

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

July
2007

A Newsletter for the

**5.5.1
CLUB**
A Community Center

Proudly Supported by Lyngblomsten

Program Coordinator

Geri Rutz

(651) 632-5330

gmruz@lyngblomsten.org

Community Wellness
& Education Nurse

Joanne Kellen

(651) 632-5335

jkellen@lyngblomsten.org

Noon Dining

Reservations

(651) 632-5332

www.551club.com

SO LONG, *ELDERPOSTAL*...HELLO, *LIMELIGHT*

If you're wondering where your *ElderPostal* is, *LimeLight* is what you're looking for. This is the place where you'll get all your information on what's going on with the community center, now called the 5-5-1 Club.

IN THE GOOD OLD SUMMERTIME

Ah, summertime in the 1950's. The school bell had rung for the last time of the year, and days were warm and lazy. As I lay in bed on those sleepy mornings, I could see my mom in the back yard hanging clothes on the line. She held clothes pins in her mouth as she hung the sheets and propped the lines with the old slivery clothes poles to keep the sheets from dragging in the grass. I can picture this like it was yesterday.

Some of my fondest childhood memories were really nothing special, just stress-free, laid-back mornings. Summer vacations at the lake, family picnics, and long games of hide-and-go-seek after dark—all these things were the highlights of my summers.

A special treat was the very rare trip to the A & W stand for a late-night (8 PM) ice cream treat. My brother and I would put on our jammies, hop in the '54 Plymouth with Mom and Dad, and head on down the road to the new and fancy A & W stand. The carhop would take our order, and in no time we'd be slurping down ice cream cones and root beer floats.

It's not the '50's anymore, but we've got a fun filled summer day planned for you, your family, and friends. You probably don't want to come in your jammies, but be sure to make it to the Ice Cream Social for a day packed with food, entertainment, and games. It's not quite as laid back as those days, but the prices are in the same ballpark, and the treats are just as tasty. Mark your calendar for July 10.

See you there!

Geri
5-5-1 Club Coordinator

EVENTS & OUTINGS

WALKING GROUP

On most Fridays, the walking group leaves the center at 9:30 AM to head to Como Park. This group is for everyone—some walkers go the full 1.5 miles around the lake, while others walk a bit before hopping on our bus to the pavilion where we gather for coffee or cold drinks.

When the weather is extremely hot or rainy, we'll head to Rosedale Mall. If you wish to drive on your own, you could meet us in the large parking lot south of the pavilion.

JULY: 6, 13, 27

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$2 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **JULY: 11, 18, 25**

COFFEE & TREATS

Join us on Tuesdays & Thursdays from 9—10:30 AM for freshly brewed coffee and delicious morning goodies for just \$1. Bring a friend to chat, or come and relax in front of the large-screen TV or read the newspaper. **JULY: 3, 5, 10, 12, 17, 19, 24, 26, 31**

THURSDAY, JULY 5

BINGO. Come for lunch, if you like (call the dining line at 632-5332), and stay for a few games of Bingo starting at 1 PM.

TUESDAY, JULY 10

ICE CREAM SOCIAL. 2—7 PM in the Lyngblomsten Courtyard (off of Midway Parkway). See you for the big event!

FRIDAY, JULY 13

Join us for an evening of sailing on White Bear Lake. We'll be leaving at 6 PM for sailing on "non-tilt" boats with experienced captains. We will return around 9 PM. Cost is \$54 (includes a picnic supper). There's still room: call Geri at (651) 632-5330 to register!

THURSDAY, JULY 19

House of Wong & a Movie. We order a variety of Wong's specialties and add the favorite Oriental salad and a dessert you won't want to miss. When we've had our fill, we'll watch a movie. Cost is just \$5.50. Be sure to call the dining line at 632-5332 for your reservations.

FRIDAY, JULY 20

It's Garage Sale-ing day! Hop on the bus, and go with us. We'll buy a bunch, then have some lunch! You don't have

to rhyme, just have a good time! So give a call, we'll have a ball. Cost is \$2 plus shopping and lunch money. The bus leaves at 9 AM; returns about 2 PM.

THURSDAY, JULY 26

A Day in Duluth! Our bus will pull away from Lyngblomsten at 8 AM so we can be in Duluth in time for a morning tour of the Lake Superior Railroad Museum. We'll then head up the shore about 12 miles for lunch at *Nokomis on the Lake*. We'll overlook Lake Superior as we dine on your choice of walleye sandwich, Kobe beef burger, or tenderloin steak sandwich. Later, we'll head out for a guided city tour including Skyline Drive. Before we leave, we'll stop for ice cream at the Portland Malt Shoppe. We'll return around 6:30 PM. Call 632-5330 for reservations and lunch choices. Cost is \$51.

MONDAY, JULY 30

Fishing on White Bear Lake! We'll head out at 9 AM, fish, stop for lunch, and be back around 1 PM. Cost is \$4 plus lunch expenses. There's still room: call (651) 632-5330 to register!

July Lunch Menu

NOTE: For the summer, lunch will be served three days a week.

Tuesday		Wednesday		Thursday	
3	Meatballs Mashed Potatoes \$4	4	Pork Chop & Gravy Buttered Noodles \$4	5	California Burger Potato Salad \$4
10	Sliced Ham Macaroni & Cheese \$4	11	Wild Rice Soup Chicken Salad Sandwich \$4	12	Spaghetti w/Meat Sauce & Caesar Salad \$4
17	Chili con Carne & Cornbread \$4	18	Hot Turkey Sandwich Mashed Potatoes/Gravy \$4	19	House of Wong and a Movie \$5.50
24	Sweet & Sour Pork with Rice \$4	25	Ham, Peas, & Scalloped Potatoes \$4	26	Beef & Veggie Stew w/Buttermilk Biscuit \$4
31	Tuna Noodle Casserole \$4				

12:00 Noon

Reservations

Make reservations by noon one day in advance by calling (651) 632-5332.






































(651) 632-5332

Transportation

We can provide rides to lunch at the 5-5-1 CLUB on Tuesdays and Thursdays. Ask for a ride when making lunch reservations. There is a suggested \$2 donation for round-trip transportation.

Events & Outings Calendar

July 2007

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3 9-10:30 Coffee  5-6 PM Exercise 	4 HAPPY INDEPENDENCE DAY! The 5-5-1 Club is closed today.	5 9-10:30 Coffee  1 PM BINGO  5-6 PM Exercise 	6 9:30-Walking Group 	7
8	9 	10 9-10:30 Coffee  5-6 PM Exercise  2-7 PM ICE CREAM SOCIAL (in courtyard)	11 9-10:30 Waffles  6 PM Yoga  1:30-3:30 Caregivers Support Grp. 	12 9-10:30 Coffee  1 PM Bridge Club  5-6 PM Exercise 	13 9:30-Walking Group  6 PM Sailing on White Bear Lake	14
15	16	17 9-10:30 Coffee  5-6 PM Exercise 	18 9-10:30 Waffles  6 PM Yoga 	19 9-10:30 Coffee  Noon: House of Wong  1 PM Movie (or Bridge Club)  5-6 PM Exercise 	20 9 AM Garage Sale-ing 	21
22	23 2:30-3:30 PM Medicare Educational Talk	24 9-10:30 Coffee  5-6 PM Exercise 	25 9-10:30 Waffles  6 PM Yoga  1:30-3:30 Caregivers Support Group 	26 8 AM-6:30 PM Day out in Duluth 9-10:30 Coffee  1 PM Bridge Club  5-6 PM Exercise 	27 9:30-Walking Group 	28
29	30 9 AM-1 PM Fishing on White Bear Lake 	31 9-10:30 Coffee  5-6 PM Exercise 				

WELLNESS FOR LIFE

Joanne Kellen, RN
Community Wellness & Education Coordinator

How To Talk With Your Doctor

How do you talk with your doctor? Does she or he do all the talking while you do all the listening? The relationship with your doctor, including how well you talk with each other, affects your care. AARP, in a recent article, has some suggestions on ways to make talking with your doctor more effective:

Be prepared. Write down the questions and concerns you have for the doctor. Jot down the answers and take notes. If you are not feeling well, make a list of the symptoms that you are experiencing. Bring a list of the medicines you take—this includes prescription drugs, over-the-counter medications, and supplements.

Bring someone with you. Some people prefer to have a family member or friend with them to remind them of questions they want to ask, provide moral support, and help them remember what the doctor said.

Answer your doctor's questions completely and truthfully. The more information you share, the better your doctor can assess and treat you. This may include sensitive subjects such as smoking, alcohol, or drug use. Perhaps you have discontinued a medication or treatment that was prescribed for you without consulting your doctor. Or you have sought other therapies such as a chiropractor. These are important details your doctor needs to know to have an accurate picture of what is going on.

Make sure you understand. Repeat in your own words what you think the doctor meant and ask, "Is this correct?" If you are having tests performed, ask how and when you will receive the results. If you receive a new prescription, ask "What is the medication for?", "Are there any side effects?", and "What do I do if I notice side effects?" Do not leave the office without understanding everything that you and the doctor discussed.

Keep in mind that the best medical care results when you and your doctor work together and share information. You increase your odds of living a healthier, more productive life by taking good care of yourself and being involved in your health care.

If you have any questions or would like more information, feel free to contact me at (651) 632-5335 or jkellen@lyngblomsten.org.

Source: AARP newsletter

Joanne

MEDICARE: Get Your Questions Answered

Monday, July 23

2:30—3:30 PM

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul, MN 55108

**Join us for an educational overview
of Medicare Parts A, B, C, and D.**

Bring your questions!

(Sponsored by MN UCare for Seniors.)

This seminar will:

- Provide an overview of Medicare Parts A, B, C, and D.
- Explain the types of Medicare plans offered: Supplements, Select Plans, and Medicare Advantage Plans.
- Explain the time frames, called "election periods" when you are allowed to make changes.
- Answer any questions you may have.



Caregivers Support Group

*"Caring for ourselves while
caring for our loved ones."*

2nd & 4th Wednesdays of the month
from 1:30 - 3:30 PM in the 2nd floor
lounge of The Heritage at
Lyngblomsten (1440 Midway Pkwy, St. Paul).

Our Next Meetings: July 11 & July 25

Join us as often as you can.
No reservations required. No fee.
Please contact Joanne Kellen, RN, at
(651) 632-5335 or jkellen@lyngblomsten.org.

Boomerang Winners

The Game That Keeps Giving Back™

June 4	Edna Harrison	\$100
June 11	Barb Prokosch	\$100
June 18	Agnes Dynes	\$100
June 25	Len Eilts	\$100

Bridge, Anyone?

Join us for a game of bridge at
1:00 PM on Thursdays at the 5-5-1 CLUB!

July Dates: 5, 12, 19, 26

Please call (651) 632-5330 to reserve your spot
for the games. FREE. Also, let us know if you
wish to come for lunch that day.

MARK YOUR CALENDARS

August

THURSDAY, AUGUST 16: The Minnesota Centennial Showboat presents "Sherlock's Last Case." This time it's Professor Moriarty's son who is after Sherlock. But never fear: there will be twists and turns along with laughter as Sherlock solves the case. The U of M Showboat players are talented and funny as they weave this tale along with Olios (little skits) to make for an enjoyable performance. We'll enjoy lunch together before the performance. Cost is \$51 (including the show, transportation, and lunch). We will leave at Noon and return around 5:15 PM.

FRIDAY, AUGUST 17: Here's a second chance for you to enjoy an evening of sailing on White Bear Lake! An experienced captain will take us out for about a two-hour sail followed by a picnic on shore. Cost is \$54. Call 632-5330 for reservations.

MONDAY, AUGUST 27: Tired of battling the crowds during the Minnesota State Fair? Well, you have the chance to see two entertainers from the State Fair, "Tina and Lena," right near the 5-5-1 Club (in the chapel on the Lyngblomsten campus—1415 Almond Avenue, St. Paul). Join us at 2:30 PM for some fun and laughter with this hilarious duo act. FREE.

September

MONDAY, SEPTEMBER 10: Canoeing! What could be more delightful than a paddle through Lake Calhoun and Lake of the Isles?! You don't have to know how to canoe to enjoy this experience; these are large, 12-person canoes with very comfortable seating and will be guided by an experienced canoeist. You may paddle if you like, or just sit back and enjoy the ride. Wilderness Inquiry (our canoeing guides) specializes in working with people of all abilities, so if you need help getting into the canoe, they will be there for you. We'll leave at 9:30 AM and return around 2:30 PM. Cost is \$36. Call (651) 632-5330 for pricing and registration.

W WAFFLE WINNERS!

A couple months ago, we asked for waffle poems to be submitted in exchange for a free waffle. Here are our top choices! If you didn't submit a poem this time, watch for your next opportunity.



God is great
 God is good
 We will thank Him
 for our food
 By His hands
 We all are fed
 Give us Lord
 Our weekly waffles

—Hildegard Sontag

Wonderful and awesome,
 a “wafflefest”,
 Of all the foods,
 I like them best,
 Especially with butter
 and syrup galore,
 A fabulous feast,
 you can't ignore.

—Jo Waage

Waffles are
 a woderous thing,
 Of all the sweets,
 they are king,
 They are the very best,
 Love 'em much,
 they meet the test!

—Bud Waage



Ice Cream COMMUNITY Social

TUESDAY

July 10, 2 – 7 PM

Fun for the Whole Family!

Jump House, “Fishing” Pond, Temporary Tattoo Parlor, FREE Music & Entertainment, Delicious & Inexpensive Food, Hymn Sing at 7 PM, and More!

Lyngblomsten Campus Courtyard: 1415 Almond Avenue, St. Paul
(651) 646-2941

www.551club.com



Openings!

Superior Street Cottages
 (cozy one-level, cottage-style apartments for ages 62+ in the Historic West 7th Street district) has an opening of a 1-bedroom cottage with charming front porch, private attached garage, and central air. Contact Jill Lovstuen at (651) 276-6923 or jlovstuen@lyngblomsten.org.

The Heritage at Lyngblomsten
 (market-rate apartments at 1440 Midway Parkway in St. Paul) has two immediate openings of efficiency apartments with central air, emergency call system, group activities/outings, monthly housekeeping, grocery services, underground parking, security system, noon meals, access to assisted living and to on-campus amenities. Contact Marlene Hult at (651) 632-5428 or mhult@lyngblomsten.org.



Openings!

E P H K K X C F I S H I N G
 M M X M K J Y P F L J R N W
 I D G H T U L U D Y L N F H
 T R L N T L N L R T E L G I
 R F K P O D Y C Z R M W N T
 E H J M L W C L U B A D Y E
 M W L O M M F L V F F T N B
 M S M G R E J O F K I N M E
 U B A N W Z D L E N G F Q A
 S G K I H Q E I U S B M R R
 R T K B L S D M C Y U C R L
 D K M Q Z I M X R A Z O L A
 X T M T J O N V G P R C H K
 N M H T C V T G H W K E P E



BRAIN CANDY

Word Search

answers on back page

Bingo	Lure
Club	Medicare
Community	Sailing
Duluth	Summertime
Fishing	Waffles
HouseOfWong	WhiteBearLake

SPORTS NEWS: FISHING TERMINOLOGY

Learn more about it at: <http://www.landbigfish.com/jokes>

Here is a *tongue-in-cheek* look at the terms and tools that fisherman use:

CATCH AND RELEASE - A conservation motion that happens most often right before the local Fish and Game officer pulls over a boat that has caught over it's limit.

HOOK - (1) A curved piece of metal used to catch fish. (2) A clever advertisement to entice a fisherman to spend his life savings on a new rod and reel. (3) The punch administered by said fisherman's wife after he spends their life savings (see also, Right Hook, Left Hook).

LINE - Something you give your coworkers when they ask on Monday how your fishing went the past weekend.

LURE - An object that is semi-enticing to fish, but will drive an angler into such a frenzy that he will charge his credit card to the limit before exiting the tackle shop.

REEL - A weighted object that causes a rod to sink quickly when dropped overboard.

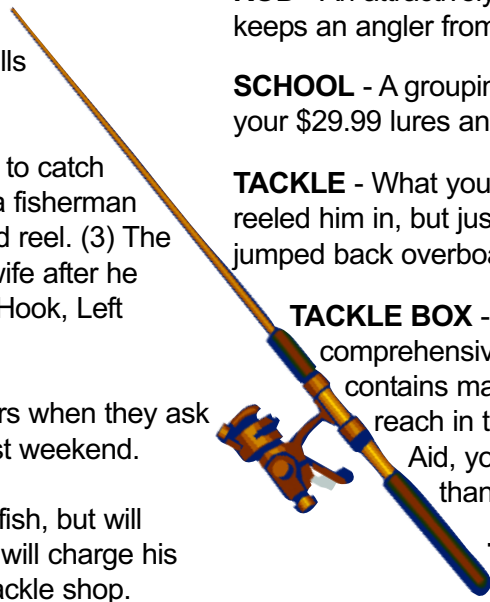
ROD - An attractively painted length of fiberglass that keeps an angler from ever getting too close to a fish.

SCHOOL - A grouping in which fish are taught to avoid your \$29.99 lures and hold out for spam instead.

TACKLE - What your last catch did to you as you reeled him in, but just before he wrestled free and jumped back overboard.

TACKLE BOX - A box shaped alarmingly like your comprehensive first aid kit. Only a tackle box contains many sharp objects, so that when you reach in the wrong box blindly to get a Band Aid, you soon find that you need more than one.

TEST - (1) The amount of strength a fishing line affords an angler when fighting fish in a specific weight range. (2) A measure of your creativity in blaming that darn line for once again losing the fish.





A Community Center
Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul, MN 55108

www.551club.com

Non-Profit
Organization
US Postage
PAID
St. Paul MN
Permit #2376

Fun for Life!

Answers to Brain Candy
Word Search Puzzle

The Best Way to Spend a Day!



SAVE THE DATE

Monday, August 6 2007

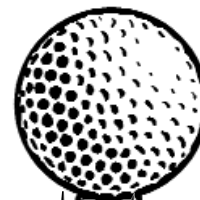
Midland Hills Country Club

11:00 AM Registration
6:30 PM Dinner & Silent Auction

RAISING MONEY TO ENHANCE PROGRAMS FOR OLDER ADULTS THROUGH A DAY OF GOLF (SCRAMBLE FORMAT), GOURMET DINNER, & SILENT AUCTION

Only \$245/golfer

Includes: all contests, two drink tickets, 18 holes of golf, golf cart, lunch, dinner, and a Mulligan (not that you'll need it), PLUS the knowledge that your day of fun is helping others.



Reservations Required.

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

You can still sign up!
(Registrations accepted
through Friday, July 27.)

