

# LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

August  
2008

A Newsletter for the



**(651) 632-5330**

5-5-1 Club Coordinator

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Community Wellness &  
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Noon Dining

**Reservations**

(651) 632-5332

[www.551club.com](http://www.551club.com)

*GERI'S JOTTINGS: A WITTY LOOK AT LIFE*

## THANKS FOR THE MEMORIES AT THE ICE CREAM SOCIAL

... and for the cakes you baked, the time you gave to help out at the ice cream social and for being part of the celebration.

Our party was a back to the 50's blast! After making it through an early afternoon thunderstorm we opened the festivities just a few minutes after the 2 p.m. scheduled start. Everything was great from then on. The food was tasty, the weather superb, and the entertainment top notch.

The cake cutters were busy all day long serving up a variety of yummy cakes donated by many people. The demand for food kept the grilling crew over the grills and the ice cream scoopers over the freezers. The cake and beverage booth was swamped, and don't forget about the corn on the cob team and the corn poppers. The ticket booth had a line-up all day as did the games for the kids!

Again, thank you so much for all you did to help us put on such a great event! I hope you had a grand day!



*Geri*

5-5-1 Club Coordinator

P.S. Only another 350-some days till we can do it all over again!



It's time for the **Minnesota State Fair**  
August 21 - September 1



# WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

## Taking Care of Ourselves in the Summertime

I am sure you have heard the expression, “If you can’t stand the heat, stay out of the kitchen.” I don’t think that would help during these past few weeks of hot weather, do you? I hope you are staying cool and enjoying the warm, sunny days of summer. I wanted to share a few reminders to keep in mind during the warm weather.

### Drink plenty of fluids.

Water is your body’s principal chemical component, approximately 60 percent of your weight. All of the systems in your body depend on water. It carries nutrients to your cells, flushes toxins out of vital organs and provides a moist environment for nose, ear and throat tissues. Some people do not feel hot even when the temperature is dangerously high. Adults sometimes lose their sense of thirst as they age. Dehydration is a condition that occurs when you do not have enough water in your body to carry out normal functions.

### Some signs and symptoms of dehydration:

- mild to excessive thirst
- fatigue
- headache,
- little or no urination
- dizziness

If your urine is a light yellow color, you are drinking enough water. You need to drink more fluids if the urine is darker yellow.

**Make water your beverage of choice** to ward off dehydration. Don’t wait until you feel thirsty to start drinking fluids. Most adults, unless you have a fluid restriction from your doctor, should drink a glass of water with each meal and between each meal. Drink water before, during, and after you exercise. Avoid very cold drinks because they can cause stomach cramps.

**FYI: Vision Loss Support Group is on break; group resumes Sept. 2.**

**It’s not the heat, it’s the humidity.** We have heard that saying many times. If you are concerned about the humidity or heat it is a good idea to stay indoors. You can still get some exercise by walking at the mall or in your hallway if you live in an apartment.

**Wear lightweight, light-colored, loose-fitting clothing.** Avoid the dark colors which can absorb the heat. Wearing a light-colored wide-brimmed hat helps to limit your exposure to the sun.

**Wear sunglasses when you are outdoors.** Ultraviolet rays from the sun can damage your eyes.

**Remember the sunscreen.** A sunburn decreases your body’s ability to cool itself down. Choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

If you have any questions or would like more information, feel free to contact me. If you would like your blood pressure checked, you can stop by my office just down the hall from the community center on Tuesdays from 1:30-3:30 PM or call me to arrange another time. My phone number is (651) 632-5335; email is [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org)

*Joanne*

Source:  
Foundation for Health in Aging and MayoClinic.com



### Caregivers Support Group

*“Caring for ourselves while caring for our loved ones.”*

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**Our Next Meetings: August 13 & 27**  
1:30–3:30 PM at The Heritage at Lyngblomsten

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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](mailto:jkellen@lyngblomsten.org).

# EVENTS & OUTINGS

## WALKING GROUP

On most Fridays (and some Wednesdays) during the summer months, we walk at Lake Como (if it is rainy or too hot we'll walk at Rosedale Mall). This group is for everyone at every pace. After our walk, we gather for refreshments before returning around 11:15 AM. Cost is \$1.

**AUG: 1, 8, 13(Wed), 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. **AUG: 6, 13, 20, 27**

**RIDES AVAILABLE: AUG 13 & 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.

**AUG: 5, 7, 12, 14, 19, 21, 26, 28**

## 500 CARD GROUP

Join us for 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.

## STITCHING HEARTS CLUB

Do you like to do crafts and help others in the process? Join the Stitching Hearts Club on Tuesdays from 10 AM–NOON in the 5-5-1 Club.

**Tuesday, August 5:** "Dogs on the Grill" Let's have a picnic (indoors). Can I tempt you with grilled hot dogs, corn on the cob, baked beans and home made potato salad? Of course there will be dessert too! Call the dining line at 632-5332 to reserve your dogs! Cost is \$6.

**Thursday, August 7:** Bingo Day is always a favorite. Come for lunch and hang around for the games. Prizes for every game!

**Tuesday, August 12:** "Pie & Coffee" from 2 to 3 p.m. We always have a few varieties of pies to choose from, home made, of course! The coffee is ground right before we brew it. What a deal for \$3. No reservations necessary.

**Thursday, August 14:** House of Wong & a Movie. We haven't had House of Wong since May so it will taste especially good! We order in a variety of their specialties, add our Asian salad and dessert and top it off with a movie. Cost is just \$6. Call the dining line at 632-5332 for reservations.

**Friday, August 15:** We'll be heading out at 9 a.m. for a day of fun at the area garage sales. Put on your sneakers, comfy clothes and grab a little cash. We'll stop for lunch along the way and should return around 2 p.m. Call 632-5330 for reservations.

**Wednesday, August 20:** "Cooking Class." We'll be back in the kitchen today. Join us at 11:30 as we have some fun with a few recipes. The best part is you get to eat the final products! Cost is \$6. Call the dining line at 632-5332 for reservations.

**Thursday, August 21:** Out to Lunch at Tavern on Grand. If you haven't been to Tavern on Grand you're missing a real gem. Are you a walleye lover? You can't find a better walleye lunch than the Shore Lunch at the Tavern. If walleye isn't your thing, they have a huge menu with everything from burgers to sandwiches, to pastas, to soups to salads. If you have a hankering for a steak dinner or BBQ ribs you'll fit right in here. We'll leave the 5-5-1 Club at 10:45 so we can be on their doorstep when they open at 11:00. Call the dining line at 632-5332 for reservations. You can ride with us or meet us at the Tavern. Either way, call and let us know so we can figure you in our count.

**October 3: Mystery Tour!**

**Follow the clues...**



Alpacas,  
Bridges  
& Harps...

Page 6...

## MARK YOUR CALENDAR!

**Thursday, September 4** 10:00-11:00 AM "Donut' Make You Wonder?" series resumes with "Sleep: What Is Normal as We Age?"

**September 22 - 29** -- Collection of new and gently used items for the Lyngblomsten Auxiliary Fall Rummage Sale. Sale is Oct. 1, 2, and 3.

**Sunday, October 12** -- Annual Husby Memorial Concert at 3 PM at Lyngblomsten featuring the Bells of the Lakes, a renowned community bell choir. This concert is FREE thanks to the Gertrude Husby and Ingebor Husby Smith Memorial Endowment.

## LAST HOLIDAY CELEBRATION CHANCE!! IN BRANSON

November 18—22. Tour includes: 4 shows: Pierce Arrow, Shoji Tabuchi, Oak Ridge Boys, and the Osmonds, plus a holiday lights tour in Branson and Dinner Theatre in Kansas City.

Cost is \$749 per person (double occupancy). Registration deadline is September 4 (with a \$200 deposit), and final payment is due October 3. Call 632-5330 for a registration form.

# 5-5-1 Club August



























| Sun.  | Mon. | Tues.  | Wed.   |
|---|------|--|--|
|   |      |  |  |
| 3   | 4    | 5  | 6  |
| <p style="text-align: center;"><b>SHIPPING TRANSPORTATION</b></p> <p>Need to get some shopping done but can't get to the store? We may be able to help you out.</p> <p>On the <u>3rd Tuesday</u> of the month, Lyngblomsten will be offering transportation to <b>Walgreens</b>. On the <u>4th Tuesday</u> we will be going to <b>Target, Har Mar Mall or Rosedale</b>. The 5-5-1 Club bus will pick you up on the dining run for \$2. You can have lunch, then hop the Lyngblomsten bus to do your shopping. Upon your return you can once again board the 5-5-1 Club bus for your ride home. Charge for the shopping trip is \$5. Call 632-5320 for more information.</p> |      | <p><b>5</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕</p> <p><b>Grill-a-palooza!</b></p> <p>Hot Dogs on the Grill<br/>Corn on the Cob<br/>Baked Beans<br/>Potato Salad<br/>Dessert <b>\$6</b></p> <p>10-12 Stitching Hearts</p> <p>1:00 Play 500 ♠</p> | <p><b>6</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕</p> <p>Soup of the Day<br/>Hot Turkey Sandwich<br/>Mashed Potatoes &amp; Gravy<br/>Mixed Vegetables<br/>Pumpkin Cheesecake <b>\$4</b></p>  |
|   |      | <p><b>10</b> <b>11</b></p>   | <p><b>12</b> <b>-LUNCH-</b> 9-10:30 Coffee ☕</p> <p>Marinated Veggies<br/>Sweet &amp; Sour Meatballs<br/>Rice<br/>Oriental Veggies<br/>Bread Basket<br/>Lemon Cake <b>\$4</b></p> <p>10-12 Stitching Hearts</p> <p>1:00 Play 500 ♠</p> <p><b>Pie &amp; Coffee 2-3:00 PM \$3</b> 🥧☕</p> |
| 17  | 18   | 19   | 20   |
| 24  | 25   | 26   | 27   |
| 31  |      |  |  |

## 500 PLAYERS - We Want You!

Our card group is in search of more players. The numbers have dwindled, but the desire is strong! Every Tuesday and Thursday the group gathers right after lunch. Come for lunch and stay for cards, or just come for the games. Call 632-5320 if you have questions, otherwise just show up in the 5-5-1 Club. Remember, our bus runs on Tuesdays and Thursdays—so, if you need a lift, we'll be happy to help you out!



# st 2008 Calendar

| Wed.  | Thurs.   | Fri.   | Sat.  |
|---|--|--|---|
|   |  | <b>1</b> <b>-LUNCH-</b> 9:30 Walking Group<br>Garden Salad<br>Chicken Parmesan<br>Red Potatoes<br>Asparagus<br>Bread Basket<br>Jello Cubes with Whip<br><b>\$4</b>   | <b>2</b><br><br>1:30-2:30 Exercise Class<br>(Lyngblomsten Apts Dining room)<br> |
| 7-10:30 Waffles    | <b>7</b> <b>-LUNCH-</b> 9-10:30 Coffee <br>Coleslaw<br>Chopped Beef Steak<br>Fried Potatoes<br>Wax Beans<br>Bread Basket<br>Blushing Pears<br><b>\$4</b><br>1:00 Play 500 <br> <b>BINGO</b><br><b>AFTER LUNCH</b> | <b>8</b> <b>-LUNCH-</b> 9:30 Walking Group<br>7 Layer Salad<br>Baked Fish w/Tartar Sauce<br>Potatoes Au Gratin<br>Stewed Tomatoes<br>Bread Basket<br>Lemon Gelatin<br><b>\$4</b>   | <b>9</b><br><br>1:30-2:30 Exercise Class<br>(Lyngblomsten Apts Dining room)<br> |
| 7-10:30 Waffles (sides Available) <br>9:30 Walking Group <br>10:30-3:30 PM Caregivers Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.)  | <b>14</b> <b>-LUNCH-</b> 9-10:30 Coffee <br><b>House of Wong &amp; Movie</b> <br><b>\$6</b><br>1:00 Play 500   | <b>15</b> <b>-LUNCH-</b> 9 AM-2 PM Garage Sale-ing <br>Soup of the Day<br>Chicken Breast w/Apple Almond Dressing<br>Whipped Squash<br>Bread Basket<br>Peach Sauce<br><b>\$4</b><br>1:30-2:30 Exercise Class<br>(Lyngblomsten Apts Dining room)<br>       | <b>16</b>   |
| 7-10:30 Waffles <br>10:30-3:30 PM Caregivers Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.)   | <b>21</b> <b>-LUNCH-</b> 9-10:30 Coffee <br><b>Lunch on the Town!</b><br><b>TAVERN ON GRAND</b><br><b>\$On Your Own</b><br><b>State Fair Begins Today!</b>  | <b>22</b> <b>-LUNCH-</b> 9:30 Walking Group <br>Soup of the Day<br>Baked 1/4 Chicken<br>Parsley Potatoes<br>Carrots<br>Dinner Roll<br>Ice Cream<br><b>\$4</b><br>1:30-2:30 Exercise Class<br>(Lyngblomsten Apts Dining room)<br>                       | <b>23</b>   |
| 7-10:30 Waffles (sides Available)    | <b>28</b> <b>-LUNCH-</b> 9-10:30 Coffee <br>Soup of the Day<br>California Burger w/Cheese on a Bun<br>Potato Salad<br>Pickle Spear<br>Fruit Crisp<br><b>\$4</b><br>1:00 Play 500   | <b>29</b> <b>-LUNCH-</b> 9:30 Walking Group <br>Confetti Coleslaw<br>Baked Fish w/Tartar Sauce<br>Baked Potato<br>Carrots<br>Bread Basket<br>Rasp. Parfait<br>Squares<br><b>\$4</b><br>1:30-2:30 Exercise Class<br>(Lyngblomsten Apts Dining room)<br> | <b>30</b>   |

## - 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

## Word Find

### How to Play:

Find the words below in the puzzle at the right.

Note: Some words may be backwards. Answers are on page 8.

- |               |                  |
|---------------|------------------|
| ALPACA        | LEARN FOR LIFE   |
| AUGUST        | MEDIEVAL ART     |
| AUXILIARY     | MYSTERY TOUR     |
| BINGO         | ON A STICK       |
| BOOMERANG     | PIE AND COFFEE   |
| BRANSON       | POETRY           |
| DEHYDRATION   | STATE FAIR       |
| GARAGE SALE   | STITCHING HEARTS |
| HOUSE OF WONG | SUNSCREEN        |
| HUMIDITY      | WAFFLES          |

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

www.WordSearchMaker.com

**Q:** What do you get when you cross an alpaca with bridges and a harp?

**A:** A 5-5-1 Club Mystery Tour!

Alpacas, Bridges & Harps. This is a mystery tour, but we've already given you some hints as to what the day holds.

The bus will depart the 5-5-1 Club at 8 a.m. and head south for a day of surprises. We'll stop along the way for a morning treat and visit the Dairy Queen in the afternoon on our return trip. The rest of the day is a mystery.

I can tell you that you'll have a chance to meet Romeo who will steal your heart. Lunch will be a delight to your pallet, and the afternoon stop will be music to your ears. Our return will be at 5:30 p.m. The cost for this full day is \$60.50. You will not need a penny more as all food, tours and tips are covered.

**Call 632-5330 to register.**



*Looking for New Ways to Help?*

Consider joining the



**LYNGBLOMSTEN  
AUXILIARY**

*Next meeting is  
Tues., Sept 9, at  
1:30 PM in the  
Chapel. Dues  
start at \$5/year.*

**Men and women of all ages are invited to become a member of this thriving fundraising and service group.**

**Join us, and make a difference!**

*Members of the Lyngblomsten Auxiliary support the mission of Lyngblomsten:*

*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.*

**Learn more about us!  
www.lyngblomsten.org**

*click on "Get Involved" and then "Auxiliary"*

or contact Darla Braun at  
(651) 632-5356 or dbraun@lyngblomsten.org.

# LEARN FOR LIFE

An education series for adult learners



Thursdays this fall, 10 - 11 AM  
\$5 per session or \$20 for the whole series



- September 25, 2008 – “Poetry: Classics in English”
- October 9, 2008 – “My Father’s Black Bag: Medical Care During the Great Depression”
- October 16, 2008 – “Biblical Perspectives on Aging”
- October 23, 2008 – “Medieval Art: The Not-So-Dark Dark Ages”
- October 30, 2008 – “Great Music of Faith”

For descriptions of each session, log on to [www.551club.com](http://www.551club.com), pick up a flyer at the 5-5-1 Club, call (651) 632-5330, or email [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org). All sessions will be held on the Lyngblomsten campus. This series is presented in partnership with Augsburg College’s College of the Third Age and the 5-5-1 Club and is coordinated by Cindy Albing, Education & Resource Coordinator with Lyngblomsten’s Home- and Community-Based Services.

## Participants Needed

for  
**U of MN Study on the Effects of Aerobic Exercise on Dementia/Alzheimer’s Disease**

Lyngblomsten will be a site for a new study being conducted by the University of Minnesota testing the effects of six months of aerobic exercise on global cognition, executive functioning, physical function, quality of life, and dementia behaviors.

**Eligibility Criteria:** Participants must be >60 years old, meet clinical diagnostic criteria for probable Alzheimer’s Disease, understand and speak English, live in the community, and have medical clearance from their primary care provider for exercise participation. Persons with a Mini-Mental State Exam score <11, who exercise regularly, or who have history, signs, or symptoms indicating unstable medical conditions will not be eligible.

**Study Requirements:** Participants will be randomly assigned to a supervised support group or a supervised aerobic exercise group. The exercise group will meet 3 times a week at Lyngblomsten, and exercise will be individually prescribed. Participants will be monitored by an exercise trainer.

**Participant Reimbursement:** Participants will be reimbursed \$20 for completing each month of the study activities (\$120 total).

**For more information, contact:**

Dr. Fang Yu at (612) 624-5435  
or [yuxxx244@umn.edu](mailto:yuxxx244@umn.edu)

Joanne Kellen, RN - (651) 632-5335  
Jennifer Veitenheimer - (651) 632-5428



*Don't sit home alone when you could come over and have homemade pie with us!*

**PIE AND COFFEE**  
Tuesday, August 12  
2:00 - 3:00 PM \$3

No reservations needed... just come!

## Boomerang Winners

*The Game That Keeps Giving Back™*

### Congratulations to our July winners!

|         |                             |       |
|---------|-----------------------------|-------|
| July 7  | Chuck Prokosch              | \$100 |
| July 14 | John Crocker                | \$100 |
| July 21 | Feryle Borgeson             | \$100 |
| July 28 | Dr. & Mrs. Maynard Jacobson | \$100 |



## Want Waffles, but need a ride?

GOOD NEWS! We are offering transportation on August 13 & 27. Call 632-5330 to line up your ride (just \$2 round trip). You can make a day of it if you wish. You can start out with waffles (served 9–10:30 AM), and stay for lunch.



1415 Almond Avenue  
St. Paul, MN 55108

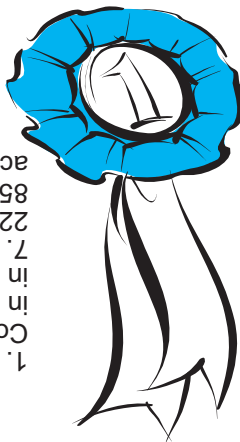
www.551club.com

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Organization  
US Postage  
PAID  
St. Paul MN  
Permit #2376

# Fun for Life!

## STATE FAIR TRIVIA ANSWERS

1. 1859; 2. 1885; 3. Ramsey County Poor Farm; 4. The first flight in MN history; 5. Teddy Roosevelt; 6. John Phillip Sousa; 7. 1947; 8. 1892; 9. apple; 10. 22,000 rolls; 11. polio epidemic; 12. 85-90 pounds; 13. 500,000; 14. 320 acres; 15. Ye Old Mill built in 1913



## MN STATE FAIR TRIVIA Do you know?

1. What year was the first Minnesota State Fair held?
2. What year was the first Fair held on the current fairgrounds?
3. What were the fairgrounds before they were the MN State Fairgrounds?
4. What special event took place at the fairgrounds on June 20, 1910?
5. Which United States President gave one of his most famous speeches at the State Fair?
6. What famous composer appeared at the fair in 1927?
7. When was the pronto pup introduced at the State Fair?
8. When did the first merry-go-round appear at the fair?
9. What is the most popular flavor of pies entered in the creative activities baked goods category?
10. Approximately how many rolls of toilet paper are used during the fair?
11. Why wasn't there a fair in 1946?
12. How much butter is used to sculpt the likeness of Princess Kay of the Milky Way?
12. On average, what's the total number of corn dogs typically consumed by fair visitors each year?
13. In acres, how large is the fairgrounds?
14. Which fair food contains the most calories?
15. What is the oldest ride on the fairgrounds?

## Answers to Brain Candy Word Find Puzzle

