



June 29, 2016

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A Celebration of Arts and Lifelong Learning at the Lyngblomsten Mid-Summer Festival
Local senior housing and services organization hosts community festival featuring showcase of artwork by older adults

ST. PAUL, Minn. (June 29, 2016) — By 2020, the number of Minnesotans age 65 and older will be greater than the number of school-aged Minnesotans ages 5 to 17.¹

And no wonder. Not only are Minnesota baby boomers reaching retirement, but they're also living longer. A 2013 report from the Centers for Disease Control and Prevention states that Minnesotans age 65 can expect to live for 20.1 more years, 15.6 of which will be in good health.²

Minnesotans may be living longer, but are they living more meaningful lives?

Not necessarily, according to Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten.

“Many people have negative stereotypes of what it means to grow old,” she said. “They picture older adults in wheelchairs, living in nursing homes, with nothing to do except play bingo and watch ‘The Price is Right.’ Why would 65-year-olds want 20 more years of life if that’s what they have to look forward to?”

The reality at Lyngblomsten, a Christian nonprofit in St. Paul that provides healthcare, housing, and community-based resources to older adults, is much different, Lewandoski continued. Older adults are creating pottery, learning about contemporary artists, recording their life stories for future generations, and bettering their balance with Tai Ji Quan. They’re living meaningful lives replete with the arts, lifelong learning, and wellness.

That’s what the Lyngblomsten Mid-Summer Festival on July 22, 2016, will be celebrating—how older adults are living healthy, vibrant lives filled with meaning and purpose.

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¹ “Aging.” *Minnesota State Demographic Center*. <http://mn.gov/admin/demography/data-by-topic/aging/>. Accessed June 15, 2016.

² “State-Specific Healthy Life Expectancy at Age 65 Years — United States, 2007–2009.” *Centers for Disease Control and Prevention*. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6228a1.htm>. Accessed June 22, 2016.

“The Lyngblomsten Mid-Summer Festival isn’t your ordinary summer festival,” Lewandoski said. Sure, it will have food and live entertainment like others will. But it also will have opportunities for the community to learn about, support, and celebrate the contributions of older adults.

The highlight will be an arts showcase featuring a variety of types of work created by Lyngblomsten residents, tenants, and community participants. Paintings, sketches, pottery, and more will be on display.

“I can’t wait for the community to be able to view the arts showcase,” Lewandoski said. “I think people will be pleasantly surprised at what our older adults have created.”

The festival will also have other activities that celebrate how the arts, lifelong learning, and wellness can be a part of every older adult’s life, including the following:

- Make-and-take art activities featuring organizations that Lyngblomsten partners with throughout the year, including Northern Clay Center, the Polymer Clay Guild of Minnesota, Art with Heart, and COMPAS.
- Live music and entertainment featuring organizations that Lyngblomsten partners with throughout the year, including the MacPhail Center for Music, OboeBass!, and HealthRHYTHMS™ Drumming.
- Demonstrations of wellness activities that Lyngblomsten sponsors, including Tai Ji Quan, yoga, and seated exercise.

“I just have not seen another local organization dedicated to having lifelong learning, arts, wellness, and education embedded into its core fabric, from the board of directors all the way to everyone that’s served,” Lewandoski said. “That is really unique and does set Lyngblomsten apart. It’s very innovative in its approach.”

For more information on this family-friendly event, visit www.CelebrateMSF.com. The festival will be held on July 22, 2016, from 2–8 PM on the Lyngblomsten campus (1415 Almond Avenue, St. Paul), two blocks east of the Minnesota State Fairgrounds entrance. Day will include an arts showcase, make-and-take art activities, food, games, and live music and entertainment from 2–6:30 PM and a dance under the big tent from 6:30–8 PM.

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Incorporated in 1906, Lyngblomsten is a Christian nonprofit organization enhancing the quality of life for older adults of all faiths and cultures through its healthcare and housing facilities as well as through its community-based outreach programs for seniors living independently. Learn more at www.lyngblomsten.org.