

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

March
2008

A Newsletter for the



(651) 632-5330

5-5-1 Club Coordinator

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Community Wellness &
Education Nurse

Joanne Kellen

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Home- & Community-
Based Services
Administrative Assistant

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Noon Dining

Reservations

(651) 632-5332

www.551club.com

SPRING...IT'S COMING! (I think)

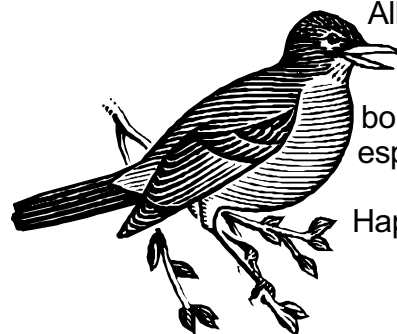
I'm sitting in my cozy home on a cold winter night in Minnesota enjoying a fire in my fireplace and watching the Minnesota Wild struggle against the Chicago Blackhawks. As I began working on this newsletter, I looked ahead to the March schedule...and all of a sudden I realized Easter is this month! Oh, I know it's coming, but with the temps hovering around 10 degrees below zero, it's hard to think about Easter.



I'm trying to remain optimistic and concentrate on the fact that we've made it through the worst of the winter, but with all these yo-yoing temps, I admit I'm struggling. I don't mind the snow, as it is winter, but these below zero days are getting a little old.

But Easter is coming in just a few weeks, and soon after we can start looking for the jonquils! My son lives in California and loves to tease me about the weather, but there is something to be said about the change of seasons. I don't consider 50 degrees in January a change of season.

Winter holds its challenges, but when the snow flies for the first time, I realize once again how beautiful a winter day can be. As spring approaches, I look forward to the trees budding and flowers springing up. I love walking out the door without a jacket and feeling the warm sun on my face. Summer ushers in days at the lake, golf, baseball games, and long hours of daylight. All these are wonderful, but my favorite season of all is definitely fall. I love the cool weather, the beautiful colors and the smells of fall in the air. You just don't get these perks in California!



All this said, there isn't much we can do about it anyway so we might just as well enjoy each day the Lord gives us. Each day is a gift He bought for us, and it's good to think about that, especially at this time of year.

Happy end of winter and Happy Easter!

5-5-1 Club Coordinator

WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

You and Your Medicines

Knowledge is the best medicine. As we age, we may be faced with more health conditions that need to be treated with medications. Also, normal body changes caused by aging can increase the chance of unwanted side effects from medicines. The more you know about the medications that you take, and the more you talk with your health care provider, the easier it is to avoid problems with your medications.

The U.S. Food and Drug Administration has some tips for safe medicine use including:

- **Be informed about the medicines that you take.** Be sure that you know and understand why you are taking a drug, how and when do you take it, and any special instructions to follow (such as with or without food). Ask if there are any possible side effects and what to do if they occur. Let your health care provider know right away about any unexpected symptoms or changes in the way you feel. Don't stop taking a medication on your own without talking with your doctor first.

- **Keep a current list of all medicines.** Tell your doctor and pharmacist about all of the medications that you take, including prescription and over-the-counter medicines (such as antacids, cold medicines, and laxatives). Also, include any dietary supplements, vitamins, herbals, and topical medicines. All medications count.

- **Ask questions of your doctor and pharmacist:** When should you expect a medication to start working, and how you will know if it is working? What to do if you miss or forget a dose? If it is a new medication, will this work safely with your other prescriptions and over-the-counter medications and dietary supplements? Take a relative or friend with you to your doctor's appointment if you think you might need help to remember or understand what the doctor tells you.

Vision Loss
Support Group:
in the
Lyngblomsten
chapel—
Tuesday
March 4
1:30-2:30 PM

To learn more, join us for an informative presentation “**How To Use Medication Wisely**” at the next “**Donut Make You Wonder?**” on **Thursday, March 6, from 10:00—11:00 AM in the Newman-Benson Chapel at Lyngblomsten.** A pharmacist from CVS Pharmacy will discuss topics that include:

- **Interactions**—what medications need to be taken with or without food and why? How does alcohol affect the drugs taken? How can you minimize interactions?
- **Drugs**—learn what we should know about taking Warfarin (Coumadin), Tylenol, Metamucil, and other medications.
- **Things to Note**—storage of medications, and what to ask your health care provider and your pharmacist about drugs you are prescribed.

Time will be provided for questions.

There is no fee to attend the presentation; however, a \$1 donation is appreciated to cover the cost of refreshments.

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: U.S. Department of Health and Human Services- Food and Drug Administration

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. **MARCH: 7, 14, 21, 28**

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **MARCH: 5, 12, 19, 26**

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. **MARCH: 4, 6, 11, 13, 18, 20, 25, 27**

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.**
MARCH: 6, 13, 20, 27

TUESDAY, MARCH 4

Today we're heading to Wabasha to visit the National Eagle Center and have lunch at Slippery's Restaurant. The bus leaves at 8 AM and returns around 5 PM.

WEDNESDAY, MARCH 5

Waffle Wednesday followed by another episode of "Planet Earth" (see p. 7).

THURSDAY, MARCH 6

"Donut" Make You Wonder? at 10 AM in the 5-5-1 Club. Today's topic is "How to Use Medication Wisely". See ad on p. 6 for more details. **Kentucky Fried Chicken:** The Colonel will supply us with chicken, mashed potatoes and gravy, coleslaw, and biscuits. We'll add dessert all for \$6. Call the dining line at 632-5332 for reservations. **Bingo:** will begin after lunch (around 1 PM).

WEDNESDAY, MARCH 12

Waffle Wednesday followed by another episode of "Planet Earth" (see p. 7).

THURSDAY, MARCH 13

House of Wong & a Movie. We'll order our favorites from House of Wong, add an Oriental salad and dessert, and serve it up at noon. All you have to do is call the dining line at 632-5332 for your reservations. After lunch, we'll start the movie. The cost is \$6.



TUESDAY, MARCH 18

We'll celebrate **St. Patrick's Day** about 24 hours late, but we'll do it in style. Come for this favorite corned beef dinner with all the fixings. Cost is \$7. Call 632-5332 for reservations. Be sure to wear green today!

WEDNESDAY, MARCH 19

Waffle Wednesday followed by another episode of **"Planet Earth"** (see p. 7). **Cooking class** will follow Waffle Wednesday this week. You never know what's on the menu but everyone leaves with a full tummy and a smile on their face. We'll start cooking at 11:30 AM and eat as soon as the food is ready. Cost is \$6. Call the dining line at 632-5332 for reservations.

THURSDAY, MARCH 20

Pie & Coffee at the 5-5-1. How's your sweet tooth? Come satisfy it today with a slice of freshly baked pie and gourmet coffee. We'll be serving from 2-3 PM. No reservations necessary—just drop in and choose your pie. Cost is \$3. Bring your family and friends!

WEDNESDAY, MARCH 26

Chanhassen presents "42nd Street." Call 632-5330 to see if there are any openings for this musical extravaganza. You'll have your choice of several menu selections. The bus leaves the 5-5-1 Club at 10:30 AM and returns around 5 PM. Cost is \$62. **Waffle Wednesday** followed by another episode of **"Planet Earth"** (see p. 7 for details).

THURSDAY, MARCH 27

Lunch on the Town! Instead of serving you lunch at the 5-5-1 Club today, we'll be dining out. We'll pick you up or you can meet us at the **Minnesota Grille at Byerlys**. We'll be eating at 11:30 AM, so if you wish to join us, call the dining line at 632-5332. Let us know if you need a ride or will meet us there. The bus is \$2 round trip and lunch is on your own.

MARK YOUR CALENDARS



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.

Thursday, May 8: **McHatties Victorian Times.** We've had so many requests since we made this trip last year that we've planned another stop at this beautiful tea house. You will be getting a full lunch, not just a few finger sandwiches, so be ready for a wonderful treat. McHatties is an 1850 Victorian home set in the Woodbury countryside. The ambience is wonderful, and the food is delicious and beautifully prepared. Our meal will begin with scones and Devonshire cream, followed by a salad, entrée selections, and dessert. Guys, don't let us scare you off as there will be plenty of food for your manly appetites. We'll leave the 5-5-1 Club at 11:30 AM and return around 3:30 PM. The cost is \$39. Call 632-5330 for reservations.

5-5-1 Club March

Sun.







Mon.

Tues.

We

In the mood for some
Spring Cleaning?!


































Put your cleaning to
The Lyngblomsten Auxiliary's **Spring Rummage**
and gently used items are needed (no electronics)
you **clear some clutter** and get a **tax deduction**.
Lyngblomsten **serve older adults** and the

2	3	4 -LUNCH- 9-10:30 Coffee  Perfection Salad w/ Mayo Garnish Meatballs Mashed Potatoes Buttered Corn Bread Pudding \$4	5 -LUNCH- 9-10:30 Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar \$4
9	10	11 -LUNCH- 9-10:30 Coffee  Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar \$4	12 -LUNCH- 9-10:30 Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake \$4
16	17	18 -LUNCH- 9-10:30 Coffee  "St. Patrick's Day" Special Corned Beef Dinner \$7 	19 -LUNCH- 9-10:30 5-5-1 Club Cooks Cooking Class  RSVP by 3/17 \$6
23	24	25 -LUNCH- 9-10:30 Coffee  Marinated Veggies Sweet & Sour Meatballs Rice Oriental Veggies Bread Basket Lemon Cake \$4	26 -LUNCH- 9-10:30 Garden Salad Sliced Ham Scalloped Potatoes Peas Cornbread Sour Cream Raisin Bar \$4
30	31		

Holidays in March:

Palm Sunday (3/16), St. Patrick's Day (3/17), Beginning of Spring (3/20), Good Friday (3/21), Easter (3/23)

2008 Calendar

Wed.	Thurs.	Fri.	Sat.	
		<p>Donations Accepted: Receptionist Desk of the Lyngblomsten Care Center 1415 Almond Ave., St. Paul, MN 55108 April 6 – 11 from 8 AM–8 PM (651) 646-2941</p> 	1	
<p>9:00-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p>	<p>6 -LUNCH-</p> <p>KFC & BINGO</p> <p>  \$6</p>	<p>9-10:30 Coffee </p> <p>10-11 "Donut" Make You Wonder? (Medications) </p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>7 -LUNCH-</p> <p>9:30-Walking Group </p> <p>Confetti Coleslaw Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares \$4</p>	8
<p>9-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p> <p>3-3:30 PM Care-givers Support Group </p>	<p>13 -LUNCH-</p> <p>House of Wong & Movie</p> <p> \$6</p>	<p>9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>14 -LUNCH-</p> <p>9:30-Walking Group </p> <p>Garden Salad Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip \$4</p>	15
<p>9-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p>	<p>20 -LUNCH-</p> <p>Oriental Coleslaw Broccoli-Sesame Pork Rice Wax Beans Bread Basket Blushing Pears \$4</p>	<p>9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p>Pie & Coffe Break 2-3 PM \$3 </p>	<p>21 -LUNCH-</p> <p>9:30 Walking Group </p> <p>7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin \$4</p>	22
<p>9-10:30 Waffles </p> <p>10:30 "Planet Earth" Sewing </p> <p>3-3:30 PM Care-givers Support Group </p> <p>Chanhassen Theater "42nd Street" </p>	<p>27 -LUNCH-</p> <p>Lunch on the Town!</p> <p><i>Minnesota Grille at Byerlys (off of Snelling at Cty Rd. C)</i> \$On Your Own</p>	<p>9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>28 -LUNCH-</p> <p>9:30 Walking Group </p> <p>Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce \$4</p>	29

- 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.

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

“Donut” Make You Wonder?

Presents a **FREE** session:

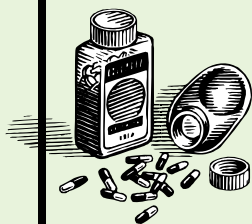


How To Use Medication Wisely

Thursday, March 6, 2008

10:00—11:00 AM

Newman-Benson Chapel
1415 Almond Avenue, St. Paul



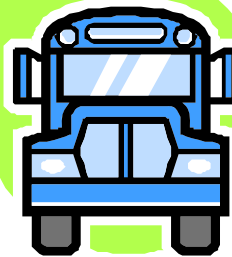
Knowledge is the best medicine. It is important for you to work with your health care provider and your pharmacist about your health care. Join us for an informative presentation from a pharmacist from **CVS Pharmacy** on “How To Use Your Medications Wisely.” Some of the topics include Drug Interactions, Non-Prescription Drugs, and Storage of Medications.

A \$1 donation for refreshments is appreciated.

Call (651) 632-5335 for info.

No registration necessary.

www.lyngblomsten.org



Need a Ride?

Do you want waffles but need a ride?

GOOD NEWS! We are now offering transportation on the second and fourth Wednesday mornings for waffles. That means this month on Wednesday, March 12, and Wednesday, March 26, our bus will be out on a waffle run. Call 632-5330 to line up your ride. Bus transportation is \$2 round trip. You can make a day of it if you wish. You can start out with waffles, stay for the 50 minute Planet Earth episode, and finish up with lunch. Call if you have any questions.



Caregivers Support Group

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

Our Next Meeting: March 12 & 26
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™

February 4 Barbara Ardent \$100

February 11 Meredith Peterson \$100

February 18 Ann Christiansen \$100

February 25 Millie Bacs \$100

February 25 June Wheeler \$200 (Quarterly Winner)



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 ticket for \$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.



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.

Only \$3

See you on Wednesdays!

DISCOVERY CHANNEL PRESENTS "PLANET EARTH"

We will be showing one-hour episodes of Discovery Channel's "Planet Earth" immediately following waffle time through March. 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.

FREE!



5.5.1 CLUB

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!



**Happy
Easter!**
March 23

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

Answers to Brain Candy
Sudoku Puzzle



You are Invited

LYNGBLOMSTEN
FOUNDATION'S

*Spring Rhapsody Gala
"Cabaret"*

The Evening of
April 25, 2008

Featuring the Vocals of
Prudence Johnson

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

Reservations Due April 21st