

# LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

September 2008

A Newsletter for the

**5.5.1  
CLUB**  
A Community Center

Proudly Supported by Lyngblomsten

(651) 632-5330

5-5-1 Club Coordinator

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Noon Dining

**Reservations**

(651) 632-5332

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

GERI'S JOTTINGS: A WITTY LOOK AT LIFE

## BACK TO SCHOOL

The state fair is over and the nights are cooling down, so it must be September. That means it's time for school. Students all over the state are heading back to classes. How about you?

No need to worry about getting new school clothes, packing your lunch, or getting to the bus on time. All you have to do is sign up for some classes and walk in the door.

"Learn for Life," a five-week educational series for adult learners, is presented in partnership with Augsburg College of the Third Age and the 5-5-1 Club. Classes will be held from 10 – 11 AM on the following Thursdays with topics as listed below:

September 25

"Poetry: Classics in English"

October 9

"My Father's Black Bag: Medical Care  
During the Great Depression"

October 16

"Biblical Perspectives on Aging"

October 23

"Medieval Art: The Not-So-Dark Dark Ages"

October 30

"Great Music of Faith"

You can get full descriptions of each session by logging on to [www.551club.com](http://www.551club.com), picking up a flyer at the 5-5-1 Club, or emailing [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org). Cindy Albing, Education & Resource Coordinator with Lyngblomsten's Home- and Community-Based Services, is coordinating the series. Call (651) 632-5330 to register or for more information.

Join the back-to-school crowd and exercise those "little gray cells!"



*Geri*

5-5-1 Club Coordinator

# Wellness For Life

Joanne Kellen, RN  
Community Wellness & Education Coordinator

## How Are You Sleeping?

Having difficulty getting to sleep and staying asleep is common, as you grow older. But that doesn't mean sleeping problems can't be avoided. It is good to explore what could be causing the problem.

As you age, your body secretes smaller amounts of key chemicals that help your body decide when to sleep and when to wake up. Levels of growth hormone, which promotes deep sleep, and melatonin, which regulates your sleeping and waking cycle, decrease as you age. As a result, your circadian rhythm – the internal clock that tells you to go to sleep at night and wake up in the morning – changes.

There can be several causes for having difficulty falling asleep and staying asleep, including:

**Health conditions.** Arthritis, for example, can cause pain, which can make falling asleep difficult.

**Anxiety and depression.** Emotional problems can make it harder to sleep at night. But also, not sleeping at night can add to your anxiety and depression. Talk to your doctor if you have feelings of sadness or anxiousness that keep you up at night.

**Lifestyle changes.** As your daily activities change, you may not get as much exercise as you did in the past. Being in a more rested state during the day means that your body doesn't feel the need to sleep like it used to. Try to increase your daily activities, such as walking. If you nap during the day for more than 20 minutes, you could find yourself having more trouble getting to sleep at night.

**Sleep disorders.** Sleep apnea is a disorder in which there are recurrent episodes of breathing stoppage during sleep. An obstruction to the movement of air in the upper respiratory passages causes sleep apnea. This prevents you from ever reaching deep or restorative sleep, so you feel tired during the day. Research has found that sleep apnea can have more serious effects, such as increasing your risk of heart attack, high blood pressure and stroke. Another sleep disorder is restless legs syndrome. This is a condition in which your legs feel extremely uncomfortable unless you move them. Periodic jerking movements may occur which can awaken you and disturb your sleep.

## Want to learn more?

Please join us at the next **“Donut” Make You Wonder? “Sleep & Aging: What Is Normal as We Age?”** on Thursday, September 4 from 10:00-11:00 AM in the 5-5-1 Club community center. A sleep specialist from the Sleep Medicine Clinic at the University of Minnesota Medical Center-Fairview will answer these questions:

- What is normal as we age?
- What are the most common problems?
- What are the health consequences of untreated sleep disorders?
- How is a diagnosis made and what treatment strategies are available?

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

If you have any questions or would like more information, feel free to contact me. If you would like your blood pressure checked, you can stop by my office just down the hall from the community center on Tuesdays from 1:30-3:30 PM or call me to arrange another time. My phone number is (651) 632-5335; email is [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org)

Joanne  
Source: Mayo Clinic.com

## Caregivers Support Group

September 10 & 24  
1:30-3:30 PM  
The Heritage at Lyngblomsten

Join us as often as you can. No reservations required. No fee. Questions? Contact Joanne Kellen, RN. (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

*“Caring for ourselves while caring for our loved ones.”*

\* \* \* \* \*

## Vision Loss Support Group

resumes Tues., September 2 from 1:30- 2:30 PM  
in the 2nd floor lounge at The Heritage

# EVENTS & OUTINGS

## WALKING GROUP

On most Fridays (and some Wed.) during the summer months, we walk at Lake Como (if it is rainy or too hot, we 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.

**SEPT: 5, 10, 19, 26**

## WAFFLE WEDNESDAYS

Wednesdays from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed.

**SEPT: 3, 10, 17, 24**

**RIDES AVAILABLE: SEPT 10 & 24**

## 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 paper.

**SEPT: 2, 4, 9, 11, 16, 18, 23, 25, 30**

## 500 CARD GROUP

Join us for 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.

## STITCHING HEARTS CLUB

Do you like to do crafts and help others in the process? Join the Stitching Hearts Club on Tuesdays from 10 AM-NOON in the 5-5-1 Club.

## MARK YOUR CALENDAR!

**Sunday, October 12:** Annual Husby Memorial Concert at 3 PM at Lyngblomsten featuring the Bells of the Lakes, a renowned community bell choir. This concert is FREE thanks to the Gertrude Husby and Ingebor Husby Smith Memorial Endowment.

**Wednesday, October 29:** Defensive Driving Class will be held today from 10 AM to 3 PM. This is the 4-hour refresher course with a one-hour break for lunch. See page 8 for details.

**Monday, September 1:**  
HAPPY LABOR DAY! Club is closed.

**Thursday, September 4:**  
Bingo and Kentucky Fried Chicken. Join us at noon today for a yummy KFC lunch plus dessert. You'll want to stick around for the bingo games which start at 1 p.m. Cost is \$6. Call (651) 632-5332 for lunch reservations.

**Tuesday, September 9:**  
Pie & Coffee. Drop in to the 5-5-1 Club between 2 PM and 3 PM and treat your taste buds to some homemade pie and freshly ground gourmet coffee. These delectable treats are yours for just \$3.

**Wednesday, September 10:**  
Walking group will head out today instead of Friday this week. Meet up with us by 9:30 in the 5-5-1 Club and we'll head to Como for a walk. If the weather is hot or rainy, we'll head to Rosedale. Either way, we'll meet afterwards for treats. If you have any questions, call (651) 632-5320. Don't be a couch potato; come for the exercise and fun!

**Thursday, September 11:**  
"Apples, Gourmet Dining & Trains," How's that for a combination? We will leave the 5-5-1 Club at 9:30 and take a picturesque drive to Pine Tree Apple Orchard. You may purchase apples or bakery items or a little of each. Mmmm. Donuts, cookies, pies and rollovers what more could you ask for? Don't fill up too much because our next stop will be at Le Cordon Bleu College of Culinary Arts in Mendota Heights where we will enjoy a fine dining experience presented by the culinary students. Our next stop will be at the Lutz Railroad Garden just a couple miles away. This unique garden includes flowers, water features

and a G-scale railroad. Return to the 5-5-1 Club will be around 2 PM. Cost is \$31. Call (651)632-5330 to register.

**Friday, September 12:**  
Garage Sailing. The garage sales in the fall are always great, so don't miss the bus! We leave at 9 AM. and return around 2 PM. Our route takes us to several sales before we stop for lunch. After we get our fill, we hit a few more sales before returning to the 5-5-1 Club. Bring along \$2 for the bus plus enough money for lunch and purchases. Call (651) 632-5330 to register.


**Wednesday, September 17:**  
"5-5-1 Club Cooking Class"  
You never know what kind of surprises you'll end up with on your plate on cooking class day! We start at 11:30 and eat when the food is prepared. You'll go home with a few easy and delicious recipes. You can prepare them yourself, or give them to your kids to fix up for you! It's a fun day in the kitchen. Call the dining line at (651) 632-5332 for reservations. Cost is \$6.

**Thursday, September 18:**  
Out to Lunch. Today we'll go to Stillwater to Phil's Tara Hideaway for lunch. Tara has the log cabin atmosphere and great food. We'll leave Lyngblomsten at 10:45. Cost for the bus is \$3. Lunch is on your own. Please call the dining line at (651) 632-5332 for reservations.






**September 22 - 27:** Collection of new and gently used items for the Lyngblomsten Auxiliary Fall Rummage Sale. Sale is Oct.1, 2, 3.

**Thursday, September 25:** Pizza and a Movie. We order a variety of pizzas so there is something for everyone! We'll add a salad, dessert and top it off with a movie. Cost is \$6. Call the dining line at (651) 632-5332 for reservations.

# 5-5-1 Club Sept

Sun.	Mon.	Tues.	Wed.
	1 <b>Happy Labor Day!</b> <b>5-5-1 Club is Closed</b>	2 - LUNCH - Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar \$4 Coffee 9:00 -10:30 AM Stitching Hearts 10:00 -12:00 Noon Cards (500) 1:00 PM Vision Loss Support Group 1:30 - 2:30 PM The Heritage Apts.	3 - LUNCH - Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake \$4
7	8 <b>SHOPPING TRANSPORTATION</b> Need to get some shopping done but can't get to the store? We may be able to help you out. On the <b>3rd Tuesday</b> of the month, Lyngblomsten offers transportation to	9 - LUNCH - Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert \$4 Coffee 9:00 -10:30 AM Stitching Hearts 10:00 -12:00 Noon Cards (500) 1:00 PM Pie & Coffee Break 2-3 PM \$3	10 - LUNCH - Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Veggies Pumpkin Cheesecake \$4
14	15 <b>Walgreens.</b> On the <b>4th Tuesday</b> we go to <b>Target, Har Mar Mall or Rosedale.</b> The 5-5-1 Club bus will pick you up on the dining run for \$2. You can have lunch, then hop the Lyngblomsten bus to do your shopping. Upon your return you can once again board the 5-5-1 Club bus	16 - LUNCH - Marinated Veggies Sweet & Sour Meatballs Rice Oriental Veggies Bread Basket Lemon Cake \$4 Coffee 9:00 -10:30 AM Stitching Hearts 10:00 -12:00 Noon Cards (500) 1:00 PM Shopping Transportation	17 - LUNCH - <b>5-5-1 Club Cooks</b> <b>Cooking Class</b>  <b>RSVP by 9/15</b> \$6
21	22 for your ride home. Charge for the shopping trip is \$5. Call (651) 632-5320 for more information.  <b>HOLIDAY CELEBRATION IN BRANSON</b> November 18—22. Tour includes: 4 shows: Pierce Arrow, Shoji Tabuchi, Oak Ridge Boys, and the Osmonds, plus a holiday lights tour in Branson and Dinner Theatre in Kansas City.  Cost is \$749 per person (double occupancy). Registration deadline is <u>September 4</u> (with a \$200 deposit), and final payment is due October 3. Call 632-5330 for a registration form.	23 - LUNCH - Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake \$4 Coffee 9:00 -10:30 AM Stitching Hearts 10:00 -12:00 Noon Cards (500) 1:00 PM Shopping Transportation	24 - LUNCH - Copper Penny Salad Meatballs & Gravy Mashed Potatoes Green Beans Bread Basket Pudding \$4
28	29	30 - LUNCH - Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar \$4 Coffee 9:00 -10:30 AM Stitching Hearts 10:00 -12:00 Noon Cards (500) 1:00 PM	<b>Lunch Reser</b> Make reservations <b>Transportati</b> We can provide ride There is a suggester

# September 2008

Wed.	Thurs.	Fri.	Sat.
Waffles 9-10:30 AM	<b>4</b> - LUNCH - <b>KFC &amp; BINGO</b>   \$6 Coffee 9:00 -10:30 AM Cards (500) 1:00 PM	<b>5</b> - LUNCH - Garden Salad Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip \$4 Walking Group 9:30 AM Exercise Class 1:30 -2:30 (Lyngblomsten Apt. Dining Room)	<b>6</b>
Waffles 9-10:30 AM Walking Group 9:30 AM Caregivers Support Group 1:30-3:30 PM	<b>11</b> - LUNCH - Coleslaw Chopped Beef Steak Fried Potatoes Wax Beans Bread Basket Blushing Pears \$4 Coffee 9:00 -10:30 AM Cards (500) 1:00 PM Apples, Gourmet Dining and Trains 9:30 AM	<b>12</b> - LUNCH - 7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin \$4 Garage Sailing  9:00 AM to 2:00 PM Exercise Class 1:30 -2:30 (Lyngblomsten Apt. Dining Room)	<b>13</b>
Waffles 9-10:30 AM	<b>18</b> - LUNCH - <b>Lunch on the Town!</b> <i>Phil's Tara Hideaway</i> \$ On Your Own Coffee 9:00 -10:30 AM Cards (500) 1:00 PM Out to Lunch Phil's Tara Hideaway 10:45 AM	<b>19</b> - LUNCH - Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce \$4 Walking Group 9:30 AM Exercise Class 1:30 -2:30 (Lyngblomsten Apt. Dining Room)	<b>20</b>
Waffles 9-10:30 AM Caregivers Support Group 1:30-3:30 PM The Heritage Apts.	<b>25</b> - LUNCH - <b>Pizza &amp; Movie</b>   \$6 Coffee 9:00 -10:30 AM Cards (500) 1:00 PM	<b>26</b> - LUNCH - Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream \$4 Walking Group 9:30 AM Exercise Class 1:30 -2:30 (Lyngblomsten Apt. Dining Room)	<b>27</b>

## Reservations

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

## Transportation

Rides to lunch at the 5-5-1 CLUB on Tuesdays and Thursdays. Ask for a ride when making lunch reservations.\*  
 Suggested \$2 donation for round-trip transportation. \* Rides to Waffle Wednesday available September 10 and 24



# Brain Candy

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

## Sudoku

How to Play:

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

Sudoku takes some getting used to, but it is 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.



## LYNGBLOMSTEN AUXILIARY

### General Meeting

**Tues., Sept 9** at 1:30 PM in the Chapel.

Dues start at \$5/year. Learn more about us at: [www.lyngblomsten.org](http://www.lyngblomsten.org) or contact Darla Braun at (651)632-5356.

### Fall Rummage Sale

Shop for everything you need for home and family-- furniture, linens, dishes, home decor, books, clothing, shoes....

#### Wed., Oct. 1

9:00 AM - 4:00 PM

Donations of new & gently used items accepted Sept. 22-27.

#### Thurs., Oct. 2

9:00 AM - 2:00 PM

No large electronics, including TVs, computers, VCRs, & microwaves.

#### Fri., Oct. 3

9:00 AM - Noon “\$3 Bag Day”

Enter the sale at the 1298 N. Pascal Street St. Paul  
5-5-1 Club Entrance ( 651) 646-2941

**Q:** What do you get when you cross an alpaca with bridges and a harp?

**A:** A 5-5-1 Club Mystery Tour!

Alpacas, Bridges & Harps. This is a mystery tour, but we've already given you some hints as to what the day will hold.

The bus will depart the 5-5-1 Club on Friday, October 3 at 8 a.m. and head south for a day of surprises. We'll stop along the way for a morning treat and visit the Dairy Queen in the afternoon on our return trip. The rest of the day is a mystery.

I can tell you that you'll have a chance to meet Romeo who will steal your heart. Lunch will be a delight to your pallet, and the afternoon stop will be music to your ears. Our return will be at 5:30 p.m. The cost for this full day is \$60.50. You will not need a penny more as all food, tours and tips are covered.

**Call (651) 632-5330 to register.**



# LEARN FOR LIFE

An education series for adult learners

Thursdays this fall, 10 - 11 AM

**\$5 per session or \$20 for the whole series**

September 25 \* "Poetry: Classics in English"

October 9 \* "My Father's Black Bag: Medical Care During the Great Depression"

October 16 \* "Biblical Perspectives on Aging"

October 23 \* "Medieval Art: The Not-So-Dark Dark Ages"

October 30 \* "Great Music of Faith"

For descriptions of each session, log on to [www.551club.com](http://www.551club.com), pick up a flyer at the 5-5-1 Club, call (651) 632-5330, or email [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org).

All sessions will be held on the Lyngblomsten campus. This series is presented in partnership with Augsburg College's College of the Third Age and the 5-5-1 Club and is coordinated by Cindy Albing, Education & Resource Coordinator with Lyngblomsten's Home- and Community- Based Services.

## Participants Needed

for a U of MN Study on the Effects of Aerobic Exercise on Dementia/Alzheimer's Disease

Lyngblomsten will be a site for a new study being conducted by the University of Minnesota testing the effects of six months of aerobic exercise on global cognition, executive functioning, physical function, quality of life, and dementia behaviors.

**Eligibility Criteria:** Participants must be >60 years old, meet clinical diagnostic criteria for probable Alzheimer's Disease, understand and speak English, live in the community, and have medical clearance from their primary care provider for exercise participation. Persons with a Mini-Mental State Exam score <11, who exercise regularly, or who have history, signs, or symptoms indicating unstable medical conditions will not be eligible.

**Study Requirements:** Participants will be randomly assigned to a supervised support group or a supervised aerobic exercise group. The exercise group will meet 3 times a week at Lyngblomsten, and exercise will be individually prescribed. Participants will be monitored by an exercise trainer.

**Participant Reimbursement:** Participants will be reimbursed \$20 for completing each month of the study activities (\$120 total).

### For more information, contact:

Dr. Fang Yu at (612) 624-5435  
or [yuxxx244@umn.edu](mailto:yuxxx244@umn.edu)

Joanne Kellen, RN - (651) 632-5335  
Jennifer Veitenheimer - (651) 632-5428



## Pie and Coffee

Tuesday, September 9th

2:00 - 3:00 PM \$3

## Boomerang Winners

*The Game That Keeps Giving Back™*

### Congratulations to our August winners!

August 4	Susan Baude	\$100
August 11	Barb Mikelson	\$100
August 18	LeRae Mortensen	\$100
August 25	Patricia Ruis	\$100

## DEFENSIVE DRIVING

This 4-hour Defensive Driving Refresher Course will be held at the 5-5-1 Club on Wed., October 29 from 10 a.m. to 3 p.m. There will be a one-hour break for lunch. The cost is \$16.

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 Tuesday, October 28.

# 5.5.1 CLUB

A Community Center  
Proudly Supported by Lyngblomsten

1415 Almond Avenue  
St. Paul, MN 55108

www.551club.com

Non-Profit  
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St. Paul MN  
Permit #2376

# Fun for Life!

Everyone in the community is invited to this **FREE** concert:

## HUSBY MEMORIAL CONCERT

Sunday, October 12 at 3:00 PM

Featuring:

Bells of the Lakes



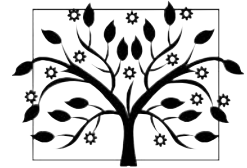
**Newman-Benson Chapel at Lyngblomsten**  
1415 Almond Ave., St. Paul (651) 646-2941

*This **FREE** concert is made possible by the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.*

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

Answers to  
Brain Candy  
Sudoku Puzzle

## A Holistic Approach to Wellness



*A brief conference to help you take charge of your health and well-being and adopt a wellness-oriented lifestyle*

### Thurs., September 18, 2008

5:30 to 7:00 PM Exhibits & Activities

7:00 to 8:30 PM Presentation by Karen Lawson, MD

Held at Lyngblomsten 1415 Almond Ave., St. Paul

\$15 per person includes supper.

Pre-registration required.



Get more details at [www.lyngblomsten.org](http://www.lyngblomsten.org)  
or call (651) 632-5330 for a brochure.

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