

A Ministry of Compassionate Care and Innovative Services for Older Adults

Many Americans face the challenge of caring for both their own children and their aging parents at the same time. Squeezed in the middle, financially and emotionally, these caregivers are part of the "Sandwich Generation." Helping them explore options and make the sometimes difficult decisions about care for their elderly loved ones is what Lyngblomsten in St. Paul does best.

Lyngblomsten's 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.

Meeting the Changing Needs of Seniors and Their Families

Recognizing that aging is a natural part of life, Lyngblomsten believes the potential for growth does not diminish with age. With 100 years of Christian service to the elderly, the organization also understands the role families play in walking the journey of aging with their loved ones — a role that can sometimes feel overwhelming. Families appreciate the attention given to their unique situations and the resources Lyngblomsten provides, including educational opportunities, caregiver support groups and respite care programs.

Lyngblomsten offers choices through a continuum of care options, helping seniors of all faiths and cultures meet their lifestyle goals while managing their health issues. Options include:

- Socialization, wellness, meals, travel and activities at the Lyngblomsten Community Center for people living in the St. Paul area.
- In-home health care
- Senior housing (market-rate and subsidized) with assisted living services available
- Skilled nursing care: short-term transitional care and long-term care including Alzheimer's programs and service houses

Respecting the Individual

As much as possible, the organization strives to grant the lifestyle and wishes of those they serve and not be encumbered by organizational schedules.

For example, in the nursing home, residents are able to get up when they want in the morning, come to the dining room at their leisure and have breakfast made to order.

Lyngblomsten's experienced, friendly staff is known for going the extra mile for all those Lyngblomsten serves. Generous volunteers and donors enrich the lives of residents and tenants. Peace of mind and dignity for the whole person are what families find with Lyngblomsten. To learn more about how Lyngblomsten can be a resource for your family's journey, visit www.lyngblomsten.org.

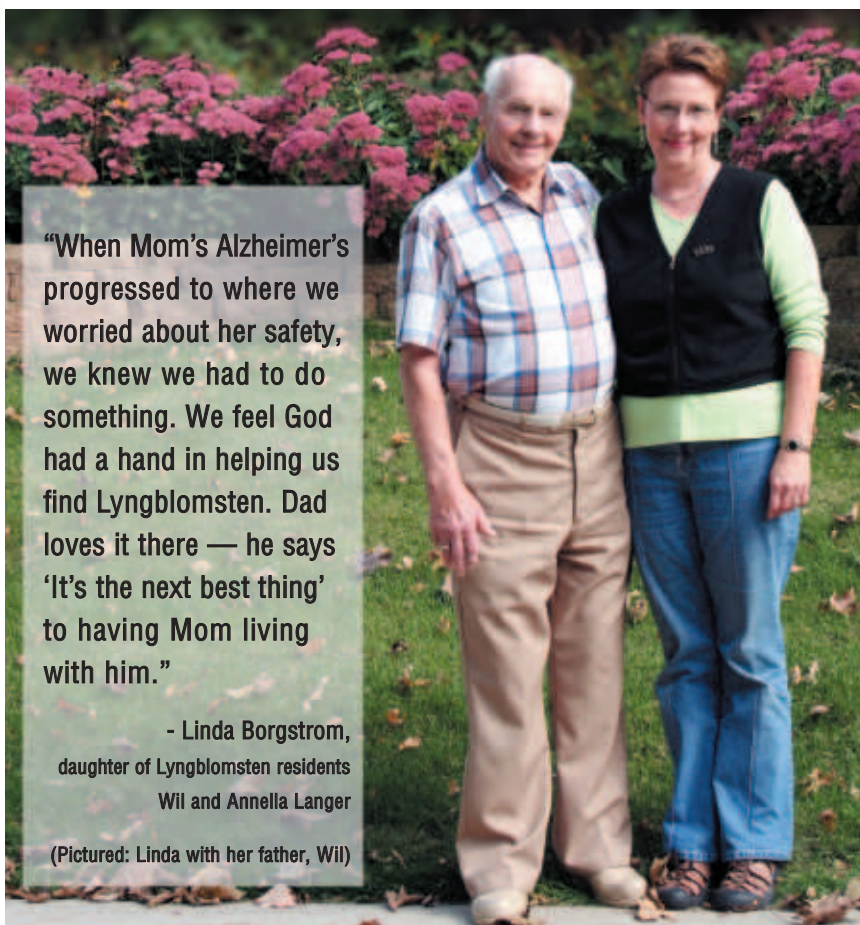


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"When Mom's Alzheimer's progressed to where we worried about her safety, we knew we had to do something. We feel God had a hand in helping us find Lyngblomsten. Dad loves it there — he says 'It's the next best thing' to having Mom living with him."

**- Linda Borgstrom,
daughter of Lyngblomsten residents
Wil and Annella Langer**

(Pictured: Linda with her father, Wil)

One Place, Different Needs

A campus setting that offered a wide variety of care options was exactly what the Langer family needed to prepare for the future. Two years after Wil and Annella Langer moved into the Lyngblomsten Apartments, Annella's Alzheimer's disease progressed to where she needed more help than Wil could provide on a daily basis. She moved to one of the Alzheimer's units at Lyngblomsten Care Center located on the same campus. Now Annella gets the programming and support she needs, and Wil can easily walk from the adjoining building to visit her every day.