Thrivent Financial For Lutherans Invites You To:

The Unexpected Caregiver

A growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get emotional training for this role? Armed with facts and humor, we’ll explore the needs of caregivers—from mental fitness resources to communication tips and more.

Date: Saturday, January 22, 2011
Place: Augustana Lutheran Church, West St. Paul
Time: 8:30 AM - 12:30 PM
Fee: $10/person

To register and reserve a “ticket,” visit: www.unexpectedcaregiveraugustana.eventbrite.com
Questions? Call (952) 913-9399

Sponsoring Partners: Thrivent Financial for Lutherans, Augustana Lutheran Church, Salem Lutheran Church, Lyngblomsten Community Wellness & Education

“IT’S ALL IN YOUR APPROACH”

DVD Presentation

Helping us understand how to better work with people with memory loss.

Tuesday, February 15, 2011
6:30 - 8:00 PM
Newman-Benson Chapel at Lyngblomsten
(1415 Almond Ave., St. Paul, MN 55108)

Shown previously to The Gathering volunteers, this DVD was received very positively, with many asking to see it again. Here is that opportunity! Bring a guest to spread this valuable information even farther.

FREE, open to the public, no reservations needed.

For more information please visit: www.lyngblomsten.org

Questions? Contact Carolyn Klaver at (952) 261-5235 or cklaver@lyngblomsten.org

Sponsoring Partners: Thrivent Financial for Lutherans, Augustana Lutheran Church, Salem Lutheran Church, Lyngblomsten Community Wellness & Education
Lyngblomsten’s Guiding Principles

For our participants, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best possible life.

For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

Our 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.

LYNGBLOMSTEN LIFESTYLE
Is published quarterly by the Lyngblomsten Marketing Communications Department in cooperation with the Lyngblomsten Foundation.

Patricia Montgomery | Editor
Director of Marketing Communications

Christina Rhine | Lead Writer
Marketing Communications Specialist

Rebecca Schwartz | Lead Designer
Marketing Communications Specialist

Lyngblomsten Lifestyle can be found online at www.lyngblomsten.org. Click on “News & Events.”

Would you like to be added to or removed from our mailing list?

On the Cover: See page 3 to see how you can make a difference.

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Events Calendar
Visit www.lyngblomsten.org for updates

Sponsored by Lyngblomsten’s Care Team Ministry.

Monday, March 21
Spring Delegate Meeting:
All delegates: Please save this evening on your calendar. Details will be mailed.

Thursday, April 28
Explore Your Calling as a Grandparent
5:30 – 9 PM at Nativity Lutheran Church (St. Anthony Village).
Lyngblomsten Community Wellness & Education and Nativity Lutheran Church are sponsoring this mini conference on grandparenting.
Keynote speaker Roland Martinson will present, “Age and Experience Count! Mining the Extraordinary Power of Grandparents.” There will be a small charge for the meal. More details to come. Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

Friday, April 19
Lyngblomsten Foundation Benefit (formerly Spring Rhapsody)
Enjoy a special evening at the History Center in St. Paul.

Tuesday, May 3
Corporate Annual Meeting:
All delegates: Please save this evening on your calendar. Details will be mailed.

Save the Date
Tuesday, October 4
5:30 – 9 PM at Augustana Lutheran Church.

For more information, contact Trisha Hall, SPHR at (651) 632-5302 or thall@lyngblomsten.org.

Our MISSION:
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Board Profile

Foundation

Sarah Wilkey
by Rebecca Schwartz

Sarah Wilkey’s ties began through Lyngblomsten supporter Mary Dennis. Mary was looking for a new home after her husband, Clarence, moved to Lyngblomsten, and Sarah was her realtor. They became friends, and Mary invited Sarah to be her guest at Spring Rhapsody. It was at that Spring Rhapsody where Sarah felt a connection with Lyngblomsten, and that sparked her interest to become involved. Sarah explained, “I worked for a for-profit care center with no Foundation support, and I saw residents suffer from that. The Lyngblomsten Foundation is giving back and helping to support programs to make Lyngblomsten residents’ lives better.”

Sarah is the chair of the Spring Rhapsody Committee (she co-chaired the committee last year), she is on the Foundation Board serving her first year, and she has volunteered at the Ice Cream Social and the Phone-A-Thon. “I want to get Lyngblomsten’s name out there,” Sarah said. “There’s a great community of staff, residents, and programs that I think people should know about. I enjoy seeing programs like The Gathering and the 5-5-1 Club & Café; the club reminds me of a quality life experience.”

Sarah received her degree in general studies from the University of Tucson—Arizona, and worked in healthcare for 12 years before becoming a realtor for Edina Realty. She is a licensed contractor and enjoys flipping, staging, and remodeling houses. Sarah’s Maltese dog, Harry, is often alongside her for realty adventures and client meetings.

My 2011 New Year’s Resolution
by Dale M. Fagre, Chief Development Officer

This year I resolve to do more volunteering.
This year I resolve to do more donating.
This year I resolve to do more sponsoring.
This year I resolve to do more learning.

New Year’s has come and gone many times in my life. Over the years I have made resolutions such as get to the gym more often; focus on being a better father, husband or leader; eat healthier; spend more time with friends and family; or reach a financial goal. Of course, there have been years when I simply did not make any New Year’s Resolutions. Not this year.

The four highlighted words above offer inspiring opportunities in 2011. These four words represent the four cornerstones anchoring the newly minted Lyngblomsten Community Engagement effort. Because this is our collective vision to encourage more individuals, groups, corporate partners, churches and others to become involved in the life of Lyngblomsten, then, I as the leader in this area must do so in my own personal life. Therefore, my New Year’s resolution is to volunteer, donate, sponsor and learn more this year than I ever have in the past.

Many of you will see me throughout the year on campus, at events, in meetings or maybe at the store or restaurant. When you see me I would appreciate your asking me how I am doing on my New Year’s resolution. I need to be held accountable for this promise as I know you would want to be.

With that being said, I also want to encourage each of you to consider the positive impact you can make by committing to volunteer, donate, sponsor and learn more in 2011 than you ever have before. Lyngblomsten has many opportunities for you to contribute in one or more of these areas as does your church, school or other organizations you hold dear to your heart.

We live in uncertain times, and there is talk of a “new normal.” Well, as part of the new normal, let us volunteer, donate, sponsor and learn more than ever. My personal belief is when we engage in these ways, we ignite a spark and an optimism in others which is contagious; I suspect will cause others to go and do likewise. You and I may never know if our example ruffs off on another person, but that is not why we do it, is it? We choose to volunteer, donate, sponsor and learn because it helps others—it is the right thing to do, and it genuinely feels good. Remember the Bible verse in 2 Corinthians 5:7 where it states, “God loves a cheerful giver”? Well, this coming year let’s agree to cheerfully give of our time and possessions as we volunteer, donate, sponsor and learn. When we do so, blessings will abound.

How are you enhancing lives?

Lyngblomsten is an organization for, by, and about PEOPLE. People who are older. People who walk the journey with those who are elderly. People who support and serve seniors. Your association with Lyngblomsten is one mark of your care and concern for older adults. You are an ambassador for 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.**

Our Guiding Principles and questions for each constituent group are given below. Ponder the questions that apply to you. Then cut out and hang up this page (there’s a poster on the back)! as a memory key and ideas generator for 2011.

Participants

For our participants (residents, tenants, community program members), Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

- What activity could you begin participating in that you haven’t yet tried?
- How could you share your stories, wisdom, and experiences with others?
- What resource(s) are available that could give you more options and a better quality of life?

Families

For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

- What feedback or ideas could you share with Lyngblomsten that would support your needs as a family caregiver?
- How will you take time to care for yourself so that you can “be there” for your loved one(s)?
- What resources could you access that would enhance your quality of life?

Employees

For our employees, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

- Can you identify gaps in our continuum of services and opportunities to meet those needs?
- What more can you do to work in ways that promote dignity, value, and personhood of those we serve?
- How can you improve your skills and be even more effective in your role?

Community

Through our community of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individuals to live one’s personal ministry by enhancing the lives of older adults.

- How could you involve your church, employer, or friends in the mission of Lyngblomsten?
- What financial gift could you make to support the mission and services of Lyngblomsten?
- How could you share your talents and enhance the lives of older adults?

Already doing these things? Tell us your story!

Write: Patricia Montgomery, Lyngblomsten, 1415 Almond Avenue, St. Paul MN 55108
eMail: pmontgomery@lyngblomsten.org
Web: www.lyngblomsten.org; go to News & Events; then Publications; form will be with

We will celebrate your stories at the LYNGBLOMSTEN AMBASSADOR SHOWCASE scheduled for June 29.
Participants
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Our 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.

(651) 646-2941
www.lyngblomsten.org

Gifts to the Remembrance Fund
In Memory or Honor of a Loved One

September 1, 2010 – November 30, 2010

*Includes memorial donations to the Lyngblomsten Auxiliary. Does not include donations to Sharing the Light campaign.

If you have questions about this list, please contact the Foundation at (651) 646-2941.
Lyngblomsten’s Partner in Arts Participation Grant through the MN State Arts Board has provided Lyngblomsten with funding to introduce and integrate various fine arts—such as theatre, music and visual arts—to inspire, educate, and nurture Lyngblomsten community members. The new program, called “Artful Living at Lyngblomsten: Art for Every Season of Life,” recently completed its first “season” focused on the visual arts. Along with a trip to the Minneapolis Institute of Arts, residents, tenants and community members had the opportunity to participate in watercolor classes here at Lyngblomsten for eight weeks with resident artist Anne Krocak, provided through Compas.

Thank you to all those who volunteered, supported and participated in the first season of “Artful Living at Lyngblomsten!” Ongoing financial gifts will be needed to keep this program operating.

Below is a sampling of work from a few class participants.

The Artist: Bob Ogren  
community neighbor/volunteer  
Bob said his wife talked him into trying the watercolors class and he is thankful that she did. He thought he would come once or twice and see what it was like, but by the end of the course, he was more enthused about painting than ever before. As a result of this class, he has purchased paints, brushes, watercolor paper, and DVDs for beginners.

(paintings to left & above)

The Artist: Bob Conophy  
community neighbor  
Bob wanted to use the images in his artwork to express himself. His goal was to let the creativity flow. He found watercolor painting to be very relaxing.

(painting above)

The Artist: Nora Wagner  
Lyngblomsten participant  
Nora is an experienced painter but enjoyed getting back into watercolors. She painted flowers and said that they are a symbol of remembrance for her.

(painting to right)
Prince of Peace•Burnsville

Established in 1964 with 68 families, Prince of Peace Lutheran Church in Burnsville, a Lyngblomsten corporate congregation, has a simple mission according to Claire Cassell, Pastor of Spiritual Care. “We are about making disciples,” she stated. Prince of Peace welcomes all people into the presence of God, equipping them to be passionate disciples of Jesus Christ, and sending them out to serve in the world. We also make three promises to our congregants,” said Pastor Claire. “You will never go without food, never live without a roof over your head, and you will never walk alone.”  

With a population of 2,500 Baby Boomers entering into the age 65+ range over the next few years, Prince of Peace has especially focused on expanding its repertoire of volunteer opportunities and activities for senior adults. Currently, there are 1,500 congregants at Prince of Peace over the age of 65. Gloria Swanson, Minister of Vital Aging, said, “Approximately 500 of them volunteer in various ways, such as in the Mission Outpost, children and family ministry, childcare, church council, various teams, women’s and men’s ministries and more.”  

Through their partnership with Lyngblomsten, Prince of Peace has made use of the Parish Nurse Ministry program and Community Wellness and Education’s Speakers Bureau. Parish Nurse Leu Killion regularly attends monthly parish nurse meetings and support groups through Lyngblomsten. “My favorite part about the Parish Nurse program is learning about how to educate seniors, and through Lyngblomsten, having access to other parish nurses and resources,” Leu said. “Our partnership with Lyngblomsten is very valuable.”

Love Your Neighbor as Yourself

This devotion is by Rev. Claire Cassell, Pastor of Spiritual Care at Prince of Peace Burnsville

“Love the Lord your God with all your heart and with all your soul and with all your mind and love your neighbor as yourself.” Luke 10:27

Jesus wants to invite you into love this day. He wants to invite you to love God with all your heart, soul, strength and mind. He also wants to invite you to love your neighbor and to love yourself.

God wants to have a loving relationship with us just as he wants us to have a loving relationship with others and with ourselves. Let me speak for a moment about this last form of love: love for ourselves. As Christians, I believe we are much better at loving God and our neighbor than we are at loving ourselves.

Think for a moment about how many times you put yourself down in a day or how much negative self-talk you give yourself. If we really think about it, we often have a hard time loving ourselves, but yet Jesus tells us to love our neighbor in the same way that we love ourselves. If we don’t fill our own cup with love for ourselves, but keep on giving to our neighbor, pretty soon we will have an empty cup and we won’t be able to give to anyone. On the other hand, if we fill our own cup with lots of love, we will be strengthened and sustained by God to fill another’s cup out of our own abundance.

God loves you with all His heart, soul, strength and mind. If God loves us that much, how can we love ourselves any less?
Kim Durkee
by Christina Rhein

After serving on the Human Resources Committee at Lyngblomsten for almost 15 years, Kim Durkee was elected this past May to the Corporate Board. Now performing two roles at Lyngblomsten as well as being an active member at St. Anthony Park Lutheran Church, a corporate congregation, Kim clearly shows a passion for being involved in the Lyngblomsten community. “Lyngblomsten is a great example of how seniors should be treated with respect and dignity,” Kim stated. “Lyngblomsten’s outreach to the community and churches is a noble cause.”

Kim is employed at Medtronic as a Human Resources Consultant. Her background in human resources ranges across many different industries from retail, utilities, and health care. She has even worked internationally in human resources when she lived in England for four years. Of course with her passion for human resources, Kim believes that employees are a key role in the success of any company. As both an employee of Medtronic for almost 12 years and an active participant at Lyngblomsten, Kim sees two organizations that value their employees and have many similarities in their success. Kim feels that she can help both organizations “accomplish goals through employees by keeping them engaged, motivated and satisfied.”

Kim and her husband Paul have two children. She enjoys gardening in her free time and is active in a wine club, card club, and the St. Anthony Park Garden Club as the plant sale chair and garden tour publicity chair.

Need a speaker for an upcoming gathering? Make use of the Speakers Bureau

Lyngblomsten Website Makeover

A new design for Lyngblomsten’s website makes navigation simple and resources more readily available.

www.lyngblomsten.org

Go Digital in 2011

Reduce paper usage and receive Lyngblomsten Lifestyle electronically

Please help us conserve paper in 2011 by receiving your quarterly copy of Lyngblomsten Lifestyle electronically. Instead of receiving a copy of the magazine via U.S. mail, you would receive an e-mail with a link to an online copy of Lyngblomsten Lifestyle. All online issues include the same information as the hard copy. In addition to reading the current publication online, you can also browse through past editions of Lyngblomsten Lifestyle.

If you choose to receive Lyngblomsten Lifestyle electronically, you will no longer receive a hard copy by mail. Please e-mail pmontgomery@lyngblomsten.org the following information if you would like to start receiving Lyngblomsten Lifestyle electronically:

- Full name and address
- E-mail address
Corporate Volunteers
Employees from Target (above) and General Mills (right) volunteered during the holidays to help spread cheer by decking the halls and baking Christmas cookies.

Spritz, Lefse, and Rosettes, oh my!
The Lyngblomsten Auxiliary’s Annual Scandinavian Cookie & Craft Fair was held on December 3. Many people came to buy handmade gifts and sweet treats, including rosettes (shown above).

Music for Life
MacPhail, Music for Life™ (taught by Jeanie Brindley-Barnett and Jeanne Bayer) was held at Lyngblomsten as part of the Artful Living at Lyngblomsten’s season of music. Residents and tenants enjoyed expressing themselves through singing and gave a special performance at the annual Tree Lighting Celebration.

Husby Memorial Concert
Balkan dance musical group Orkestar Bez Ime performed at the Husby Memorial Concert held in September.

Veterans Day Celebration
The 5-5-1 Club & Café held a special program of music and history to honor local vets on Veterans Day. Thanks for your service to our country!

Dr. Clarence Dennis Nurses Scholarships Awarded
Dr. Clarence Dennis Nurses Scholarship recipients with Mary Dennis, who established the scholarship (L to R): Clifford Akporherhe, Mary Dennis, Newton Momanyi and Jane McHattie.
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Featured Presentations:

• How Do I Know When It’s Time to Move (And What Are My Options)? Evaluate the spectrum of senior housing options.
• Eating Right for Older Adults Learn about the nutrients the aging body needs to perform well.
• Driving No More: A Guide for Families of Impaired Drivers Learn strategies for approaching and talking about this difficult topic.
• Caregiving: A Family Team Approach Learn to take a family team approach to the care of your aging loved ones.
• Getting Your Affairs in Order Learn about the things you can do now to prepare your affairs for the future.
• Faith of Your Mothers: The Ladies of Lyngblomsten Sing songs of faith, read the poetry, and learn about how 11 Norwegian women founded a “home for the aged” in 1906.
• Father Damien and the Lepers of Kalaupapa Be inspired by a famous caregiver who cared for lepers on the Hawaiian island in 1873.

To see a listing of all presentations available, visit www.lyngblomsten.org and click on “Resources.”

To inquire about a presentation, contact:

Cindy Albing
Community Education Coordinator
(651) 414-5292 or calbing@lyngblomsten.org

Need a speaker for an upcoming gathering? Make use of the

LYNGBLOMSTEN

Speakers Bureau

Educational and informative presentations on topics pertinent to older adults and those who care about them. Churches, groups and clubs, companies, and other organizations can access the presentations.

A New Look for Lyngblomsten’s Website

We’re kicking off the new year with a redesigned and improved website! When it comes to resources, what’s better than information at your fingertips 24/7?! We hope you will find the new site to be vibrant and fresh with content that is easier to navigate and read. A few of the improvements are:

• A blog that will show you the “smaller moments” of life with Lyngblomsten and short, timely news pieces
• A way to submit questions electronically
• A more robust staff directory
• The opportunity to donate online
• Coming soon: online registration for selected events

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Established in 1964 with 68 families, Prince of Peace today is attended by 3,652 families and is made up of 12,246 individual members and participants. They match their impressive number of congregants with a range of opportunities for participants in every generation and of every talent.

**Reflections**

God wants to have a loving relationship with us just as he wants us to have a loving relationship with others and with ourselves. Let me speak for a moment about this last form of love: love for ourselves. As Christians, I believe we are much better at loving God and our neighbor than we are at loving ourselves.

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**Love Your Neighbor as Yourself**

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Jesus wants to invite you into love this day. He wants to invite you to love God with all your heart, soul, strength and mind. He also wants to invite you to love your neighbor and to love yourself.

Did you make a resolution to give back to your community? Give back by volunteering with Lyngblomsten!

**Bus Driver:**
Do you have the gift of a lift? 13-passenger van for local stops needs drivers!

**Skype Helper:**
Connect people over the miles. Help set up Skype calls for people not able to travel.

**Welcome Desk Attendant:**
Friendly faces? Help make people feel welcome as they arrive on campus.

**5-5-1 Club & Café Server:**
Our 5-5-1 Club & Café food is delightful and served by volunteers. If serving is for you, this is the order!

For more information, contact Sheila Back at (651) 632-5297 or sleek@lyngblomsten.org.

**Did You Make a Resolution to Give Back to Your Community?**

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**Driving for Others?**

Transportation Essentials for Volunteer Drivers

Sponsored by Lyngblomsten’s Care Team Ministry

Tuesday, March 15, 2011

6:30—8:30 PM

at the 5-5-1 Club community center (lower level of 1415 Almond Ave., St. Paul)

Attend this mini workshop and:
- Discover how to effectively and safely transport older adults and persons with special needs.
- Be informed on the latest liability and insurance issues.
- Connect with other volunteer drivers in the community.
- Learn about proper body mechanics, safe wheelchair transfers, and effective positioning.

Free to corporate congregations, open to others for $10 per person (or $25 for a group of 3 or more).

To register, contact Debbie at (651) 632-5330 or dseverson@lyngblomsten.org.

Be a blessing to others by sharing your ability to drive!
The 5th Annual Phone-A-Thon will be held February 8–10, 2011. The Lyngblomsten Foundation Annual Fund Committee is planning this event.

The Sharing the Light of Lyngblomsten campaign received about 125 gifts totaling about $10,000. Celebrating the Light program was held on Tuesday, December 7, and this festive program was highlighted by the participants in the McPhail Music for Life program who gifted us with Christmas songs. Thank you to all who helped make this night memorable!

The Artist: Bob Ogren
community neighbor/volunteer
Bob said his wife talked him into trying the watercolors class and he is thankful that she did. He thought he would come once or twice and see what it was like, but by the end of the course, he was more enthused about painting than ever before. As a result of this class, he has purchased paints, brushes, watercolor paper, and DVDs for beginners.

(paintings to left & above)

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community neighbor
Bob wanted to use the images in his artwork to express himself. His goal was to let the creativity flow. He found watercolor painting to be very relaxing.

(painting above)

The Artist: Nora Wagner
Lyngblomsten participant
Nora is an experienced painter but enjoyed getting back into watercolors. She painted flowers and said that they are a symbol of remembrance for her.

(painting to right)

IN MEMOR Y OF
Marjonie Bohn
Katherine and Kent Eklund
Arno Hanson

IN MEMOR Y OF
Phyllis M Anderson
Robert and Joanna Anderson
Richard and Judy Bartz
Katherine and Kent Eklund
Norma Hunter

IN MEMOR Y OF
Adine Aurelius
Judith Hall

IN MEMOR Y OF
Esther Bentley
Barbara Bertley
Carol Bentley
Rev. Elder K. Bentley
Dennis and Elaine Boom
Sheryl Dregman
Wally and Margit Haug
Harold and Diana Hendrickson
Estelle Heuer
Moidel Jacobson
Karin Peterson
Ruthann Ryberg
Dorothy Storch
Curt and Kay Thorpe
Dr. and Mrs. Doug Wangensteen

IN MEMOR Y OF
Bob Ogren
community neighbor/volunteer
Bob said his wife talked him into trying the watercolors class and he is thankful that she did. He thought he would come once or twice and see what it was like, but by the end of the course, he was more enthused about painting than ever before. As a result of this class, he has purchased paints, brushes, watercolor paper, and DVDs for beginners.

(paintings to left & above)

The Artist: Bob Conophy
community neighbor
Bob wanted to use the images in his artwork to express himself. His goal was to let the creativity flow. He found watercolor painting to be very relaxing.

(painting above)

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Our Guiding Principles

Participants
For our participants, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

Families
For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

Employees
For our employees, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

Community
Through our community of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one’s personal ministry by enhancing the lives of older adults.
How are you enhancing lives?

Lyngblomsten is an organization for, by, and about PEOPLE. People who are older. People who walk the journey with those who are elderly. People who support and serve seniors. Your association with Lyngblomsten is one mark of your care and concern for older adults. You are an ambassador for 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.*

Our Guiding Principles and questions for each constituent group are given below. Ponder the questions that apply to you. Then cut out and hang up this page (there’s a poster on the back!) as a memory key and ideas generator for 2011.

**Participants**

For our participants (residents, tenants, community program members), Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

- **What activity could you begin participating in that you haven’t yet tried?**
- **How could you share your stories, wisdom, and experiences with others?**
- **What resource(s) are available that could give you more options and a better quality of life?**

**Families**

For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

- **What feedback or ideas could you share with Lyngblomsten that would support your needs as a family caregiver?**
- **How will you take time to care for yourself so that you can “be there” for your loved one(s)?**
- **What resources could you access that would enhance your quality of life?**

**Employees**

For our employees, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

- **Can you identify gaps in our continuum of services and opportunities to meet those needs?**
- **What more can you do to work in ways that promote dignity, value, and personhood of those we serve?**
- **How can you improve your skills and be even more effective in your role?**

**Community**

Through our community of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individuals to live one’s personal ministry by enhancing the lives of older adults.

- **How could you involve your church, employer, or friends in the mission of Lyngblomsten?**
- **What financial gift could you make to support the mission and services of Lyngblomsten?**
- **How could you share your talents and enhance the lives of older adults?**

Already doing these things? Tell us your story!

Write: Patricia Montgomery, Lyngblomsten, 1415 Almond Avenue, St. Paul MN 55108
Email: pmontgomery@lyngblomsten.org
Web: www.lyngblomsten.org; go to News & Events, then Publications; form will be with Lyngblomsten Lifestyle.

We will celebrate your stories at the **LYNGBLOMSTEN AMBASSADOR SHOWCASE** scheduled for June 29.
Contents

L L Y N G B L O M S T E N L I F E S T Y L E
Is published quarterly by the Lyngblomsten
Marketing Communications Department
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Director of Marketing Communications

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Marketing Communications Specialist

Rebecca Schwartz  | Lead Designer
Marketing Communications Specialist

Lyngblomsten Lifestyle can be found online at
www.lyngblomsten.org. Click on “News & Events.”

Would you like to be added to or removed from our mailing list?
Have a change of address? Please let us know.

“Lyngblomsten Lifestyle Mailing List”
Attn: Mary Grupa
1415 Almond Avenue, St. Paul, MN 55108
(651) 632-5324 or mgrupa@lyngblomsten.org

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Get Involved in 2011
Watercolor with Lyngblomsten
Reflections
Our Partnership
Resource Roundtable
Board Profile: Kim Durke
Heritage Society/President’s Club
Celebrating the Light Wrap-Up
Remembrance Fund
Board Profile: Sarah Wilke
New Year’s Resolution
On the Cover: Get Involved! See page 3 to see how you can make a difference.
Thrivent Financial For Lutherans Invites You To:
The Unexpected Caregiver

A growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get emotional training for this role? Armed with facts and humor, we’ll explore the needs of caregivers—from mental fitness resources to communication tips and more.

Date: Saturday, January 22, 2011
Place: Augustana Lutheran Church, West St. Paul
Time: 8:30 AM - 12:30 PM
Fee: $10/person

To register and reserve a “ticket,” visit: www.unexpectedcaregiveraugustana.eventbrite.com

Questions? Call (952) 913-9399

Sponsoring Partners: Thrivent Financial for Lutherans, Augustana Lutheran Church, Salem Lutheran Church, Lyngblomsten Community Wellness & Education

“It’s All In Your Approach”
DVD Presentation

Helping us understand how to better work with people with memory loss.

Tuesday, February 15, 2011
6:30 - 8:00 PM
Newman-Benson Chapel
at Lyngblomsten
(1415 Almond Ave., St. Paul, MN 55108)

Shown previously to The Gathering volunteers, this DVD was received very positively, with many asking to see it again. Here is that opportunity! Bring a guest to spread this valuable information even farther.

FREE, open to the public, no reservations needed.

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Teepa Snow is changing the world of Alzheimer’s!

The facilitator on the DVD is Teepa Snow, MS, OTR/L, FAOTA, a Master’s prepared, licensed Occupational Therapist and Fellow of the American Occupational Therapy Association. Teepa is a dementia expert who trains and consults for healthcare professionals and families privately about how a brain disease like dementia affects a person.

Questions?
Contact Carolyn Klaver at (952) 261-5235
or cklaver@lyngblomsten.org
www.lyngblomsten.org