Polymer Clay Class or dive into one of our Mixed Media Art sessions.

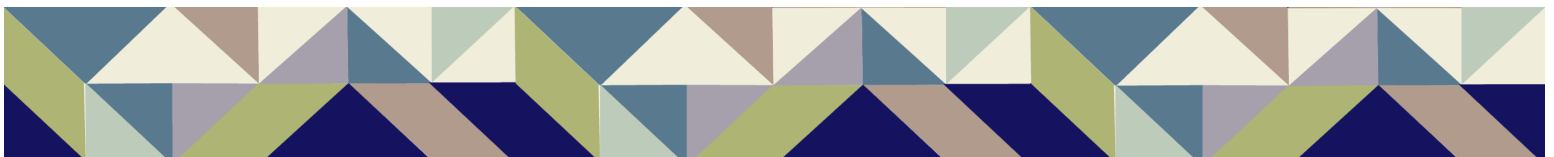
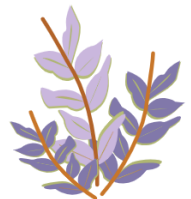
Looking for meaningful connection? Check out the Memory Loss Caregiver Support Group, Grief Group, or simply enjoy a good conversation at one of our Snack n' Chat or Men's Group gatherings.

No matter what calls to you, June is packed with ways to engage, explore, and enjoy. Join in, jump in, and let's make this a summer to remember!

Here's to sunshine, laughter, and all the fun ahead!

Kaitlyn Olson,

Director of Life Enrichment



JUNE BIRTHDAYS

June 04 | Daryl S. (#314)
June 04 | Warren S. (#321)
June 07 | Rock L. (#411)
June 11 | Joan B. (#408)
June 14 | Joan F. (TH250)
June 15 | Jan W. (#423)
June 16 | Ellie K. (#311)

June 18 | Bob C (#119)
June 19 | Pat C. (#414)
June 24 | Ardeen B. (#225)
June 27 | Marvin K. (#238)
June 30 | Pat S. (#407)
June 30 | John B. (TH258)



Birthday Party!

Friday, June 27th at 2:30PM in Wally's.

Please join us as we gather to celebrate our friends who have birthdays this month.

To get your birthday in the monthly newsletter complete the Life Enrichment Interest Inventory. They were handed out in your move in binder. Extra copies are available at the front desk.

NEW RESIDENTS

Victor B. | (#424)
Barbara & William L. | (#107)
Carol B. | (#241)

RESIDENT REPRESENTATIVES

Current residents who are willing to help you familiarize yourself with your community!

Lead: Ted E. (#409)

Anne R. (#220)

Nan B. (#425)

Diane L. (#412)

Marilyn P. (#327)

Ann S. (#420)

Caryl W. (#218)

If you are interested in becoming a resident **VOLUNTEER** please contact Kaitlyn to let her know you are interested in becoming a trained volunteer through Lyngblomsten Volunteer Services. This would include extra tasks like covering the front desk, helping out during events and socials, outings, etc.

Please extend a warm welcome to all of our incoming residents to our community!

Live Vibrantly!

THE WOOD SHOP

Tuesdays & Wednesdays from 10AM-12PM

JUNE HIGHLIGHTS

WALKING GROUP Mondays, Wednesdays, & Saturdays at 12:45PM. Gather in the lobby.

MEN'S' GROUP Mondays, (June 2, 9, 16, 23, & 30) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

PIANO WITH GARRETT Mondays, (June 2, 16, & 30) at 3:30PM in the Chapel. Come listen to a very talented Highschool Pianist, who plays every song from memory!

YARN AND FABRIC CLUB Tuesdays, (June 3, 10, 17, & 24) at 1PM in the (NEW LOCATION) Community Room. Do you enjoy sewing, knitting, crocheting, patching, or working with fabric and string? Whether you're working on a quilt, scarf, or any fabric-related craft, this is a great opportunity to bring your typically solitary activity into a social space.

MEXICAN TRAIN Tuesdays, (June 3, 10, 17, & 24) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

MULTI MEDIA ART SERIES Wednesdays, (June 4, 11, 18, & 25) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in Assisted Living and Memory Care.

BRIDGE Every Wednesday, (June 4, 11, 18, & 25) at 2PM on 2AL.

WEIGHT/CARDIO ROOM WITH VOLUNTEER Wednesdays, (June 4, 11, 18, & 25) at 2:30PM. Angela will be available in the fitness area to help you gain understanding and confidence while using the machines.

JEOPARDY WITH KAITLYN Thursday, June 5 at 11AM in the Art Studio. Join your neighbors and friends as we battle together as a team to play one of Americas favorite game shows.

BINGO Every other Thursday (June 5 & 19) at 2:15PM in the Chapel.

S'MORES NIGHT Every other Thursday evening (June 5 & 19) at 6PM in The Courtyard or Sophia's Café weather depending. Join us for gathering with friends while toasting a marshmallow over a warm fire.

CULINARY CHAT Friday, June 6 at 10AM in the Chapel. Decide resident-choice meals, meet the Culinary Director, ask questions, and give suggestions. (Also on CH.8)

GATHER AND GAMES Friday and Saturday evenings at 6:30PM in Sophia's Café. This is a resident led activity, and all are welcome. Cards and Board games are located in the cabinet across from the fireplace in the lounge area. Feel free to play these at any time!

GOLF SIMULATOR Saturdays, (June 7, 14, 21, & 28) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

WEEKEND SCRABBLE Saturdays, (June 7, 14, 21, & 28) at 1:45PM on 2AL.

WEEKEND BINGO Saturdays, (June 7, 14, 21, & 28) at 1:45PM in the Chapel.

EVENING BINGO Tuesdays, (June 10 & 24) at 7PM in the Chapel. Late night bingo game!

JUNE HIGHLIGHTS CONTINUED

SNACK 'N' CHAT Every Other Thursday (June 12 & 26) at 2:15PM in the Community Room. This is a group for the ladies of the campus to come and join in a special time of chatting and snacking.

FATHER'S DAY BBQ Friday, June 13 at 12PM in the Courtyard. We're inviting all the men of our campus to join us for a special Father's Day BBQ! Come enjoy a delicious outdoor cookout and ice-cold beverages in the courtyard. Feel free to invite your son or a special man in your life to celebrate alongside you

KLONDIKE KATES Monday, June 16 at 6PM in the Chapel. Get ready for an unforgettable performance! The Klondike Kates — known as the official ambassadors of fun for the Saint Paul Winter Carnival — are bringing their signature sparkle, sass, and song to our community. With their fabulous red and white costumes and crowd-pleasing personalities, the Kates are sure to entertain with music, humor, and plenty of charm. You won't want to miss this lively show!

FIRE DRILL Tuesday, June 17 at **9:45AM**. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

TOWNHOME MEETING Tuesday, June 17 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment. Introducing: Jenni Kulseth— Volunteer Services Coordinator

MEMORY LOSS CAREGIVERS SUPPORT GROUP Third Wednesday of every month (June 18) at 10:30AM in the Art Studio. Led by Lisa Brown, MSW, LISW. This group is specifically being offered to those who are caring for a loved one who is currently experiencing Alzheimer's Disease or a related dementia.

POLYMER CLAY: SMALL VESSEL WORKSHOP Wednesday, June 18 and July 2 from 1-3PM in the Art Studio. Led by Layl McDill, sign up required. Look to page 13 for more details.

ARM CHAIR TRAVEL: GREENLAND Thursday, June 19 at 11AM in the Chapel. Join us for a breathtaking armchair travel adventure to Greenland! Through stunning footage and vivid storytelling, we'll explore the icy landscapes, colorful villages, and rich Inuit culture that make this Arctic wonderland so unique. Sit back, relax, and let's journey together to one of the world's most remote and fascinating destinations — no passport required!

CARNIVAL SOCIAL Friday, June 20 at 12PM in the Courtyard. Join your neighbors as we celebrate carnival style. Play familiar games and win prizes!

TUESDAY BOOK CLUB Last Tuesday of every month (June 24) at 2:30PM in the Community Room. This is led by volunteer Michelle D.

POLISH & PAMPER Thursday, June 26 at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

FRIDAY BOOK CLUB Last Friday of every month (June 27) at 10AM in the Community Room. This is led by volunteer Michelle D.

JUNE HIGHLIGHTS CONTINUED

AUTHOR: ANDREA GILATS— RADICAL ENDURANCE Friday, June 27 at 2:30PM. Andrea Gilats is a writer, educator, artist and former yoga teacher who holds a Ph.D. in multicultural American Studies and a fine arts degree from the University of Minnesota. Look to page 14 for more details.

BIRTHDAY PARTY Friday, June 27 at 2:30PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 4 for a list of birthdays.)

RESIDENT MEETING Monday, June 30 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment. Introducing: Jenni Kulseth— Volunteer Services Coordinator



New article coming soon.

BOOK NOOK

We are currently at a max capacity for books and are not accepting any donations at this time. Be on the look out for dates given out when we are ready for donations! Also, we would like to introduce the amazing Library team that continuously makes sure it stays a space you can enjoy:

DIANE L. & ANNE R.
DOROTHY S. & DIANE W.
PAULA Z. & MARY W.
MARILYN P. & JUDY C.

**PLEASE RETURN BOOKS TO THE RETURN BIN-
FOR THE LIBRARY KEEPERS TO PLACE BACK IN THEIR ORIGINAL SPOTS.**

THERE ARE BOOK REVIEW SLIPS AVAILABLE FOR YOU TO FILL OUT WHEN YOU ARE DONE
READING A BOOK. LOCATED IN THE RETURN BOX IN THE LIBRARY.

NOW SHOWING IN THE THEATER ON THIR



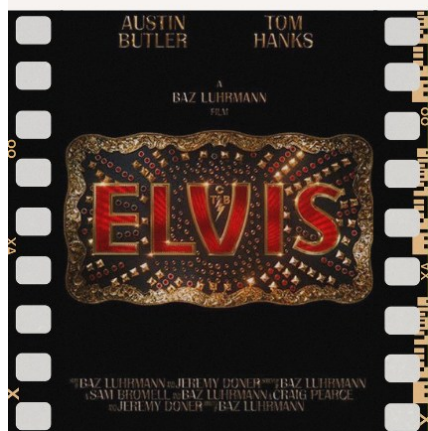
Sunday, June 1

1:30PM

Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.

Romance/Drama

1 ½ Hours.



Sunday, June 8

1:30PM

The film tells the true story of the San Felipe Mustangs, a group of Mexican-American youths located in Del Rio, Texas. In the 1950s, the group set out to play golf at a white country club in town in order to have a high school team. Despite prejudice and obstacles, the Mustangs succeeded in becoming the 1957 Texas state champions.

Musical

2 Hours.



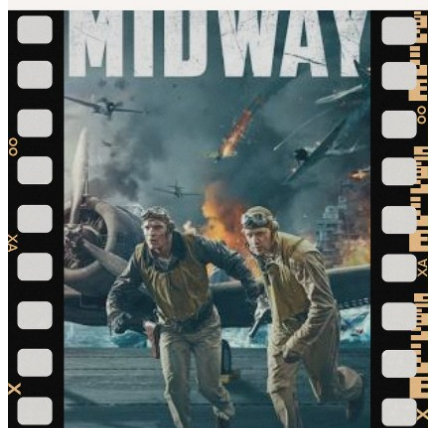
Thursday, June 12

6PM

The film tells the true story of the San Felipe Mustangs, a group of Mexican-American youths located in Del Rio, Texas. In the 1950s, the group set out to play golf at a white country club in town in order to have a high school team. Despite prejudice and obstacles, the Mustangs succeeded in becoming the 1957 Texas state champions.¹³

Based on Real Life

1 ½ Hours.



Sunday, June 15

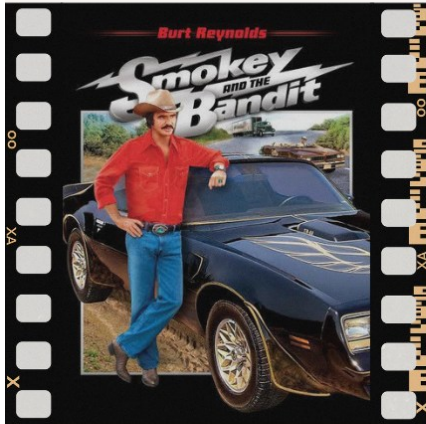
1:30PM

On Dec. 7, 1941, Japanese forces launch a devastating attack on Pearl Harbor, the U.S. naval base in Hawaii. Six months later, the Battle of Midway commences on June 4, 1942, as the Japanese navy once again plans a strike against American ships in the Pacific. For the next three days, the U.S. Navy and a squad of brave fighter pilots engage the enemy in one of the most important and decisive battles of World War II.

War/Action

2 Hours.

NOW SHOWING IN THE THEATER ON THIRD



Sunday, June 22

1:30PM

"Smokey and the Bandit" (1977) is a fast-paced action-comedy where Bandit (Burt Reynolds) and his buddy Snowman (Jerry Reed) race to illegally haul Coors beer across state lines, all while dodging the relentless Sheriff Buford T. Justice (Jackie Gleason). With a runaway bride (Sally Field) along for the ride, it's a wild chase packed with laughs, stunts, and Southern charm.

Classic/Action

1 ½ Hours.



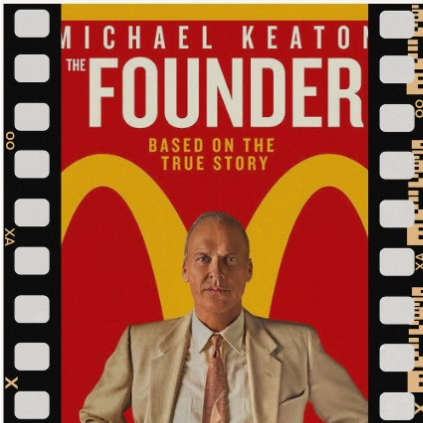
Thursday, June 26

6PM

"Air Force Elite: Thunderbirds" takes you inside the thrilling world of the U.S. Air Force's elite demonstration squadron. Follow the precision, speed, and teamwork of these top pilots as they push the limits of aerobatic performance, showcasing heart-stopping maneuvers in sleek fighter jets. It's an up-close look at the skill, dedication, and adrenaline behind one of America's most iconic aerial teams.

Documentary/Military

1 ½ Hours.



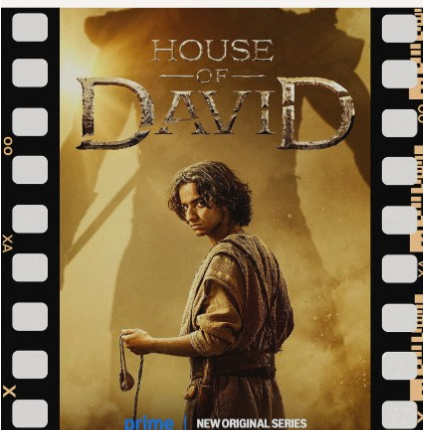
Sunday, June 29

1:30PM

"The Founder" tells the fascinating true story of Ray Kroc (Michael Keaton), a struggling salesman who transforms a small California burger stand, McDonald's, into a global fast-food empire. As Kroc's ambition grows, so does the tension with the original McDonald brothers, raising sharp questions about business, greed, and the price of success.

Based on Real Life

1 ½ Hours.



Sundays

7PM

"The House of David" explores the rise and influence of the unique religious commune founded in Michigan in the early 1900s. Known for their long hair, beards, baseball teams, and amusement park, the series dives into the group's spiritual beliefs, eccentric lifestyle, and the controversies that surrounded their charismatic leaders.

Spiritual

2-3 Episodes each week

JUNE OUTINGS

If you are interested in participating in any of these outings, please sign-up at the front desk.

All outings are roughly 1 -1/2 hours in duration unless otherwise noted below. We can accommodate 13 residents on the bus for each outing. If we have more than 13 people interested, we will open a waitlist where you may be contacted if someone cancels. If you are able to drive your own vehicle to the destination, you are encouraged to follow the bus or meet us there.

The bus ride is provided by Lyngblomsten; however, residents are responsible for all costs associated with the outing.

Monday, June 9 | Boating: St. Croix Valley

We will leave the lobby at 10:30AM. Sign up by Friday, June 6.

ONLY 8 SPOTS AVAILABLE. PARTICIPANTS WILL BE CHOSEN BY LOTTERY IF OVER 8 SIGN UP.

Tuesday, June 10 | Shopping: Target

We will leave the lobby at 9AM. Sign up by Friday, June 6.

Thursday, June 12 | Tour: Old Chrysler Garage (Flyer on Page 12)

We will leave the lobby at 11:15AM. Sign up by Monday, June 9.

Tour: 1-2PM

Arrive back at Lyngblomsten: 3PM

Friday, June 13 | Centennial Library

We will leave the lobby at 9:45AM. Sign up by Monday, June 9.

Friday, June 13 | Fishing: White Bear Lake

We will leave the lobby at 5PM. Sign up by Monday, June 9.

ONLY 8 SPOTS AVAILABLE. PARTICIPANTS WILL BE CHOSEN BY LOTTERY IF OVER 8 SIGN UP.

Since this is a Fathers Day event. Men will receive priority for this trip.

Tuesday, June 24 | Shopping: Walmart

We will leave the lobby at 9AM. Sign up by Friday, May 23.

Tuesday, June 24 | Feed My Starving Children: Volunteer Opportunity

(Unlimited Sign-Up. Please leave spots on bus for those who do not drive.)

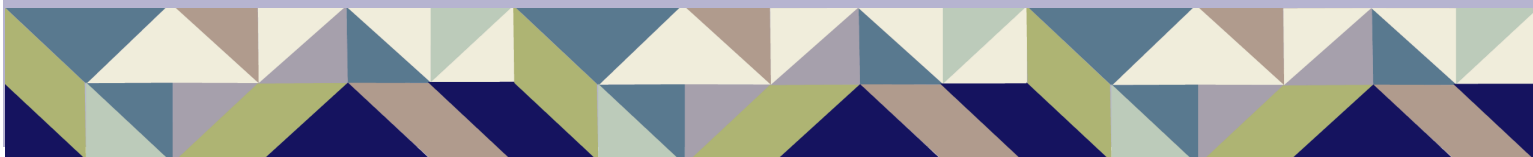
We will leave the lobby at 2PM. Sign up by Monday, May 26.

Packing: 2:30-4:15PM

Arrive back at Lyngblomsten: 5PM

This is a "Senior's Only" session. There will be no competition, and you go at your own pace.

If you are willing to let people carpool with you please mention that when you are signing up at the front desk.





PRAYING THE ROSARY- FIRST MONDAY OF THE MONTH AT 2PM IN THE CHAPEL

Friends from St. Joseph's at the Lake will be leading the rosary prayers with us. Bring your rosary and join us on **June 2**.

ROMAN CATHOLIC MASS FIRST WEDNESDAY OF THE MONTH

Mass with Holy Communion is led by Father Bill Deziel from St. Joseph's at the Lake.

ROMAN CATHOLIC WORD & COMMUNION SERVICE | WEDNESDAYS AT 1PM IN THE CHAPEL

Consecrated lay leaders from St. Odilia's and St. Joseph's at the Lake will be leading this service of Word and Communion.

PROTESTANT WORSHIP | THURSDAYS AT 1PM IN THE CHAPEL

During the month of June, we'll be actively looking for a new campus Chaplin. Until then, the Thursday services are on hold besides the following date:

JUNE 12: Pastor Ivy Huston from Living Waters Lutheran

GRIEF SUPPORT GROUP | EVERY THURSDAY

Thursdays at 3:30PM in Community Room. All of us have experienced loss in some way and those losses shape how we navigate our daily lives. Join us for conversation and sharing as we find hope together in the shadow of grief.

BIBLE STUDY WITH JAN W. | MONDAYS AT 10:30AM IN THE COMMUNITY ROOM

Bring your bible and join us as we explore the story of God's love for all of creation, including us fragile and fractured humans.

MEMORY CARE MASS | OFFERED MONTHLY IN LOCAL PARISHES

A memory care mass is designed to fit the needs of those living with dementia while still allowing them to experience the comfort and spiritual care they need. Each mass is 30 minutes in length and held in the chapels at St. Odilia's and St. Mary at the Lake beginning at 1:30PM, followed by a time of fellowship. If you have any questions, please contact Deacon Jim Saumweber at St. Odilia's, (651) 484-6681 or Kathleen Finn at St. Mary of the Lake (651) 429-7771, and choose option 1 on the dial pad. Memory Care Mass will take place:

June 26: St. Mary of the Lake



FITNESS CENTER CLASS SCHEDULE

Monday | Seated Strength Exercise with Sarah from 1–1:45PM

Tuesday| Chair Yoga with Angie at 10AM

Wednesday | Seated Strength Exercise with Sarah from 1–1:45 PM

Thursday | Chair Yoga with Angie at 10AM

Friday | Gentle Yoga with Terrie at 11AM



POOL SCHEDULE

Monday | Water Aerobics with Sarah from 2–3PM

Residents only from 7AM–12PM

Residents and their family/friends from 12–2PM and 3–10PM

Tuesday | Residents only from 7AM–12PM

Residents and their family/friends from 12–10PM

1st Tuesday: **Gentle Water Ai Chi** with Sherryl at 11AM

2nd and 4th Tuesday: **Gentle Water Work** with Sherryl at 11AM

Wednesday | Water Aerobics with Sarah from 2–3 PM

Residents only from 7AM–12PM

Residents and their family/friends from 12–2PM and 3–10PM

Thursday | Residents only from 7AM–12 M

Residents and their family/friends from 12–10PM

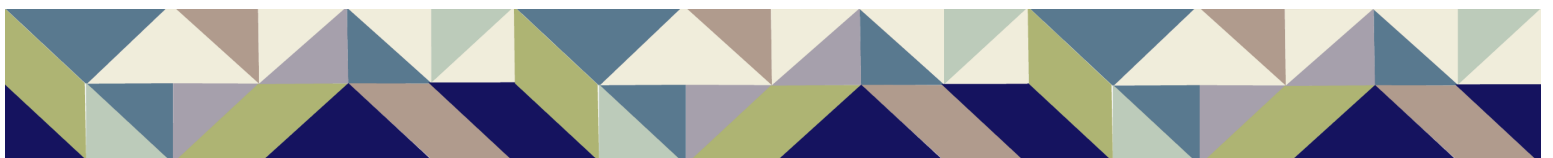
Friday | Residents only from 7AM–12PM

Residents and their family/friends from 12–10PM

Saturday and Sunday | Residents only from 7AM–12PM

Residents and their family/friends from 12–10PM

Please note: the Pool, Fitness Center, and Golf Simulator are reserved for Lyngblomsten volunteers every other Tuesdays of the month from 3–7PM.



Tour the Old Chrysler Garage

117 Main St. W. Isanti, Minnesota

Thursday, June 12th / 1:00 – 2:00 tour

Bus loads 11:15; Return around 3:00

Lyngblomsten at Lino Lakes



We will take a tour back in time at the Old Chrysler Garage, located 40 miles north of Lyngblomsten in Isanti. The Old Chrysler Garage is a museum that showcases owner Greg Briskey's collection of vintage Chrysler automobiles and memorabilia from the 1920s and on. It's truly a gem of a collection for you to explore.

No entrance fee (donation only). Bring money to pay for your lunch as we will stop at a restaurant before touring the museum.

Registration required; limited to 12. To Register: Contact Kaitlyn Olson at kolson@lyngblomsten.org or (651)515-1730

Questions? Contact Holly Nelson, Director of Lifelong Learning & the Arts at hnelson@lyngblomsten.org or (651)632-5459



Healthcare, Housing & Services for Older Adults since 1906
St. Paul & Lino Lakes | www.lyngblomsten.org

Art Workshop: Small Vessel Polymer Clay

Two Wednesdays, June 18 & July 2nd

1:00 – 2:30 pm

Studio, Lyngblomsten at Lino Lakes



Explore decorating a mini tea pot or pitcher with polymer clay with COMPAS Teaching Artist Layl McDill. *All supplies provided.* You will learn how to layer and mix colored clay together to make designs that are revealed when you slice and manipulate the clay. We

will use these slices and other techniques to construct your small vessel.

Layl McDill is an accomplished artist and experienced instructor, who has devoted her practice for the past twenty years to creatively exploring the use of polymer clay. You can see her work at www.laylmcDill.com

Free; Registration limited to 10. Contact: Kaitlyn Olson at (651)341-0483 or kolson@lyngblomsten.org

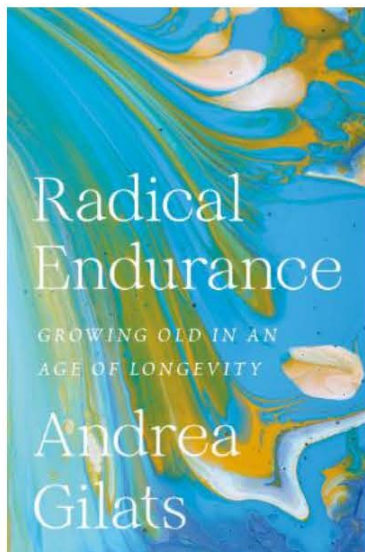
For more information, contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or hnelson@lyngblomsten.org

Lyngblomsten Presents: *Radical Endurance*

Friday, June 27th / 1:00 – 2:00

Lyngblomsten at Lino Lakes Chapel

6070 Blanchard Blvd. Lino Lakes 55014



Join author and educator Andrea Gilats for a thought-provoking presentation and discussion of her book *Radical Endurance: Growing Old in an Age of Longevity*. Praised as “a personal guide to the transformations, hard truths, profound pleasures, and infinite possibilities of aging,” the book traces her journey into old age, including the choking fear of losing her health and with it, her independence; the profound

pleasures of “growing up again” as she reconsiders experiences from young adulthood; and finally, her unexpectedly optimistic journey toward contentment as she contemplates her future.

Andrea Gilats is a writer, educator, artist and former yoga teacher who holds a Ph.D. in multicultural American Studies and a fine arts degree from the University of Minnesota. She is the author of three highly praised books. *Radical Endurance* is her most recent publication. *Radical Endurance* will be available for purchase at the event for \$15 (cash only).

Free; No registration required. For more information, contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or hnelson@lyngblomsten.org



Healthcare, Housing & Services for Older Adults since 1906
St. Paul & Lino Lakes | www.lyngblomsten.org

Caring for Others? We're Here to Help.

CAREGIVER SERVICES



Are you or someone you know helping an older adult who is your spouse, partner, family member, friend, or neighbor and you're looking to connect for support?

*Specializing
in memory
loss caregiver
support*

**Give us a call.
We'll help you
navigate the journey.**

Care for yourself as you care for others.

Lyngblomsten Community Service's Caregiver Services team is here to help you on your caregiving journey. Our staff are providing individualized support and resources to caregivers in person, over the phone, via email, and online via Zoom.

Connect with us for:

- **Education and Access to Resources**
- **Memory Loss Caregiver Support Groups**

The Gathering

In-person group respite program for people living with memory loss

Don't know what you need?

Connect with us. Our trained staff are here to listen and will help you take the next step on your journey.



For more information:

Lyngblomsten Community Services

(651) 632-5320 | caregiving@lyngblomsten.org | www.lyngblomsten.org/caregiving

Lyngblomsten Caregiver Services is supported, in part, by gifts made to the Lyngblomsten Foundation and is funded under an award with Trellis as part of the Older Americans Act.



ROOM KEY & LOCATIONS

Game Room | **G** Located on garage level. Follow white hallway by garage door.

Wood Shed | **WS** Located on garage level. Follow white hallway by garage door.

Lobby | **L** Located on first floor. Common meeting space for outings & other events.

Sophia's Café | **SC** Located on first floor by the lobby.

Courtyard | **CY** Located outside on first floor behind Sophia's.

Chapel | **CH** Located on first floor across from Sophia's.

Fitness Room | **F** Located on first floor.

Pool | **P** Located on first floor in the fitness area.

Salon | **No Key** Located on first floor.

Mikelson's Tavern | **MT** Located on second floor.

Wally's | **W** Located on second floor.

Puzzle Table | **No Key** Located on second floor. Located by Life Enrichment offices.

2nd Floor Assisted Living Dining Area | **2AL** Located on second floor in Assisted Living. Near Mikelson's and Wally's.

Theater | **T** Located on third floor. North end.

Library | **No Key** Located on third floor. South end.

Community Room | **CR** Located on fourth floor. North end.

Art Studio | **S** Located on fourth floor. South end.

BLUE HERON SALON

Salon Hours:

Tuesdays: 1:30-7PM

Thursdays: 8:30AM-5PM

Contacts:

Salon Owner/Hair Professional- Loreen: (612) 600-7641

Massage Therapist– Melody: (763) 222–3691

Nail Tech– Tuyen: (612) 229-1002

GIFT CARDS AVAILABLE FOR PURCHASE