

Engage | Discover | Thrive

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**2<sup>nd</sup>** Half with  
**Lyngblomsten**

Spring 2017  
Catalog

April, May, & June

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

## About 2nd Half with Lyngblomsten



### Engage | Discover | Thrive

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:

- Education & the Arts
- Health, Wellness, & Spirituality
- Social & Outings
- Resources & Support
- Service Opportunities

Learn more at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## Locations

2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. **Everyone from the community is welcome at both sites.**



### 2nd Half with Lyngblomsten— Como Park

Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108 (651) 414-5293 | [www.lyngblomsten.org](http://www.lyngblomsten.org)



### 2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110 (612) 559-3646 | [www.rlc-wbl.org](http://www.rlc-wbl.org)

## About Lyngblomsten



Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- **Community Services:** Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- **Senior Housing:** Lyngblomsten offers market-rate and low income independent apartments with assisted living services available.
- **Healthcare:** Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer's disease and other dementias, Parkinson's disease, and palliative care.

Learn more at [www.lyngblomsten.org](http://www.lyngblomsten.org).

**Our 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.*

## Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. Some classes and offerings are provided with additional grants and funding through community partners and are noted in the program description. Learn more about the Foundation at [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).

## Mind, Body, Spirit

### 2nd Half with Lyngblomsten introduces new Faith Community Nurse

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*

–Albert Einstein

If you ask our new Faith Community Nurse about living a balanced life, she would share that staying active and engaged contributes to your well-being. We are happy to introduce our new Faith Community Nurse, Becky Hulden, RN. As the Faith Community Nurse, Becky will work at both 2nd Half with Lyngblomsten locations.

You may be asking yourself, what is a Faith Community Nurse? *A Faith Community Nurse is a Registered Nurse who specializes in the integrative focus of well-being of mind, body, and spirit.*

A few examples of how a Faith Community Nurse can help you are:

- Check your blood pressure
- Discuss a health concern
- Provide information about resources
- Offer spiritual support

Plan to meet Becky at one of the monthly **Wellness Checks** (see page 20 for more information) or the wellness presentations on **Caring for Your Whole Self: Mind, Body, Spirit** (page 17). Becky’s office will be at the Como Park location, and she can be contacted by phone at (651) 632-5335 or email at [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org). She typically works Monday–Thursday. Please join the 2nd Half with Lyngblomsten team in welcoming Becky!

I hope this spring you find an extra spring in your step and enjoy the change of season!



Julie Pfab  
Director of Community Services, Lyngblomsten

### Paths to Faithful Caregiving

**1st session:** Wednesdays, April 19–May 17  
5:30–7:30 PM at St. Anthony Park  
Lutheran Church

**2nd session:** Tuesdays, April 25–May 23  
1–2:30 PM at Augustana Lutheran Church

**3rd session:** Sundays, June 4–July 9  
1–2:30 PM at Redeemer Lutheran  
Church, White Bear Lake

Education and caregiving tools to manage stress and difficult emotions, communicate effectively, create balance in life, locate helpful resources, and find caregiving strength through your own unique spiritual practices.

See page 23 for more information.

## NAVIGATING AGING

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

Check out Lyngblomsten’s blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- CAREGIVING
- FAITH & INSPIRATION
- HEALTH & WELLNESS
- RESOURCES
- RETIREMENT
- TECHNOLOGY

## Registration Information

The following registration, payment information, and policies apply **ONLY** to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

### 4 ways to register:

Registration form on page 27, or download/print a form at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).  
Cash or checks accepted. Make checks payable to "Lyngblomsten Services."

**Phone:** (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

### Mail:

2nd Half with Lyngblomsten—Registration  
1415 Almond Avenue, St. Paul, MN 55108

**Email:** [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org). We will follow up to confirm your registration.

### Dropbox:

**2nd Half with Lyngblomsten—Como Park**  
Lower level of the Lyngblomsten campus,  
Community Services Offices  
1415 Almond Avenue  
St. Paul, MN 55108

### 2nd Half with Lyngblomsten— White Bear Lake

Redeemer Lutheran Church  
3770 Bellaire Avenue  
White Bear Lake, MN 55110

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

## Policies

### Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances, in which case a full refund will be issued. Individual cancellation requests must be made by the registration deadline indicated. A processing fee of \$7 per program will be deducted from your refund; this includes any fees prepaid for transportation. Program/class supplies or tickets that have been purchased or reserved are non-refundable regardless of cancellation date (unless otherwise noted). No refunds will be given after a program has started.

### Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten's website at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) for the most current updates. You will be notified if a program or class is cancelled.

### Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change:  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

### Photos

Participant pictures may be taken during activities and be included in 2nd Half with Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

### Scholarships

For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

### All Are Welcome

*2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.*

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**Lisa Brown, Site Coordinator—  
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lbrown@lyngblomsten.org

**Mary Deaner, Site Coordinator—  
Como Park**  
(651) 414-5293  
mdeaner@lyngblomsten.org

**Registration**  
(651) 632-5330 or  
2ndHalf@lyngblomsten.org

The 2nd Half with Lyngblomsten catalog  
is published quarterly.

**Lyngblomsten Community Services**  
1415 Almond Avenue, St. Paul, MN 55108

  [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

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### 4th Thursday each month

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**Location Key:** CP = Como Park site  
WBL = White Bear Lake

### Armchair Traveler: A Year of Adventure

Thursday, April 27

1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Julie and Andy Westerlund did what most people only dream of when they took leave from work, pulled their kids from school, put everyone in an RV, and spent nearly a year traveling the United States. This fun, fast-paced program will feature stories about their adventures, thoughts about family life on the road, fabulous pictures of this amazing country, and ideas about turning your fantasy into a reality.

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #427ea

### Armchair Traveler: India—Faces and Places

Thursday, May 25

1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

This presentation will highlight the myriad of sights, sounds, and interactions experienced by Jim and Carol Broucek, international travelers to 30+ countries, with two unique trips to India. View photos and video of: New Delhi, Kolkata; the Ganges River with evening and morning religious ceremonies; Taj Mahal in Agra; the seductive temples and carvings of Khajuraho; scenes from various festivals, villages, and national parks; and more.

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #525ea

### Armchair Traveler: Ghana—Gold, Slaves, Missionaries, and Democracy

Thursday, June 22

1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Travel to Ghana, West Africa, to learn about its history and how Ghanaians live today. Ghana was the first sub-saharan African country to become independent from its European colonizer. It experienced a difficult birth, but was one of the first African countries to have a peaceful transfer of power, which was repeated in November 2016. Join us to learn more about this fascinating, developing nation. *Presenters: Bruce and Sharon Reichenbach, who lived and taught in Ghana for months in 2016*

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #622ea

### Art History

4th Monday each month

10–11:30 AM at Redeemer Lutheran  
Church, Classroom

Local artist Angie Renee will lead a group discussion each month about a famous artist in history and his or her impact on the world. You will have the opportunity to try your hand at a simple art project based on the featured artist of the month.

- **April 24:** Explore the colorful world of artist **Georgia O'Keeffe**.  
**Registration required** by April 21.  
Program #424ea
- **May 22:** Explore the wonders of **Henri Matisse**.  
**Registration required** by May 19.  
Program #522ea
- **June 26:** Learn about the first true abstract painter, **Wassily Kandinsky**.  
**Registration required** by June 23.  
Program #626ea

**Fee:** \$12/class; includes art supplies.  
Scholarships available.

**Beginning Spanish Conversation**

Tuesdays, May 2–23

6:15–7:45 PM on the Lyngblomsten campus, Community Room (lower level)

Learn basic Spanish and become comfortable speaking it. We'll practice by repeating and replying to greetings and simple questions. You will learn correct pronunciation and some of the most commonly used verbs. Each class will include reviewing and adding new material. No tests! *Instructor: Mary Kay Kersting, who has 16 years of experience as a bilingual education assistant*

**Fee:** \$25 (includes printed materials).**Registration required** by May 1.

Program #52ea

**Books-Cheese-Wine with****Author Steve Werle: *Stassen Again***

Thursday, April 6

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Steve Werle is the author of *Stassen Again*, published by the Minnesota Historical Society Press in 2015. “*In ten unsuccessful runs at the U.S. presidency, Harold E. Stassen became infamous as a perennial candidate. But his lifetime of achievements—as Minnesota’s “boy governor,” as a war hero, as a founder of the United Nations, as a nationally prominent Republican—are now mostly forgotten. It is time to consider Stassen, again.*” We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation. *Presenter: Steve Werle teaches Advanced Placement United States History in the Twin Cities*

**Fee:** \$6**Registration preferred;** walk-ins welcome.

Program #46ea

**Books-Cheese-Wine with****Author Joel Arnold: *Ox Cart Angel***

Thursday, May 11

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Joel Arnold will be sharing the history of the Red River Ox Cart Trails in his Midwest Book Award–winning novel, *Ox Cart Angel*. Come hear about this often forgotten part of Minnesota’s history. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation. *Presenter: Joel Arnold teaches writing at student workshops. He has given presentations about the Ox Cart Trails of Minnesota and the Dakotas to several historical societies.*

**Fee:** \$6**Registration preferred;** walk-ins welcome.

Program #511ea

**Books-Cheese-Wine with Author****Stephanie Glaros: *Humans of Minneapolis***

Thursday, June 8

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Glaros’s book, *Humans of Minneapolis*, is a curated collection of the best stories and photographs from her blog of the same name. Through emotional storytelling, she encourages people to challenge their own biases and escape from their comfort zones in order to create connections. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation. *Presenter: Stephanie Glaros is a teaching artist, speaker, and author*

**Fee:** \$6**Registration preferred;** walk-ins welcome.

Program #68ea

**Husby  
Memorial  
Concert**

\$

**Sunday, May 21, 2017 | 3 PM | FREE!**

Newman-Benson Chapel at Lyngblomsten

**Performance by Caritas Vocal Ensemble**

## Creative Circle

1st Monday of each month  
10–11:30 AM at Redeemer Lutheran Church, Classroom

Explore mixed media artwork with a variety of art mediums available for use. A guided creative expression experience to discover your inner creative voice. No previous experience required. *Teacher: Angie Renee*

- **April 3: Exploring with Collage**  
Use a variety of materials to create a collage and see what emerges by using images, colors, and word art.  
**Registration required** by March 31.  
Program #43ea
- **May 1: The Wonders of Color**  
Choose from a variety of mixed media materials to create with color. Explore some abstract art for inspiration.  
**Registration required** by April 28.  
Program #51ea
- **June 5: Creating Mandalas**  
Learn about the history of Mandalas and create your own.  
**Registration required** by June 2.  
Program #65ea

**Fee:** \$12/session; includes art supplies. Scholarships available.

## Exploring Art

Tuesdays  
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Each 4-week series focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. Create a visual art project each week based on the artist's style. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

- **April 4–25: Eric Carle** is the creator of brilliantly illustrated and innovatively designed picture books for children, such as *The Very Hungry Caterpillar*. He cuts and layers hand-painted papers to form bright and cheerful collage images.  
**Registration required** by April 3.  
Program #44ea

(cont'd in next column)

- **May 2–23: Jasper Johns** is an American painter, sculptor, and printmaker who takes everyday objects and works them into rich and layered works of art. John is seen as a Neo Dadaist—an artist who depicts iconic objects from post-World War II American society, but with the importance placed on the work of art rather than the object being depicted.

**Registration required** by May 1.  
Program #52ea2

- **June 6–27: Alma Woodsey Thomas** was an African-American Expressionist painter and art educator. She lived and worked primarily in Washington, D.C., and devoted her life to the youth local communities, both as a teacher and as an organizer of cultural events.  
**Registration required** by June 5.  
Program #66ea

**Fee:** \$30/monthly series; includes art supplies. Scholarships available.

## Fourth Friday Live Music & Dance

Friday, May 26  
6:30–8 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for free live music and dance featuring musical performers from MacPhail Center for Music and dance enthusiast Christopher Yaeger. Light refreshments served.

**FREE** No registration required.

## How to Pay for Long-Term Care

Thursday, May 11  
1–3 PM at Ramsey County Library (2180 Hamline Ave N, Roseville), Community Room

Learn about all aspects of paying for care from private pay through Medicaid and Veterans Benefits. *Presenter: Allison Frasier, Elder Law Attorney with Maser, Amundson, Boggio and Hendricks, P.A.*  
*Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

**FREE** No registration required.

## Lyngblomsten Community Sage Singers

### A MacPhail Music for Life Partnership

Wednesdays

9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), Dining Room

Join MacPhail teaching artists Joey Clark and Jeanne Bayer for weekly *Sing for Life* choir rehearsals. *Sing for Life* classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material.

**FREE** Registration required for new members; ongoing.  
Program #45ea

\* See page 12 for details about the Lyngblomsten Community Sage Singers Spring Concert on Sunday, April 23.

## Meet the Mayor in May

Thursday, May 18

4–6 PM on the Lyngblomsten campus, Community Room (lower level)

In celebration of Older Americans Month, St. Paul Mayor Chris Coleman will be stopping by the Lyngblomsten Community Room for a visit. He will share with us how the capital city is supporting adults aging well in their communities. The St. Paul City Advisory Committee on Aging, District 10, and Jody McCardle from the Como Park/Falcon Heights Living at Home Block Nurse Program will join us to share and listen. Come for a relaxed and informative conversation with our mayor! Light refreshments will be served.

**FREE** Registration required by May 15.  
Program #518ea

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

## Minnesota Opera presents the Story and Music of *La Boheme*

Tuesdays, April 4–May 30

(not meeting May 2)

1:30–2:30 PM at Lyngblomsten Apartments (1455 Almond Avenue), Dining Room

Experience the immersive power that storytelling and music have with artists from the Minnesota Opera. Join us for a series of workshops designed to assist the musical novice or opera expert through an interactive journey of the story and music of Puccini's romantic opera *La Boheme*. No singing required. *Teacher: Alisa Magallón*



This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislature appropriation from the arts and cultural heritage fund.

**FREE**

Registration ongoing; walk-ins welcome.  
Program #44ea2

## Mixed Media Art

### led by *Art with Heart*

**1st session:** Tuesdays, April 4–25

**Registration required** by March 31.

Program #44ea3

**2nd session:** Tuesdays, May 2–23

**Registration required** by May 1.

Program #52ea3

**3rd session:** Tuesdays, June 6–27

**Registration required** by June 5.

Program #66ea2

**All sessions:** 10–11:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), 1st Floor Lounge

Join *Art with Heart* teaching artists Debbie Lyon and Sara Benedett for a 4-week series of mixed media visual arts classes. Work on a new project each week to learn various skills in mixed media, acrylic, and watercolor painting including: resist, color mixing, texture, composition, and layering color for special effects. Develop your own artistic style, meet new friends, and have fun while learning together!

**Fee:** \$25/monthly series; includes art supplies. Scholarships available.

## Redeemer Primetime: Turning Hunger into Hope

Thursday, April 20

9:30 AM Coffee; 10 AM Program at Redeemer Lutheran Church (Atrium); 10:40 AM Carpool to Second Harvest Heartland in Maplewood; 11 AM Tour of Second Harvest Heartland; Noon Lunch (expense on your own) at Keller Golf Course Club. *Presenter: Anne Rodenberg, Major and Planned Gift Officer, Second Harvest Heartland*

**FREE** We hope you may consider a donation to the organization itself instead. **Registration required** by April 16 (registrations taken starting March 17). **Special registration:** Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

## Second Sunday Concerts with MacPhail

2nd Sunday each month  
2–3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Join us the second Sunday of each month for a concert featuring different musical performances from MacPhail Center for Music. Light refreshments served.

- **April 9:** Featured performer Mike Michel on acoustic guitar.
- **May 14:** Featured performer Caitlin Lucic on marimba.
- **June 11:** Featured performer vocalist David Kozisek.

**FREE** No registration required.



## Spring Concert: Lyngblomsten Community Sage Singers

**A MacPhail Music for Life Partnership**  
Sunday, April 23  
2–3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Join us for our annual Spring Concert featuring the musical talents of Lyngblomsten's own choral and musical group, the Lyngblomsten Community Sage Singers, who will treat us to an hour of Broadway musicals.

**FREE** No registration required.

\* See page 11 to learn how you can join the **Lyngblomsten Community Sage Singers** choral group.

## TED Talks

Thursdays, April 13 & May 4  
11:30 AM–1 PM at White Bear Lake  
Library (2150 2nd Street, White Bear Lake)

Please join us to view and discuss TED talks, facilitated by Dr. Charles Wright. Bring your own bag lunch.

- **April 13: The New Era of Positive Psychology**  
Martin Seligman talks about psychology. As it moves beyond a focus on disease, what can modern psychology help us become?
- **May 4: What Makes a Good Life?**  
What keeps us happy and healthy as we go through life? In this talk, psychiatrist Robert Waldinger, the director of a 75-year-old study on adult development, shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

**FREE**  
No registration required.

**WB**  
1624  
White Bear Area  
Senior Program

## To Drive or Not to Drive: What Next?

Thursday, April 13

1–3 PM at Ramsey County Library  
(2180 Hamline Ave N, Roseville),  
Community Room

Thousands of people stop driving in Minnesota each year, but they still need transportation. We'll examine how people decide if they should stop driving and strategies to remain active in the community.

*Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

**FREE** No registration required.

## Your Legacy: Family, Church, and Charity

Thursday, April 27

10–11 AM on the Lyngblomsten campus,  
Community Room (lower level)

Ensure your legacy lives on. Uncover ways to enrich the futures of people or causes you care about. The workshop will discuss estate and giving strategies to help you. No solicitations. *Presenter: Kevin O. Bonine, Wealth Advisor*

*Sponsored by the Lyngblomsten Foundation Planned Giving Committee.*

**FREE** Registration required by April 25.  
Program #427ea2

## 500 Card Group

Tuesdays

1 PM on the Lyngblomsten campus,  
Community Room (lower level)

Join us for a game of 500! Beginners welcome.

**FREE**

Please register to reserve your spot.  
Program #44so

## Bibles & Bagels

Tuesdays

8:15–9:30 AM at Redeemer Lutheran  
Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but volunteer treats are brought and coffee is always provided!

**FREE** No registration required.

Learn more: Contact Barb Wojahn at  
(651) 429-2557.

## Bingo & Pizza

Friday, April 7

Noon–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

We'll serve pizza, salad, and dessert at noon. Bingo starts around 1 PM; prizes for every game!

**Fee:** \$8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

**Registration required** by April 5.  
Program #47so

## Bingo & House of Wong Lunch

Friday, May 5

Noon–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Enjoy takeout from House of Wong, voted "Best Place for Asian Food in Roseville." We'll serve egg rolls, sweet and sour pork, chicken sub gum chow mein, chicken fried rice, Oriental salad, and dessert. Bingo starts around 1 PM; prizes for every game!

**Fee:** \$8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

**Registration required** by May 3.  
Program #55so

**Bingo & Picnic Lunch**

Friday, June 2

Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Join us for burgers on the grill and Bingo! With potato salad, beans, corn on the cob, and watermelon, we'll have an old-fashioned picnic—the perfect way to enjoy an early summer meal together. Bingo starts around 1 PM; prizes for every game.

**Fee:** \$8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

**Registration required** by May 31.  
Program #62so

**Cards & Socializing for Senior Deaf Community**

3rd Friday each month

(Upcoming: April 21, May 19, &amp; June 16)

1–4 PM on the Lyngblomsten campus, Community Room (lower level)

**FREE**

**Learn more:** Contact Marlys Carlson at marlysmcarlson@gmail.com.

**Coach Bus Trip: Eagles, Dragons, & Pigs, oh my!**

Wednesday, April 19

We're off to learn about the majestic eagles at the National Eagle Center in Wabasha. We'll participate in a program that brings one of its rescued birds up close and personal, plus time to check out the exhibits.

Lunch will be around 12:15 PM at Beth's Twin Bluffs, known for its home cooking and pies. In a hop, skip, and a slight jump, we will head a few miles to Kellogg, home of Lark Toys. Its unique, handcarved wooden carousel is unlike any other in the world. You can take a ride on a pig, flamingo, or one of the many fantastical animals (expense on your own) before checking out the wooden toys for sale or grabbing an ice cream cone before we head home.

*(cont'd in next column)***Bus site pick-ups:**

8 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)

8:15 AM from the Lyngblomsten campus, Community Room (lower level)

Return time: Approximately 5:30 PM

**Fee:** \$61 includes coach bus, lunch, and National Eagle Center program.

**Registration required** by March 29. **A choice of a pork or beef dinner should be made with your reservation.**

Program #419so

**Coach Bus Trip:****History and Stories Revisited**

Wednesday, May 10

In 1885, Owatonna was chosen as the site for the State Public School for Dependent and Neglected Children, built as a self-sustaining institution for 500 children. We will tour the school, and its restoration still in progress, to remember the children and learn its history. Afterward, we will have a wonderful lunch buffet at Torey's. Before heading home, we'll make a quick stop at Russell Stover Outlet where you can purchase sweets or an ice cream cone (expense on your own).

**Bus site pick-ups:**

8:45 AM from the Lyngblomsten campus, Community Room (lower level)

9 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)

Return time: Approximately 5 PM

**Fee:** \$56 includes coach bus, tour, and lunch.

**Registration required** by April 19.

Program #510so

## **Coach Bus Trip: A Feast for the Senses**

Wednesday, June 14

Take in the beauty of flowers and fountains as we stroll through the magical Munsinger Clemens Gardens along the Mississippi River in St. Cloud. Afterwards, we'll have lunch at Anton's Log Cabin on the Sauk River. Choose from a chicken salad stuffed popover (their specialty), pork chop dinner, French dip and coleslaw, or chicken raspberry salad. We'll end the day visiting the Grasshopper Chapel in Cold Spring. A quiet and secluded place in the midst of urban life—we'll be awed by the sights and the sounds of birds and little animals.

### **Bus site pick-ups:**

8:30 AM from the Lyngblomsten campus, Community Room (lower level)

8:45 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)

Return time: Approximately 5 PM

**Fee:** \$57 includes coach bus, lunch, and tours.

**Registration required** by May 24. **Please give your lunch choice at the time of your reservation.**

Program #614so

## **Out & About: Abdallah Candies**

Thursday, April 27

1–3 PM at Abdallah Candies

(3501 County Rd 42 W, Burnsville)

Abdallah Candies, a fourth-generation family-owned business, has been making tasty treats since 1909. The original owners were a Lebanese candy maker and his Swedish bride. Come watch chocolates being dipped, shop the fun candy and gift store, and go home with a special treat.

### **Bus site pick-ups:**

Noon from the Lyngblomsten campus, Community Room (lower level)

12:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Tour is free.

**Registration required** by April 24.

Program #427so

## **Out & About: St. Paul City Hall/ Ramsey County Courthouse Tour**

Thursday, May 11

12:30–2 PM at St. Paul City Hall/Ramsey County Courthouse (15 W Kellogg Blvd., St. Paul)

The 21-story St. Paul City Hall and Ramsey County Courthouse tour includes Memorial Hall and Vision of Peace Statue, Mayor's Office, Council Chambers, Courtroom, Law Library, History, and lots of Art Deco features. Please note: This is a 90-minute walking tour. They have elevators, ramps, and places to rest for those who have need. Everyone will go through security.

### **Bus site pick pick-ups:**

11:45 AM from the Lyngblomsten campus, Community Room (lower level)

Noon from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of event. Tour is free.

**Registration required** by April 27.

Program #511so

## **Out & About: Como Dockside Farmers' Market**

Thursday, June 29

2–3 PM at Como Park Dockside Farmers' Market (1360 Lexington Parkway N., St. Paul)

Let's see what's fresh from the farm. In June, we might find radishes, cabbage, green beans, peas, and strawberries—100% locally grown. The market also offers honey, eggs, meats, cheeses, bakery items, and flowers and plants. Let's shop!

### **Bus site pick-ups:**

1:45 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

2 PM from the Lyngblomsten campus, Community Room (lower level)

**Fee:** \$7 for transportation; please pay day of the event.

**Registration required** by June 27.

Program #629so

**Out to Lunch at Golden Corral**

Friday, April 14

11 AM–2 PM at Golden Corral  
(3000 White Bear Avenue, Maplewood)

Let's check out the buffet lunch at the new location—something for everyone at a reasonable price, that's for sure!

**Bus site pick-ups:**10:30 AM from the Lyngblomsten campus,  
Community Room (lower level)10:45 AM from Applewood Pointe of  
Roseville (1480 Applewood Court W,  
Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own (\$8.99 for lunch buffet; \$1.99 for beverage).

**Registration required** by April 19.  
Program #414so

**Out to Lunch at McCormick's  
Pub & Restaurant**

Friday, May 19

11 AM–2 PM at McCormick's Restaurant  
& Pub (331 Broadway Ave S, Wayzata)

We'll catch glimpses of Lake Minnetonka as we make our way to McCormick's Pub & Restaurant in beautiful downtown Wayzata. Burgers, sandwiches, and salads are on the menu, as well as clam or lobster rolls, chicken pot pie, fish and chips, and so much more.

**Bus site pick-ups:**10 AM from the Lyngblomsten campus,  
Community Room (lower level)10:15 AM from Applewood Pointe of  
Roseville (1480 Applewood Court W,  
Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own.

**Registration required** by May 17.  
Program #519so

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

**Out to Lunch at Sandcastle**

Friday, June 16

11 AM–2 PM at Sandcastle (4955 W Lake  
Nokomis Pkwy, South Minneapolis)

We'll dine "al fresco" on items such as taco salads, BBQ pork sandwiches, fish tacos, BLTs, and a few culinary surprises. Beer, wine, food, and fun in the sun!

**Bus site pick-ups:**10:15 AM from the Lyngblomsten campus,  
Community Room (lower level)10:30 AM from Applewood Pointe of  
Roseville (1480 Applewood Court W,  
Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Lunch expense is on your own.

**Registration required** by June 14.  
Program #616so

**Redeemer Primetime:  
Sweet Land, the Musical**

Thursday, May 18

9 AM at History Theatre (30 10th St E,  
St. Paul); lunch afterward at Donatelli's

*"A lyrical celebration of hard-won independence and a reflection of generations past, Sweet Land reminds us of who we are—and where we came from."* —History Theatre

**Bus site pick-up:**9 AM from the West parking lot at  
Donatelli's on County Rd E in White Bear  
Lake (across from Festival Foods).

**Fee:** \$30 includes ticket and transportation. Lunch expense is on your own.

**Registration required** between April 20–30. Space is limited.

**Special registration:** Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

**Stitch 'N Chat**

Tuesdays

9–11 AM on the Lyngblomsten campus,  
Community Room (lower level)

Sweet treats, coffee, chatting, laughing, and oh yes, some stitching! Anyone can join the group whether you stitch or not.

**FREE** No registration required.

## Ageless Grace® Exercise Classes

**1st session:** Wednesdays

3–3:45 PM at Redeemer Lutheran Church, Atrium

Program #45hws

**2nd session:** Fridays

1:30–2:30 PM at Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Program #47hws

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic (and never the same twice). Classes provide excellent chair exercise, as well as cognitive and social benefits. *Teacher: Pola Rest*

**Fee:** \$1/person per class

**Registration required.**

## A Matter of Balance:

### Managing Concerns About Falls

Tuesdays, April 25–June 13 (8 sessions)

1:30–3:30 PM at White Bear Area Senior Program (2484 E County Road F, White Bear Lake)

Many people over the age of 50 experience concerns about falling and restrict their activities. This class is an evidence-based approach to manage falls effectively and increase physical activity levels in older adults. Participants will learn to:

- View falls as controllable and preventable
- Set personal goals for increasing physical activity
- Make environmental and other changes to reduce one's fall risk
- Exercise safely to increase strength and balance

If you are interested in improving your balance, flexibility, and strength, or are concerned about falls or have fallen in the past, this program is for you. Sessions are two hours with exercises being done for approximately one hour beginning the third week.

*Sponsored in collaboration with HealthEast, White Bear Area Senior Program, and Lyngblomsten.*

**Fee:** \$42 includes handbook.

**Special registration:** Call the White Bear Area Senior Program at (651) 653-3121.

## Caring for Your Whole Self: Mind, Body, Spirit

**Option #1:** Wednesday, April 5

1–1:45 PM on the Lyngblomsten campus, Community Room (lower level)

Program #45hws2

**Option #2:** Wednesday, April 12

2–2:45 PM at Redeemer Lutheran Church, Library. Program #412hws

Meet Lyngblomsten's new Faith Community Nurse, Becky Hulden, and gain tips on ways to care for your whole self: mind, body, and spirit. Light refreshments provided.

**FREE**

**Registration preferred; walk-ins welcome.**

## Chat Café

Tuesdays, April 18 & May 16

10:30 AM–Noon at White Bear Area Senior Program (2484 E County Road F, White Bear Lake)

The Chat Café is a place for engaging conversation paired with a hot, catered meal.

- **April 18: Calm During the Seasons**  
Mindfulness techniques presented by a therapist from a local White Bear Lake counseling center.
- **May 16: Dementia Friends—Creating Awareness in Your Community**  
*Presented by the Metropolitan Area Agency on Aging (MAAA).*



*Sponsored by the White Bear Area Senior Program. Program and meal support by the Rasmussen Family Education and Scholarship Fund.*

**Fee:** Free to attend; \$5 suggested donation.

**Special registration:** Call the White Bear Area Senior Program at (651) 653-3121.



## Creativity, Health, and Aging

Thursday, April 27

Noon–1 PM at White Bear Lake YMCA  
(2100 Orchard Lane, White Bear Lake)

Health, wellness, and quality of life can be achieved in many ways, including using creativity to work the mind, body, and spirit. Research has shown that mental activity can be especially beneficial to people as they age, including those with dementia. Learn about the latest trends, research, and local opportunities around “Creativity, Health, and Aging.” *Presenter: Andrea Lewandoski, Director of Lifelong Learning and the Arts, Lyngblomsten*

*Sponsored by White Bear Lake YMCA and White Bear Area Senior Program.*

**FREE** Registration required.

**Special registration:** Call (651) 653-3121 to reserve your spot; space is limited.  
Program #427hws

## Essentially Well: Essential Oils Make-&Take Workshop

Wednesday, May 17

3:30–5 PM on the Lyngblomsten campus,  
Community Room (lower level)

Discuss different uses of essential oils and learn how you can improve and support your body with “Nature’s Medicine Cabinet.” Essential oils are a great first line of defense for your everyday wellness needs. There will be “oil stations” that you can use to build your natural health toolbox with Essentially Well roller-ball recipes that fit your needs. This is an excellent introductory class for everyone. *Presenter: Paula Sevenich, Certified Nutrition and Wellness Coach and Wellness Advocate with doTERRA Essential Oils*

**Fee:** \$11 includes one roller-ball make-and-take of your choice. Additional rollers may be made for an extra fee if desired.

**Registration required** by May 16.

Program #517hws

## HealthRHYTHMS Drumming

**Option #1:** 2nd Mondays each month  
(Upcoming: April 10, May 8, & June 12)  
10–11 AM at Redeemer Lutheran Church,  
Fellowship Hall  
Program #410hws

**Option #2:** 3rd Mondays each month  
(Upcoming: April 17, May 15, & June 19)  
9:30–10:30 AM at The Heritage at  
Lyngblomsten (1440 Midway Parkway,  
St. Paul), Dining Room  
Program #417hws

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. Join us for drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience required. Drums and percussion instruments are provided. *Teacher: Cheri Bunker*

**Fee:** \$5 (free for Lyngblomsten residents and tenants at the Lyngblomsten location).  
**Registration ongoing;** walk-ins welcome.

## Living a Healthy Life through Chronic Disease Self-Management

Wednesday, June 28

1:30–3 PM at Redeemer Lutheran Church

As we grow older, we all wish for good health and a sense of well-being. But chronic conditions like diabetes, arthritis, depression, and heart or lung disease can make life and health hard to manage. Join us in learning about a “toolbox” of self-management skills and how “Living Well with Chronic Conditions” can help ease the physical, emotional, social, and lifestyle effects of living with a chronic condition. *Presenter: Melissa Gibbs, MSW*

**FREE** Registration required.  
Program #628hws

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

## Market Place Morning Talk

**A monthly health education series for the community**

2nd Wednesday each month

9:30–10:30 AM at Market Place Bingo Hall (2900 Rice Street, Little Canada)

- **April 12:** Topic: Cooking Light.  
**Registration required** by April 11.  
Program #412hws2
- **May 10:** Reduce the risk of falls by staying physically active. This session will be an interactive introduction to *Tai Ji Quan*, Tai Chi adapted to address balance and postural control. *Presenter: Dave Fink, Program Developer for the Metropolitan Area Agency on Aging*  
**Registration required** by May 9.  
Program #510hws
- **June 14:** There are many things we cannot control in this life—like aging. Let us explore together the many choices we do have to keep the spirit renewed. *Presenter: Rev. Kelley Bergeson, Director of Spiritual Care, Lyngblomsten*  
**Registration required** by June 13.  
Program #614hws

**Fee:** \$1

Complimentary treats and coffee provided by Little Canada Recreation Association and Little Canada Bingo Hall. Co-sponsors: Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, Golden Living Center.

## Nordic Contemplative Evening Prayer Service

Sunday, April 23

6:30 PM Prelude music; 6:50 PM Service at Pilgrim Lutheran Church (1935 St. Clair Ave, St. Paul); followed by food and conversation at Café Latté (850 Grand Ave, St. Paul)

This prayer service incorporates music and liturgy of early Scandinavian peoples, with the St. Olaf College Hardinger Fiddle Group.

**FREE;** expense at Café Latté on your own.  
**Registration required** by April 17.

**Special registration:** Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411. If carpooling, meet in the Redeemer parking lot at 6 PM.

## Spiritual TLC

1st Thursdays each month

(Upcoming: April 6, May 4, & June 1)  
10–11:30 AM at Redeemer Lutheran Church, Library

Spiritual TLC is a spiritual nurture group for caregivers and others experiencing a trying time. The group will come together for conversation with scripture, prayer, and mutual care.

**FREE** No registration required.

**Learn more:** Contact Anne Marie Gere at (651) 429-6653.

## Tai Ji Quan: Moving for Better Balance

Mondays & Wednesdays, May 1–July 26  
9–10 AM at Redeemer Lutheran Church

In 24 sessions, learn balance skills, good body alignment, and coordinated movements in a circular, flowing motion. Classes are for adults interested in improving balance, flexibility, and strength. Canes and walkers are welcome.

*Sponsored in collaboration with HealthEast, White Bear Area Senior Program, and Lyngblomsten.*

**Fee:** \$60 for all 24 sessions.

**Registration required.**

Program #51hws

## Therapeutic Movement Class

Mondays, April 3–May 22

5:30–6:15 PM on the Lyngblomsten campus, Community Room (lower level)

We'll focus on restoring natural function and movement to your muscles and spine through easy, gentle movements along with somatic breath work. Benefits include increased ease of movement, reduction of pain and discomfort, and increased mobility, strength, and flexibility. Please bring your own yoga mat and blanket. *Instructor: Kate Henehan, certified 200-hour level Yoga Instructor*

**Fee:** \$35 for the series.

**Registration required** by March 24.

Program #43hws

## Wellness Checks

**White Bear Lake:** 3rd Thursday each month  
(Upcoming: April 20, May 18, & June 15)  
9–11 AM at Redeemer Lutheran Church

**Como Park:** 4th Thursday each month  
(Upcoming: April 27, May 25, & June 22)  
12:30–2:30 PM at Lyngblomsten,  
Community Services offices (lower level)

Talk with the Lyngblomsten Faith Community Nurse about health concerns and issues related to remaining independent as health needs change. Health screening services include blood pressure and pulse assessments.

**FREE**

**Appointments required:**  
Call (651) 632-5335.

## Yogadevotion

**1st session:** Tuesdays, April 25–June 13  
(8 weeks)  
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

**2nd session:** Tuesdays, June 20–July 25  
(6 weeks)  
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

Yogadevotion classes begin in the breath in order to center in the Presence of God. We'll start with devotion time, opening with scripture that speaks to a practice of faith during the breath work. The class is a combination of standing poses, balance poses, and floor poses closing with restorative yoga—a practice of calm alertness that allows a time of reflection and thanksgiving for God's Presence in our lives. This is a multilevel class that offers modifications for all poses. Please bring your own yoga mat. *Teacher: Jean Auger*

**Fee:** \$64 (for 1st session); \$48 (for 2nd session). Payments are made on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Yogadevotion" on memo line).

**Registration required** by April 21 (for 1st session) and June 16 (for 2nd session).

**Special registration:** Contact Sue Johnson at (651) 387-3443 or suejohns3@gmail.com.



## Yogadevotion Soma Yoga

**1st session:** Thursdays, April 20–June 1  
(7 weeks)  
2–3 PM at Redeemer Lutheran Church, Library

**2nd session:** Thursdays, June 8–June 29  
(4 weeks)  
2–3 PM at Redeemer Lutheran Church, Library

Soma Yogadevotion classes offer the same faith-based class structure that Yogadevotion classes do. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles—which can result in moving with more ease and freedom. Some yoga is safe for **any body**. It incorporates mobility, strength, and stability into movements and helps build concentration and a meditative mind. The class is for all levels—from beginner to advanced—and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and a blanket if available. *Teacher: Jane Schroeber*

**Fee:** \$56 (for 1st session); \$32 (for 2nd session). Make checks payable to Redeemer Lutheran Church (indicate "Soma Yoga" on memo line).

**Registration required** by April 1 (for 1st session) or June 5 (for 2nd session).

**Special registration:** Contact Jane Schroeber at (651) 770-9543 or schroehergj@msn.com.

## Caregiver Services

### CAREversations: A free and fun event for family caregivers

Thursday, April 20

4–6 PM at Redeemer Lutheran Church

Caring for a friend, family member, or loved one? You're not alone. Join us for a free family caregiving event. The facilitator-led, roundtable discussions will help you:

- Discover five key steps to aid in your caregiving journey
- Connect and exchange tips and ideas with fellow caregivers
- Explore local caregiving resources available in your community

Get the information and support you need in a fun and interactive environment. Complimentary snacks and beverages provided. *Facilitated by an AARP representative.*

#### FREE

**Registration required;** seats are limited. **Special registration:** Contact AARP at 1-800-278-1045 or [aarp.cvent.com/aarpcareversationswincities](http://aarp.cvent.com/aarpcareversationswincities)

### Caregiver Series: Stay at Home—Care Decisions Series for You and Your Family

Monday, April 24 & Saturday, May 27  
10–11 AM at White Bear Area Senior Program (2484 E County Road F, White Bear Lake)

- **April 24: Choosing Senior Living**  
*Speaker: Laura Mazocco, Twin Cities Care*
- **May 27: Choosing Home Care**  
*Speaker: Lauren Bednar, HISC*

#### FREE

**Registration required:**  
Call (651) 653-3121 or visit [www.whitebear.ce.feepay.com](http://www.whitebear.ce.feepay.com)



### Caregivers Support Group

3rd Wednesday each month  
(Upcoming: April 19, May 17, & June 21)  
1–2:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any healthcare issue or disease. New members always welcome; come as often as you are able.

#### FREE No registration required.

**Learn more:** Contact Jeanne Schuller, MSW, at (651) 285-9193 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org).

### Dementia Caregiver Re-Entry Group

*For former & late-stage dementia caregivers:*

1st Wednesday each month  
(Upcoming: April 5, May 3, & June 7)  
1–2:30 PM at Fairview Community Center (1910 County Rd. B, Roseville), Room 116A  
**Learn more:** Call (612) 791-5316.

*For former dementia caregivers:*

3rd Tuesdays each month  
(Upcoming: April 18, May 16, & June 20)  
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue W, Roseville), Heritage Room  
**Learn more:** Call (651) 604-3520.  
*Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

Informal gatherings with others sharing various stages of loss during and following the dementia caregiving experience to offer mutual support and understanding. Share experiences, gain insight, and make new friendships in creating a meaningful life in the face of continuing loss. Trained facilitators will coordinate and offer referrals and resources as needed.

#### FREE No registration required.

## Family Gatherings & Traveling

Thursday, June 8

1–3 PM at Ramsey County Library  
(2180 Hamline Ave N, Roseville),  
Community Room

For families dealing with dementia: how to hold meaningful holiday gatherings, family celebrations, and outings—from going to a restaurant to going on vacation.

*Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

**FREE** No registration required.

## Memory Loss Caregivers Support Groups

10 AM on Tuesdays or Thursdays at the following sites:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- Salem Lutheran Church, West St. Paul; 2nd Tuesday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to attend. Facilitators are trained through the Alzheimer's Association.

*Coordinated through Lyngblomsten's The Gathering, in partnership with the Alzheimer's Association.*

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

## Group Respite (The Gathering)

Visit [www.lyngblomsten.org/TheGathering](http://www.lyngblomsten.org/TheGathering) for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is offered through Lyngblomsten Community Services, and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment.

### A day at The Gathering:

- The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 26 to learn about volunteering with The Gathering).
- Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
- Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**Fee:** Sliding-scale.

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

## Paths to Faithful Caregiving

**1st session:** Wednesdays, April 19–May 17  
5:30–7:30 PM at St. Anthony Park  
Lutheran Church (2323 Como Avenue,  
St. Paul)

**2nd session:** Tuesdays, April 25–May 23  
1–2:30 PM at Augustana Lutheran Church  
(1400 S Robert Street, West St. Paul)

**3rd session:** Sundays, June 4–July 9  
(not meeting on July 2)  
1–2:30 PM at Redeemer Lutheran  
Church, White Bear Lake

During each 5-week program, group members will be provided with education and caregiving tools to manage stress and difficult emotions, communicate more effectively, create balance in life, locate helpful resources, and find caregiving strength through their own unique spiritual practices. The focus will be on learning, sharing, relationships, and support.

- **1st session:** Presented by Parish Nurses Nancy Lee Nelson and Julia Nordling  
Sponsored by Lyngblomsten and St. Anthony Park Lutheran Church.  
**Register by April 14.**  
Program #419rs2
- **2nd session:** Presented by Mary Nordtvedt, RN, and Jeanne Schuller, MSW  
**Register by April 18.**  
Program #425rs
- **3rd session:** Presented by Pastor Candee Moser and Pastor Pam Stofferahn  
**Register by May 29.**  
Program #64rs

**Fee:** \$20 includes education, support group, handouts, and refreshments; scholarships available.

**Registration required;** limited spots available.

For more details, resources,  
and support, visit  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

## REACH—Resources for Enhancing Alzheimer’s Caregiver Health

One-on-one caregiver support, education, and counseling. REACH is a proven approach used by caregiver consultants to support family members and others who are caring for someone with Alzheimer’s disease or a related dementia. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, help caregivers feel confident in the care they provide, and improve their ability to cope. Four core sessions are offered and tailored to what the caregiver needs most.

*REACH in Minnesota is supported, in part, by grant number 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, Washington, D.C., and the Minnesota Board on Aging, St. Paul, MN. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.*

**Fee:** Sliding-scale.

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

## Resources for Churches

### Faith Community Caregiving Learning Collaborative

Friday, May 19

10 AM–Noon, Location TBD

The Faith Community Caregiving Learning Collaborative is committed to engaging, educating, and empowering faith communities in the greater Twin Cities area to provide supportive caregiving services. Meets quarterly at various church locations.

*Led by Wilder Caregiver Services.*

**FREE**

**Learn more:** Contact Julie Pfab at (651) 632-5221 or [jpfab@lynbgloomsten.org](mailto:jpfab@lynbgloomsten.org). To receive email notices of meetings, contact Parichay Rudina, LGSW, Amherst H. Wilder Foundation, at (651) 280-2538 or [parichay.rudina@wilder.org](mailto:parichay.rudina@wilder.org).

## Older Adult Ministry Forum: Grandma/Grandpa—Precious Names and Important Vocation

Thursday, June 8

10–11:30 AM at Community of Grace  
Lutheran Church (4000 Linden Street,  
White Bear Lake)

Learn how faith communities can support older adults in their vocation as grandparents. Grandparents have an opportunity to connect and authentically engage in the lives of grandchildren. They are able to share memories, values, and stories that are important to them for familial formation and grounding in family legacy, while also being open to learning from grandchildren and respecting boundaries adult children may set. *Presenter: Rev. Sarah Ciavarrì, Certified Daring Way™ Facilitator-Consultant and a Lutheran pastor (ELCA)*

**Fee:** \$10 per person or \$25 for a group of 3 or more people from the same congregation. If you are signing up as a group, please do so at one time.

**Registration required** by June 5.

Program #68rs

## Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support. Annual membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new/start-up Parish Nurse Ministry programs, opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), and more.

**Fee:** \$125 for an annual membership. Join at any time.

**Learn more:** Contact Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator, at (651) 632-5380 or [mnordtvedt@lyngblomsten.org](mailto:mnordtvedt@lyngblomsten.org), or visit [www.lyngblomsten.org/parishnurse](http://www.lyngblomsten.org/parishnurse)

## Support Groups

### Caregivers Support Groups

See pages 21 & 22.

### Parkinson's Disease Support Group

1st Thursday each month

(Upcoming: April 6, May 4, & June 1)

1–3 PM at The Heritage at Lyngblomsten  
(1440 Midway Parkway, St. Paul),  
2nd Floor Lounge

For caregivers and people living with Parkinson's disease or other movement disorders. This support group is an informal, self-managed organization whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported. Facilitated by social workers; not a therapy group or class. New members always welcome; come as often as you are able.

**FREE** No registration required.

**Learn more:** Contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org). Visit [www.lyngblomsten.org/parkinsons](http://www.lyngblomsten.org/parkinsons) for additional information about Parkinson's care at Lyngblomsten.

### Vision Loss Support Group

2nd Wednesday each month

(Upcoming: April 12, May 10, & June 14)

1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will also be available at each meeting. New members always welcome; come as often as you are able.

**FREE** No registration required.

## Transportation

### Transportation

Mondays

Provided by 2nd Half with Lyngblomsten—  
Como Park

Transportation to appointments (e.g., medical, meetings, legal) in the St. Paul area is available every Monday for \$8/round trip. Advance notice (by noon the Thursday before) is required. To schedule transportation to an appointment, contact Mary Deaner at (651) 414-5293.

## Other

### Wings of Nutrition Bread Program— Free Bread

Tuesdays

8:30 AM on the Lyngblomsten campus,  
Community Room (lower level)

Volunteers pick up bread that can no longer be sold from grocery stores and bakeries and make it available to the community. Free bread is available for anyone who would like to participate. Bread is available until it runs out.

## Service Activities

### Volunteer at Open Hands Midway

Monday, June 26

**Choose from 2 shifts:**

9:30–11:30 AM (meal preparation) or  
11:30 AM–2:30 PM (serving and clean-  
up) at Open Hands Midway  
(436 Roy Street N, St. Paul)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran in the Midway. Each Monday they offer a meal, fresh produce, bakery, clothing, and household items FREE to people in need. They can use our help! We have been invited to help prepare and serve a Monday meal. There are two shifts available that day—you can sign up for one shift or both. Lunch is provided for volunteers.

#### Bus site pick-up:

From the Lyngblomsten campus,  
Community Room (lower level)  
First shift: 9 AM; Return 11:15 AM  
Second shift: 11:15 AM; Return 2:45 PM

**FREE** Includes transportation. We hope you may consider a donation to the organization itself instead.

**Registration required** by June 12.

Program #426sop

## Volunteering

### Armchair Traveler Volunteer Presenter

4th Thursday each month

1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Share your travel adventures with others who share this interest. Give a PowerPoint presentation that captures and conveys the fun you had and what you learned.

**Learn more:** Contact Janell Wampler at (651) 999-2597 or [jwampler@lyngblomsten.org](mailto:jwampler@lyngblomsten.org).

### Lifelong Learning and the Arts: Visual and Tactile Arts

#### Continuing Education for Lyngblomsten Volunteers

Wednesday, May 3

9 AM–1 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Current and prospective Lyngblomsten volunteers are encouraged to join us for a session that will focus on empowering and educating volunteers on a variety of visual and tactile art topics. Volunteers will walk away from the session with new tools, resources, and a support system for volunteering in visual and tactile arts programs at Lyngblomsten. *Presenters: Andrea*  
(cont'd on p. 26)

Lewandoski, Director of Lifelong Learning and the Arts; Carolyn Klaver, Community Dementia Care Specialist; and Shelli Beck, Lead Volunteer Coordinator

**FREE** for Lyngblomsten volunteers.

**Registration required** by May 1 to have a free lunch included.

**Special registration:** Contact Shelli Beck, Lyngblomsten Lead Volunteer Coordinator, at (651) 414-5297 or sbeck@lyngblomsten.org.

### Lyngblomsten Volunteer Bus Driver

Help Lyngblomsten residents or community participants get to and from events. Drivers should be courteous and friendly, helping passengers on and off the 13-passenger van, and be prompt with picking up and dropping off riders. No special drivers license is required; however, the driver must pass a Department of Transportation physical and have a clean driving record. Drivers should be comfortable in varying weather conditions and in many different neighborhoods in St. Paul and its suburbs. Training is provided by the Lyngblomsten Transportation Coordinator.

**Learn more:** Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org.

### Parkinson's 101: Symptoms, Causes & Treatment

#### Volunteer Development Series

Friday, May 19

6:30–8 PM on the Lyngblomsten campus

Parkinson's disease is a progressive disorder of the nervous system that affects movement and impacts millions of individuals and their families. Become more informed, more aware, and more prepared. This program is done in conjunction with the Struthers Parkinson's Clinic.

**FREE** Registration required.

**Special registration:** Contact Shelli Beck, Lyngblomsten Lead Volunteer Coordinator, at (651) 414-5297 or sbeck@lyngblomsten.org.

### Volunteer at Lyngblomsten

Upcoming new volunteer orientation dates held on the Lyngblomsten campus:

- Tuesday, April 11 from 6–8 PM
- Saturday, May 20 from 10 AM–Noon
- Thursday, June 8 from 6–8 PM
- Tuesday, June 20 from 1–3 PM

Lyngblomsten volunteers of all ages enrich the lives of older adults each day by sharing their time, experience, and talents. From the young to the young at heart, Lyngblomsten provides opportunities for experiences that will engage you as a volunteer and help us meet our mission and promise to older adults. Youth, adults, families, corporate groups, and church groups are all welcome.

**Registration for orientation required.**

**Learn more:** Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org, or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer).

### Volunteer to serve those with memory loss at The Gathering

Join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss. Volunteers receive comprehensive training so they are able to plan the day's activities and promote socialization for their participants. See page 22 to learn more about The Gathering, or visit [www.lyngblomsten.org/TheGathering](http://www.lyngblomsten.org/TheGathering).

**Learn more:** Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

### Connect with us!



[facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten)



[@Lyngblomsten\\_US](https://twitter.com/Lyngblomsten_US)

# Registration Form



A Center for Enriching Lives after 50

Print more registration forms at  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

**Please complete form and mail to:**

2nd Half with Lyngblomsten—Registration  
 1415 Almond Avenue, St. Paul, MN 55108

**Name** \_\_\_\_\_

**Phone** ( \_\_\_\_\_ ) \_\_\_\_\_

**Address** \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Email** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

**Age**     Under 55 yrs     55–69 yrs     70–84 yrs     85+ yrs

I would like to register for the following programs:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____

\* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

**TOTAL PAYMENT ENCLOSED** \$ \_\_\_\_\_

*All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to “Lyngblomsten Services”).*

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 4.

Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It's FREE!



1415 Almond Avenue  
St. Paul, MN 55108  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

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FRIDAY,  
APRIL  
21  
2017

Lyngblomsten Foundation

# Spring Gala

Friday, April 21, 2017 | Vadnais Heights Commons  
For complete event details and to RSVP, visit  
[www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

## JOIN US TO SUPPORT PERSONS WITH MEMORY LOSS AND THEIR CAREGIVERS

Few community resources exist to assist caregivers and persons living at home with memory loss. For more than 15 years, Lyngblomsten has made it a priority to assist persons on this difficult and taxing journey by offering a continuum of supportive services such as:

- The Gathering (group respite) (p. 22)
- Support Groups (p. 21-24)
- One-on-one caregiver coaching (p. 23)
- Resource and referral support

*These caregiver services are provided through 2nd Half with Lyngblomsten.*

The proceeds from the 2017 Lyngblomsten Foundation Spring Gala will help fund these vital services that would otherwise not be possible.

Sponsors (as of 2/14):  
ProRehab  
Bremer Bank  
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