

Engage | Discover | Thrive

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**2nd
Half** with
Lyngblomsten

Fall 2017 Catalog

October, November,
& December

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake
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:



The 2nd Half enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

Learn more at www.lyngblomsten.org/2ndHalf.

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.

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.

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



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

Directory

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lbrown@lyngblomsten.org

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(651) 414-5293
mdeaner@lyngblomsten.org

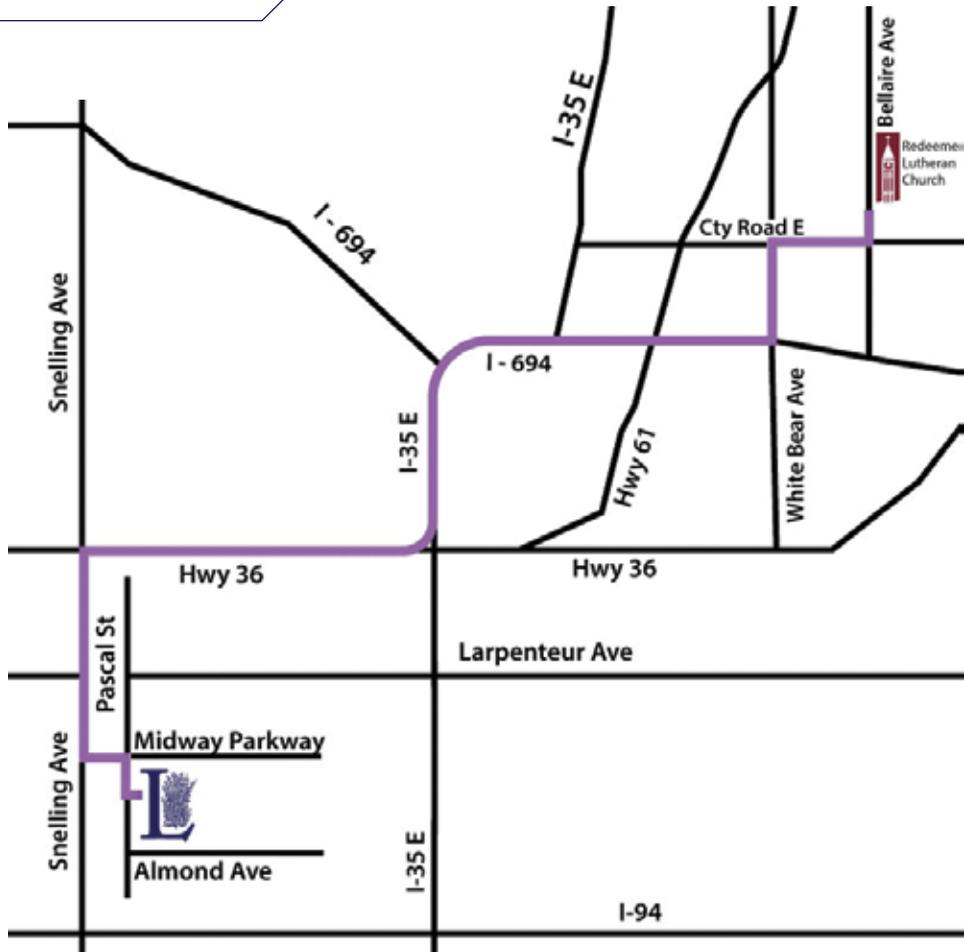
Registration
(651) 632-5330 or
2ndHalf@lyngblomsten.org

Connect with us!

facebook.com/Lyngblomsten

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

Map & Directions



Map not to scale

The Impact of Isolation

Beautiful colors, falling leaves, a chill in the air! The seasons are changing, and before we know it, those bitter winter days will be upon us, and we'll be thinking about hibernating! The winter season can be an isolating time for us folks living in the Minnesota tundra. In fact, according to a recent study conducted by AARP, an estimated 1 in 5 adults over the age of 50 are affected by isolation. Further research has indicated that prolonged isolation can be **as bad** for your health as **smoking 15 cigarettes a day!**

There are many causes for isolation as we age. Circumstances can change such as health issues, retiring from a job, moving someplace new, or becoming a caregiver for someone. When these changes take place, we may not always recognize the impact they have right away, but they put us at risk for negative health effects. According to research by the *Journal of Health and Social Behavior*, negative health effects of isolation and loneliness are associated with higher rates of:

- Chronic health conditions, including heart disease
- Weakened immune system
- Depression and anxiety
- Dementia, including Alzheimer's disease
- Admission to nursing homes or use of emergency services
- Death

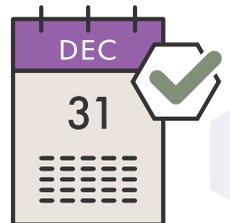
The good news is you can do something about this! This season's catalog is full of new classes, activities, and series, as well as those that are tried-and-true crowd-pleasers. Take a peek at what's being offered. Perhaps try a class to learn something new, join us for an Armchair Traveler to take a Scandinavian trip, or revisit a past hobby! Invite a friend or neighbor to join you. There are also opportunities to volunteer in service to others. So get out and about this season and try something new!



Lisa Brown, MSW
Site Coordinator
2nd Half with Lyngblomsten—White Bear Lake

Share 2nd Half with Lyngblomsten with others!

Major funding for 2nd Half with Lyngblomsten is provided by the Lyngblomsten Foundation. It is the generous gifts of our supporters that help keep our 2nd Half programs affordable for the hundreds of older adults who access them. *Please consider making a year-end gift to the Lyngblomsten Foundation.* Every gift makes a difference as we work together to ensure that older adults and their families have the services and support they need.



Donations can be mailed to the **Lyngblomsten Foundation** at
1415 Almond Avenue, St. Paul, MN 55108

To make a donation online visit www.lyngblomsten.org/donate.

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NAVIGATING AGING
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

The 2nd Half with Lyngblomsten catalog is published quarterly.

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

www.lyngblomsten.org/2ndHalf

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Location Key: CP = Como Park site
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3rd Friday each month

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1st Wednesday each month

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3rd Wednesday each month

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1st Thursday each month

Wellness Checks	WBL	p. 18
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Parkinson's Disease Support Group	CP	p. 24

Armchair Traveler: The Kingdom of Tonga

Thursday, October 26
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

After retirement, Jinnet Fowles volunteered in the US Peace Corps in the Kingdom of Tonga, South Pacific, from 2010–2012. She worked in an educational research institute, explored the country and neighboring New Zealand, and became lifelong friends with her Tongan colleagues and other Peace Corps volunteers. She experienced a culture with rich Polynesian customs, untainted by any colonization.

Free program; \$3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #1026ea

Armchair Traveler: Scandinavian Travel Experience— *NEW location!*

Wednesday, November 1
1–2:30 PM at Redeemer Lutheran Church,
Library

Join John and Virginia Sweeney on a scenic tour of the west coast of Norway and a tour extension to Stockholm, Sweden, and Copenhagen, Denmark. See breathtaking views of majestic fjords and historic sites along the way. Learn about life above the Arctic Circle to North Cape, the northern-most point in Europe. See Sami villages and learn about their peoples. Visit the Vasa museum in Stockholm to see artifacts of the Swedish ship that sank in the harbor in 1628 and was lifted intact in 1961 after 300 years underwater. Learn some of the legends of the Trolls and Huldres of Norwegian folklore.

Free program; \$3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #111ea

Armchair Traveler: Japan Old and New

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

Bruce and Sharon Reichenbach spent two and a half weeks driving around Honshu (the main island), Japan, last May. Their interest in history, culture, and religion brought them to this beautiful, mountainous island, where the Ring of Fire passes through the Japanese Alps. Through pictures and narrative, they will take you to visit the mountains, traditional houses, farms, temples and shrines, and cities of this well-ordered society.

Free program; \$3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #1130ea

Beginning Spanish Conversation *Series #1:* Tuesdays, October 10, 17, & 24 **Registration required** by October 5. Program #1010ea

Series #2: Tuesdays, November 28,
December 5 & 12
Registration required by November 22.
Program #1128ea

6:30–7:45 PM on the Lyngblomsten
campus, Community Room (lower level)

Have fun while learning basic Spanish. Practice speaking by repeating and replying to greetings and simple questions. Learn correct pronunciation and commonly used verbs. We will do a lot of reviewing. No tests! *Instructor: Mary Kay Kersting, who has 16 years of experience as a bilingual educational assistant*

Fee: \$20/series; includes materials.

Books-Cheese-Wine with**Author Joe Kimball*****Secrets of the Congdon Mansion***

Thursday, October 12

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

Kimball will talk about his book, *Secrets of the Congdon Mansion*, a behind-the-scenes look at Minnesota's most infamous murder case: the Congdon murders. In 1977, heiress Elisabeth Congdon, 83 years old, was smothered in bed inside the 39-room Glensheen Mansion in Duluth. Her nurse was bludgeoned on the grand staircase. Kimball covered the case for the newspaper, and his best-selling book includes the startling aftermath of bigamy, arson, suicide, and more mysterious deaths. Glensheen Mansion has become a popular tour site on the shores of Lake Superior, but the guides won't tell you much about the case. Kimball had a front-row seat to Minnesota's most publicized and sensational murder case, covering it from start to finish as a reporter for the *Star Tribune*. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

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

Program #1012ea

**Books-Cheese-Wine with****Professor Mary Jane Haemig*****Martin Luther the Pastor:******Writings and Reflections***

Thursday, November 9

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

2017 marks 500 years since Martin Luther published his 95 theses and launched the Protestant Reformation. Luther is often thought of as a stalwart reformer and a brilliant theologian, but few think of him as a dedicated and thoughtful pastor. The fourth volume of the new *Annotated Luther* series considers his pastoral writings and looks at Luther as a preacher, teacher, and consoler—roles that he saw flowing out of his theological insights. Professor Haemig of Luther Seminary, editor of this volume, will discuss how it gives us insight into Luther the pastor. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

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

Program #119ea

Cocoa & Canvas: Guitar Sunset

Thursday, November 2

6–9 PM on the Lyngblomsten campus,
Community Room (lower level)

Instructor and artist Jan Gunderson will give you step-by-step painting instructions to create your own one-of-a-kind “Guitar Sunset” on 16” x 20” canvas. Paint, brushes, fun, and fellowship are all included!

Fee: \$25; includes supplies.

Scholarships available.

Registration required by October 31.

Program #112ea

Exploring Art

Tuesdays

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

Each 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*

- **October 3–24: Peter Max** is one of the most famous living artists and a pop culture icon. With his use of bold colors, uplifting images, and an uncommon artistic diversity, he has touched almost every phase of American culture and inspired generations.

Registration required by October 2.

Fee: \$30; includes supplies.

Scholarships available.

Program #103ea

- **November 14 & 28: Andy Warhol's** art reflects American culture while documenting significant sociocultural events of the 20th century. Warhol made prints of everyday objects using ink and paint. Look at some of his most famous work and create your own pop art.

Registration required by November 10.

Fee: \$15; includes supplies.

Scholarships available.

Program #1114ea

- **December 5 & 12:** Take a *virtual tour* of **community art sculptures** found in St. Paul to learn about their artists and history. Each session will include the opportunity to explore your creativity through an art project.

Registration required by November 30.

Fee: \$15; includes supplies.

Scholarships available.

Program #125ea

Fourth Friday Live Music & Dance

Friday, October 27

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

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

FREE No registration required.

Giving Voice Chorus—St. Paul

A chorus for people living with

Alzheimer's and their caregivers

Mondays, through December 18

10 AM–Noon on the Lyngblomsten
campus, Newman-Benson Chapel

This unique and joy-filled choral experience is for people living with Alzheimer's and their care partners. Sing old and new songs, learn vocal techniques and ensemble skills, and share musical memories together. No experience required. Each registration requires a partner. Learn more at www.givingvoicechorus.org.

Teacher: Jeanie Brindley-Barnett

Fee: \$75/person

Registration required by September 11.

Special registration: Register online at www.macphail.org or call MacPhail at (612) 321-0100.

Lyngblomsten Community

Sage Singers

A MacPhail Music for Life Partnership

Wednesdays

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

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

FREE

Registration required for new members.

Program #104ea

Martin Luther and the Reformation Video Presentation

Wednesdays, October 4 & 11
5–7 PM at Redeemer Lutheran Church,
Library

Light dinner served 5–6 PM and video presentation 6–7 PM.

Sponsored by Redeemer Lutheran Church.

Fee: \$5 for dinner

Registration preferred.

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

Mixed Media Art

Led by Art with Heart

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

1st series: Tuesdays, October 3–24
(4 weeks)

Fee: \$30; includes supplies.

Scholarships available.

Registration required by September 27.
Program #103ea2

2nd series: Tuesdays, November 14 & 28
(2 weeks)

Fee: \$45; includes supplies.

Scholarships available.

Registration required by November 10.
Program #1114ea2

3rd series: Tuesdays, December 5 & 12
(2 weeks)

Fee: \$15; includes supplies.

Scholarships available.

Registration required by December 4.
Program #125ea2

Join Art with Heart teaching artists Debbie Lyon and Sara Benedett for a 2- or 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!

Redeemer Primetime: Christmas Brunch—Immigrant Trunk

Thursday, December 21
9:30 AM Christmas brunch; 10 AM
program at Redeemer Lutheran Church

The past comes alive as we unpack Anna Pearson's 1860 immigrant trunk bound on a steamer headed for Minneapolis. Learn about early Swedish immigrant life by seeing what typical immigrants brought with them on their journey. Walk in the shoes of a Swedish immigrant in this lively program that's part show-and-tell, part "Antiques Roadshow," and part walk down memory lane. *Presenter: American Swedish Institute*

Fee: \$5 suggested donation

Registration required between
November 16–December 13.

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

Remembering When and 16 Steps to Fire & Fall Prevention

Friday, December 8
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

- What hit television show was set during the Korean War?
- How often should you change the batteries in your smoke alarms?
- What singing legend brought rock 'n' roll into popular culture?
- If your clothing catches fire, what should you do?

Do you want to have fun while learning how to prevent fires and falls? Meet with members of the St. Paul Fire Department's Public Education Team and learn about fire and fall prevention. If we are lucky, Fire Marshal Steve Zaccard will join us!

FREE

Registration required by December 5.
Program #128ea

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 free concert featuring different musical performances from MacPhail Center for Music. Light refreshments served afterwards.

- **October 8:** Karen Moon on violin and Randy Sobaski on guitar
- **November 12:** Steve Roehm on vibraphone
- **December 10:** Jacqueline Ultan on cello and Julie Johnson on flute

FREE No registration required.

“Us”—Your Family Story

Thursday, December 7
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Join us for ideas as you begin/continue the compilation of your story. It will be fun and informative. We will chat about many ideas so you can bring your story forward to completion. *Facilitator: Gordy Jacobson, longtime genealogist*

FREE

Registration required by December 5.
Program #127ea

500 Card Group

Tuesdays
1 PM on the Lyngblomsten campus,
Community Room (lower level)
*NOTE: Meeting in Anna’s Café at
Lyngblomsten on November 7.*

Join us for a game of 500! Beginners welcome.

FREE

Please register to reserve your spot.
Program #103so

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 & KFC Lunch

Friday, October 6
Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

We’ll order chicken, mashed potatoes and gravy, coleslaw, and biscuits from Kentucky Fried Chicken and top it off with dessert. Finger lickin’ good! 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 October 4.
Program #106so

Bingo & Pizza Lunch

Friday, November 3
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 November 1.
Program #113so

Bingo & House of Wong Lunch

Friday, December 1

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

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 November 29.
Program #121so

Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming: October 20, November 17, & December 15)

1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

FREE

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

Program #1020so

Christmastime in Sweden

Thursday, December 14

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

Jul (Christmas) is the most important time of the year for many Swedes, filled with special smorgåsbord foods, Santa Lucia celebrations, and a visit from Tomte, Sweden's version of Santa Claus. We'll take you from Advent to the last plundering of the Christmas tree! Christmas cookies and coffee will be served. *Led by a volunteer docent from the American Swedish Institute.*

Fee: \$6

Registration preferred by December 8; walk-ins welcome.

Program #1214so

Coach Bus Trip: Harvest Banquet

Wednesday, October 18

Come along for “something old, something new, something packaged, and something grew,” as we head to Jordan for Minnesota's Largest Candy Store. Besides candy, they have apples, squashes, over 50 root beers, sauces, and much more. Fresh-baked pies from the oven fill the place with sweet aromas. Bring your shopping bags. Cash or checks accepted here. After we fill up with goodies, we'll go a few minutes down the road to Emma Krumbie's Restaurant for a home-cooked chicken lunch. A lovely way to enjoy the fall harvest in Minnesota.

Bus site pick-ups:

9:15 AM from the Lyngblomsten campus, Community Room (lower level)

9:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

Return time: Approximately 3 PM

Fee: \$44; includes coach bus and lunch.

Registration required by September 27.
Program #1018so

Out & About:**Minneapolis Sculpture Garden**

Thursday, October 5

1–2:30 PM at the Minneapolis Sculpture Garden (726 Vineland Place, Minneapolis)

The Sculpture Garden has reopened, better than ever! This crown jewel of the city's park system unites two of Minnesota's most cherished resources—its parks and cultural life. Since opening in 1988, it has welcomed millions of visitors, showcasing over 40 works from the Walker Art Center's collections, including the iconic “Spoonbridge and Cherry.” Bring your walking shoes—we will explore rain or shine!

Bus site pick-ups:

12:15 PM from the Lyngblomsten campus, Community Room (lower level)

12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$9 for transportation and parking; tour is free. Please pay day of event.

Registration required by September 28.
Program #105so

Out & About: Star Tribune

Thursday, November 2

1–2:30 PM at the Star Tribune
(800 N 1st Street, Minneapolis)

We will tour the Star Tribune Heritage Center facility. They are celebrating 150 years of newspaper printing, so let's go see how they do it! The presses will be running while we are there, and we will get to see, hear, and smell all that goes into making a daily paper. Remember when they printed TWO papers a day? This is a 90-minute walking tour. Closed-toe shoes required. Elevators are available to make the tour accessible for all.

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; tour is free.
Please pay day of event.**Registration required** by October 30.
Program #112so**Out & About and Out to Lunch:
Mindekirken & Norway House**

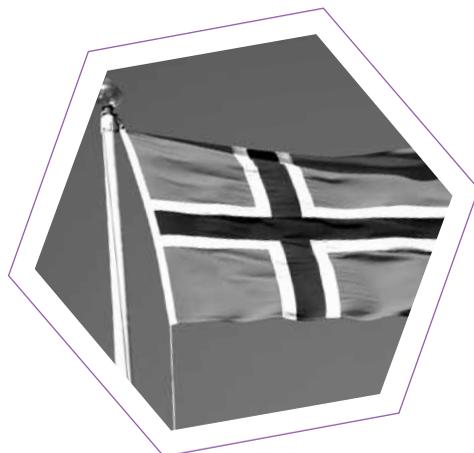
Tuesday, December 19

10:45 AM at Mindekirken
(924 E 21st St, Minneapolis)1:15 PM at Norway House
(913 E Franklin Ave, Minneapolis)

Today is a two-for-one event! We'll start at Mindekirken, the Norwegian Lutheran Memorial Church, to enjoy the Tuesday Open House. This event begins with a cup of coffee, followed by a Norwegian lunch (e.g., Norwegian waffles and/or a variety of simple, open-faced sandwiches). We will enjoy Devotions, followed by a Norwegian Christmas program filled with music. Then we will walk across the parking lot to Norway House for a tour of their gift shop and art gallery, including the Christmas gingerbread house exhibit.

*(cont'd in next column)***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)

Return time: Approximately 2:30–3 PM

Fee: \$7 for transportation; please pay day
of event. \$7 to Mindekirken; please pay
at their door. \$4 to Norway House for the
tour; please pay at the time of the tour.
Exact change is appreciated.**Registration required** by December 12.
Program #1219so**Out to Lunch at The City View Grille**

Friday, October 27

11 AM at The City View Grille
(235 Marshall Ave, St. Paul)

Join us at this on-campus restaurant operated by the Saint Paul College Culinary Arts program, with lovely views of downtown, the Capitol, and the Cathedral. On Fridays, they offer a "Student's Choice" lunch buffet. Join us to find out what the Culinary Arts students will be cooking up!

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 event. Lunch expense is on your own.**Registration required** by October 25.
Program #1027so

Out to Lunch at Kramarczuk's Sausage Co.

Wednesday, November 29

11 AM at Kramarczuk's Sausage Co.
(215 E Hennepin Ave, Minneapolis)

For over 60 years, Kramarczuk's has represented the quality and taste of Eastern European foods. Everything is homemade from scratch, whether it's grilled sausages, sandwiches, borshch, goulasz, cabbage rolls, or pierogi. They also have a deli counter and baked goods if you want to take some treats home.

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 event. Lunch expense is on your own.

Registration required by November 27.
Program #1129so



Redeemer Primetime: Tour of Minnesota State Capitol

Thursday, October 19

From gleaming marble and vibrant art to new public spaces, the Capitol's \$310 million, 4-year renovation—the largest preservation effort since it first opened in 1905—was completed earlier this year. Tour guides will lead us through this newly polished gem, giving an overview of the Capitol's history, art, architecture, and government. Tour begins at 10 AM and lasts about one hour. After, you are free to wander the building and grounds until noon.

Bus pick-up and lunch site:

9 AM pick-up from Mad Jacks

(935 Cty Rd E, Vadnais Heights)

Noon: bus leaves Capitol for lunch at
Mad Jacks

Fee: \$12 for transportation and Capitol
donation. Lunch is on your own.

Registration required between
September 21–October 12.

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

Stitch 'N Chat

Tuesdays (not meeting November 7)

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

Sweet treats, coffee, chatting, laughing,
and oh yes, some stitching! Men and
women can join the group whether you
stitch or not. The conversation is enrich-
ing, enlightening, and sometimes hilari-
ous. What a great way to start the day!

FREE No registration required.

Ageless Grace® Exercise Classes

Fridays

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

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/class

No registration required.

HealthRHYTHMS Drumming

White Bear Lake: 2nd Mondays each month (Upcoming: October 9, November 13, & December 11) 10–11 AM at Redeemer Lutheran Church, Fellowship Hall
Program #109hws

Como Park: 3rd Mondays each month (Upcoming: October 16, November 20, & December 18) 9:30–10:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room
Program #1016hws

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 Como Park site).

Registration ongoing; walk-ins welcome.

Creating Dementia-Friendly Communities

- **Tuesday, October 10:** 6:30–7:30 PM at Ramsey County Library—White Bear Lake (2150 2nd St, White Bear Lake)
- **Tuesday, October 24:** 2–3 PM at Vadnais Heights City Hall (800 East Cty Rd E, Vadnais Heights)
- **Monday, November 6:** 2–3 PM at 2nd Half with Lyngblomsten—White Bear Lake (Redeemer Lutheran Church: 3770 Bellaire Ave, White Bear Lake)
- **Wednesday, November 8:** 6:30–7:30 PM at Gladstone Learning Center (1945 Manton St, Maplewood)
- **Thursday, December 7:** 9–10 AM at Mahtomedi District Education Center (1520 Mahtomedi Ave, Mahtomedi)

Be a Dementia Friend... it's easy and rewarding! The one-hour session is a face-to-face discussion led by a Dementia Friends Champion; it's not a formal training or education session. These informal sessions include fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community. Big or small, every action counts!

A CLASS (Consortium of Lake Area Senior Services) initiative striving to create more dementia-friendly communities in the NE metro by changing the way people think, act, and talk about dementia. Attend one of these engaging and educational events and join a growing global movement of people helping fellow community members live with dementia.

2nd Half with Lyngblomsten is a member of CLASS.

FREE

Special registration: (651) 407-2024.

The Healthy Brain: Maintaining Mental Fitness

Choose one:

Wednesday, October 4

10–11:30 AM at Gladstone Learning Center (1945 Manton St, Maplewood), Room 105

NOTE: Park along Manton St or in the lot and enter through the Manton St doors. The Frost Ave lot is for staff/early childhood, and those doors are locked.

Wednesday, November 8

10–11:30 AM at Mahtomedi District Education Center (1520 Mahtomedi Ave, Mahtomedi), Room 103

Can your brain-span match your lifespan? Discover strategies to ensure a healthier brain based on four things you can do now for mental fitness. Get answers to questions about the healthy brain and memory loss. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, 2nd Half with Lyngblomsten*

FREE Registration preferred.

Special registration: Call (651) 407-2024.

Market Place Morning Talk A monthly health education series for the community

2nd Wednesday each month

(not meeting in December)

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

- **October 11: Medicare Part D and Extra Help.** Metropolitan Area Agency on Aging will explain how Part D works, the impact of the ACA on the “donut hole,” the new 5-star plans available, and *Extra Help*—a program for people with lower incomes that may reduce prescription drug costs. The *Health Care Choices* booklet, published by the Minnesota Board on Aging, will be provided.
Registration required by October 10.
Program #1011hws

(cont'd in next column)

- **November 8: Party & Entertainment.**
Registration required by November 7.
Program #118hws

Complimentary coffee and donuts provided.

Co-sponsors: 2nd Half with Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, and The Estates of Roseville.

Fee: \$1 at the door

A Matter of Balance: Managing Concerns About Falls

Wednesdays, October 11–December 6

(8 classes; not meeting November 22)

9:30–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Fear of falling can result in reduced activity levels, loss of confidence, and diminished quality of life. Learn helpful strategies for fall prevention, how to recognize attitudes, habits, and home hazards that put us at risk for falls, and physical activities to improve flexibility, balance, and strength. *Teacher: Kate Taylor, Community Health Improvement Coordinator and Lifestyle Coach, HealthEast Care System*
Sponsored by HealthEast Care System.

Fee: \$30; includes workbook.

Scholarships available.

Registration required by October 6.

Program #1011hws2

Redeemer Primetime: Chronic Pain and Opioid Addiction

Thursday, November 16

9:30 AM coffee; 10 AM program at Redeemer Lutheran Church

As this is such a current topic in the news, we hope you will save the date and plan to join us. Further information will be posted on www.rlc-wbl.org in September.

Fee: Freewill offerings cover Primetime expenses.

Registration required by November 12.

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

Sunday Evening Worship at Lydia Place

Sunday, October 1
5–6 PM at Lydia Place (2242 University
Ave W, St. Paul), Dow Art Gallery

Join us for worship in the Dow Art Gallery of Lydia Place, a new ELCA ministry grounded in Word and Sacrament. After, we'll have food and fellowship at Groundswell (1340 Thomas Ave., St. Paul). There is parking on the west side of the Dow Art Gallery and in the lot across the street. If interested in carpooling, meet in the Redeemer parking lot at 4:15 PM. *NOTE: The gallery is not handicap accessible—it has 8 steps to enter the building and no ramp.*

FREE; a freewill offering will be taken. Cost of food at Groundswell is on your own. **Registration required** by September 27. **Special registration:** Sign up at the Redeemer Lutheran Church Welcome Desk, or call the church office at (651) 429-5411.

Wellness Checks—NEW Dates & Times!

White Bear Lake: 1st Thursday each month
(Upcoming: October 5, November 2,
& December 7)

9–11 AM at White Bear Area Senior
Program (2484 East County Road F,
White Bear Lake)

White Bear Lake: 3rd Tuesday each month
(Upcoming: October 17, November 21,
& December 19)

10 AM–Noon at Redeemer Lutheran
Church

Como Park: 1st Wednesday each month
(Upcoming: October 4, November 1,
& December 6)

2–4 PM on the Lyngblomsten campus,
Community Services Offices (lower level)

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

FREE No appointment needed.

Wellness Talks—Como Park

1st Wednesday each month
1–2 PM on the Lyngblomsten campus,
Community Room (lower level)

- **October 4: Meditate for a More Peaceful You.** Are you looking for a way to find peace with the changes and challenges of your life? Do you want to live well every day, aware of the present moment? At this session, you will experience meditation practices and come away with a simple tool to cultivate peace in your daily life. *Presenters: Dharani Ishaya and Avalokiteshvara Ishaya*
Program #104hws
- **November 1: Hear for the Health of It!** Research shows that hearing loss is associated with poorer cognitive functioning and an increased risk of dementia, falls, isolation, and depression. Many people still believe that hearing loss is “just a normal part of growing older.” This presentation will teach you how to lower your risk. *Presenter: Mary Bauer, Deaf and Hard of Hearing Services*
Program #111hws
- **December 6: Spiritual Direction: Hearing God’s Voice.** Learn about how spiritual direction can help you with your faith life. Explore how focused time with the Spirit can deepen our relationships with God and others. Spiritual direction allows people to better recognize the presence of God through prayer, scripture, meditation, silence, reflection, and people who come into our lives. *Presenters: Shelley Lyksett, Chaplain, Lyngblomsten Care Center; and Juliann Swanson, RN, BSN, Spiritual Director*
Program #126hws

FREE
Registration preferred; walk-ins welcome.

Wellness Talks—White Bear Lake

3rd Tuesday each month
9:30–10:30 AM (unless otherwise noted)
at Redeemer Lutheran Church

- **October 17: Spiritual Direction—Benefits and Blessings.** Learn how to recognize the presence of God in your life through prayer, scripture, meditation, silence, and reflection. Experience a spiritual practice that you can incorporate into your daily prayer life to become transformed. *Presenter: Pastor Candee Moser, MDiv, certified from the Christos Center for Spiritual Formation*
Program #1017hws
- **November 21: Staying Fit Through the White Bear Winter (9:30–11:30 AM)** Learn about fitness opportunities in the White Bear area during the cold months. Sample from yoga, Ageless Grace, ice skating, fitness classes, and more to see what fits for you!
Program #1121hws
- **December 19: Hear for the Health of It!** Research shows that hearing loss is associated with poorer cognitive functioning and an increased risk of dementia, falls, isolation, and depression. Many people still believe that hearing loss is “just a normal part of growing older.” This presentation will teach you how to lower your risk. *Presenter: Mary Bauer, Deaf and Hard of Hearing Services*
Program #1219hws

FREE

Registration preferred; walk-ins welcome.

Wellness Talk: Check your Blood Pressure—A Step Toward Wellness

Thursday, October 5
10 AM–Noon at White Bear Area Senior Program (2484 East County Rd F, White Bear Lake)

Your blood pressure can be a signal of overall wellness. Get your blood pressure questions answered by Lyngblomsten Faith Community Nurse Becky Hulden.

FREE No registration required.

Yogadevotion

Tuesdays, October 31–December 19
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins in the breath in order to center in the Presence of God. We'll start with devotions, opening with scripture that speaks to a practice of faith during the breath work. The class combines standing, balance, and floor poses, closing with restorative yoga—a practice of calm alertness that allows time of reflection and thanksgiving for God's Presence. This multi-level class offers modifications for all poses. Please bring your own yoga mat.
Teacher: Jean Auger

Fee: \$64; please pay on first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Yogadevotion” on memo line).

Registration required by October 24.

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

Yogadevotion Soma Yoga

Thursdays, October 26–December 14
2–3 PM at Redeemer Lutheran Church, Library

This 7-week series offers the same faith-based structure that Yogadevotion does. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles. Soma yoga incorporates mobility, strength, and stability into movements that are safe for **any body** and helps with concentration and meditation. The class is for all levels, and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and blanket. *Teacher: Jane Schroehner*

Fee: \$56; please pay by the first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Soma Yoga” on memo line).

Registration required by October 23.

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

Caregiver Services

Caregiver Brunch: A Time for Renewal & Support

Tuesday, October 10
10:30 AM–Noon at Augustana Lutheran Church (1400 S Robert St, West St. Paul)

Enjoy a delicious brunch, network with other caregivers and professionals, discover community resources, and create a “Just for Me Plan” from the new program, *Paths to Faithful Caregiving* (see p. 22 to learn more about this program).

Presenters: Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator; and Jeanne Schuller, MSW, Caregiver Resource Social Worker

FREE

Registration required by October 5.
Special registration: Call or email Mary Nordtvedt at (651) 457-3373 or mnordtvedt@augustana.com.

Caregiver Resource & Referral Program

Are you a caregiver or care partner looking for more ideas, suggestions, education, and support? Lyngblomsten’s staff of specially trained and experienced social workers and nurses will listen to your individual needs and help you formulate a plan by facilitating:

- **A brief needs assessment**—can often be completed over the phone or by email.
- **A personalized response**—lists of available resources, referrals to programs, and educational materials will be provided.
- **A follow-up call** to ensure you received the information and support needed.

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.

FREE

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

Caregiver Speaker Series

10:30–11:30 AM at First Presbyterian Church (4821 Bloom Ave, White Bear Lake)

- **Thursday, October 19: The Benefits of Short-Term Rehab.** *Presenter: Linda Suave, Director of Social Services, Cerenity—White Bear Lake*
- **Thursday, November 16: The Difference Between Medicare and Private Pay Homecare.** *Presenters: Alane Davies, BrightStar Care—St. Paul; and Karen Frank, LSW, HealthEast Home Care*

Co-sponsored by the White Bear Area Senior Program, BrightStar Care, and 2nd Half with Lyngblomsten.

FREE No registration required.

Caregiver Support Group

3rd Wednesday each month
(Upcoming: October 18, November 15, & December 20)
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.

Dementia Caregiver Re-Entry Group

For former & late-stage dementia caregivers: 1st Wednesday each month
(Upcoming: October 4, November 1, & December 6)
1–2:30 PM at Fairview Community Center (1910 County Rd B, Roseville), Room 116A
Learn more: Call (651) 604-3520.

(cont’d in next column)

For former dementia caregivers:

3rd Tuesday each month

(Upcoming: October 17, November 21, & December 19)

1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Ave W, Roseville), Heritage Room

Learn more: Call (612) 791-5316.

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

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

FREE No registration required.

Dementia Caring & Coping Monthly Education

2nd Thursday each month

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

- **October 12: Are You a Caregiver?** Thousands of Minnesotans offer care to older family members, but not all realize they are caregivers, which can delay getting vital support. This program examines assistance available to caregivers.
- **November 9: After Caregiving—What's Next?** Report on the Roseville Dementia Caregiver Re-Entry Initiative, which examines issues facing former caregivers and the importance of self-care after giving intensive care to others.
Presenter: Caregiver Re-Entry Group facilitators & participants
- **December 14: Living with Dementia—Ongoing Losses.** Author and consultant Ted Bowman talks about ongoing loss and grieving faced by caregivers and how to cope as the losses pile up.

FREE No registration required.

Sponsored by Roseville A/D Community Action Team (includes 2nd Half with Lyngblomsten), City of Roseville, and Ramsey County Libraries.

Group Respite (The Gathering)

Visit 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 25 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.

Memory Loss Caregivers

Support Groups

10 AM on Tuesdays or Thursdays at:

- 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 (not meeting November 23)
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Those who are caring for someone with 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.

Paths to Faithful Caregiving

Thursdays, November 2–December 7
(5 sessions; not meeting November 23)
10:30 AM–Noon at Redeemer Lutheran Church

Providing 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 your own unique spiritual practices. Focus will be on learning, sharing, relationships, and support. *Facilitators: Pastors Candee Moser and Pam Stofferahn*

Sponsored by 2nd Half with Lyngblomsten and Redeemer Lutheran Church.

Fee: \$20; includes education, support group, and handouts. Needs-based scholarships available.

Registration required. Limited space available; register early.
Program #112rs

Powerful Tools for Caregivers

Thursdays, October 5–November 9
1–3 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
1st Floor Lounge

This 6-week class provides caregivers with the tools they need to take care of themselves and strategies to handle the caregiver challenges they face. This class helps reduce stress, improve self-confidence, communicate feelings, make tough decisions, and locate helpful resources. Each participant will receive a copy of the course manual.

Co-sponsored by Wilder Caregiver Services and 2nd Half with Lyngblomsten. Funded under contract with the Metropolitan Area Agency on Aging, Inc., as part of the Older Americans Act Program.

Fee: Sliding scale to be determined at the time of registration.

Registration required by September 28.

Special registration: Call Wilder Caregiver Services at (651) 280-CARE (2273).

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 those who are caring for someone with Alzheimer's 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, 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, or visit www.lyngblomsten.org/caregivers.

Spiritual TLC for Caregivers

1st Thursday each month

(Upcoming: October 5, November 2, & December 7)

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. *Led by: Pastor Pam Stofferahn or Pastor Candee Moser*

FREE No registration required.

Learn more: Contact Pastor Candee Moser at (651) 429-5411.

Resources for Churches

Older Adult Ministry Forum: Becoming a Dementia-Friendly Congregation

Friday, October 6

10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel

Learn about the basics of Alzheimer's and other dementias, tips for raising awareness to become more welcoming and dementia-friendly, ideas for providing spiritual support to people with dementia, and action resources for getting started in becoming a dementia-friendly congregation. Open to people of all faiths. After attending this training, you will be invited to join the quarterly Dementia-Friendly Congregation Coffee Chat Network at Lyngblomsten. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten*

Fee: \$10/person or \$25/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 September 29. Program #106rs

Older Adult Ministry Forum: Abundant Aging—Living the Second Half of Your Life on Purpose

Monday, November 6

9:30–11:30 AM at Prince of Peace Lutheran Church (2561 Victoria St N, Roseville)

Learn about *Abundant Aging*, a 6-week book study based on the book *Claiming Your Place at the Fire* by Richard Leider and David Shapiro. Is there life after adulthood? Is there anything important to do after paid employment? This study lets your congregation explore these questions and encourages individuals to design their own intentional elderhood. A panel will share how this program has worked in their faith communities. Bring a group from your congregation. *Presenters: Marilyn Sharpe, author of Abundant Aging; Noreen Buhmann, Sr. Program Manager, Abundant Aging; and Roxanne Jenkins, AVP Older Adult Services*

Fee: \$10/person or \$25/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 November 3. Program #116rs

Parish Nurse Ministry Resource Group

Resource and networking group for nurses serving in faith communities to connect for education and professional support. 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, or visit www.lyngblomsten.org/parishnurse.

Support Groups

Caregiver Support Groups

See pages 20–22.

Lewy Body Dementia Support Group

1st Wednesday each month

(Upcoming: September 6, October 4, November 1, & December 6)

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

November & December: Held at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 1st Floor Lounge

For those living with Lewy Body Dementia and their caregivers. Caregivers are encouraged to meet in a different area of the room during the meeting. Persons attending the group need to be aware of their disease and be able to benefit from sharing the challenges and issues of living with dementia. *Facilitator: Paula Biever, (651) 641-0130, Co-Facilitator of MN E Metro LBD Caregiver Support Group*

FREE No registration required.

Learn more: Contact Carolyn Klaver, RN, at (952) 261-5235 or cklaver@lyngblomsten.org.

Parkinson's Disease Support Group

1st Thursday each month

(Upcoming: October 5, November 2, & December 7)

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

For those living with Parkinson's disease or other movement disorders and their caregivers. This informal, self-managed support group's purpose is to share information and offer mutual support. Facilitated by social workers; not a therapy group or class. Visit www.lyngblomsten.org/parkinsons to learn about Parkinson's care at Lyngblomsten.

FREE No registration required.

Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.

Vision Loss Support Group

2nd Wednesday each month

(Upcoming: October 11, November 8, & December 13)

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.

Learn more: Contact Becky Hulden, RN, at (651) 632-5335 or bhulden@lyngblomsten.org.

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, December 18

Choose from 2 shifts:

9:30–11 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. On Mondays, 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 to those who help serve it. *NOTE: First shift has greatest need 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. Please consider a donation to the organization itself instead.

Registration required by December 5.
Program #1218sop1 (morning shift),
or #1218sop2 (afternoon shift)

Volunteering

Armchair Traveler Volunteer Presenter

4th Thursday each month
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Pick a date and 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.

Lyngblomsten Volunteer Bus Driver

Help residents or participants get to/from events. Drivers should be courteous and friendly, helping passengers on/off the 13-passenger van, and be prompt with picking up and dropping off riders. No special 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 throughout St. Paul's neighborhoods and suburbs. Training provided by the Transportation Coordinator.

Learn more: Contact Peggy Cerrito at (651) 632-5406 or
pcerrito@lyngblomsten.org.

Volunteer at Lyngblomsten

Upcoming new volunteer orientation dates held on the Lyngblomsten campus:

- Tuesday, October 17 from 9–11 AM
- Thursday, November 9 from 9–11 AM

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

Registration for orientation required.

Learn more: Contact Peggy Cerrito at (651) 632-5406 or
pcerrito@lyngblomsten.org, or visit
www.lyngblomsten.org/volunteer.

Volunteer to serve those with memory loss at The Gathering

Join volunteers who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss. Volunteers receive training so they are able to plan the day's activities and promote socialization for their participants. See page 21 to learn more about The Gathering, or visit
www.lyngblomsten.org/TheGathering.

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

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.
Cash or checks accepted. Make checks payable to "Lyngblomsten Services," unless noted otherwise.

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. 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

Policies

Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is cancelled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline indicated will receive a full refund minus a \$7 per program processing fee. 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 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.

Photos

Participant pictures may be taken during activities and be included in 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.

Registration Form



A Center for Enriching Lives after 50

Print more registration forms at
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 26.

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

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 Twin Cities MN
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November is National Caregivers Month!

2nd Half with Lyngblomsten offers a variety of resources and services to support caregivers. Look inside to learn more about these programs for caregivers:

Caregiver Brunch: A Time for Renewal & Support.....	20
Caregiver Resource & Referral Program	20
Caregiver Speaker Series.....	20
Caregiver Support Group.....	20
Dementia Caregiver Re-Entry Group.....	20
Dementia Caring & Coping Monthly Education	21
The Gathering (Group Respite).....	21
Memory Loss Caregivers Support Groups	22
Paths to Faithful Caregiving.....	22
Powerful Tools for Caregivers	22
REACH (Resources for Enhancing Alzheimer’s Caregiver Health).....	22
Spiritual TLC for Caregivers	23

For additional caregiver resources and support, visit
www.lyngblomsten.org/caregivers.