

# LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

May  
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)

## PLEASE PASS THE REMOTE

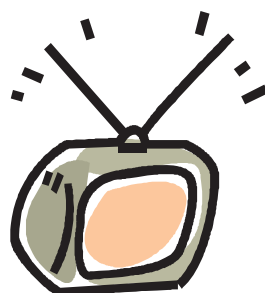
Close the shades. Lock the door. Turn on the tube. Yes, I said turn on the tube. I am a TV watcher. That's not something you hear many people admit to these days. Television has somehow gotten a bad rap as the "evil twin." With hundreds of channels to choose from, I've got to believe somebody *besides* me is watching.



There are folks who don't have a TV set and they love to share that bit of information with the rest of us. Others say, "Oh, I don't watch much TV...but if I do, I watch channel 2."

Well, I do watch the tube. And I don't watch Channel 2. Actually, I rarely watch network TV. My viewing is mainly on cable channels. I flip around a lot between TNT, USA, A&E, Hallmark, news channels, and the big one at my house: Food Network. I also take in some old movies on TCM and AMC, and of course, I need my FSN and Versus to watch the hockey games.

I also love to read. Yes, television viewers do have brains! My teeny tiny little brain has the task of deciding what to watch and what to tune out. Just as when I go into Barnes & Noble and pass up certain books, I also pass up certain programming. As I said, I love to watch Food Network, and I also enjoy some home makeover shows. I have been a huge Law & Order junkie for years, but my favorite show is Monk. Monk is a detective who has Obsessive Compulsive Disorder. He's brilliant at crime solving and has the nickname "the defective detective." It's not bloody, and you won't see car chases, but it's intriguing, funny, and sometimes heartwarming.



Now you know what I do when I go home at night and shut the door. With the onset of summer, I won't be indoors as much. But, at the end of the evening, I'll curl up on the couch in my jammies with a cup of tea, the newspaper, and tune in to Monk.

5-5-1 Club Coordinator

# WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator



## Dementia & Alzheimer's... Taking the Journey with Them

**COMMUNICATE:** What do you think of when you hear this word? To me, it means how we interact, convey our thoughts and ideas, and connect with others. Sometimes this is done with words and also with actions such as body language and facial expressions.

When someone is affected by dementia or Alzheimer's disease, the most common form of dementia, a person's ability to communicate can gradually diminish. A person may have difficulty finding the right words, easily lose their train of thought, use familiar words repeatedly, and rely more often on gestures instead of speaking.

The Alzheimer's Association has some tips for better communication with someone experiencing dementia:

- Ask one question at a time.
- Use short, simple words and sentences.
- Talk slowly and clearly.
- Let the person know you are trying to understand and listening to what is being said.
- Ask the person to point or gesture if you do not understand what is being said.
- Avoid criticizing, arguing, or correcting
- Call the person by their name. It helps orient the person and gets his or her attention.

### Vision Loss Support Group:

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

**Tues., May 6  
1:30-2:30 PM**

**To learn more, join us for an informative presentation "Dementia & Alzheimer's...Taking the Journey with Them" at the next "Donut" Make You Wonder? on Thursday, May 1, from 10–11 AM in the 5-5-1 Club community center.** Carol Taylor-Brage, RN (Program Director of Regina Medical Center Behavioral Health Grace Unit in Hastings) will offer ways to develop a more meaningful relationship with someone experiencing dementia. Learn different ways to approach a situation and strategies to avoid stress and burnout. Other topics include: developing better communication, identifying the behavioral stages of Alzheimer's disease, and how to journey with your loved one.

The Alzheimer's Association has a Helpline which is staffed 24 hours a day, 7 days a week to answer any questions about memory problems you may have. The Helpline also tells you what services and community resources are available for Alzheimer's patients and their loved ones. Their number is 1-800-232-0851, or e-mail them at [www.alzmdak.org](http://www.alzmdak.org).

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: Alzheimer's Association

*Joanne*

# EVENTS & OUTINGS

## WALKING GROUP

On most Fridays (and some Wednesdays) during the summer months, we walk at Lake Como (if it is rainy or too hot we'll walk at Rosedale Mall). This group is for everyone at every pace. After our walk, we gather for refreshments before returning around 11:15 AM. Cost is \$1.

**MAY: 2, 7 (Wed.), 16, 23, 30**

## WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **MAY: 7, 14, 21, 28**

**RIDES AVAILABLE: MAY 14 & 28**

## 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.

**MAY: 1, 6, 8, 13, 15, 20, 22, 27, 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.

**Thursday, May 1: "Donut" Make You Wonder?/KFC/Bingo.** We'll start the day with our normal coffee and treats from 9—10:30 AM (only \$1). Then, starting at 10 AM, join us for the "Donut" Make You Wonder? educational program (see page 2 for more info). Then stick around for some finger-lickin' good Kentucky Fried Chicken: you'll feast on chicken, potatoes and gravy, coleslaw, and biscuits in addition to homemade dessert. Call the dining line at 632-5332 for reservations. Cost is \$6. After lunch, we'll start calling bingo (prizes for every game)!

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

Join us for a delicious taco/burrito buffet from Old Mexico. It's not spicy, and you'll have your choice of meat, cheeses, and all the fixings. You can enjoy all this plus dessert for just \$6. Call the dining line for reservations.

**Wednesday, May 7: Walking group** is heading out today instead of Friday (due to our first Garage Sale-ing trip on Friday). Come for waffles (starting at 9 AM), then walk it off! We'll leave to walk at 9:30 AM.

**Thursday, May 8: McHatties Victorian Times.** We'll be leaving today at 11:30 AM for a delicious tea and lunch at this beautiful 1850's Victorian home in Woodbury. Cost is \$39. Call 632-5330 to see about openings.

**Friday, May 9: Garage Sale-ing Returns!!!** This will be our first monthly bargain hunting trip of the summer. We leave the 5-5-1 Club at 9 AM. We'll stop for lunch and hit a few more sales before our return around 2 PM. Call 632-5330 for reservations. All you need is \$2 for the ride, plus money for lunch and treasures you may find along the way.

**Wednesday, May 14: Rides are available today for Waffle Wednesday.** We serve waffles every Wednesday from 9—10:30 AM, and on the second and fourth Wednesdays, we offer rides. Round-trip rides are \$2. Call 632-5330 to line up a ride. No need for waffle reservations.

**Thursday, May 15: House of Wong and a Movie.** We'll order in a variety of Wong's specialties and add an Oriental Chicken Salad and dessert for just \$6. Call the dining line for your reservation. After lunch, we'll show a movie.

**Wednesday, May 21: Cooking Class.** Class starts at 11:30 AM today, and we'll enjoy the meal as soon as it's ready. We always have fun and great food. Call the dining line for reservations.

**Thursday, May 22:** Today, instead of eating at the 5-5-1 Club, we'll take our dining group for **lunch on the road to Olive Garden** in Roseville, located at Snelling & Cty Rd C. We'll leave the 5-5-1 Club at 11:30 AM, or you can meet us there at 11:45 AM. Call the dining line for reservations and be sure to let us know if you need a ride.

**Wednesday, May 28: Rides are available today (just \$2) for Waffle Wednesday.** Call 632-5330 to sign up for a ride.

**Thursday, May 29:** It's time again for **Pie & Coffee.** This afternoon, between 2—3 PM, we'll be serving up a variety of pies along with freshly ground gourmet coffee for just \$3. Stop in for that afternoon sweet treat you're craving!

# MARK YOUR CALENDARS



**Friday–Saturday, July 25–26: Song of Hiawatha Pageant**  
We'll be journeying for an overnight trip to Pipestone, Minnesota, for the "Song of Hiawatha Pageant."

It is a re-enactment of Henry Longfellow's storyline of a Native American Indian boy named Hiawatha. This is the final year of the pageant, which has been running for 60 years, so don't miss your chance to be part of it.

Lodging will be at the historic Calumet Hotel. We'll also stop in New Ulm for entertainment and lunch in addition to a "mystery stop" along the way. Cost: \$279/person for double occupancy; \$341/person for single occupancy. Call 632-5330 if you would like a brochure with more information. The tour will be filled on a first-come basis. **A \$100 deposit is required with full payment due on June 20.**

**Sunday, June 22: Old Log Cabin & Horse Racing**  
We're off to the races. See ad on page 8 for details.

**Thursday, July 10: SAVE THE DATE!**  
**5-5-1 Club Community Ice Cream Social**

**Monday, July 14: Lunch & Cruise on Lake Minnetonka**  
We're heading to Al & Alma's to board the boat for a cruise on Lake Minnetonka. See page 6 for details.

## **Just So You Know...**

A lot of people have been asking me if we're going to go see the "Church Basement Ladies" at the Plymouth Playhouse. The answer is **YES!** Look for more info towards the end of the year.

# 5-5-1 Club May

Sun.

Mon.

Tues.







We

## How Can You Resist

the aroma of freshly-brewed coffee and homemade pie? If you can't, then join us:



Pie & Coffee  
Thursday,  
2-3 PM






























<p>4</p>	<p>5</p>	<p>6</p> <p><b>-LUNCH-</b> 9-10:30 Coffee </p> <p> <b>Cinco de Mayo Fiesta</b></p> <p>\$6</p>	<p>7</p> <p><b>-LUNCH-</b> 9-10:30</p> <p>Copper Penny Salad Meatballs &amp; Gravy Mashed Potatoes Green Beans Bread Basket Pudding</p> <p>\$4</p>
<p>11</p> <p>Happy Mother's Day!</p>	<p>12</p>	<p>13</p> <p><b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Perfection Salad w/ Mayo Garnish Meatballs Mashed Potatoes Buttered Corn Bread Pudding</p> <p>\$4</p> <p>1:30-2:30 Vision Loss Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.)</p> <p>1:30 Auxiliary General Meeting (chapel)</p> <p>2:00 "Kitchen Kut-Ups" musical group (chapel)</p>	<p>14</p> <p><b>-LUNCH-</b> 9-10:30</p> <p>Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar</p> <p>\$4</p>
<p>18</p>	<p>19</p>	<p>20</p> <p><b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Sliced Ham Macaroni &amp; Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar</p> <p>\$4</p>	<p>21</p> <p><b>-LUNCH-</b> 9-10:30</p> <p><b>5-5-1 Club Cooks</b> Cooking Class</p> <p> <b>RSVP by 5/19</b></p> <p>\$6</p>
<p>25</p>	<p>26</p> <p><b>Happy Memorial Day!</b></p> <p>5-5-1 Club is <b>CLOSED</b> today.</p>	<p>27</p> <p><b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Relishes w/Dip Chili con Carne w/Sour Cream &amp; Cheese Cornbread Banana Split Dessert</p> <p>\$4</p>	<p>28</p> <p><b>-LUNCH-</b> 9-10:30</p> <p>Soup of the Day Hot Turkey Sandwich Mashed Potatoes &amp; Gravy Mixed Vegetables Pumpkin Cheesecake</p> <p>\$4</p>



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>Breakfast May 29 just \$3</p>	<p><b>1</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p><b>KFC &amp; BINGO</b></p> <p>10-11 "Donut" Make You Wonder? (Dementia) </p> <p>1 PM Bridge Club </p> <p><b>\$6</b></p>	<p><b>2</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce <b>\$4</b></p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>3</b></p>
<p>10-10:30 Waffles </p> <p>10:30 Walking Group </p>	<p><b>8</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>Garden Salad Chicken a la King on Puff Pastry Mixed Vegetables Bread Basket Cheesecake <b>\$4</b></p> <p>1 PM Bridge Club </p> <p>McHattie's Tea Outing</p>	<p><b>9</b> <b>-LUNCH-</b> 9 AM-2 PM Garage Sale-ing</p> <p>Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream <b>\$4</b></p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>10</b></p>
<p>10-10:30 Waffles (Sides Available) </p> <p>10:30-3:30 PM Caregivers Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.) </p>	<p><b>15</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p><b>House of Wong &amp; Movie</b> </p> <p><b>\$6</b></p>	<p><b>16</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>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>17</b> <b>FREE CONCERT</b> 2 PM Nordcap Choir (Lyngblomsten chapel)</p>
<p>10-10:30 Waffles </p>	<p><b>22</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p><b>Lunch on the Town!</b> <i>Olive Garden in Roseville-Snellings &amp; Cty Rd C</i> <b>\$On Your Own</b></p>	<p><b>23</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>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>24</b></p>
<p>10-10:30 Waffles (Sides Available) </p> <p>10:30-3:30 PM Caregivers Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.) </p>	<p><b>29</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p>Coleslaw Chopped Beef Steak Fried Potatoes Wax Beans Bread Basket Blushing Pears <b>\$4</b></p> <p>Pie &amp; Coffee Break 2-3 PM \$3 </p>	<p><b>30</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>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p><b>31</b></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.

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

“Donut” Make You Wonder?  
Presents a **FREE** session:



**Dementia—Taking the Journey With Them**  
Thursday, May 1, 2008  
10:00—11:00 AM  
5-5-1 Club community center  
1415 Almond Avenue, St. Paul

Do you know someone with dementia and/or Alzheimer’s? This presentation will offer insights and ways to better communicate with someone with memory loss in order to have a more meaningful relationship with them.



A \$1 donation for refreshments is appreciated.

Call (651) 632-5335 for info.  
No registration necessary.

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



## LAKE MINNETONKA LUNCH AND CRUISE

All aboard! On **Monday, July 14**, we’ll be leaving the 5-5-1 Club at 10:30 AM to head to beautiful Lake Minnetonka for lunch and a cruise. We’ll arrive at Al & Alma’s in time for the 11:30 AM cruise.

Lunch aboard the boat will be sandwiches, salad, chips, dessert, and coffee. Other beverages will be available for your purchase. The cost is just \$31. Call 632-5330 for reservations.



## Caregivers Support Group

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

**Our Next Meetings: May 14 & 28**  
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).

## Boomerang Winners

*The Game That Keeps Giving Back™*

**DRAWINGS FOR 2008-2009 BOOMERANG WINNERS BEGAN IN APRIL**

Congratulations to our April winners!

April 7	Rod & Julie Anderson	\$100
April 14	Barbara Prokosch	\$100
April 21	Lucy Mikelson	\$100
April 28	Katherine LeFevre	\$100

## FREE Concert!



Help Lyngblomsten celebrate its Norwegian roots by attending a FREE concert by the **Nordcap Choir** in honor of Syttende Mai (Norway's Independence Day).

**Saturday, May 17 at 2 PM**

Newman-Benson Chapel at Lyngblomsten  
(1415 Almond Avenue, St. Paul)

Call (651) 646-2941 for more info!

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



## Need a Ride?

Do you want waffles but need a ride? GOOD NEWS!

We are offering transportation on May 14 & 28 for Waffle Wednesdays. Call 632-5330 to line up your ride (just \$2 round trip). You can make a day of it if you wish. You can start out with waffles (available 9-10:30 AM), and stay for lunch.



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)

## Lyngblomsten Auxiliary General Meeting Tuesday, May 13



Meeting at 1:30 PM, Entertainment (Kitchen Kut-Ups) at 2:00 PM.

ALL are invited to attend this fun, musical performance.



## McHattie's Victorian Times Tea House

Mother's Day is just around the corner: Looking for a fun and unique way to honor any special woman in your life? Try an outing with the 5-5-1 Club to this enchanting historic home nestled in the Woodbury countryside. The atmosphere is delightful, and the food is delicious—not just a tea, but a full lunch. The bus leaves the 5-5-1 Club at 11:30 AM and will return around 3:30 PM.

**Thursday, May 8**

Cost is \$39 per person (including transportation). Call (651) 632-5330 for registration and more info!

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



1415 Almond Avenue  
St. Paul, MN 55108

www.551club.com

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# 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.

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

Answers to Brain Candy  
Sudoku Puzzle

## Off to the Races!



On **Sunday, June 22**, we're heading off on a new experience. We'll head out at 12:30 PM for the **Old Log Cabin** in Forest Lake for lunch. It is truly a cute log cabin atmosphere with great food. You'll have several menu choices, so there should be something for everyone.

After lunch, we'll head to the races. **Running Aces Harness Park in Forest Lake** is the new harness horse racing park which just opened in April. You'll be able to sit outside or inside to watch the races. You may place bets if you wish, or just enjoy the sport. There will be food and beverages available if you don't get your fill at the Old Log Cabin. Return to the 5-5-1 Club will be around 6 PM. Cost is \$29-\$34, depending on lunch choice. Call (651) 632-5330 for reservations.