

Need a speaker for an upcoming gathering?

Make use of the

Lyngblomsten Speakers Bureau

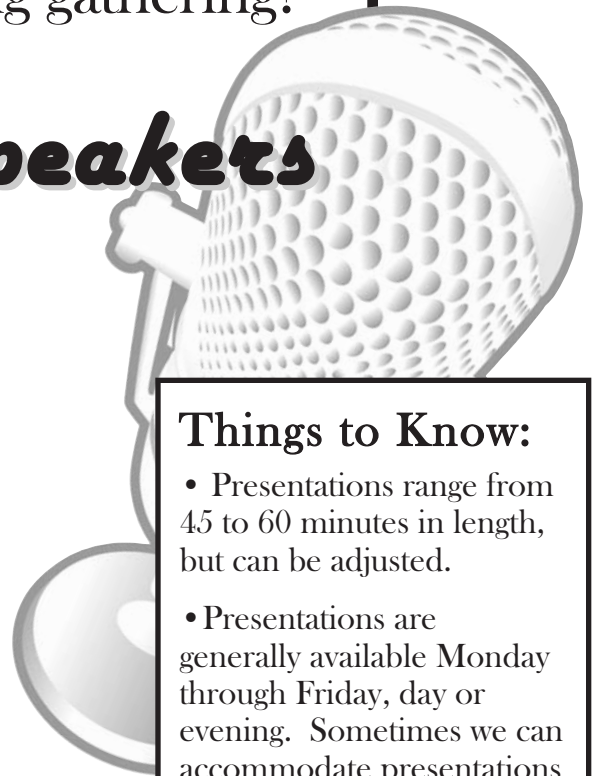
The Lyngblomsten Speakers Bureau provides educational and informative presentations for churches, groups and clubs, companies, and other organizations. Utilizing Lyngblomsten's century of experience serving older adults and their families, we specialize in topics that emphasize preventative care and wellness as well as help navigate the resources available in the Twin Cities area.

Choose from any of the following presentations:

- Alzheimer's Disease and the Caregiver
- Caring for Your Aging Loved One
- Depression, Grief, and Loss in the Elderly
- Drivers Training for Volunteers
- Faith of Our Mothers: The Founding of Lyngblomsten
- Lyngblomsten! What's that?
- Mind, Body & Soul: Parish Nursing in the New Millennium
- Senior Care Past and Present: Boldly Going Where We Have Already Been Before
- Should Your Aging Parents Move In With You?
- The Brain and the Science of Exercise
- The Healthy Brain: Maintaining Mental Fitness
- To Move or Not To Move

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.

www.lyngblomsten.org • (651) 632-5330 • 1415 Almond Ave., St. Paul, MN 55108



Things to Know:

- Presentations range from 45 to 60 minutes in length, but can be adjusted.
- Presentations are generally available Monday through Friday, day or evening. Sometimes we can accommodate presentations on Saturdays and Sundays.
 - To help cover our costs, we ask for a fee of \$100 for a one-hour presentation; this includes materials and mileage. These workshops are presented at no charge for Lyngblomsten corporate congregations.
 - We ask for a minimum attendance of 10 persons per session.

To inquire about a presentation, contact:

Cindy Albing
Community Education Coordinator
(651) 414-5292
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Description of Presentations



Speakers Bureau

Presentation Descriptions

Alzheimer's Disease and The Caregiver

Alzheimer's Disease and related dementias can cause a person to act in different and unpredictable ways. Changes can occur which affect judgment, sense of time and place, physical ability, senses, and behavior. This forum will briefly explore the basics of Alzheimer's Disease and then move on to the practical realities of caring for a person who is living with this life-altering disease. Time will be allowed for discussion.

Caring For Your Aging Loved One

It's not easy to be a caregiver. For people caring for aging loved ones, balancing these responsibilities with those of family, job, and activities can be downright difficult. From the most down-to-earth concerns (like bathing) to the most profound (end-of-life issues), caregivers often encounter endless exhausting, emotionally draining issues about the physical and emotional well-being of their loved ones. This forum will examine some of the issues confronting caregivers with practical, caring, and thoughtful advice. It will also point to national and local organizations, websites, and other resources which can support you and help you navigate your way through this challenging chapter of life.

Depression, Grief, and Loss in The Elderly

Late life can be a period of increasing losses. The pebbles that create the ripples of loss often are the everyday things: no longer being able to drive or to see; an adult child's moving away with their family; losing connections with one's home church of many years; a family's taking over management of finances and mail. This seminar will examine the effect of multiple losses on the elderly, an understanding of the possible resulting depression, and hope for treatment.

Drivers Training for Volunteers

Giving a person an occasional ride is one of those things that people do to help their neighbors. Giving a ride to someone who cannot drive anymore is a particularly crucial service. This seminar will cover those issues relevant to the volunteer driver: giving physical assistance; preventing agitation in people with dementia; providing assistance to people with vision impairment, balance problems, and pain; reviewing emergency procedures; and filing incident reports. This seminar will also review the driver code of conduct as well as expectations for passenger responsibilities. (Unless requested otherwise, most Drivers Training seminars will take place on the Lyngblomsten campus).

Faith of Our Mothers: The Founding of Lyngblomsten

Over one hundred years ago, 11 Norwegian-American women banded together to provide care for older adults who were in need. At a time when women did not even have the right to vote, how did they make the transition from Literary Society to Founders, Fund Raisers, Builders, and Board Members? What did faith and prayer have to do with the founding of the Lyngblomsten Home for the Aged (as it was originally called)? How is that faith important today as Lyngblomsten strides into its second century? Sing the hymns the founding mothers sang, look at photos of the early years and learn about Lyngblomsten's roots.

Lyngblomsten! What's That?

Lyngblomsten is a Christian non-profit social ministry organization serving as a resource to older adults and their families for more than 100 years. From its home- and community-based services, to senior housing with services, to 24-hour skilled nursing care, Lyngblomsten offers a continuum of care options for older adults, as well as provides support for families and caregivers. If you are gathering information for yourself

or for a loved one, this session will provide a photo-filled collage of one of the Twin Cities' most innovative and progressive elder-care organizations.

Mind, Body & Soul: Parish Nursing in the New Millennium

Parish Nursing, an outgrowth of Christ's healing ministry, is a church-based, holistic approach to health, promoting wellness in mind, body and spirit. Rather than direct, hands-on health care, the mission of the parish nurse is to encourage the ailing, support the healing, comfort the suffering and facilitate the use of available resources in the community. Learn how Parish Nursing began, what it does, and how it can work in your faith community.

Senior Care Past and Present: Boldly Going Where We Have Already Been Before

The "Aging of America" is bringing about a change in attitude toward old age and infirmity, and with it, a change in attitude about how best to provide housing for the elderly. More and more, the trend has been to deliver supportive services to the elderly in a way that makes it possible for them to live where they choose. This seminar will examine the history of the "rest home" and the "nursing home" and how the forces of change are "turning back the clock" to more simple times of senior housing... with services.

Should Your Aging Parents Move In With You?

When parents move in with their children, it often occurs during times of duress or emergency situations. Not only that, but tradition, guilt, sense of duty, and old promises also contribute to the decision. This forum will discuss the steps and considerations you might want to consider before opening your home to your parent.

The Brain and the Science of Exercise

Why does exercise make us feel better? Is it merely the building-up of muscles and an "endorphin rush?" Our bodies were made to move, yet our modern sedentary way of life seems to discourage what nature meant for us to do: move. A follow-up to "The Healthy Brain," this forum looks at the effect that stress, anxiety, and depression have on our brain and how exercise is proving to be a major player in the prevention and treatment of such afflictions.

The Healthy Brain: Maintaining Mental Fitness

Evidence seems to suggest that the way you live your life now can have a significant impact on the health of your brain 30 years from now. Scientists are learning that the things your mother might have told you years ago - eat your veggies, go outside and play, do your homework, get a good night's sleep - are every bit as important as they were then for the health and vitality of your body...and brain. This forum will explore strategies which we can take now to help ensure that our brain span keeps up with our life span.

To Move or Not To Move

To move or not to move is one of life's more difficult decisions as we age. Not only is home a large consumer asset, it also represents one's sense of independence, familiarity, comfort and source of memories. How does one decide whether to move? There's a wide range of eldercare options nowadays to meet one's shifting priorities and concerns. Navigating your way through eldercare options can be complicated and overwhelming. This forum will help you evaluate the available options and to assess those that might be most suitable to your needs. Asking questions now can help make the job easier when it's time to move.