

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

February
2008

A Newsletter for the



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5-5-1 Club Coordinator

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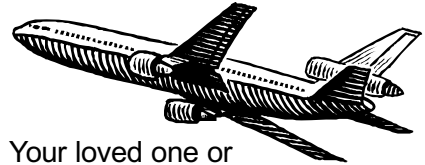
Noon Dining

Reservations

(651) 632-5332

www.551club.com

FLOWN LATELY?!



Have you flown lately? Remember what it's like? Your loved one or friend parks the car and helps you in with your luggage. You check in, go to the gate, and the two of you sit and enjoy a cup of coffee while waiting for your flight. Your friend waves to you as you board the plane before he/she heads back to the car. By now, you're settling into your flight and waiting for the meal to be served and perhaps watch a movie or read a good book.

If these are your memories of flying, you haven't been off the ground in a while. Nowadays, your friend drops you off at the door, 'cause they won't get far once inside the airport. Then, you stand in line to check in your luggage. You had better make sure it isn't overweight or you'll be charged an extra fee. Your next move is to the security checkpoint. What do you have in your carry-on? Do you have any shampoo, make-up, or beverages that are over 3 ounces? Then say goodbye—any liquids over 3 ounces will be confiscated as you go through security. That's where you take off your coat, shoes, belt (hold on to your pants) or anything else that may set off the shrieking alarms. All the above-mentioned items, along with your purse, must be put in a little tray and sent through the x-ray machine. Now, if you still have something on you that is prohibited (or if the detector just doesn't like you) and you set off the alarm, you will be pulled aside and frisked. (Well, I guess they call it "patting you down.") They also run a little paddle over you to see if they can find firearms, bomb makings, or hair clips.

DO NOT, under any circumstances, make jokes about guns, bombs, knives or deadly nail clippers. The TSI (security personnel) does not take kindly to jokes. As a matter of fact, they don't really smile much.

Now that you're through security, you can make your way to your gate and things are pretty much smooth going from here on. There are many restaurants, coffee shops, and places to enjoy a "refreshment" before you get on board. Once you make it to your seat, you can settle in, stretch out (ha-ha), and enjoy the flight. Shortly after take-off, the announcement is made that the beverage cart will be coming down the aisle shortly and if you wish, you may PURCHASE a snack ... something "delicious" like crackers, cookies, or granola bars. Yum...that'll satisfy you for your four-hour flight—ha! Don't be looking for a movie either, unless you're on a transcontinental flight.

It's time to get on with your vacation, enjoy the sun, friends, grandchildren, golf, or whatever. Try to forget about your return flight when you get to go through that rigmarole all over again!

A handwritten signature in cursive script that reads 'Geri'.

5-5-1 Club Coordinator

WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

February is National Heart Month: Be Good to Your Heart!

Did you know that each day the average heart “beats” (expands and contracts) 100,000 times and pumps about 2,000 gallons of blood? The circulatory system, which includes arteries and veins, carries blood throughout the body. Arteries deliver oxygen-rich blood to all of the tissues of your body including your heart. Veins bring oxygen-poor blood back to your heart. The heart is an amazing part of our body.

What happens in a heart attack? A heart attack (or “myocardial infarction”) occurs when one or more of the tiny coronary arteries supplying your heart with oxygen-rich blood become blocked. Blockages are usually due to a blood clot that forms suddenly where a coronary artery has narrowed from years of cholesterol buildup and other deposits. Without blood, heart cells are injured, causing pain or pressure. Heart cells can die, and scar tissue can form if blood flow isn’t restored. If too large an area of the heart muscle is damaged, a heart attack can be fatal.

What are the symptoms of a heart attack? Not everyone will have the same symptoms or to the same degree. The symptoms can include:

- Pressure, fullness or a squeezing pain in the center of your chest that lasts for more than a few minutes. Not everyone will have this as a sign of a heart attack.
- Pain extending beyond your chest to your shoulder, arm, back, or even to your teeth and jaw.
- Shortness of breath
- Lightheadedness
- Nausea and vomiting
- Sweating
- Prolonged pain in the upper abdomen
- Unusual fatigue
- Impending sense of doom

How would you know if it is a heart attack? Often, it is not easy to tell. The more signs and symptoms you have that are listed above, the higher the likelihood that you may be having a heart attack. **WHEN IN DOUBT, CHECK IT OUT! CALL 9-1-1. DON’T WAIT MORE THAN A FEW MINUTES—FIVE AT MOST.**

Ways to lower your risk for heart disease are:

- Maintain a healthy weight
- Follow a healthy eating plan. Eat a diet rich in vegetables, fruit, whole grains and low-fat dairy products. Limit your intake of trans fat and saturated fat as it increases the blood cholesterol level. There is growing evidence that trans fat may be worse because it raises your LDL (bad) cholesterol and lowers your HDL (good) cholesterol. Sources of trans fat include margarines, crackers, deep-fried fast foods, and bakery products.
- Be physically active—30 minutes of moderate-intensity activity on most days of the week. You can break it down to 10 minutes three times per day or whatever works best for you.
- Stop smoking and avoid exposure to second-hand smoke. Tobacco smoke contains more than 4,800 chemicals. Many of these can damage your blood vessels and heart.
- Manage diabetes

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

Source: American Heart Association and MayoClinic.com

Vision Loss
Support Group:
Tuesdays in the
Lyngblomsten
chapel—
February 5
March 4
April 1
1:30–2:30 PM

Joanne

EVENTS & OUTINGS

WALKING GROUP

On most Fridays during the winter months, the walking group leaves the 5-5-1 Club at 9:30 AM to head to Rosedale Mall. This group is for everyone at every pace. After our walk, we always gather for coffee or cold drinks. **FEBRUARY: 1, 8, 15, 22, 29**

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **FEBRUARY: 6, 13, 20, 27**

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. **FEBRUARY: 5, 7, 12, 14, 19, 21, 26, 28**

BRIDGE CLUB & 500 GROUP

Join us for a game of Bridge at 1 PM on Thursdays or a game of 500 on Tuesdays and Thursdays at 1 PM at the 5-5-1 Club. Please call (651) 632-5330 to reserve your spot for the games. FREE. **FEBRUARY: 7, 14, 21, 28**

WEDNESDAY, FEBRUARY 6

Today we'll begin our series of Wednesday viewings of Discovery Channel's beautiful "Planet Earth" documentary series. We'll begin the video at 10:30 AM, so you can come for waffles and stay for the video, come for the video and stay for lunch, or come for all three!

THURSDAY, FEBRUARY 7

"Donut" Make You Wonder? See p. 7 ad.

THURSDAY, FEBRUARY 7

House of Wong and Bingo. Today we'll order from Wong's and serve up their chicken fried rice, egg rolls, chicken subgum chowmein, and sweet and sour pork. We'll add oriental salad and a dessert all for just \$6. After, try your luck at bingo. Call the dining line at 632-5332 for lunch reservations.

WEDNESDAY, FEBRUARY 13

10:30 AM—"Planet Earth" viewing.

THURSDAY, FEBRUARY 14

We're celebrating **Valentines Day** with a catered turkey dinner. I can almost smell it already—turkey, dressing, mashed potatoes and gravy ... YUM! And don't forget the breads, salads, and Valentine dessert! After dinner we'll have special music. We need your reservation by Monday, February 11. Call the dining line at 632-5332 right away so you don't miss out. Cost is \$9.

SUNDAY, FEBRUARY 17

Sunday Brunch and "The Sound of Music." It's not too late to sign up! 11:30 AM—5 PM. Cost is \$43. Call 632-5330.

MON. & TUES., FEBRUARY 18 & 19

Defensive Driving Course. See p. 7 ad.

WEDNESDAY, FEBRUARY 20

10:30 AM—"Planet Earth" viewing.

WEDNESDAY, FEBRUARY 20

5-5-1 Club Cooks cooking class. Come join the fun. You can watch Geri slave away over a hot stove, then enjoy the meal. We'll start at 11:30 AM and eat as soon as the meal is ready. Cost is \$6. Call the dining line at 632-5332 for reservations. Come for waffles and stay for cooking class!

THURSDAY, FEBRUARY 21

Kentucky Fried Chicken & a Movie. Who can resist the Colonel's secret recipe? Not me! We'll add a carrot stick to balance the meal. Call the dining line at 632-5332 for reservations. Cost is \$6. After, we'll settle in for a movie.

MONDAY, FEBRUARY 25

"Lowering Prescription Drugs Costs" info session. See ad on p. 8 for details.

WEDNESDAY, FEBRUARY 27

10:30 AM—"Planet Earth" viewing.

THURSDAY, FEBRUARY 28

Instead of lunching at our tables at the 5-5-1 Club, we're going to have lunch on the town! We're going to Countryside Restaurant (2851 Snelling Avenue—just north of Co. Rd. C). In our bus, we'll leave the 5-5-1 Club around 11:30 AM. Rides will occur as they always do, or you can just meet us at the restaurant at noon instead. They have a great menu with a wide variety of lunches starting at around \$6. Bus transportation is \$2, and lunch will be on your own. Call the dining line at 632-5332 to reserve.

MARK YOUR CALENDARS











Tuesday, March 4: RESCHEDULED—Eagle Watch Day Trip. (See ad on p. 6 for more details.)

Wednesday, March 26: Chanhassen presents "42nd Street". Join us for an afternoon at this renowned theater's dinner and presentation of "42nd Street." We have the best seats in the house (front and center) for this musical extravaganza which features songs such as "Lullaby of Broadway," "We're in the Money," and "42nd Street." You'll have several choices off of Chanhassen's wonderful menu. We'll leave the 5-5-1 Club at 10:30 AM and return around 5 PM. Call (651) 632-5330 for reservations. Cost is \$62.

Thursday, April 24: Old Log Theater presents "Incorruptible." This is a new comedy about an order of monks in France who find themselves in a financial bind. In typical Old Log style, the monks are hilarious as they try to find a way to save the monastery. This play pairs Old Log favorites Steve Shaffer and Tom Stolz as two of the monks. When you call for reservations, please give your entrée choice: Stuffed chicken breast, smoked Windsor pork chop, walleye pike almandine, or vegetable lasagna. The bus will leave the 5-5-1 Club at 10:45 AM. Cost is \$43. Call 632-5330 for reservations.

































5-5-1 Club February

Sun.	Mon.	Tues.	Wed.
3	4	5 -LUNCH- 9-10:30 Coffee  Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar \$4	6 -LUNCH- 9-10:30 Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake \$4
10	11	12 -LUNCH- 9-10:30 Coffee  Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert \$4	13 -LUNCH- 9-10:30 Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Pumpkin Cheesecake \$4
17  Sunday Brunch & "Sound of Music"	18  5:30-9:30 PM Defensive Driving Course (2 nights)	19 -LUNCH- 9-10:30 Coffee  Marinated Veggies Sweet & Sour Meatballs Rice Oriental Veggies Bread Basket Lemon Cake \$4	20 -LUNCH- 9-10:30 5-5-1 Club Cooks Cooking Class  RSVP by 2/18 \$6
24	25  1:30-3:15 Free Counseling Sessions on Lowering Prescription Costs (in the Lyngblomsten chapel)	26 -LUNCH- 9-10:30 Coffee  Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake \$4	27 -LUNCH- 9-10:30 Copper Penny Salad Meatballs & Gravy Mashed Potatoes Green Beans Bread Basket Pudding \$4

It's Tourney Time!

The next month and a half will be a busy time for all our high school athletes. It's tourney time in Minnesota. We will try to have our TV tuned in to any tourney action which is televised so be sure to stop in to cheer on your favorite team. It's always more fun to watch with others. You can even bring a bag of popcorn if you wish!

February 2008 Calendar

Wed.	Thurs.	Fri.	Sat.
		1 -LUNCH- 9:30-Walking Group  2 Confetti Coleslaw Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares \$4	
9:00-10:30 Waffles  10:30 "Planet Earth" Sewing 	7 -LUNCH- 9-10:30 Coffee  House of Wong & BINGO   \$6 10-11 "Donut" Make You Wonder? (Alzheimer's)  1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) 	8 -LUNCH- 9:30-Walking Group  9 Garden Salad Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip \$4	
9:00-10:30 Waffles  10:30 "Planet Earth" Sewing  3:00-3:30 PM Care-givers Support Group 	14 -LUNCH- 9-10:30 Coffee  Special Valentine's Day Lunch! \$9 1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) 	15 -LUNCH- 9:30-Walking Group  16 7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin \$4	
9:00-10:30 Waffles  10:30 "Planet Earth" Sewing 	21 -LUNCH- 9-10:30 Coffee  KFC & Movie   \$6 1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) 	22 -LUNCH- 9:30 Walking Group  23 Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce \$4	
9:00-10:30 Waffles  10:30 "Planet Earth" Sewing  3:00-3:30 PM Care-givers Support Group 	28 -LUNCH- 9-10:30 Coffee  Lunch on the Town! <i>Countryside Restaurant</i> <i>2851 Snelling Ave.</i> \$On Your Own 1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) 	29 -LUNCH- 9:30 Walking Group  30 Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream \$4	

- LUNCH -

Reservations

Make reservations by noon one day in advance
 by calling **(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.



BRAIN CANDY



Sudoku

How to Play:

The object is to fill in the missing numbers into the blank squares. Insert the numbers in the boxes to satisfy only one condition: **each row, column and 3x3 box must contain the digits 1 through 9 exactly once.**

Sudoku takes some getting used to, but it is great fun and great “brain candy,” so keep on trying! If you need an extra boost of help, look to the last page of *LimeLight* for the answer key.

	2	3		1		5		
5			8	2			6	
							3	
	7	6	4	5				3
	5	8	1		6	2	9	
1				9	8	6	5	
	3							
	1			8	9			6
		7		3		1	2	

DISCOVERY CHANNEL PRESENTS “PLANET EARTH”



Beginning Wednesday, February 6, we will be showing episodes of Discovery Channel’s “Planet Earth” immediately following waffle time. We’ll show one episode each week for eleven

weeks. We’ll start the video at 10:30 so you can come for waffles and stay for the show and/or stay afterwards for lunch.

This award-winning 11-part series was a five year project by the BBC and Discovery Channel. The 11 episodes cover everything from one pole to the other including mountains, oceans, deserts, the great-plains, jungles, caves, and forests. The photography is remarkable and the entire series is narrated by award-winning actress, Sigourney Weaver.

RESCHEDULED:

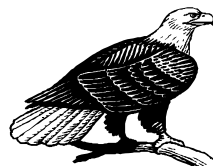
EAGLE WATCH DAY TRIP

TUESDAY, MARCH 4

Once again we’ll schedule a trip to the National Eagle Center. Our trip in January was cancelled when the Eagle Center called the night before to cancel because of a pending storm. We’ll do the same trip, which included the Eagle Center in Wabasha and lunch at Slippery’s restaurant. The new National Eagle Center is located on the shores of the Mississippi River and is the perfect place to watch our national bird in it’s natural habitat. We’ll tour the center and you may even have your picture taken with an eagle. (Don’t forget your camera!) When you call for reservations, please let us know your lunch choice which includes pulled BBQ pork sandwich, grilled chicken sandwich, or Slippery’s hamburger.

Registrations are needed by

February 22. The cost is \$49 and includes transportation, guided tour, lunch, and a snack. Call 632-5330.





Caregivers Support Group

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

Our Next Meeting: February 13 & 27
1:30–3:30 PM at The Heritage at Lyngblomsten

Join us as often as you can.

No reservations required. No fee.

Questions? Contact Joanne Kellen, RN, at
(651) 632-5335 or jkellen@lyngblomsten.org.

Boomerang Winners

The Game That Keeps Giving Back™

January 7	Theresa Valle	\$100
January 14	Karen Veninga	\$100
January 21	Mary Jo Morris	\$100
January 28	Davon Stedje	\$100



AARP TAX ASSISTANCE

Tuesdays & Thursdays

9 AM — 2 PM

February 5 thru April 15

This **FREE** service for seniors and people with lower incomes is coordinated by the 5-5-1 Club community center, located on the lower level of the Lyngblomsten campus (1415 Almond Ave., St. Paul).

APPOINTMENTS REQUIRED: Call (651) 632-5330 to schedule a time that works for you.

Bring your W-2s and 1099 forms in addition to information relating to sales of stocks, bonds, real estate, etc. and social security numbers of dependents. You will need the 2007 Property Tax Statement to complete your property tax refund papers.

Play Boomerang™

The Game That Keeps Giving Back

In its fourth year, Boomerang is a fun game sponsored by Lyngblomsten to raise money for the 5-5-1 Club community center. Each donation of \$52 enters one person in both the \$100 weekly drawings and the \$200 quarterly drawings. Proceeds will help maintain quality social and wellness programming while keeping costs down so that all seniors in the community can afford to participate in 5-5-1 Club community center activities.

Boomerang tickets can be purchased starting January 14 at the 5-5-1 Club or at the Front Desk of Lyngblomsten Care Center until April 4.

Drawings begin April 7, 2008, and continue each week for a year. Need not be present to win. Winners will be notified by phone or mail.

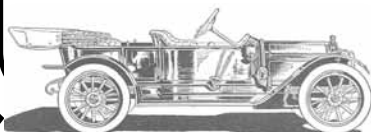
Call (651) 632-5330 for details.



DEFENSIVE DRIVING

**Monday & Tuesday,
February 18 & 19**

This two-night course will begin at 5:30 PM and end at 9:30 PM both nights. You need this course if you've not yet taken the "55 Alive" class. It entitles you to 10% off your insurance for three years. Call the Minnesota Safety Council at (651) 291-9150 to register. Be sure to ask for the Lyngblomsten registration form. If you have any questions call (651) 632-5330. Cost is \$17.



"Donut" Make You Wonder?
Presents a **FREE** session:

**Alzheimer's: Causes,
Prevention, & Treatment**

Thursday, February 7; 10—11 AM
Newman-Benson Chapel

Join us as Dr. Joseph Gaugler, from the University of Minnesota, speaks about some of the current research at the University on discovering therapies that will slow or halt the progression of Alzheimer's disease. He will also discuss the opportunities for those interested to participate in the research.

A \$1 donation for refreshments is appreciated.

Call (651) 632-5335 for info.
No registration necessary.



5.5.1 CLUB

A Community Center

Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul, MN 55108

www.551club.com

Non-Profit
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Fun for Life!



Do your prescriptions eat up too much of your income?

Join us for FREE information session on February 25 from 1:30-3:15 PM in the Lyngblomsten chapel. Receive **individual coaching sessions** on how you might be able to save money with safe, effective, FDA-approved drugs.

Bring your medications, reason you are taking it, and dosage.

Made Possible by the U of MN College of Pharmacy, the MN Senior Federation, and Consumer Reports Best Buy Drugs.



WAFFLE WEDNESDAYS

Don't forget to join us **Wednesday mornings from 9-10:30 AM** for Belgian waffles and gourmet coffee. We make the best waffles in town and have lots of toppings for you to choose from.

With our costs of butter, syrups, fruit toppings, and whipped cream, we have found it necessary to increase the cost to \$3, but you'll still find it a great bargain! Don't forget you also get freshly ground and brewed gourmet coffee included in the price!

See you on Wednesdays!

6	2	3	9	1	7	5	4	8
5	9	4	8	2	3	7	6	1
7	8	1	6	4	5	9	3	2
9	7	6	4	5	2	8	1	3
3	5	8	1	7	6	2	9	4
1	4	2	3	9	8	6	5	7
2	3	9	7	6	1	4	8	5
4	1	5	2	8	9	3	7	6
8	6	7	5	3	4	1	2	9

Answers to Brain Candy
Sudoku Puzzle