

In this issue...

Team Talk	3
Youth Wire	4
Policy Prompt	5
Auxiliary News	6
Volunteer Needs	7
New Volunteers	9

the Lyngk

News for and about Lyngblomsten Volunteers

Please Join Us!

...for our 2009

Lyngblomsten Volunteer Recognition

Country Time Festival!

Friday, May 15 from 6:00-8:00 p.m.

North Heights Lutheran Church - Arden Hills Campus
1700 West Highway 96, Arden Hills, MN 55112

We want to honor your volunteer service--country style!
Bring a guest & come down to an evening of toe tappin' fiddling, warm conversation and a delicious country spread.

The evening will include the presentation of youth scholarships, awards, and prizes. We'll see you there!

Lyngblomsten Volunteer Week: May 10 - 16, 2009

Remember to visit our Volunteer Lounge during Volunteer Week.

Special treats will be provided for you to enjoy! Also, come and stroll the Volunteer Programs & Services Hallway of Appreciation.

Non-Event Success!

By Shannon Meza

Volunteer Development Coordinator

The success of the first annual Non-Event Event concluded 2008 on a high note for Volunteer Programs & Services. With a total of \$4,330 raised, we extend much gratitude to the generosity of our volunteers who value our mission and freely give of their time, talents and resources.

The vision of Lyngblomsten was pioneered by the spirit of volunteerism. Just as the 11 founding women gave of their time and talents over 100 years ago to facilitate their mission of caring for their kinsman, they fundraised to make their vision a reality. This principle holds true today. At Lyngblomsten we value our volunteer roots and the legacy that flourishes today through daily volunteer efforts and the programs and services that result.

These newly raised funds will contribute to the continued training, materials, volunteer outreach via online and print, staffing, and a comprehensive recognition program for both new and existing volunteers.

In addition, these funds will help support core programs and services like Healing Helpers, Tender Touch Hand Massage, and the Welcome Desk. These precious funds help facilitate the positive cycle that

continued on page 2



Volunteer and Donor Relations Department Contact Information

Volunteer Programs & Services

Director:
Darla Braun
(651) 632-5356
dbraun@lyngblomsten.org

Volunteer Coordinator:
Lana Western
(651) 632-5357
lwestern@lyngblomsten.org

Volunteer Coordinator:
Laura Pixley
(651) 646-2941 ext. 5135
lpixley@lyngblomsten.org

Volunteer Development Coordinator:
Shannon Meza
(651) 632-5358
smeza@lyngblomsten.org

Donor Relations

Chief Development Officer:
Dale Fagre
(651) 632-5319
dfagre@lyngblomsten.org

Development Associate:
Emily Seiber
(651) 632-5323
eseiber@lyngblomsten.org

Administrative Assistant:
Mary Grupa
(651) 632-5324
mgrupa@lyngblomsten.org

Non-Event Success - continued from page 1

Lyngblomsten was built on--dedicated volunteers touching lives of older adults, again and again.

This renewed fundraising effort is a reflection of the continued harmonious working relationship Lyngblomsten has with its volunteer corp. The Non-Event Event demonstrated the collaboration of both volunteers and staff through the Volunteer Fundraising Committee. It is here that new ideas to develop fundraising strategies are generated and put into action. Contributing committee members to this effort are Wil Langer, Bill Lund, Len Eilts, Pat McClure, Annie Reynolds-Smith, and Don Pantzar.

Volunteer Programs & Services appreciates our volunteers in all capacities in which they serve in and the powerful impact they make each day. We want to thank the following donors who contributed to the Non-Event Event:

Leslie Amundson
Carol Bentley
Joyce Boss
Marilyn Dayton
LaVerne & Jane Dehlin
Anonymous Donor
Anonymous Donor
Agnes & Harry Dynes
Don Elg
Virginia Ellman
Ruth J. Green
Cheryl Griffin
Marion L. Hastings
Mim Heggerston
Harriet M. Henk
Bev & Mort Holmgren
Marilyn & Earl Hobbs

Evelyn Jacobsen
Rosemary & Harry Johnson
Ardys Kotilinek
Wilfred Langer
Arlene K. Lellelid
Rev. Fritjof T. Lokensgard
Bill Lund
Carol Meyer
Carole Needels
Elaine Ogren
Iona Omnaas
Pete Peterson
Chuck & Barbara Prokosch
Jeanette Severson
Roger & Shelia Skone
Michael & Shirley Santoro

If you are interested in joining the Volunteer Fundraising Committee, please contact Volunteer Development Coordinator Shannon Meza at 651-632-5358 or smeza@lyngblomsten.org.

Volunteer Coupon Item

Lyngblomsten is lucky to have volunteers like you!



Redeem this coupon at the front desk or Gift Shop for your prize.

You could be a winner!

For each shift you volunteer, fill out a slip with your name on it, and put it into the envelope at one of the sign-in areas. This enters you in the monthly \$10 cash drawing. You are eligible to win once a year. Thanks for all you do!

Congratulations!

November – Sandra Elledge
December – Lucy Grundhauser
January – Julie Harrington

Team Talk

By Darla Braun, Director of Volunteer Programs & Services

Many heartfelt stories cross my desk, and one is so special, I would like to share it with you:

Author and lecturer Leo Buscaglia once talked about a contest he was to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked what he had said to the neighbor, the little boy replied, "Nothing, I just helped him cry."

The anecdote is endearing and surprising as we are taken back by such a wee one's response to another person's need for caring support. This little boy understood and delivered what his hurting neighbor needed most. He didn't realize, though, that he did much more than 'nothing' and his support was very powerful for the elderly gentleman.

Volunteers at Lyngblomsten provide powerful results in forwarding the organization's 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.

In 2008, over 230 residents and tenants were visited by 202 Volunteer Special Friends and Healing Helpers in the Lyngblomsten community. Residents were accompanied to their many activities, appointments and concerts by volunteers who safely transported them in their wheelchairs. Volunteers shredded multiple boxes of old documents and papers while others delivered hundreds of pieces of mail to eagerly awaiting residents.

New volunteer programs were started, such as the Tender Touch Hand Massage and Welcome Desk opportunities. More pets visited on the neighborhoods than ever before – each with their own nametag!

Volunteers became actively involved in fundraising events through the Volunteer Program & Services Department, with the support and leadership of the Volunteer Committee. There's not ample space here to share our department's

statistics; the variety of volunteer jobs and hourly sign-in sheets for 2008 fill an entire three-inch, three-ring binder.

Many stories about Lyngblomsten volunteers cross my desk also. This recollection is just one remarkable example of how volunteers impact the lives of older adults:

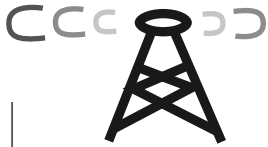
The Tender Touch volunteer program provides older adults with relaxing hand massages, complete with warm paraffin treatments and lotions. At the beginning of one of the



sessions, a resident was lamenting that her hands looked old and ugly. "Not like they use to look when I was young!" she sighed, rolling her eyes as if she were embarrassed by her hands and fingers. But then she began to relax while she listened to the lovely music in the background and enjoyed the tender hand and arm massage by the volunteer. When the massage was finished, the dear lady looked at her hands and exclaimed to the volunteer, "I look beautiful!"

With your support, 2009 will be a beautiful year!

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -- Dr. Felice Leonardo Buscaglia



The Youth Wire

News and Information for Lyngblomsten Youth Volunteers

Important Youth Scholarship Policy Information

The Youth Volunteer Scholarship Program has been established in order to recognize the contributions of outstanding youth volunteers who have demonstrated a high level of commitment to Lyngblomsten through volunteerism and to support their decision to attend an institution of higher learning.

The Lyngblomsten Volunteer Programs & Services Department, working with the Lyngblomsten Foundation, will make available scholarship(s) to qualified Lyngblomsten youth volunteers upon completion of high school graduation. These scholarships are to be used for further education at a college, university, technical school, or an accredited school in holistic therapies.

BASIC QUALIFICATIONS

1. Must be a high school senior.
2. Must currently be an active Lyngblomsten volunteer, committing a minimum of 48 hours (an average of 4 hours of service per month) over the previous 12 months - 4/1/09 to the following 3/31/10.
3. Must have a minimum of 200 hours of service at Lyngblomsten, prior to submission of application.
4. Must have a minimum of two years of service at Lyngblomsten prior to submission of application.
5. Must complete application and essay questions.
6. Must submit, as part of your application, a recommendation form completed by a current staff supervisor or the Volunteer Programs & Services Department.
7. Must submit, as part of your application, a recommendation form completed by one of your current high school teachers.

PAYMENT OF SCHOLARSHIP MONEY

A check will be made payable to the student's selected school upon receipt of a copy of the fall fee statement. The check will be sent to the school at the end of the first week of class.

OTHER INSTRUCTIONS

The applications (including letters of reference) must be completed and returned to Volunteer Program & Services by March 31st of the applicant's graduation year.

Applicants will be notified in writing of receiving a scholarship by April 10th and will be honored during the festivities of Volunteer Recognition Week.

Scholarship recipient(s) agree to have a picture and an article in the Lyngblomsten publications and news media.



Rock Around...

YOUTH FUNDRAISER!
March 20, 2009 • 7:00 p.m. - 7:00 a.m.

WHAT: A fun fundraiser to help support Lyngblomsten's mission of assisting older adults in our community.

WHERE: Newman-Benson Chapel at Lyngblomsten

HOW: Collect pledges from family, friends, & neighbors--then prepare to rock! Invite a friend to fundraise & share in the fun.

WHY: The #1 earning youth group will win a private magic/hypno show. Each participating youth group gets a pizza coupon. A prize for the #1 earning youth. The satisfaction of helping to support programs for older adults while having a night of fun!

To sign up & receive pledge forms, contact Lana Western at 651-632-5357 or lwestern@lyngblomsten.org

**Enjoy a Hypno-Magic Show, Movies,
Games, & Snacks while you rock!**

...the Clock!



Gift Shop Gab

By Lisa Palm, Gift Shop Manager

CARDS, CANDY, SNACKS, GIFTS, CLOTHING, JEWELRY, SPECIALTY FOODS, COFFEE SHOP & MORE

Happy 2009 to everyone! I hope you all had a happy and fun holiday season with family and friends.

As we start this new year, it seems a good time to remind the Gift Shop Volunteers of a few things:

Refilling the Pop Cooler/Fridge: Please be sure to keep the refrigerator and pop cooler stocked. Pop is stored in the backroom. Pop should first be put in the fridge and then moved into the cooler as it empties. That way we are stocking the cooler with cold pop. This is important – we want to be sure to have cold pop available for our customers.

We are looking for one volunteers to work the 3rd Saturday of each month. If you or someone you know would be interested in taking that shift, please let either the Volunteer Services department or me know.

Thanks to all who helped to make 2008 a successful year. I look forward to spending 2009 with all of you, working together to enhance the lives of those whom Lyngblomsten serves.

GIFT SHOP VOLUNTEERS!



Looking forward to another great year!

[The Policy Prompt]

By Darla Braun, Director of Volunteer Programs & Services

Welcome to *The Policy Prompt*— a column designed to support volunteers with reminders, updates, and clarifying information about policies and procedures. We hope that understanding how we work together and what is expected of us will ensure that volunteers have a safe and satisfying experience with Lyngblomsten. This edition we revisit:

RECORD KEEPING

All volunteers are asked to record their hours of volunteer service. This is very important as we document the volunteer impact at Lyngblomsten. If you forget to write them in, do so the next time you are here or call us and we can record them for you. When filling out time sheets, please include the following information:

NAME: Please print your first and last name clearly.

DATE: Enter the date you volunteered.

DEPT: List the department(s) for which you are volunteering, i.e.; Heritage, Apartments, Recreation.

HOURS: Enter the amount of time volunteered after each worked shift to the nearest quarter hour.

Recording your volunteer hours is very helpful for statistical purposes. In addition to knowing the total hours given in volunteer service to Lyngblomsten, we are able to see to what extent various departments request volunteers. Such information is useful in promoting, developing, and recognizing volunteerism within the Lyngblomsten community.

Your help in collecting this information is greatly appreciated. If at any time you have questions or need assistance in recording hours, please feel free to contact the Volunteer Programs & Services staff.

Lyngblomsten **AUXILIARY NEWS**

Auxiliary Gives More Than \$40,000 to Help Meet Needs

By Harold Kurtz, Lyngblomsten and Auxiliary Volunteer

Residents in the Care Center, tenants in the Apartments, the Heritage and Superior Street Cottages, the 5-5-1 Club, employees and volunteers will benefit from the more than \$40,000 in gifts recently made by the Lyngblomsten Auxiliary. Among the recent 18 grants approved by the Auxiliary board are:

1. A piano for the Chapel
2. New china for the Apartments and Heritage dining rooms
3. An ergonomic shower chair for Care Center residents
4. Scholarships for youth volunteers
5. Computer stations for the 5-1-1 Club
6. Improvements to the Community Room at Superior Street Cottages
7. Funding for the new Welcome Desk in the Lyngblomsten Lobby.

“These are some of the ways the Auxiliary helps provide for special needs of those who are served by Lyngblomsten,” said Mim Heggerston, Auxiliary president. The funds came from Auxiliary fundraisers: two rummage sales, the Christmas cookie sale, membership dues and gifts.

The Auxiliary’s two fall fundraisers were highly successful. The fall rummage sale raised \$5,512 (this is without Thrivent \$ added in). This amount is up from our previous fall sale. The spring rummage sale will be April 22 - 24. Donations will be accepted April 13 - 18.

The annual Scandinavian Cookie and Craft Fair was held Dec. 6. People were lined up well before the doors opened at 9:30 a.m. Proceeds of \$4,554.16 were reported. In addition, the Auxiliary has applied for matching funds from Thrivent Financial Services for Lutherans for both the Fall rummage sale and the cookie/craft fair. We ended the year with book wrapping at Barnes & Noble. Even in this time of a challenging economy, the giving was a blessing. We raised \$1,248.00.

Mim Heggerston extends a huge thank you to all who were involved to make our fund raisers successful and fun! A special thank you to Board members, mentors, and volunteers who worked tirelessly at each event.

THANK YOU THRIVENT

The Auxiliary extends its appreciation to Thrivent Financial Services for Lutherans, for providing matching funds for the Auxiliary’s Youth Volunteer Scholarship Fund.

Attention Auxiliary Members!

Watch for our May meeting time and program extravaganza announcement coming in the summer edition of *The Lyngk*!

Auxiliary Leadership Team

<u>President</u>	
Mim Heggerston	(763) 786-4624
<u>Vice President</u>	
Harold Kurtz	(651) 631-3726
<u>Membership Chair</u>	
Virginia Ellman	(651) 484-1958
<u>Program Chair</u>	
Margit Hauge	(952) 881-1871
<u>Secretary</u>	
Rosemary Johnson	(651) 484-1506
<u>Treasurer</u>	
Kevin Warkentien	(612) 991-4982
<u>Ways & Means Chair</u>	
Marilyn Kruse	(651) 329-5934
<u>Rummage Sales:</u>	
Carmen Pederson	(651) 489-6723
<u>Cookie Fair:</u>	
Marilyn Kruse	(651) 329-5934
<u>Gift/Book Wrapping:</u>	
Cheryl Warkentien	(651) 644-2425
<u>Book/Gift Fair:</u>	
Leslie Amundson	(651) 486-2915

Yes! I Want to Help!

Please peruse our current volunteer needs and indicate with a check mark opportunities that interest you. Return this form to Volunteer Programs & Services or contact us at (651) 632-5356 for more information.

HIGHLIGHTED VOLUNTEER NEED!

Welcome Desk Volunteer

Welcome and assist visitors, residents, tenants, families and the community by becoming a Welcome Desk Volunteer! These volunteers will greet visitors, assist or direct visitors to their destination and share maps and informational materials. Shifts are 10:00 a.m. – 1:00 p.m., 1:00 p.m. – 4:00 p.m., 4:00 p.m. – 7:00 p.m. and are available seven days a week. Training will be provided by a Volunteer Coordinator. Schedule is flexible.

Tender Touch Hand Massage

Just about everyone enjoys receiving a tender hand massage. We need volunteers interested in providing these pampering hand massages. Volunteers will be trained to provide a gentle, therapeutic hand massage to help relieve stress, re-energize and relax. Day and dates are open.

Beauty Shop Assistant

Volunteers escort senior residents to and from their beauty shop appointments within the Care Center. Volunteers also assist with some beauty shop tasks, such as folding towels and taking curlers out of residents' hair (no cutting of hair is done). This opportunity takes place on weekday mornings and afternoons.

Gift Shop Clerk

A rewarding opportunity to provide hospitality to gift shop visitors. Specific tasks: Running the cash register, taking inventory, creating displays, serving coffee, scooping ice cream, light cleaning. Weekday & weekend shifts are available 12-4 p.m.

Physical Therapy Transporters

Lots of opportunity to help here! Join our busy Therapy Department and help bring folks to their appointments onsite. This is a great opportunity for someone interested in learning more about the fields of physical and occupational therapy. 9 a.m. to noon. Days vary.

Worship Wheelers

This opportunity is great to do with friends and family! Volunteers are needed to help transport residents (push wheelchairs) to and from the chapel for worship service on Sunday mornings from 9:30 a.m. – 11:45 a.m.

Popcorn Volunteers

We are in need of volunteers to make and serve popcorn in the Lyngblomsten Lobby on the 4th and 5th Thursday of each month from Noon-4:00 p.m. Training will be provided. Benefits include all the popcorn you can eat!

Big Bingo

This is a long-time favorite activity for our residents! We are looking for 3 volunteers to help transport residents (push wheelchairs) to Bingo and assist residents during play. Bingo is held on Thursdays at 10:00 a.m.

Games and Activities Assistant

Do you like to play games? Do you know how to play Bridge, Kings in the Corner, 500 or any other card or board game? We are looking for volunteers to help with a variety of games. Days and times vary; please let us know if you're interested!

Photo Archiver

Are you creative? We are looking for a volunteer who is interested in organizing photos for an album at The Heritage. Time and date are flexible.

Volunteer Needs

Play

Boomerang



The Game That Keeps Giving Back™

Tickets on Sale Now!
Cash Prizes!



A Community Center
Proudly Supported by Lyngblomsten

www.551club.com

Boomerang is Lyngblomsten's yearly activity to raise money for the 5-5-1 Club, our community center primarily serving adults living in 551 zip code areas. Seniors enjoy a variety of opportunities to come together and socialize, dine, play, learn, and travel. Here is your opportunity to help sustain this great resource for the community.

How does Boomerang work? Each ticket is \$52 and enters the ticket holder in 52 weekly drawings for \$100 plus four quarterly drawings for \$200. Some people like the idea of winning a prize while others just look at the purchase as a way to support the 5-5-1 Club. Either way, we appreciate your participation.

Here's how you can get tickets:

- 1) Stop by the 5-5-1 Club (Monday through Friday) or the reception desk at Lyngblomsten Care Center (7 days a week) and purchase your tickets in person, or
- 2) Send a check, made payable to "5-5-1 Club" with a memo note of how many Boomerang tickets you would like. Each ticket is \$52. Mail to:
5-5-1 Club "Boomerang"
1415 Almond Avenue
St. Paul MN 55108

(When ordering tickets by mail, please note that upon receipt of your order, we will mail you a receipt showing the number(s) of your ticket stub(s). Because of Minnesota state law, we cannot send the actual tickets/stubs via US Mail. You are welcome to stop by the club and get your stub.)

All ticket orders for this year's game must be received in our office and paid by Friday, April 3, 2009. Drawings begin April 6.

If you have any questions, please contact Debbie at (651) 632-5330 or deseverson@lyngblomsten.org.



Community Wellness & Education presents:

NEW!

Caregivers Support Group

Evening Edition



Take better care of YOURSELF so that you can continue taking good care of others!

Explore your caregiving journey and gather more resources. Sessions will include a brief education component plus time to talk. By participating, you can support yourself and others in the journey of caregiving.

When: 3rd Tuesdays of the month from 6:30 - 8:00 PM

Where: Lyngblomsten (Care Center Conference Room)
1415 Almond Avenue, St. Paul, MN 55108

Cost: FREE. Materials and snacks included.

RSVP: No pre-registration needed. Come as often as you can.

Leaders: Pam Dragseth, MA - Counseling & Psychological Services; Lydia Volz, BA - Nursing; Bonnie Connolly, RN, MS - Nursing

For more info: Contact Bonnie at (651) 414-5293 or bconnolly@lyngblomsten.org.

Birds of a Feather...

...Save Together!



Shop the Lyngblomsten Auxiliary's

ANNUAL

SPRING RUMMAGE SALE

Everything for Home & Family

April 22 9:00 AM - 4:00 PM

April 23 9:00 AM - 2:00 PM

April 24 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

Donations of new and gently used items accepted April 13-18. Sorry, we cannot take electronics (TVs, VCRs, microwaves, computers, etc.).

MATCHING FUNDS APPLIED FOR THROUGH THRIVENT FINANCIAL FOR LUTHERANS.

New Volunteers

Sept - Nov 2008 Orientations

Whitney Frank	Emma Brown Thunder
Courtney Winter	Simone Brown Thunder
Michelle Rick	Irene Waage
Michele Theis	Raymond Zhang
Mao Yang	Lee Zhuo
Antiganie Jones	Bo Lovdahl
Dauda Swaray	Nick Lovdahl
Eric Hansen	Jessa Lovdahl
Dhuguma Tola	Lisa Lovdahl
Stella Nyonga	Eryn Carlson
Shukri Jama	Don Lindberg
Lisa Raffaelli	Rambo Gyi
Nicole Laundrie	Anna Paulson
Jill Maras	Grace Paulson
Alisa Hansen	Mon Aung
Susan Perron	Ranae Silbert
Sheila Ritter	Xueling Chu
Kaitlin Proulx	Krista Kraabel
Mallory Swanson	Emily Woodall
Celina Marnie	Susan Timming
Sheila Kennedy	Holly Timming
Julie Harrington	Marcus Timming
Jan Cahill	Jacque Lotter
Jane Kramer	

Welcome to Lyngblomsten and thank you for joining our Volunteer Programs & Services team!

In Sympathy

Volunteer Services extends sincere sympathies to:

Lyngblomsten Volunteer Arleen Wangberg, for the loss of her husband, Lyngblomsten volunteer Arnold Wangberg.

Lyngblomsten Volunteer Dorothy Balian, for the loss of her husband Paul.

Family and friends for the loss of Lyngblomsten Volunteer Irene Skundberg.

Our sympathies to family and friends of residents who passed away since the last newsletter:

Marcella Kirby	Gordon Moo	Gertrude Neslund
Leroy Starner	Etta Broussard	Lulu Coury
Thelma Lundberg	Martha Lindgren	Joseph "Frank" Caulfield
Boyne Bens	Claire Eckstein	Lester Enokson
Alveda Colburn	Raymond Duren	Evelyn Neby
Verda Neumann	Robert Warner	Dolores Erikson
Hans Nielson	Marcella Connolly	Gale Anderson
Doris Nikl	William Rieck	Maxine Leonardson
Ruth Anderson	Edna Barstad	Dorothy Egan
Helen Tarnowski	Sandra Cobb	

"When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight." ~Kahlil Gibran

Buy A Gift Card & Support Lyngblomsten

Beginning January 2009, orders will be due on the 28th of every month. Gift cards will be ready for pick up on the 15th of the following month.

To purchase please see Volunteer Programs & Services or contact Shannon Meza with questions at 651-632-5358 or smeza@lyngblomsten.org.

Redeem for fresh flowers, holiday gifts, plants, home decor, trees, garden items & more.

Great to use for Valentine's Day, Mother's Day, Birthdays or other special occasions.

Cards can be purchased from \$5-\$500.

Redeem at Bachman's retail stores throughout the Twin Cities area (excluding the Flowers by Bachman's locations within the Byerly's stores) as well as through Bachman's phone order center 1-866-861-7311 or online at www.bachmans.com.

BACHMAN'S
Floral, Home & Garden



15%
of gift card purchases will be donated to volunteer programs & services.

Attention Youth Volunteers!

Join us for a fabulous event exclusively for youth volunteer! Come have fun and meet other youth who volunteer.



BOWLING EXTRAVAGANZA!

Friday, February 27th, 2009

7:00 p.m. - 9:00 p.m.

U of MN Gopher Spot Bowling Alley
Room 42, St. Paul Student Center
2017 Buford Avenue, St. Paul, MN 55108

BOWLING IS FREE!

Please RSVP to Lana Western by
Friday, February 20th at (651) 632-5357
or lwestern@lyngblomsten.org

Beverages and food will be available to purchase on site.

Upcoming Events...

Month	Day
<u>February</u>	
Valentine's Day	14
New Volunteer Orientation	18
Volunteer Expo at MOA	21
Youth Recognition Event - Bowling!	27
<u>March</u>	
St. Patrick's Day	17
Rock Around the Clock - Youth Fundraiser	20
New Volunteer Orientation	26
<u>April</u>	
Easter	12
Auxiliary Rummage Sale	22, 23 & 24
Spring Rhapsody	24
New Volunteer Orientation	28
<u>May</u>	
Volunteer Recognition Event	15

Now you can also read *The Lyngk*
online at www.lyngblomsten.org.

Click "Get Involved."



Lyngblomsten Volunteer Programs & Services
1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org

Nonprofit Org.
US Postage
PAID
St. Paul, MN
Permit #2376