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the Lyngk

News for and about Lyngblomsten Volunteers

Building a Legacy of Volunteerism

by Shannon Parker

For some families, volunteering is simply a way of life. It is a philosophy and a standard that builds tradition from generation to generation. This is the case for the Bentley family. For nearly two years, Lisa Bentley and her children Josh (14) and Lydia (12) have volunteered in the Lyngblomsten Gift Shop every third Sunday. Scooping ice cream, running the register, and baking cookies are just some of their responsibilities. "When the kids grow up, I want them to volunteer because that's what you do. It's just like having turkey on Thanksgiving—that's what you do."



(L to R) Josh Bentley, Carol Bentley, Lisa Bentley, Kristen Bentley, Lydia Bentley

Carol Bentley, Lisa's sister-in-law, also volunteers with them each month. Carol's connection with Lyngblomsten began at a young age. Her father, Elder Bentley, was a minister at Immanuel Lutheran (a Lyngblomsten corporate congregation) and a member of the board from 1993–1998, and both parents were members of the Auxiliary. Her sister Kristen also volunteers each month at the Lyngblomsten Apartments assisting with blood pressure check-ins. Both Carol and Kristen attribute their volunteering spirit to watching their parents' community involvement along with other adults at church. "We had a lot of examples of it

throughout the years," Carol said. After teaching Sunday school for 20 years, Carol re-entered the volunteer scene when her parents moved to The Heritage apartments. "Lyngblomsten is a good place to make a commitment of my time," she said.



Lydia Bentley serving freshly baked cookies

Lisa, an active volunteer in the community, echos the value of setting a volunteering model. "When teaching children you can always tell them 'do this, do that, don't do this.' But how you really teach a child is a parent showing them through their actions," said Lisa. "I want my children to give back to society. It is something you do as a human being."

Volunteering with Lyngblomsten has proved to be a reciprocal experience. "We are giving time and service which helps out Lyngblomsten. On the flip side, it is a place I can bring my children to and teach them," said Lisa. Conversing with the residents in the shop or seeing them navigating a long hallway is an opportunity for many life lessons. "You teach compassion through exposure; it is not something you learn in a book," she said.

This family foursome has also volunteered for two summers at the annual Lyngblomsten Ice Cream Social, in addition to taking residents to the Minnesota State Fair. For them, volunteering together is a time to have fun and bond as a family. At the conclusion of their monthly shift, the four head over to The Heritage lounge and enjoy a meal with Esther and Elder, joined by other family members. For the Bentleys, they have a tradition of family time, and tradition of service—it is just what they do.

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Lyngblomsten Volunteer Week: •• May 17-22, 2010 ••

“Come experience a little slice of paradise!”

Thank you, volunteers!

Remember to visit our Volunteer Lounge during Volunteer Week and enjoy a special tropical treat! On your way take in the scenery as you stroll down the Volunteer Hallway of Appreciation.

Thank you, volunteers, for all your service!

In Sympathy

Volunteer Services extends its sincere sympathies to:

The family and friends of James Mossman, Lyngblomsten volunteer.

Iris Raths, Lyngblomsten volunteer, on the death of her son.

Nancy Hunziker, Lyngblomsten volunteer, on the death of her father, Joe.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

– Psalm 23:4

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!

January: Dorothy Stach

February: Pam Germ

March: Judi Mueller

Volunteer Stats for 1st Quarter

Total Volunteer Hours:

1st Quarter: 8,976.25

51.2% increase

from 2009!



Team Talk

Integrating the Arts at Lyngblomsten

by Melanie Davis

Last summer, staff began visiting with leaders from Compas, a premier nonprofit organization dedicated to enhancing the well-being of Minnesotans through the arts. In late February and early March of this year, Compas Artist in Residence, Pat Owen, facilitated focus groups among apartment tenants, care center residents, families, friends, and employees of Lyngblomsten. Participants shared with one another their personal experiences with the arts and their ideas for incorporating the arts further into our lives at Lyngblomsten. The following are some of the highlights we learned from the 42 persons who participated:

- We have many accomplished artists among us!
- There is a strong desire to have a spectrum of arts brought to the campus for more people to enjoy, especially classical music, theatre and art exhibits.
- Tenants and residents would like to have opportunities to practice their arts or work with artists to learn new skills.
- Tenants and residents would like to have the opportunity to have family and friends join them in participating in the arts.

Artist Pat Owen provided a detailed executive summary of the dialogues, complete with recommendations for next steps. Paul Mikelson, President/CEO of Lyngblomsten, has reviewed the summary and has given his blessing and support to launching an arts initiative. As a result, Lyngblomsten plans to move forward in the following ways:

- Assemble an arts council consisting of staff, residents, tenants, family and friends to plan, implement and evaluate activities.
- Partner with Compas and the Minnesota Creative Arts in Aging Network to utilize their resources and expertise to plan and implement various programs.



Pat Owen helping a resident participate in the Arts Dialogue

- Develop a 3–5 year strategic plan to fully integrate the arts at Lyngblomsten, incorporating community engagement and intergenerational involvement which would include:
 - Bringing the arts to Lyngblomsten, including fine arts concerts, theatre and art exhibits
 - Having artists on campus to teach and facilitate various forms of art among tenants, residents and their guests
 - Coordinating trips to enjoy the arts within the Twin Cities
 - Exhibit the work of the artists among us
- Secure the resources to fund the effort through grants, sponsorships, major gifts, and donations.
- Recruit and train volunteers to provide additional support and leadership to the initiative.

This is one more way that Lyngblomsten seeks to carry on its tradition and commitment to innovation! If you, your organization, or business would like to be involved in this new initiative, please contact us at volunteer@lyngblomsten.org. We'd be delighted to work with you to become involved! To find out more about Compas visit www.compas.org, or for the Minnesota Creative Arts in Aging Network visit www.mncaan.org.



Corporate Volunteer Opportunities

We would like to invite you to help us extend group volunteer opportunities to employers in our community. If you know the contact for your corporate volunteer programs, please let us know. We have identified a variety of year-round team building opportunities that can be a one-time experience or an on going relationship. Please contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org for more information and to find the right fit for your corporate group.

Volunteers from UnitedHealth Group joined residents in April to color eggs for Easter. (LEFT)

The Youth Wire

News and Information for Lyngblomsten Youth Volunteers

Lyngblomsten Youth Volunteer Scholarship Recipients

**Kristin Kuhens**

Kristin is graduating from Roseville Area High School and will be attending the University of Wisconsin in Eau Claire. She has been volunteering at Lyngblomsten since 2002 and has contributed 284 hours of service. Kristin has been a regular and dedicated volunteer in the Lyngblomsten Gift Shop. In addition to her Gift Shop duties, she has also volunteered at the Ice Cream Social and transported residents to and from concerts in the chapel.

"The most important lesson that I take from my time at Lyngblomsten is that everyone is entitled to being medically treated efficiently and politely. Going into the field of nursing, I will use this lesson for the rest of my life."

**Jackson Collins**

Jackson is graduating from Como Park Senior High School and is planning to attend Winona State University in Winona, MN. He started his volunteer work at Lyngblomsten in 2007 and has put in over 200 hours of service. Jackson has faithfully delivered mail to the care center residents as well as transported residents to concerts in the chapel. As a Youth Leader, Jackson trained other youth volunteers on how to deliver the mail properly and efficiently.

"I learned that there is satisfaction from helping someone out, [and that] doing a good job is reward enough."

**Hnin Nu Nwe**

Hnin Nu is graduating from Roseville Area High School this spring. She began her volunteer experience at Lyngblomsten in 2007 and has contributed 200 hours of service. Hnin Nu has helped in many ways, ranging from playing Yahtzee, Bingo, and Rummikub with the residents to raising money for the Lyngblomsten community while participating in the Youth Putt-A-Thon as a Youth Leader.

"I learned that you have to be open and gracious when you're helping or volunteering. I will always continue to volunteer. I love helping people."

Thank You For Your Support!

Each of these deserving college-bound seniors will receive a \$1000 scholarship toward the school of their choice. These youth volunteers were required to contribute at least 200 hours of volunteer service to Lyngblomsten, and were recommended by Lyngblomsten staff and current high school teachers as worthy recipients of the Lyngblomsten Youth Volunteer Scholarship.

The Youth Volunteer Scholarship Fund would not be possible without generous contributions from the Lyngblomsten Auxiliary and the many individual donors who support this

wonderful cause. Those who give to the Youth Volunteer Scholarship Fund affirm our youth volunteers by investing in their future and believing in the good work these youth do for those who reside at Lyngblomsten. Thank you, Lyngblomsten Auxiliary and individual donors, for your support!

REMINDER: To support the Youth Volunteer Scholarship Fund, simply make your tax-deductible contributions to the Lyngblomsten Foundation. Please indicate that your donation is for the Youth Volunteer Scholarship Fund.
Thank you!

Welcome Summer Youth Volunteers



Summer Youth Volunteer Program officially kicks off June 17.

Get your sunscreen and sunglasses ready!

Welcome Summer Youth Volunteers:

The week of June 17–23 is the start of the summer volunteer program! Youth can expect a special welcome from staff and residents throughout the Lyngblomsten campus.

In 2009 the summer youth contributed over 1,500 hours to Lyngblomsten. With a great team of summer Youth Leaders and volunteers, we expect that this summer will be just as great as the last!

Calling all Summer Youth Volunteers

Applications for summer volunteer opportunities are due May 17. Volunteers will be placed in opportunities such as a server at the 5-5-1 Club & Café, gardeners, resident walks, transportation around the building, game playing, etc.

Once placements are made, a letter will go out the week before June 17 letting you know where you have been placed, where and when to report, and who to contact if there is a problem.

The summer program officially kicks off the week of June 17–23. If you need a summer youth application, please call or e-mail Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

Thank You

School-year youth volunteers

provided over

1,800 hours

of volunteer time to the residents of Lyngblomsten this school year. We appreciate all of your time, dedication, and energy!

Breck Middle School Youth Volunteers



Nine students from Breck Middle School have been visiting residents for an hour each month during the 2009/2010 school year.

The Lyngblomsten residents are blessed to be able to share in different holiday fun throughout the year with the students. In March the students and residents participated in St. Patrick's Day crafts and shared a green treat together!

Celebrating 40 Years of Volunteer Service to Lyngblomsten

by Lana Western

Lyngblomsten Volunteer Maureen Dudley has brought light-hearted, toe-tappin' music to the members of the Lyngblomsten community for over four decades.



Maureen Dudley

Maureen began her volunteer experience in the spring of 1968 as a mealtime helper. The mother of Maureen's friend lived at Lyngblomsten, and Maureen volunteered her time helping her friend's mother eat her meals. Maureen enjoyed helping and being involved at Lyngblomsten.

It was soon discovered that Maureen had a musical background and was quite a good piano and organ player. Within the next year or so, Maureen started playing music at Lyngblomsten, and the rest is history!

Maureen has performed on all four floors of the care center, as well as at The Heritage apartments. For many years Maureen played while her good friend, Marian, sang. They made quite the duo and were frequently called the "M & M" ladies.

Maureen's musical experiences as a child and young adult really shaped the type of musician she became. Her mom was a musician, and at age four, Maureen started teaching herself how to play the piano. She didn't have any official training until the age of 16, when she took two years of organ lessons. Maureen then went on to play organ music for a portable roller rink, as well as live organ on the WMT radio station in Cedar Rapids, Iowa. She also played for horse shows and conventions at the Lexington Roller Rink in St. Paul.

Lyngblomsten is one of five care centers that has been lucky enough to enjoy Maureen's musical talents. Maureen currently plays several times a month at Lyngblomsten. On the 3rd Saturday of each month, Maureen can be found entertaining care center residents and apartment tenants in the chapel with an hour-long "Music with Maureen" concert. Her specialty: the standards of the 1930s, '40s and '50s. She also performs on the Stanford Neighborhood, where care center residents are living with early- to mid-stage memory loss. Finally, Maureen plays piano for the monthly birthday party at The Heritage apartments.

When asked what has kept her volunteering for 40 years, Maureen responded, "Music is in me and it has to come out somehow!" She also knows the value music can bring to the lives of others and has observed that "the people [residents and tenants] enjoy it so."

Thanks so much, Maureen, for your dedicated service to the Lyngblomsten community. The lives of our residents and tenants are richer because of you!

A Call for Ice Cream Social Volunteers!

Join us **Thursday, July 8** for a favorite annual event: the **Ice Cream Social!** Volunteers are needed to sell tickets, serve hot dogs, scoop ice cream, cut cake, help in the "Kid Zone," etc.! If you would like to volunteer at this festive event, please contact Lana Western at (651) 632-5357 or at lwestern@lyngblomsten.org.



Lyngblomsten Auxiliary News

AUXILIARY HAS SUCCESSFUL FUND RAISING YEAR IN 2009

by Harold Kurtz

Although the Lyngblomsten Auxiliary is well into its 2010 fund raising effort, it can report a highly successful fund raising year for 2009 —more than \$20,000 was raised. The total includes profits from the spring and fall rummage sales, the annual December Scandinavian cookie sale and craft fair, Christmas gift wrapping at Barnes & Noble, membership dues and gifts, and miscellaneous gifts.

In addition, the Auxiliary received matching funds from Thrivent Financial Services for Lutherans for the spring and fall rummage sales.

“All of this was made possible because the Auxiliary had such wonderful volunteers who chaired these activities and everyone who worked so hard to make them possible,” said Auxiliary President Mim Heggerston. *“As an all-volunteer organization, we are blessed to have so many people who support Lyngblomsten in this manner.”*

Funds provided by the Auxiliary directly benefit Lyngblomsten and all those it serves, whether they live on campus or live in the community and receive services provided by Lyngblomsten.

NEEDED:

A FEW GOOD CHURCH KITCHENS

Each fall volunteers from the Auxiliary bake cookies to sell at the annual Scandinavian Cookie and Craft Fair in December. Several corporate congregations have offered the use of their kitchens for this purpose, but a few more are needed.



If your congregation is willing to let the Auxiliary use your kitchen for a day, it would be greatly appreciated and would benefit the Auxiliary in its service to Lyngblomsten. Please call the volunteer office at Lyngblomsten at (651) 632-5356.

“A Patchwork Quilt of Heart Warming Stories”

Story teller Pati Kachel will be featured at the September 14 general meeting of the Lyngblomsten Auxiliary. The meeting will be held at the Newman-Benson Chapel at 1:30 PM on the Lyngblomsten campus.

Pati has been a professional story teller for more than 20 years and has made dozens of appearances at churches, conferences and other gatherings. She is a member of the Salt of Earth Story Tellers, a group specializing in Biblical story telling. She will have a display of artifacts to embellish her story telling.

“I have had a chance to hear her and I think she will have a presentation which will appeal to both men and women,” said Ruth Hagander, program chair.

This program is free and open to the public.

AUXILIARY APPROVES GIFTS FOR RESIDENTS & TENANTS

Apartment tenants, care center residents, and the community will benefit from the latest round of gifts approved by the Lyngblomsten Auxiliary Board at the March 9 meeting.

A gift of \$250 was approved to purchase tools for a group of men who live in the Apartments and run “Monkey Business,” a workshop where they help tenants fix various items.

The Apartments will also benefit from new outdoor furniture in the patio area outside the Almond Street entrance. The Board approved \$2,000 for this.

Residents in the Lokensgard Transitional Care Unit will have new overbed tables, thanks to a gift of \$3,337 from the Auxiliary.

Home- & Community-Based Services will be better able to conduct their educational services with the use of a new \$1,249 LCD projector from the Auxiliary.

Funds for these and other needs are made possible by the fund raising activities conducted by the Auxiliary.



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

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**RETURN SERVICE
REQUESTED**



14th Annual Lyngblomsten Foundation's

Golf Classic

Monday, August 2, 2010
Midland Hills Country Club

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

The Best Way to Spend a Day!

You can also read
The Lyngk online at
www.lyngblomsten.org.
Click "Get Involved."



Upcoming Events...

May

Volunteer Bus Driver's Breakfast	6
Homes for the Aging Week	9-15
New Volunteer Orientation (6-8 PM)	11
Volunteer Appreciation Week	16-22
Applications due for Summer Youth Volunteer Program	17
Volunteer Appreciation Luau, North Heights Church (6-8 PM)	21
New Volunteer Orientation (1-3 PM)	25

June

New Volunteer Orientation (10 AM - Noon)	12
Summer Youth Volunteer Program Kick-off Week!	17-23
New Volunteer Orientation (1-3 PM)	28

July

Independence Day	4
Ice Cream Social	8
New Volunteer Orientation (10 AM - Noon)	14
New Volunteer Orientation (6-8 PM)	29