



Lyngblomsten Lifestyle

Summer-Fall 2025



Manoj Rai
Resident Care

Live your
purpose



Ric Thompson
Central Supply

STORIES OF LIFE:

Meet Two Employees
who are Serving with Purpose

MORE IN THIS ISSUE:

Hidden Heroes Behind the Scenes
Courtyard Renovation Project

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Letter from the Editor

There is no better exercise for strengthening the heart
than reaching out and lifting others up.

– John Holmes

Dear Readers,

Heart. If I could only use one word to summarize this edition, then “heart” is the word I’d choose.

It takes many things for an organization to thrive for well over a hundred years. One of the critical items—the heartbeat, really—is staff. While Lyngblomsten was started by volunteers and initially had no staff, today more than 500 employees carry out our mission. In the client satisfaction survey conducted this summer, it made me smile to read a comment from a resident who said he/she could tell that employees feel called to this work—that it isn’t just a job.

This edition is dedicated to our employees. When you read about a handful of them in the pages that follow, I hope you, too, will surmise that carrying out the mission to enhance the quality of life for older adults is a calling that runs through our veins. Lifting others up truly is the best exercise for the heart.

Don’t just live; leave a legacy!

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



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On the Cover: Manoj Rai (Lino Lakes) and Ric Thompson (Como Park) are two of the many Lyngblomsten employees who embody the spirit of Lyngblomsten in their work with older adults.

Serving with Purpose

Employees embody the spirit of Lyngblomsten in dedication to older adults

By Mara Gawarecki

When Lyngblomsten was founded in 1906, the group of Norwegian women behind its beginnings put a simple mission behind their work: provide a dignified home for older adults. The form of that mission has evolved in the years since then, but the core of its motivation remains the same.

Today, employees carry that mission forward under its modern formulation:

*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.*

At the Como Park campus in St. Paul, Ric Thompson has spent more than three and a half decades working tirelessly behind the scenes to ensure daily life runs smoothly, including the last 28 years as head of Central Supply. In Lino Lakes, Manoj Rai brings cheerful dedication to his role as a Resident Care Assistant (RCA) that has drawn high praise during his first seven months of employment with Lyngblomsten.

The New Arrival

Manoj Rai has been with Lyngblomsten only a handful of months, but he’s already made an impact on those around him.

Rai initially joined Lyngblomsten at Lino Lakes in the housekeeping department at the end of January. He is currently studying nursing as a junior at Herzing University in St. Louis Park.

He found Lyngblomsten when searching for a job that would give him hands-on experience in his chosen field. He was initially hired as a housekeeper—it was the first open position he found—before he transferred to RCA work a few months in.

“I enjoy providing care to people,” he said. “It’s like being at home and doesn’t always feel like work.”

Rai’s family is originally from Bhutan, although they spent time in Nepal before immigrating to the United States in 2012. Rai is the first person in his family to attend college, and he takes his studies extremely seriously.

He brings a vibrantly sunny personality to his work caring for residents, which he prioritizes in a straightforward way, including being interviewed for this story on his day off so he didn’t shortchange his time with residents.

Continued on page 4



▲ Manoj Rai brings a smile to his role as a Resident Care Assistant at Lyngblomsten at Lino Lakes.

Continued from page 3

“The industry needs a hundred more Manojes,” said Shelia Hunter, head of housekeeping for Lyngblomsten’s Lino Lakes campus and Rai’s initial supervisor (for more on Sheila and her role with Lyngblomsten, see article on page 6). “He’s always willing to go above and beyond with a positive attitude.”

Although she misses him in the housekeeping department, Hunter knows Rai has found his calling caring for residents directly.



▲ Rai brightens the days of many residents in Lino Lakes, including Rosie Fox.

During his shifts, Rai helps residents with activities of daily living like bathing or getting dressed, rotating between the assisted living and memory care units. He also accompanies residents to dinner and engages them in conversation throughout the day. During one of his first shifts, as he was shadowing a coworker during training, he helped residents with dinner. They welcomed him to the Lyngblomsten family and eagerly invited him to join them in their meal. While he couldn’t eat with them while working, their enthusiasm and warmth helped

cement the relationships he was building. “It warmed my heart,” Rai said.

Beyond the physical assistance and monitoring he provides, Rai engages with residents throughout the day with compassion and empathy. The conversations and stories they share mean a lot to him.

“I pretty much love every resident,” he said. “Everybody here is great—the staff, the nurses, everyone.”

Once his studies are finished, Rai plans to stick around and has his eyes on the Lyngblomsten Care Center at the Como Park campus. He’s poised to share his dedication with Lyngblomsten residents long into the future.

The Long-Running Heartbeat

Manoj Rai represents the new generation continuing Lyngblomsten’s legacy into its second century. At the other end of the spectrum are the employees who have carried the banner for decades. One such veteran is Ric Thompson, who manages Central Supply.

The center of Thompson’s realm is nestled in the basement of the Lyngblomsten Care Center, covering several rooms. His stock includes everything from wheelchairs to gloves, trash bags to wound dressings.

“I’m the heartbeat of Lyngblomsten,” Thompson said simply.

From someone else, that might seem arrogant; for Thompson, it’s a proclamation that is true. He manages the flow of supplies from vendor to storage to distribution to the various

neighborhoods and departments of the care center as well as other buildings on the Como Park campus.

Born and raised in Deer Park, Wis., Thompson came to Lyngblomsten like many other employees: through a family connection. In 1986, his mother was working in the laundry department and encouraged him to apply for a job in the kitchen. He spent seven years in various roles there—dishwasher, dietary aide, cook, and supervisor—before he moved to Central Supply in 1994, which oversees the purchase, storage, and distribution of those supplies. Thompson learned under the previous manager before taking over when he retired in 1997. Thompson has been in the department ever since.



▲ Ric Thompson poses in the Lyngblomsten Apartments dining room with a trio of volunteers in the 1990s, when he worked in the Culinary Department.

That longevity has meant Thompson has gotten to know the vendor sales reps, and this rapport is golden. “I like building good relationships with my reps,” he said. “It helped us get through COVID.” He was able to source personal protection equipment and other necessary supplies during the scarcity of the early pandemic days.

“We went from barely using masks and gowns to going through hundreds each day,” said Kristine Rogers, Assistant Director of Nursing



▲ Thompson keeps Lyngblomsten running smoothly from Ric’s Place, the Central Supply room in the Lyngblomsten Care Center basement.

for the Lyngblomsten Care Center, who works closely with Thompson. Some gowns were thin and ripped easily while others were too heavy to wear comfortably for long periods of time. Thompson used his vendor networks to find better gowns, she said. “He was on top of it and sourced others.”

Even outside of extraordinary circumstances, Thompson keeps the wheels of Lyngblomsten turning smoothly. He works mostly in the background, where residents and visitors might not notice him, but he’s a linchpin to daily operations. He practically flies through the halls, leaps up the stairs, and even reads minds!

“Any time I need something, he’ll help me figure out where it is or how to get it,” Rogers said. Thompson often anticipates needs before anyone puts in a request, and he usually has a joke or fun fact to share as he makes the rounds with his well-stocked cart.

“People know how hard I work,” Thompson said. “They know I get on top of requests as quick as I can, and they know I take care of them.”

Whether their tenure spans months or decades, the 500+ employees of Lyngblomsten embrace the mission, serving with passion and purpose. **L**

Live your purpose

Hidden Heroes

Behind-the-scenes employees at Lyngblomsten provide vital services

By Mara Gawarecki

When thinking about a senior care organization like Lyngblomsten, the first employees who come to mind are those who interact directly with residents. These people—the nurses, the personal care assistants, the social workers—are on the front lines of providing care. But scores of employees work in the background to keep Lyngblomsten running smoothly, some of whom are highlighted here.

In the Business Office



Nick Davini works on a team of six people to process accounts receivable and paperwork for all of Lyngblomsten's billing. They're focused on helping residents and their families through big and little situations during what can be high-stress times.

"We're a resource for these people to get their questions answered," said Davini, who's worked in the business office since 2007.

Davini and his coworkers like being able to help families who might enter the business office with a lot of anxiety related to complicated paperwork. Problems can take weeks or sometimes months to resolve, and the business office staff works closely with families along the way. Families might be guarded when they first

enter the business office, but Davini makes it his mission to put them at ease.

"It brings me a lot of joy to see that," he said. "We pride ourselves on having the skills to be able to guide them."

In the Kitchen



Food and meals are at the center of so much of family life and socializing, and this key element of our campus communities wouldn't be possible without the hard work of the culinary staff. **Andrew Carlson III**, one of the cooks on the Como Park campus, helps prepare breakfast and prep for lunch and dinner in addition to snacks and occasional events.

A 40-year veteran of the restaurant industry, Carlson has enjoyed the last four years in the approximately 50-person culinary department. In the kitchen—similar to several other departments—there are a lot of immigrants, and Carlson has enjoyed getting to know his coworkers and their diverse backgrounds. "The atmosphere is very welcoming here," he said.

The kitchen crew prepares midday lunch (the busiest meal) for about 300 people across the Lyngblomsten Apartments, The Heritage

at Lyngblomsten, and the Lyngblomsten Care Center. That includes Anna's café & gifts, where residents, visitors, volunteers, and employees mingle over delicious food. In total, the culinary department has prepared 139,903 meals during the first half of 2025.

In the Halls and Beyond



Sheila Hunter has overseen housekeeping at Lyngblomsten at Lino Lakes for the last two years. Along with one other full-time staff member, she keeps common areas clean and welcoming, preps apartments and townhomes for new residents, and performs minor repairs. Her job requires a balanced approach, keeping track of small requests while tackling urgent needs as they arise. She does all of this in between running vacuums and carpet cleaners up and down the hallways.

"Morale is so positive here," she said. "I've never felt so appreciated."



At the Lyngblomsten Care Center, **Goma Gurung** also finds fulfillment in her work as a housekeeper. Some residents specifically request that she clean their rooms. Spending time with residents, especially those in the secured memory care unit, is very meaningful for her, Gurung said. She enjoys talking to them and listening to their stories as she goes about her day. "The residents are sweet, and I'm blessed to be able to provide comfort for them," she said. "They are one of the main reasons I work here."

An immigrant from Nepal, Gurung has spent 11 of her 15 years in America with Lyngblomsten, where she supervises a 12-person team. She looks forward to many more years.

"Lyngblomsten is where I hope to work until my retirement," Gurung said. "I am forever grateful for all the opportunities, memories, and friendships I have gained by being here."

While these heroes don't wear capes, the many employees outside of direct care provide a sturdy backbone for Lyngblomsten. We all can breathe easier knowing they are on the job! **L**

Remember your
why

For our **employees**, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

—A Lyngblomsten Guiding Principle

In Their Own Words

Lyngblomsten Employees Share Their "Why"

It would be impossible to profile every employee in the pages of this edition, but we asked a cross section of them about what they do and why. Here's a sampling from some of the staff who make Lyngblomsten what it is today.

“ I'm an all-around nurse; I'm not in the background. My day wouldn't be complete without being out on the floor in addition to all of the meetings with doctors and therapists and family members and paperwork I do. I take pride in knowing my residents and recognizing changes. I really do love caring for people. **”**



-Patraya Robinson, *Nurse Manager*
Lyngblomsten Care Center
Employee since 1995

“ I get paid to answer phones and talk to our residents all day. I really enjoy working with the elderly. You hear some amazing stories. I want to be like our residents when I get older. **”**

-Diane Caza, *Receptionist*
Lyngblomsten at Lino Lakes
Employee since 2023



“ When I worked in maintenance, I liked being able to fix stuff and make sure things were running. In this new role, it's rewarding giving people tours and having them decide to join our community. It's nice to be able to help people in both ways. **”**



-Tony Sarkilahti,
Assistant Executive Director
The Heritage at Lyngblomsten
Employee since 1997

“ I come from a long line of caregivers; three of my aunts are caregivers, and my mom is a PCA [Personal Care Attendant]. It is a meaningful, rewarding job. It's a warm feeling to know that a family trusts you with their loved ones. I think one of the things that keeps me waking up is the residents. From the ground floor up to the sixth floor, everybody knows me, even the ones I don't do cares for. **”**



-Tracy Franklin, *Home Health Aide*
Lyngblomsten Apartments
Employee since 2022

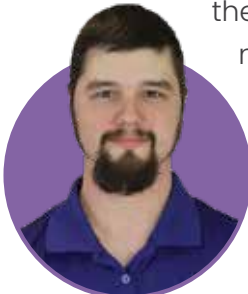
“ I do education and coaching over the phone, usually at the start of the memory care process, and I facilitate caregiver support groups. The biggest thing I love about my job is seeing the caregiver feel validated in their skills, support, and strength. **”**

-Lisa Brown, *Caregiver Services Program Coordinator*
Lyngblomsten Community Services
Employee since 2013



“ Usually I'm outside for the first part of the morning, then working inside on maintenance requests, with some meetings here and there. The part I enjoy the most is when I fix something or do something for the residents and it brings them a smile. It's all about the residents here. **”**

-Jared O'Connell,
Director of Physical Plant
Lyngblomsten at Lino Lakes
Employee since 2017



“ I saw that this was a home for me when I was working part-time here and also at another place, so I picked Lyngblomsten. Management runs this place very well. They listen here. They want to show workers they're not alone. This is why Lyngblomsten is great. I've brought a lot of people here [as employees]; I wouldn't do that if it wasn't. **”**

-Busayo Adebisi, *LPN*
Lyngblomsten Care Center
Employee since 2004



“ At Lyngblomsten, we work hard to uphold our mission of providing compassionate care to our residents, always working to enhance their quality of life, and I'm proud of that. I love my job for many reasons, but above all is the opportunity to learn about, build relationships with, and advocate for the residents that I serve. Although I have many daily responsibilities, including administering assessments, facilitating care conferences, completing paperwork, and connecting residents with needed resources, thankfully no two days ever look the same. I really enjoy my daily chats with residents who pop down to my office or pass me in the hall and getting to hear the incredible life stories of my residents—what a privilege! **”**

-Jay Haukom, *Social Service Coordinator*
Lyngblomsten Care Center
Employee since 2008

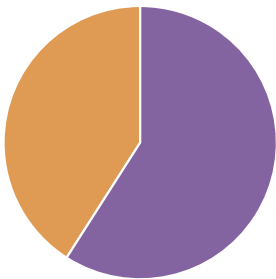


Employee Snapshot by the Numbers

As of 7/22/2025

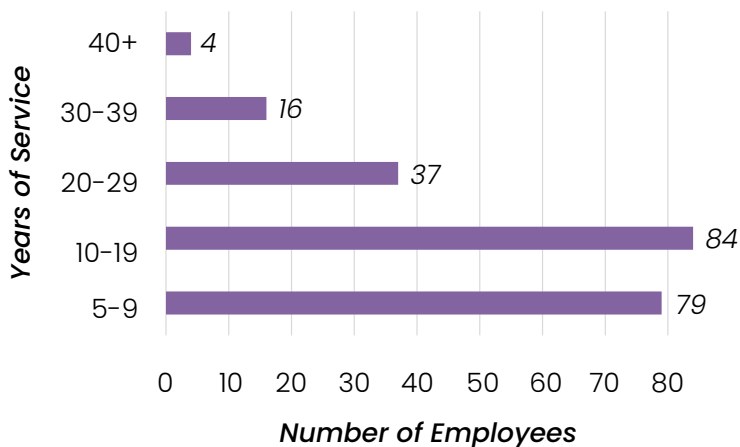
508
Total Number
of Employees

208
Full-time
Employees



300
Part-time
Employees

Retention rate: 94.76%



35
Total Number of Employees
in the Scholarship Program

3,812
Total Years of Service
(for all employees combined)

MAKE A difference

Looking to make an impact through your career or know someone who wants to? Consider working for Lyngblomsten, an award-winning nonprofit with more than a century of service to older adults!

As an employee, you'll enjoy:

- Stellar benefits
- Competitive wages
- A caring culture
- Opportunities for growth

Visit www.Lyngblomsten.org/Work to view openings in Como Park and Lino Lakes & complete your application.

(651) 632-5408 | ekatzenberger@lyngblomsten.org



Want to enrich the lives of older adults?

Become a Lyngblomsten volunteer!

No matter your age or experience, you can make an impact as a Lyngblomsten volunteer. Opportunities for individuals and church/school/corporate groups tailored to your interests, skills, and schedules are available at our campuses in Como Park and Lino Lakes.

Contact us to start your application today!

(651) 632-5499 | volunteer@lyngblomsten.org
www.Lyngblomsten.org/Volunteer



Live Safely & Vibrantly with Assisted Living and Memory Care in Lino Lakes

With immediate openings in assisted living and memory care, Lyngblomsten at Lino Lakes is a vibrant senior living community offering a variety of resort-style amenities. Our team of dedicated staff provide dignified, compassionate care to all our residents.

Schedule a Tour Today

Contact Deb at (651) 515-1727
or LinoLakes@lyngblomsten.org.

View Photos and Learn More

www.Lyngblomsten.org/LinoLakes

Overnight Respite Care Now Available!

Are you caring for an older adult at home and you need an extended break—perhaps to travel out of town or to recover from a surgery? Lyngblomsten can help! We offer overnight Respite Care for adults ages 62+ at our senior living campus in Lino Lakes.

- Respite residents receive assistance with activities of daily living and healthcare needs; secured memory care is available.
- Pre-admission paperwork required; caregivers are encouraged to allot at least two weeks for completing this paperwork before requested respite dates.
- Four service packages available, with varied costs depending on the care needed.

For information on openings:

Contact Deb at (651) 515-1727 or dbland@lyngblomsten.org,
or visit www.Lyngblomsten.org/RespiteCare.



The Como Park Courtyard Blooms Anew

By early September, residents and visitors will have access again to the central courtyard on Lyngblomsten’s Como Park campus, which has been undergoing a major renovation since May. Originally scheduled for a year ago following the success of the *Grounds for Joy!* capital campaign, the renovation was postponed due to permit delays with the City of St. Paul.

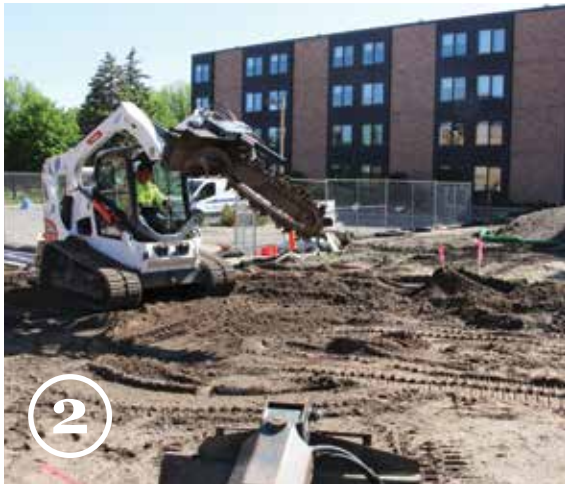


Photo captions (left to right, top to bottom)

- 1. June Husom (center), a campus resident and lead donor to the *Grounds for Joy!* campaign which helped fund the renovation, joins Lyngblomsten President and CEO Jeff Heinecke (second from left), Lyngblomsten Foundation Executive Director Tim Overweg (second from right), and representatives from Bauer Design Build to break ground on the project on May 5, 2025.
- 2. Preparing to dig trenches for new electrical lines.
- 3. Laying new electrical lines.
- 4. Replacing rusted railings.
- 5. The courtyard on May 13 after teardown was completed.
- 6. Pouring new sidewalks.
- 7. Landscapers replace a retaining wall.



- 8. A new grilling station will add pizzazz to summer gatherings.
- 9. A view of the courtyard from the Lyngblomsten Apartments in June.
- 10. Replacing concrete stairs to the courtyard.
- 11. Trees wait to be planted.
- 12. An electrician installs lighting and outlets for a new pavilion where concerts and classes will be held.
- 13. New sod, perennials, and trees near The Heritage at Lyngblomsten patio.
- 14. Fresh greenery and a new sidewalk near the north wing of the care center.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

In Memory of

May 1, 2025, through July 31, 2025

Gerry Anderson	Dianne Grandy	Dorothy Mechura	Frank and Elaine Wray
Marion Battisto	Lucille Hammer	Marilyn Muellner	Luella Zibell
Paula Christopherson	Alice and Bill Hydukovich	Clare M. O'Neil	John Zupfer
Richard Crofford	Nona Francis Johnson	Peg Ostrem	Memory care residents
Agnes Dynes	Mary Kime	Gifford and Signe Ovre	who passed away
Marion Glasow	Lois Elaine Laurence	Kenneth Peterson	during the pandemic
Mildred Gobley	William F. Luedtke	Barbara Rosengren	

In Honor of

Robert and Mary Alice Johnson	Elaine Ogren
Carolyn Klaver	The dedicated staff and volunteers with Lyngblomsten Community Services

For information about making a gift in honor or in memory of your loved one, please contact Carrie Godfrey at (651) 632-5358 or cgodfrey@lyngblomsten.org.

THANK YOU TO OUR 2025 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.

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Bauer Design Build
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Custom Medical Solutions
CyberAdvisors
Delta Dental
Gallagher
HPC/Premier
Medica
Wold Architects & Engineers

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Wellington Management

Mark Your Calendars!



Wednesday, Sept. 24, 4–5:30 PM

Senior living expert Bobbie Guidry of LeadingAge Minnesota will provide an overview of **senior housing options for adults experiencing dementia** in a virtual presentation titled, "Caring Choices: Exploring Dementia Housing Options and How Elderly Waiver Impacts Them." Please contact Lisa Brown by Sept. 22 to register at (651) 632-5320 or caregiving@lyngblomsten.org.

Thursday, Sept. 25, 6–9 PM

Join the Lyngblomsten Foundation for its **Annual Gala** as it raises vital funds to support Lyngblomsten's Lifelong Learning & the Arts program—bringing enrichment and creative expression to all the older adults we serve. For more information and to RSVP, visit www.Lyngblomsten.org/Gala.

Saturday, Oct. 4, 10–11 AM

Join us for "A Circle of Support: A Panel Discussion to Help You Navigate the Ins and Outs of Senior Care" at Lyngblomsten at Lino Lakes (6070 Blanchard Blvd., Lino Lakes). Come with your questions on anything related to senior living and care for this **expert-led panel discussion**. For more details and to RSVP, visit www.Lyngblomsten.org/CircleSupport.

Thursday, Oct. 9, 3–4:30 PM

Free **estate planning seminar** sponsored by the Lyngblomsten Foundation at Lyngblomsten at Lino Lakes (6070 Blanchard Blvd., Lino Lakes). RSVP to Carrie Godfrey by Oct. 7 at (651) 632-5358 or cgodfrey@lyngblomsten.org.

Tuesday, Oct. 14, 2–3:30 PM

Fall Delegate Meeting (Lyngblomsten at Lino Lakes, 6070 Blanchard Blvd., Lino Lakes). Invitations are being mailed to church delegates.



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, member 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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REQUESTED**

Hurry! Registration closes September 10. Visit www.Lyngblomsten.org/Gala to RSVP.

Lyngblomsten Foundation

Annual Gala

Artful Living ~ Artful Giving



September 25, 2025

6 PM Social Hour | 7 PM Dinner & Program

Vadnais Heights Commons (655 East County Road F)

Join us for a special evening as we raise funds to support Lyngblomsten's Lifelong Learning & the Arts program—bringing enrichment and creative expression to all the older adults we serve.

Scan the code
to RSVP!



Reservations due: 9/10/25

Donations due: 9/29/25

