

# LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

April  
2008

A Newsletter for the



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5-5-1 Club Coordinator

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Noon Dining

**Reservations**

(651) 632-5332

[www.551club.com](http://www.551club.com)

## LET'S CELEBRATE!



Easter was early this year, and I've already written about the coming of spring, so what on earth can I write about this month?

I bet you don't know there are many special days to celebrate in April. Of course you know about "April Fools Day"—that's a no-brainer. But how about "Don't Go To Work Unless It's Fun Day" which is celebrated on April 3rd. April 4th is "Tell A Lie Day." Now if that bothers you, just wait until April 30th which is "National Honesty Day." I think my personal favorite is "No Housework Day" which falls on April 7th. April 13th is "Blame Someone Else Day" and the 15th is "Rubber Eraser Day." Not all erasers are made from rubber now, so if you celebrate that holiday, be sure you do it with a rubber eraser, not a vinyl one. April 26th is "Hug an Australian Day." I'd love to celebrate this one, but I don't know any Australians. If you know one I could hug, please give me a call.



There are many other holidays to celebrate in April. In fact there is at least one celebration per day, but I think I'll be too busy to consider any more than the ones I've already listed...with one exception:

The biggest celebration of this month is April 20th which is  
**"Volunteer Recognition Day."**

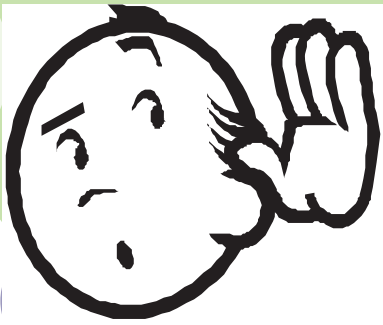
This is a must day to celebrate. The 5-5-1 Club survives because of all the dedicated volunteers who keep us running. Thank you to our drivers, dining helpers, newsletter assemblers, those who help with bingo and cards, waffle and cooking class assistants, and anyone else I may have overlooked. You are the ones who make us shine.

**Thank you!!**

5-5-1 Club Coordinator

# WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator



## What?!!

The gradual hearing loss that occurs as you age is a common condition. Over time, the wear and tear on your ears from noise contributes to hearing loss by damaging the inner ear. Other factors such as heredity, chronic exposure to loud noises, and ear wax blockage can contribute to hearing loss. It is estimated that three quarters of those older than 75 have some degree of hearing loss.

### Signs and Symptoms

- Muffled quality of speech and other sounds
- Difficulty understanding words, especially against background noise or a crowd of people
- Asking others to speak more slowly, clearly and loudly
- Needing to turn up the volume on the TV or radio
- Withdrawal from conversations
- Avoidance of some social settings

### Coping Skills

- Position yourself to hear: face the person you are talking to
- Turn off background noise
- Ask others to speak clearly
- Choose quiet settings
- Consider using an assistive listening device

To learn more, join us for an informative presentation “Hearing Loss–Good To Know” at the next “Donut” Make You Wonder? on Thursday, April 3, from 10–11 AM in the Newman-Benson Chapel at Lyngblomsten.

Julie Rindelaub, Community Specialist from Vision Loss Resources will discuss hearing loss, hearing aids, and other adaptive equipment – what to look for in purchasing them, how VLR can advocate on your behalf, and what services are available.

Beth Cherryholmes, Program Specialist from the Telephone Equipment Distribution Program of MN Dept of Human Services, will inform us about specialized telephone equipment that is available to help those with hearing loss communicate more effectively over the telephone. The TED program provides this AT NO COST to applicants who meet the qualifications. Recipients of the program say they wish they would have known about the services earlier.

There is no fee to attend the presentation; however, a \$1 donation is appreciated to cover the cost of refreshments.

Continue to take good care of yourself. If you have any questions or would like more information, feel free to contact me at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

Source: [www.MayoClinic.com](http://www.MayoClinic.com)

Vision Loss  
Support Group:

– 2<sup>nd</sup> floor lounge  
of The Heritage at  
Lyngblomsten –

**Tues., April 1  
1:30-2:30 PM**

# EVENTS & OUTINGS

## WALKING GROUP

On most Fridays during the winter months, the walking group leaves the 5-5-1 Club at 9:30 AM to head to Rosedale Mall. This group is for everyone at every pace. After our walk, we always gather for coffee or cold drinks. **APRIL: 4, 11, 18, 25**

## WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **APRIL: 2, 9, 16, 23, 30**

## COFFEE & TREATS

Join us on Tuesdays & Thursdays from 9—10:30 AM for freshly brewed coffee and delicious morning goodies for just \$1. Bring a friend to chat, or come and relax in front of the large-screen TV or read the newspaper. **APRIL: 1, 3, 8, 10, 15, 17, 22, 24, 29**

## BRIDGE CLUB & 500 GROUP

Join us for a game of Bridge at 1 PM on Thursdays or a game of 500 on Tuesdays and Thursdays at 1 PM at the 5-5-1 Club. Please call (651) 632-5330 to reserve your spot for the games. FREE. **APRIL: 3, 10, 17, 24**

## WEDNESDAY, APRIL 2

**Waffle Wednesday & Cooking Class.** Waffles from 9-10:30 AM. We'll start the cooking class at 11:30 AM and eat as soon as the meal is ready. Do you want to WOW your family and friends with a new recipe? Maybe you just want to come for the good food and fun. Either way, join us for just \$6. Call the dining line at 632-6332 for reservations.

## THURSDAY, APRIL 3

**"Donut" Make You Wonder?** presents: "Hearing Loss—Good To Know" from 10—11 AM in the Newman-Benson Chapel at Lyngblomsten (see page 2 for more info). **Pizza & Bingo:** Papa Johns makes the pizza, and we supply salad and dessert. Come for the food and stay for the games (prizes for every game). Only \$6 for lunch and just a quarter to play bingo. Call the dining line at 632-5332 for reservations.

## WEDNESDAY, APRIL 9

**Rides for Waffle Wednesday** are available on the second and fourth Wednesday. Call 632-5330 to line up a ride. Waffle Wednesday: 9—10:30 AM.

## WEDNESDAY, THURSDAY & FRIDAY, APRIL 16, 17 & 18

**Lyngblomsten Auxiliary Rummage Sale.** See page 7 for details. *Have things to donate to the sale? Donations are accepted April 7–12 at the front desk of the Lyngblomsten Care Center*

*(one level above the 5-5-1 Club) from 8 AM–8 PM. No electronic equipment (microwaves, TV's, etc.), please.*

## TUESDAY, APRIL 22

**Defensive Driving.** This 4-hour Defensive Driving refresher course runs from 10 AM – 3 PM. Registrations required. See p. 7 for details.

## TUESDAY, APRIL 22

**Pie & Coffee** at the 5-5-1. Freshly baked pie and gourmet coffee will be served from 2–3 PM. Just drop in and choose your pie. Cost is \$3. Bring your family and friends!

## THURSDAY, APRIL 24

**PROGRAMMING CHANGE:** Old Log Theater has changed their production for the day to "Forever Plaid." Although I am sad to miss the "Incorruptible" performance, I am excited to see "Forever Plaid." It's a funny story of four young men who get one last opportunity to entertain before getting taken to heaven. They perform some of the greatest hits of the 1950's with great harmony and choreography. **IF YOU HAVE ALREADY SIGNED UP TO SEE "INCORRUPTIBLE," PLEASE CALL 632-5330 TO LET US KNOW IF YOU STILL WANT TO BE PART OF THE TRIP.** If you haven't already signed up, call to get your name added to the list.

# MARK YOUR CALENDARS



## Tuesday, May 6: Cinco de Mayo Fiesta.

Today we're celebrating the victory of the Mexican army over the French in the Battle of Puebla. We'll be feasting on a meal from Old Mexico. There's something to please everyone, so don't be afraid that it will be too spicy! Old Mexico will provide us with a taco/burrito buffet—It's yummy! Cost is \$6. Call the dining line at 632-5332 for reservations.

## Thursday, May 8: McHatties Victorian Times.


*A perfect trip to take with the special woman in your life in honor of Mother's Day!* This Victorian home is nestled in the Woodbury countryside. The atmosphere is delightful and the food (not just tea,

but a full lunch) is delicious and artistically prepared and served. We'll leave the 5-5-1 Club at 11:30 AM and return around 3:30 PM. The cost is \$39. Call 632-5330 for reservations.

## Friday, May 9: Garage Sale-ing returns!

This is our first time out for the summer. Are you ready? If you haven't joined us in the past, you should give this a try. We leave the 5-5-1 Club at 9 AM and hit many sales along the way before stopping for lunch. After lunch, we'll do a couple more sales before returning around 2 PM. Call 632-5330 for reservations. Cost is \$2 plus money for your lunch and purchases. This is a really fun day, so don't miss out!

# 5-5-1 Club April

Sun.	Mon.	Tues.	Wed.
		<b>1</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕ Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake <b>\$4</b>	<b>2</b> <b>-LUNCH-</b> 9-10:30 <b>5-5-1 Club Cooks</b> <b>Cooking Class</b>  RSVP by 3/31 <b>\$6</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕ Perfection Salad w/ Mayo Garnish Meatballs Mashed Potatoes Buttered Corn Bread Pudding <b>\$4</b>	<b>9</b> <b>-LUNCH-</b> 9-10:30 Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar <b>\$4</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕ Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar <b>\$4</b>	<b>16</b> <b>-LUNCH-</b> 9-10:30 Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake <b>\$4</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕ Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert <b>\$4</b>	<b>23</b> <b>-LUNCH-</b> 9-10:30 Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Pumpkin Cheesecake <b>\$4</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕ Marinated Veggies Sweet & Sour Meatballs Rice Oriental Veggies Bread Basket Lemon Cake <b>\$4</b>	<b>30</b> <b>-LUNCH-</b> 9-10:30 Garden Salad Sliced Ham Scalloped Potatoes Peas Cornbread Sour Cream Raisin Bar <b>\$4</b>



The Lyngblomsten Gift and Coffee Shop is ready to "Espresso" themselves with a whole "Latte" love!

Thanks to the Lyngblomsten Auxiliary, the Gift & Coffee Shop has a new specialty coffee maker. Stop by the Shop for a mocha, latte, or cappuccino.

































Gift & Coffee Shop Hours

M-F: 10 AM - 4 PM

Sat. & Sun.: NOON - 4 PM

(Located one level above the 5-5-1 Club)

# 2008 Calendar

Wed.	Thurs.	Fri.	Sat.
<p>8:30-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p>	<p><b>3</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p><b>Pizza &amp; BINGO</b> </p> <p> <b>\$6</b></p> <p>10-11 "Donut" Make You Wonder? (Hearing) </p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>4</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream <b>\$4</b></p>	<p><b>5</b></p>
<p>8:30-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p> <p>10:30-3:30 PM Care-givers Support Group </p>	<p><b>10</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Soup of the Day California Burger w/Cheese on a Bun Potato Salad Pickle Spear Fruit Crisp <b>\$4</b></p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>RS</b></p>	<p><b>11</b> <b>-LUNCH-</b> 9:30-Walking Group </p> <p>Confetti Coleslaw Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares <b>\$4</b></p> <p><b>RS</b></p>	<p><b>12</b></p>
<p>8:30-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p> <p><b>RS</b></p> <p><b>Rummage &amp; Clearance Sale</b> 9 AM - 4 PM</p>	<p><b>17</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Caesar Salad Spaghetti with Meat Sauce Italian Blend Vegetables Garlic Bread Mousse <b>\$4</b></p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>RS</b></p> <p><b>Rummage &amp; Clearance Sale</b> 9 AM - 2 PM</p>	<p><b>18</b> <b>-LUNCH-</b> 9:30-Walking Group </p> <p>Garden Salad Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip <b>\$4</b></p> <p><b>RS</b></p> <p><b>Rummage Sale</b> 9 AM - NOON (3\$ bag day!)</p>	<p><b>19</b></p>
<p>8:30-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p> <p>10:30-3:30 PM Care-givers Support Group </p>	<p><b>24</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Oriental Coleslaw Broccoli-Sesame Pork Rice Wax Beans Bread Basket Blushing Pears <b>\$4</b></p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p>Old Log Theater "Incorruptable" </p>	<p><b>25</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin <b>\$4</b></p>	<p><b>26</b></p>
<p>8:30-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p>	<p><b>WHERE'S THE BEEF?</b></p> <p><b>Note:</b> During the <b>rummage sale</b>, 5-5-1 Dining will be moved to the employee canteen. We will be down the hall from the community center beginning Thursday, April 10 through Friday, April 18. We will not have Waffle Wednesday on April 16, but you can come to the sale and get some yummy treats in the Lyngblomsten Auxiliary's coffee corner. Watch for the <b>RS</b> symbol as your reminder.</p>		

## - LUNCH -

### Reservations

Make reservations by noon one day in advance by calling **(651) 632-5332.**

## - TRANSPORTATION -

We can provide rides to lunch at the 5-5-1 CLUB on Tuesdays and Thursdays. Ask for a ride when making lunch reservations. There is a suggested \$2 donation for round-trip transportation.



# BRAIN CANDY



## Sudoku

### How to Play:

The object is to fill in the missing numbers into the blank squares. Insert the numbers in the boxes to satisfy only one condition: **each row, column and 3x3 box must contain the digits 1 through 9 exactly once.**

Sudoku takes some getting used to, but it is great fun and great “brain candy,” so keep on trying! If you need an extra boost of help, look to the last page of *LimeLight* for the answer key.

			6	4				7
			9	7	1		3	2
1			2		3	5		
5	1			6		7	9	8
			5		9			
9	6	4		3			2	5
		1	8		6			4
3	5		1	9	4			
6				5	7			

“Donut” Make You Wonder?

Presents a **FREE** session:



### Hearing Loss.

### Good to Know

Thursday, April 3, 2008

10:00—11:00 AM

Newman-Benson Chapel  
1415 Almond Avenue, St. Paul

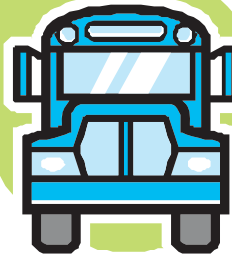
Speakers from Vision Loss Resources and the Telephone Equipment Distribution Program of MN Dept of Human Services will inform us about resources for those experiencing hearing loss.

A \$1 donation for refreshments is appreciated.

Call (651) 632-5335 for info.

No registration necessary.

[www.lyngblomsten.org](http://www.lyngblomsten.org)



## Need a Ride?

**Do you want waffles but need a ride?** GOOD NEWS! We are now offering transportation on the second and fourth Wednesday mornings for waffles. That means this month on Wednesday, April 9 and 23, our bus will be out on a waffle run. Call 632-5330 to line up your ride. Bus transportation is \$2 round trip. You can make a day of it if you wish. You can start out with waffles, and stay for lunch. Call if you have any questions.

**Waffle Wednesdays**  
9 – 10:30 AM





## Caregivers Support Group

*"Caring for ourselves while caring for our loved ones."*

**Our Next Meeting: April 9 & 23**

**1:30–3:30 PM at The Heritage at Lyngblomsten**

Join us as often as you can.

No reservations required. No fee.

Questions? Contact Joanne Kellen, RN, at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).



NOTE: The Lyngblomsten Gift Shop will be having a **Clearance Sale** going on just "down the hall" from the rummage sale.

Two days only – April 16 and 17 (same hours as the rummage sale).

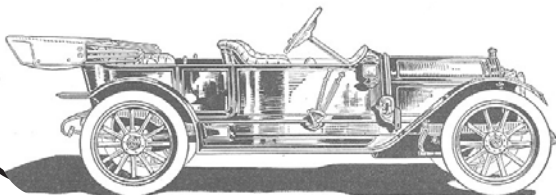
## DEFENSIVE DRIVING

**Tuesday, April 22**

This 4-Hour Defensive Driving Refresher Course will be held at the 5-5-1 Club community center from 10 AM to 3 PM. There will be a one-hour break for lunch. The cost of the program is \$14.

Please call the Minnesota Safety Council at (651) 291-9150 and ask for the Lyngblomsten registration form. This class makes you eligible for a 10% discount on your car insurance for three years.

If you wish to join us for lunch on that day, please call the dining line at 632-5332 by noon on Monday, April 21, for your reservation.



**FREE**

## Exercise Classes

**Keep Strong & Keep Moving**

with these fun and gentle exercise classes. Class leaders have been trained by the Arthritis Foundation. The beginners' class will help improve mobility with gentle exercises and relaxation. **FREE.** Call (651) 632-5330 for info.

**Fridays 1:30—2:30 PM**

Lyngblomsten Apartments Dining Room  
1455 Almond Ave. (upstairs from the 5-5-1 Club)

**Birds of a Feather...  
...Save Together!**



Shop the Lyngblomsten Auxiliary's

**ANNUAL**

**SPRING**   
**RUMMAGE SALE**

*Everything for Home & Family*

**April 16 9:00 AM - 4:00 PM**

**April 17 9:00 AM - 2:00 PM**

**April 18 9:00 AM - Noon (\$3/bag)**

**5-5-1 Club community center**

Lower level of the Lyngblomsten chapel  
(1415 Almond Ave., St. Paul) or enter off of Pascal St. between Almond Ave. and Midway Pkwy. (community center entrance)

**(651) 646-2941** [www.lyngblomsten.org](http://www.lyngblomsten.org)

MATCHING FUNDS APPLIED FOR THROUGH THRIVENT FINANCIAL FOR LUTHERANS.

*Donations of new and gently used items accepted  
April 7–12 from 8 AM–8 PM at the main Receptionist  
Desk (upper level of the 5-5-1 Club: 1415 Almond Ave.).*

Sorry, we cannot take electronics  
(TVs, VCRs, microwaves, computers, etc.).

**In the mood for some  
Spring Cleaning?!**



# 5.5.1 CLUB

A Community Center

Proudly Supported by Lyngblomsten

1415 Almond Avenue  
St. Paul, MN 55108

www.551club.com

Non-Profit  
Organization  
US Postage  
PAID  
St. Paul MN  
Permit #2376

## Fun for Life!

Thank you to the Lyngblomsten Auxiliary for their continuous funding which helps us with mailing expenses for the Limelight. Each month we print over 1200 copies of this newsletter and mail out almost 700.

2	3	9	6	4	5	8	1	7
4	8	5	9	7	1	6	3	2
1	7	6	2	8	3	5	4	9
5	1	3	4	6	2	7	9	8
8	2	7	5	1	9	4	6	3
9	6	4	7	3	8	1	2	5
7	9	1	8	2	6	3	5	4
3	5	8	1	9	4	2	7	6
6	4	2	3	5	7	9	8	1

Answers to Brain Candy  
Sudoku Puzzle



*You are Invited*

LYNGBLOMSTEN  
FOUNDATION'S

*Spring Rhapsody Gala*  
*"Cabaret"*

The Evening of  
*April 25, 2008*

Featuring the Vocals of  
*Prudence Johnson*

For more information, contact  
Emily Seiber at (651) 632-5323  
or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org)

**Reservations Due April 21<sup>st</sup>**