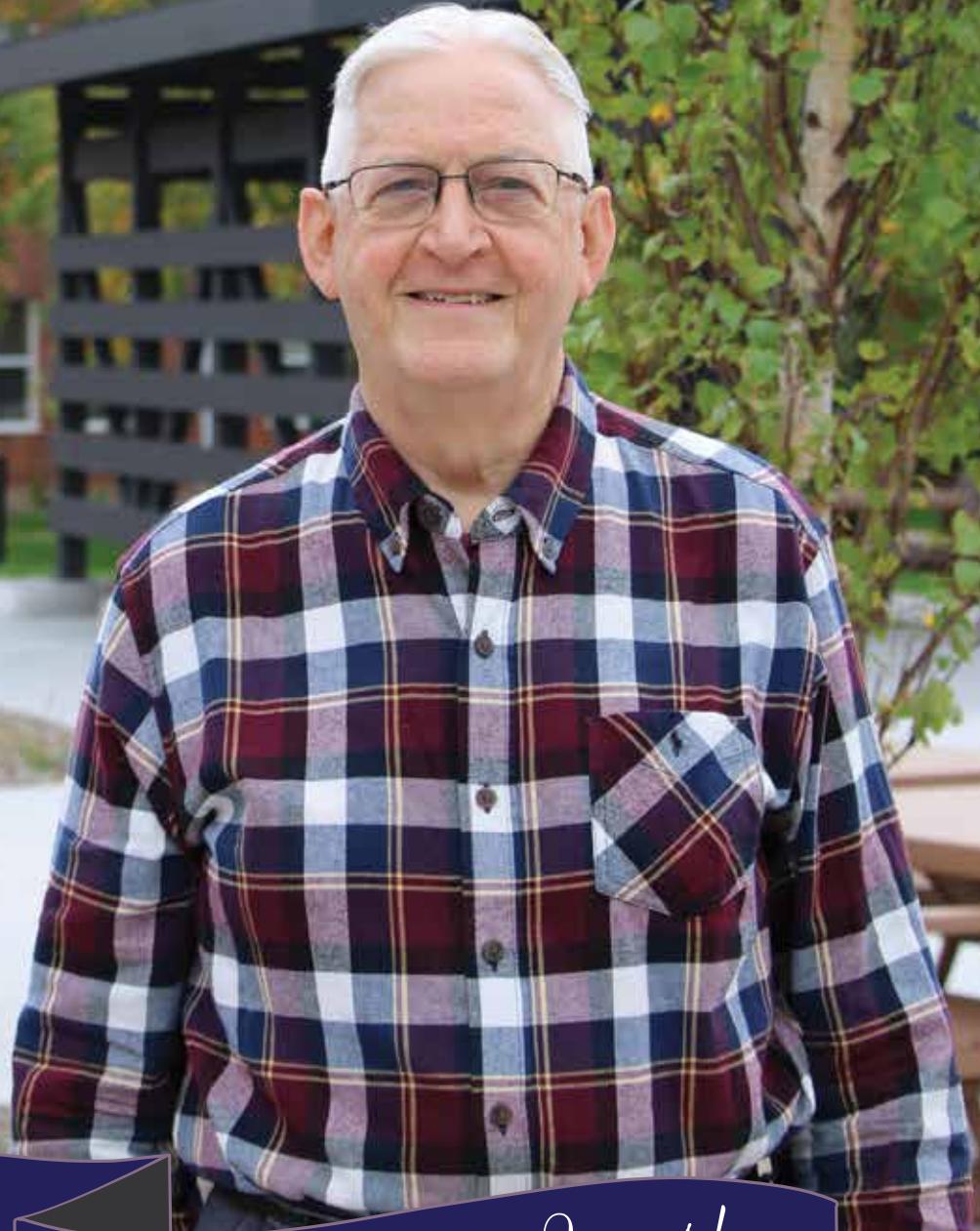


Lyngblomsten Lifestyle

Winter 2025-2026



1906

Celebrating 120 Years!

2026

STORIES OF LIFE:

Donors Jonathan Nye and
Krina Damian share their Whys

MORE IN THIS ISSUE:

Giving through Sponsorships, Tributes, & Estates
Snapshots from 2025

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Letter from the Editor

Dear Readers,

As this edition heads to press, we are 12 days away from 2026, and we are 12 decades past the founding of Lyngblomsten. Time connects every point of the past and every point of the future.

Twenty years ago we renamed our organization's newsletter from *Life at Lyngblomsten* to *Lyngblomsten Lifestyle*. We wanted to reflect that Lyngblomsten isn't just a place, but rather, a way of life for all those connected with the organization.

Months ago when we chose the focus for several editions—and chose to highlight donors for the winter edition—we weren't thinking of the 120th anniversary. However, this edition's focus on givers is a fitting alignment with *generosity* undergirding the 12 decades of Lyngblomsten's history, and I dare say, generosity is a significant characteristic of the Lyngblomsten lifestyle.

May the stories in this edition inspire you, and may the year ahead overflow with meaningful connections and moments of joy.

Don't just live; leave a legacy!

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



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On the Cover: Jonathan Nye, a longtime Lyngblomsten donor, visited the Como Park campus this fall to share his history with the organization.

The Long and the Short of It: Donors Make the Mission Possible

Two donors share why they give to Lyngblomsten

By Mara Gawarecki

Over the years, Lyngblomsten has been supported by a multitude of people in a variety of ways. Earlier this year, we shared the stories of some of our volunteers and the employees who keep Lyngblomsten humming along. For this issue, we turn our spotlight on a third, equally important group: our donors.

Although it was officially founded in 1906, Lyngblomsten didn't open the doors of its first residence building until 1912. It took those six years to raise the necessary funds to purchase land and start construction, and keeping those funds flowing in the decades that followed was an important part of the work done by the Norwegian women who founded Lyngblomsten.

Whether it was running a dining hall at the Minnesota State Fair or collecting donations at musical benefit concerts, the first generation of leadership at Lyngblomsten spent a lot of time raising funds to underwrite their mission. That work is carried on today by the Lyngblomsten Foundation, with the help of around 650 donors. Here are the stories of a pair of current donors—one long-time, one short-time—who help demonstrate the wide array of today's givers.



A half-century of giving

Jonathan Nye came to Lyngblomsten half a century ago. In 1975, his wife's grandfather was living in the original building on the corner of Pascal Street and Midway Parkway in Saint Paul. Jonathan visited once a week, helping residents in the basement woodshop or playing checkers and sharing coffee with others on the floors above.

Living down the street, Jonathan became a regular volunteer and eventually began serving on several committees for Lyngblomsten.

When the organization was raising funds to build the Newman-Benson Chapel in the 1980s, he served as a PR man, boosting the cause to anyone who was willing to listen.

He served on the board, including a term as board chair. In 1986, Jonathan joined Lyngblomsten as an employee when he stepped up to fill in as manager at the Villa Park condominium development in Roseville, which Lyngblomsten managed at the time. Originally a temporary post for Jonathan, the role was where he spent the next decade, making life at the community run as smoothly as possible.

Over the years, he helped manage other properties for Lyngblomsten, including the Superior Street Cottages in Saint Paul and

Continued on page 4

► At the campus celebration of Lyngblomsten's centennial in February 2006, Jonathan directs the North Suburban Chorus.

Pioneer Manor in White Bear Lake. He retired from Lyngblomsten in 2005, but Jonathan stayed involved—including serving on the Centennial Celebration Committee and volunteering as a musician.



▲ Jonathan helps with whatever is needed! At the Centennial Celebration held in February 2006 at Luther Seminary, Jonathan prepares balloon bouquets.

"It's been a marvelous privilege to me to perform all of these roles," Jonathan said. "I've really seen Lyngblomsten grow and change in the 50 years I've been involved as an employee, a volunteer, and a donor. I've enjoyed my experience so much." Thus far he's logged 1,202 hours as a volunteer.

Besides his visits with residents, Jonathan has helped out serving popcorn on Thursday afternoons and in other small ways over the years. For the last decade or so, he's been visiting as a musician, this time with his accordion, an instrument he picked up as a third-grader.

"Lyngblomsten has always been a high-quality organization, and that's a big part of why I'm a donor," he said. "It's an honor to be a donor."

Jonathan noted that during his tenure, he's seen the relationship between the organization and its financial supporters flourish.

"Lyngblomsten has been excellent in recognizing their donors and giving them kudos and thanks, no matter if they're major or minor."



▲ In recent years, Jonathan has shared his talents as an accordion player with residents of the Lyngblomsten Care Center in St. Paul.

A newer donor finds her niche



▲ Krina Damian

For Krina Damian, her involvement has been of a much shorter but equally dedicated duration. As a child, she was raised by a single mother and spent a lot of time with her grandparents. Consequently, she developed an affinity for the company of older folks, something which helped her single out Lyngblomsten for both volunteering and donating.

Krina earned a bachelor of science degree in chemistry from the University of St. Thomas, then headed to Nebraska for a PhD program in chemistry, wrapping it up in 2010.

After moving back to the Twin Cities, Krina was looking for a way to give back. She found Lyngblomsten around Christmastime in 2014 and started visiting to converse with residents. She formed a close bond with one particular resident whom she visited for the next six months. When that wrapped up, she volunteered in a handful of small roles, but the demands of her job made even that level of involvement difficult.

That's when she turned her focus to monetary support.

"I didn't give through acts, so I decided to give through money," she said. Krina leveraged her employer's donation matching program to make her giving even more impactful.

Although she supports other causes and organizations, Lyngblomsten remains her "home base" for giving.



▲ Krina and her husband Ricky at the 2024 President's Luncheon, an annual event that recognizes, in part, donors who made a qualifying gift or set of gifts to the Lyngblomsten Foundation the previous year.

While she hasn't had a loved one live at Lyngblomsten, Krina said she was impressed by the gentle, personalized care she observed staff giving. In the memory care unit, she witnessed staff using lavender-based aromatherapy to help agitated residents regain their calm, for example.

"This is the kind of place I'd like to live when I get to that stage," Krina said. "I wish my grandmother had been able to come to some place like Lyngblomsten."

While she's likely decades away from needing such care herself, Krina helps make it possible for others to receive it, one of many to do so through donating.

"I think everyone should get involved, whether it's donating time or donating money," she said. "Lyngblomsten is a really great organization."

Because of generous supporters like Krina Damian and Jonathan Nye, Lyngblomsten will be able to offer that kind of person-centered care for many years to come. Their steady giving exemplifies the kind of donor who is the bedrock of the Lyngblomsten Foundation and a driving force behind the mission. **L**

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.

—A Lyngblomsten Guiding Principle

Buying In

By Mara Gawarecki

Vendors Support Lyngblomsten's Mission through Sponsorships



Marcus Peterson is a National Account Executive with HPC/Premier Group Purchasing, a Lyngblomsten vendor and longtime sponsor of the

Lyngblomsten Foundation. For this issue of *Lyngblomsten Lifestyle*, he reflected on why they support the mission through sponsorship.

Marcus described the relationship between HPC/Premier and Lyngblomsten as incredibly gratifying. "When your business partner also opens the door for a personal relationship, that tells me that I matter," he said, reflecting on the connections that he and his colleagues have made with Lyngblomsten staff. Those personal connections helped tip the scale for Marcus when it came to sponsoring.

"Lyngblomsten's mission aligns well with my personal mission: Christ-centered," he said.

In addition to that personal alignment, Marcus noted that he found the cultural fit between the two organizations extremely compelling.

"Lyngblomsten has found a way to build a business while keeping 'the business' aspect of it behind the scenes, highlighting, instead, the personal touch of the caregivers," he said. "I admire those who can operate a business while keeping it personal."

Sponsors such as HPC/Premier provide critical support for Lyngblomsten programs. To learn how your company can sponsor, contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org. [L](#)

THANK YOU TO OUR 2025 CORPORATE SPONSORS!

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Remembrance Wall Gives Families Way to Honor Loved Ones

By Mara Gawarecki



When you pass through the lobby of the Lyngblomsten Care Center on the Como Park campus, you might catch a glimmer of light reflecting from the metallic plaques of the Remembrance Wall.

Over the years, numerous donors have chosen to honor a special milestone in someone's life or preserve the memory of loved ones. Each bronze, silver, and gold plaque is engraved with the honoree's name and a special message. Formerly the Remembrance Tree, the display was reinstalled at its current location in April 2024 following the remodel of the care center.

Cynthia and Roosevelt Collins, donors to the Lyngblomsten Foundation for several years, chose to memorialize Cynthia's mother, Robelene, on the Remembrance Wall several months ago. The pair had noticed the display when they were visiting Roosevelt's mother in the care center's transitional care unit (TCU). "It's a lasting memento," Cynthia said. "It was very nice, and we're very glad we did that."

Robelene lived in the Lyngblomsten Apartments for about three years starting in 2021. She found a real home and community at the Apartments, Cynthia said. "She liked living here. ... The staff were fantastic; they went above and beyond."

Roosevelt's mother, Shirley, spent time in the TCU after several different surgeries in 2018.

"Everybody was really nice and supportive. Any time we had any questions or issues, they took

it on as their issue," Roosevelt said. "There was kindness in how staff spoke to residents and everything they did."

Roosevelt and Cynthia donate in part because they've been invited by the Lyngblomsten Foundation to help support that environment of care and respect that their parents received, making sure it extends far into the future.

"If you reach out to people and ask, they'll remember how comfortable their loved one is or was," Roosevelt said. "You're part of a community."

Cynthia and Roosevelt continued their participation in that community this past summer, when they honored Shirley with an engraved paver in the Nash Courtyard on Lyngblomsten's Como Park campus. For a photo of the paver garden, see page 9. [L](#)

Create a Lasting Tribute through the Remembrance Wall



Honor someone special with an engraved plaque on the Lyngblomsten Remembrance Wall. Single or cumulative gifts totaling \$750 or more are eligible for a plaque. For details, contact Carrie Godfrey with the Lyngblomsten Foundation at (651) 632-5358 or cgodfrey@lyngblomsten.org.

Estate Planning: Through the Lens of Jim Nash

By Patricia Montgomery

Estate planning provides a meaningful way to extend your values beyond your lifetime. Through bequests in a will, beneficiary designations, or gifts of assets like stocks, you can create a lasting legacy that strengthens the future of organizations you care about. These planned gifts often allow donors to make a greater impact than they could during their lifetime.

One such person to do this was James "Jim" Nash, an avid photographer and a longtime Lyngblomsten volunteer and donor. During his life, Jim lived frugally, giving modest donations to his church and other organizations. He also prepared a plan where he designated impactful gifts to be given upon his death.



◀ Jim (right) is presented with the Anna Quale Fergstad Award for Distinguished Service in 2018 from President & CEO Jeff Heinecke.

One of the great things about estate planning is that a person can provide for their own needs while living and ensure that their family, church, and organizations can benefit from the remainder of their assets. No matter how small or large a person's estate is, estates must be processed upon death. How much easier it is for those left behind when distribution of assets has been preplanned.

Lyngblomsten was one of the recipients of Jim's planning and generosity. His gift has supported



▲ Being behind the camera was one way Jim Nash served as a volunteer.

a variety of programs and supplemented the capital campaign for the Como Park courtyard.

When it came time to name the renovated courtyard, it was natural to think of Jim and his mother Delphine (Del) who both gave generously of their time supporting the Como Park campus for decades. See page 9 for a glimpse of the renovated courtyard named in appreciation of Jim Nash and Del Nash.

Like Jim, you can make a difference for the future! To learn about including Lyngblomsten in your estate plan, please contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org. **L**



◀ Del Nash (left) in the Fall 1987 edition of Life at Lyngblomsten.

L

The Nash Courtyard is Unveiled

By Mara Gawarecki

Following a series of delays, there truly was "grounds for joy" on September 9 when the renovated courtyard was unveiled. The grand re-opening was marked with a reception for courtyard donors, a ribbon cutting ceremony, and the announcement of the name—the Nash Courtyard. An open house for all those associated with Lyngblomsten followed. Rain forced festivities to move indoors.

The courtyard makeover included safety improvements like new concrete, railings, and lighting. Amenity improvements included refreshing and expanding planting beds and replacing trees, constructing a pavilion, and adding a grilling station. The new outdoor space will be home to gatherings, activities, and enjoyment of nature for years to come.



▲ Longtime friends of the Nashes and Lyngblomsten supporters Elizabeth and Peter Ekholm (right) prepare to cut the ceremonial ribbon to mark the opening of the Nash Courtyard. Tim Overweg (far left), Executive Director of the Lyngblomsten Foundation, and Jeff Heinecke, President & CEO, facilitated.



▲ Residents and their guests will be able to gather for summer cookouts thanks to a new grilling station.



▲ Messages from donors—many of which memorialize or honor loved ones—are inscribed on blocks that make up the paver garden near the chapel.



▲ A new pavilion provides space for performances, classes, and gatherings. Here, it's set for a concert at the Grounds for Joy Courtyard Open House on September 9. Rain later moved the music indoors to the chapel.



Lifelong Learning & the Arts Receives Boost from Gala Donors

By Mara Gawarecki

Friends of Lyngblomsten gathered at Vadnais Heights Commons on September 25 for the Annual Gala to support Lifelong Learning & the Arts.

Thanks to donors' generosity, the Lyngblomsten Foundation was able to raise more than \$75,000 to support this impactful program.

At the Gala, two Lyngblomsten residents shared how Lifelong Learning & the Arts has enriched their lives.



▲ Judy Smith, a resident of Lyngblomsten at Lino Lakes, tells Gala attendees how her life has been enriched by art classes offered through Lifelong Learning & the Arts.

Judy Smith, a resident of Lyngblomsten at Lino Lakes, has honed her artistic talents through painting classes. In her testimonial, Judy remarked, "The teachers are true artists who are willing to share their talents as well as an ability to help you understand that you have an ability to be an artist. ... I am very appreciative of the Foundation for making these opportunities available to us. In fact, I am so thankful for this fund that brings artists and needed supplies to Lyngblomsten that I have already written my check [to support the programs]!"



▲ Lyngblomsten Care Center resident Marc Pasiuk (seated, center) shares how he has been impacted by the art instruction offered by Lifelong Learning & the Arts.

Marc Pasiuk, a deaf resident of the Lyngblomsten Care Center in Como Park, told attendees about the importance of being able to access art activities:

"Through painting, drawing, and creative expression, I've discovered something profound: everyone has a story to tell. And art—gentle, patient, and powerful—has been the channel that allowed me to open up and share mine. It's given me a voice when words felt too heavy and a canvas when emotions felt too complex. These programs don't just fill our time—they fill our spirits." **L**



▲ Debbie Lyon, a teaching artist who hosts classes regularly for Lyngblomsten residents, leads Gala attendees in a hands-on art activity.

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.

- Receive assistance with activities of daily living and healthcare needs; secured memory care is available.
- Pre-admission paperwork required; please allot at least two weeks to complete.
- Four service packages available, with costs depending on the care needed.



LYNGBLOMSTEN
AT LINO LAKES

For information
on openings:

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

www.Lyngblomsten.org/RespiteCare



*Live Safely & Vibrantly
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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 Personal Tour Today
Contact Deb at (651) 515-1727
or dbland@lyngblomsten.org.

Learn More and View Campus Photos:
www.Lyngblomsten.org/LinoLakes

Receive a Break from Caregiving through The Gathering Celebrating 25 Years of Touching Lives

Are you caring for an older adult with memory loss? Receive a break from caregiving through The Gathering.

Now celebrating its 25th year, The Gathering is an award-winning group respite program that provides four hours of brain-stimulating, enriching activities to adults with early- to mid-stage memory loss, allowing their family caregivers to take a much-needed break.

Sessions held three days a week at our Como Park & Lino Lakes campuses.



Reach out to the Lyngblomsten Community Services team at caregiving@lyngblomsten.org or (651) 632-5320 to learn more. Find additional details and volunteer opportunities online at www.Lyngblomsten.org/TheGathering.



Snapshots from 2025

From courtyard renovations in Saint Paul to group respite growth in Lino Lakes, the residents, participants, employees, volunteers, and supporters of Lyngblomsten had a busy year in 2025.



▲ President & CEO Jeff Heinecke (right) presented the 2025 Anna Quale Fergstad Award for Distinguished Service to David Christianson at the President's Luncheon in April. Honored posthumously with the Fergstad Award was Karina Allen, a longtime Lyngblomsten supporter and last Life Member (former Branch Member) of the organization who passed away in May 2024.



▲ Assisted living and memory care residents at Lino Lakes learned about Penelope, a queen and weaver from Greek mythology, before practicing their own weaving on mini looms during one of many art opportunities offered throughout the year.



▲ Teams of residents and employees from the Como Park campus battled for the human foosball championship during Homes for the Aging Week in May.



▼ In early December, for the first time in about a decade, the Lyngblomsten Foundation hosted tree lighting celebrations. At the Como Park campus, a 25-foot balsam displayed in the courtyard brightens the evening sky.

► In February, Lyngblomsten Community Services began offering The Gathering three days a week at the Lino Lakes campus. This group respite program, which provides four hours of enrichment for adults with early- to mid-stage memory loss, had been available one day each week in Lino Lakes since January 2024.



▲ Residents of The Heritage at Lyngblomsten added a creative touch to the renovated courtyard at Como Park by crafting ceramic pieces stacked onto poles, creating a pair of colorful garden towers. Their creations were part of a multi-week class led by teaching artist Julian Gruber from the Northern Clay Center.

▼ Residents from the Como Park campus traveled to see a dress rehearsal of *Così fan tutte* at the Minnesota Opera in May.



▼ Journalist and Alzheimer's advocate Karla Hult gave a public workshop on caring for family members with memory loss at the Lino Lakes campus in April.



▲ Residents from Lyngblomsten at Lino Lakes reveled in fall colors during an outing to Waldoch Farm in October.



Live Your Best Life at the Lyngblomsten Care Center!

Find a warm community while receiving compassionate care from the dedicated staff of the Lyngblomsten Care Center on the Como Park campus. We offer transitional, long-term, and secured memory care, with an industry-high staff retention rate.

For more information and to schedule a tour, contact Michelle Ulland or Sarah Andrews in Admissions at (651) 632-5301 or admissions@lyngblomsten.org.

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

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Shirley A. Clare
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Owen Sorenson
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John Thoemke
Alice and Howard Thoreson
Martin S. Tollefson
Robin Westling
Roger White

In Honor of

William Dyste
Peggy Kunz

Elaine V. Ogren
Marc A. Pasiuk

Joan Schonrock

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.

Make a Difference by Volunteering with The Gathering



The Gathering is a group respite program for people with early- to mid-stage memory loss that provides a four-hour break for their family caregivers. As a volunteer, you'll socialize, play games, do art activities, challenge your brains, and have fun with participants.

Sessions held multiple days each week from 10 AM-2 PM at Como Park and Lino Lakes. Flexible schedule. Training provided.

For more information: Contact Kevin in Volunteer Services at (651) 632-5499 or kcipperly@lyngblomsten.org.

Many Ways to Give Many Ways to Impact

For more than 120 years, those moved by Lyngblomsten's mission have contributed time and treasure to ensure a high quality of life for older adults. From the very first fundraiser at a book club meeting netting \$1.40 where Anna Quale Fergstad shared her vision for Lyngblomsten, to today where annually about 650 donors contribute in myriad ways to the Lyngblomsten Foundation, gifts of every size make a difference.

Donations support greatest need, especially Community Services (resources for caregivers and enrichment for those living at home with memory loss), Lifelong Learning & the Arts, Spiritual Care, the Good Samaritan Fund, and more. Occasional capital appeals support projects such as renovations.

Examples of how you can donate to the Lyngblomsten Foundation, a 501(c)(3) organization:

- Memorials or Tribute Gifts
- Recurring Gifts (e.g., monthly gift through bank account)
- Planned/Estate Gifts (e.g., through a will, life insurance beneficiary, etc.)
- Distributions through an IRA
- Donor Advised Funds (DAFs)
- Employer Match
- Appreciated Stock
- Sponsorships



August 1, 2025, through November 30, 2025

To learn more, contact:
Tim Overweg, Executive Director
Lyngblomsten Foundation
(651) 632-5319
toverweg@lyngblomsten.org

Connecting Generosity with Mission 1906 – 2026



For a few years in the early 1910s, branch members of Lyngblomsten hosted a dining hall at the Minnesota State Fair to raise money.



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:

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Determination,
Innovation, &
Compassion.**

Thanks for being part of this legacy!