October

Bread with Fred
By day Dr. Fred Gaiser is Professor of Old Testament at Luther Seminary. By night, he bakes bread. With a B.A. in Chemistry, living in Germany, and years of “hands-on” kneading experience, Fred knows something about the science—and the art—of baking bread, right down to grinding his own flour.

Join us at 5:30 PM for a hearty dinner featuring bread, cheese, meat, jams, fruit, and dessert. If you bake bread and would like to bring a loaf to share, we’d be happy to sample!

Monday, October 17
5:30 PM Dinner; 6:30 PM Program
Fee: $10
Location: 5-5-1 Club & Café
Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
Register by 10/6: (651) 414-5292 or calbing@lyngblomsten.org

November

This Is My Country
Veterans Day Celebration
Celebrate those who have served on behalf of our country. Join us for lunch and a program that includes: Color Guard, Lyng Sisters performance, slideshow and more.

If you wish to have your service photo or that of a loved one shown in the program, please bring it to the Club by Monday, November 7. We will scan it and give it right back to you.

If you are a veteran, we would like to recognize you during the program. When you RSVP, please tell us in which branch you served.

Friday, November 11
Noon Roasted Chicken Dinner; 1PM Program
Fee: $10 for lunch and program
Location: 5-5-1 Club & Café
Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
RSVP by 11/7: (651) 414-5292 or calbing@lyngblomsten.org

December

Dinner & Lecture
The Bible in Handel’s Messiah
Handel’s Messiah premiered in 1742 and remains to this day among the best loved music in the world. Come and find out the circumstances under which Handel wrote his great masterwork and how he combined music with biblical texts. Music, slides, and Gospel, compliments of Dr. Nancy Koester.

Dinner menu: roast beef, mashed potatoes and gravy, carrots, salad, dinner rolls, and dessert.

Wednesday, December 14
5:30 PM
Fee: $10 includes program & dinner
Location: 5-5-1 Club & Café
Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
Register by 12/9: (651) 414-5292 or calbing@lyngblomsten.org

Upcoming Opportunities
Community Education, Wellness & Fun for Life
Find more opportunities at www.551club.com.
**LYNGBLOMSTEN LIFESTYLE**

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

**Director of Marketing Communications**

Christina Rhone | Lead Writer

**Marketing Communications Specialist**

Rebecca Schwartz | Lead Designer

**Lifestyle & Community**

Patricia Montgomery | Editor

**Lifestyle & Community**

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?**

**Prefer to receive lifestyle electronically?** 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

LYNGBLOMSTEN LIFESTYLE is published quarterly by the Lyngblomsten Marketing Communication Department in cooperation with the Lyngblomsten Foundation.

- **Making a Difference in a New Era**
  - Patricia Montgomery
  - Christina Rhone
  - Rebecca Schwartz

- **Reflections**
  - Resource Roundtable
  - Scrapbook
  - Tradition, Transition & Legacy
  - Board Profile: Bill Stacey
  - Artful Living with Lyngblomsten
  - Remembrance Fund
  - Events Calendar

On the Cover:

A collage of Lyngblomsten Auxiliary photos. See page 5 for captions of each photo.

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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.

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

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

**HUMAN RESOURCES**

Trisha Hall, SPHR: (651) 632-5302

thall@lyngblomsten.org

**COMMUNITY ENGAGEMENT**

Volunteer Services, Corporate Engagement, and Lyngblomsten Auxiliary

Melanie Davis: (651) 632-5336
mdavis@lyngblomsten.org

Lyngblomsten Foundation

Dale Fager: (651) 632-5339
dfager@lyngblomsten.org

**Donate Online:**

www.lyngblomsten.org/donate

Lyngblomsten’s Guiding Principles

**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.

Friday, November 4

**Old Log Theater Presents:** Everybody Loves Opal

Enjoy live theater and a meal on this 5-5-1 Club & Café trip. See www.551club.com/calendar for more details.

**Thursday, November 10**

**Jazzed About Our Supporters**

Annual Appreciation Event honoring Lyngblomsten volunteers, donors, corporate sponsors, and the Lyngblomsten Auxiliary members.

6–8 PM at the Ramada Plaza. Includes dinner and program with musical entertainment by jazz trio Framework.

Invitations will be mailed.

**Saturday, November 11**

This is My Country – Veterans Day Celebration

Celebrate those who have served on behalf of our country by coming to the 5-5-1 Club & Café for lunch and a program. See page 16 for details.

**Monday, November 14**

Lyngblomsten Gift Shop’s “Seasoned with Christmas” 10 AM – 4 PM

Be among the first to browse the Christmas merchandise and find great gifts for everyone on your list (NOTE: Shop closed Nov. 11 – 13 to prepare).

**Thursday, November 24**

Thanksgiving Worship Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten.

**Friday, December 2**


**Tuesday, December 6**

Celebrating the Light of Lyngblomsten and Annual Tree Lighting Ceremony 7 PM in the Newman-Benson Chapel at Lyngblomsten.

Everyone is welcome at this annual holiday tradition.

**Friday, December 9**

A Cup of Christmas Tea with Warren Hanson Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings!

10 – 11 AM at the Newman-Benson Chapel at Lyngblomsten. See page 14 for details.

**Thursday, December 22**

Candlelight Christmas Service

4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

**Thursday, December 22**

Care Center Resident and Family Christmas Dinner

Following the Candlelight Christmas Service, held in the Newman-Benson Chapel.

**Saturday, December 24**

Christmas Eve Service

4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

**Sunday, December 25**

Christmas Day Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten.

**Saturday, December 31**

New Year’s Eve Open House at the 5-5-1 Club & Café 2:00 – 5:00 PM. Ring in the New Year without having to prop open those eyelids! Appetizers and social time, followed by dinner and entertainment. Transportation available. Fee: $12. Reservations/questions: Contact Geri Rutz at (651) 632-5320.

**Saturday, February 11, 2012**

5-5-1 Club & Café Soup-Off Contest

Details will be in the January edition of LimeLight, the club’s monthly newsletter, and posted online at www.551club.com/calendar as well as on their Facebook page at www.facebook.com/551clubcafe.

**Wellness for Life presentations**

- **10–11 AM at the 5-5-1 Club & Café**
  - Monday, October 17 – Good Body Mechanics & Good Posture
  - Monday, November 21 – Hearing Loss – How does it impact all of us?

Fee: $2; Coffee and refreshments included.

No reservations needed.

**questions?** Call (651) 632-5335. For more details, visit www.551club.com/calendar.

**books • cheese • wine**

5:30–7 PM at the 5-5-1 Club & Café

- **Thursday, October 13** – Sherlock Holmes: Man of Mystery.
  - Presenter: Tim Johnson, curator of the University of Minnesota’s Sherlock Holmes collection
  - Thursday, November 3 – Our Lady of the New World.

Fee: $5 if pre-registered, or $8 at the door.

Register/questions: (651) 414-5292.

For more details, visit www.551club.com/calendar.

Directory

**MAIN NUMBER:** (651) 646-2941

**WEB:** www.lyngblomsten.org

**RESIDENCES**

Lyngblomsten Care Center

Short-term rehab, long-term care & Alzheimer’s care

Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

kstarr@lyngblomsten.org

Administrator

Jeff Henecke: (651) 632-5308

jheinckke@lyngblomsten.org

Lyngblomsten Apartments

Located at 1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

snbewgren@lyngblomsten.org

Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Staufacher: (651) 632-5422

pstauffacher@lyngblomsten.org

**Contents**

- Making a Difference in a New Era
- Board Profile: Wes Johnson
- Reflections
- Resource Roundtable
- Scrapbook
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For more details, visit www.551club.com/calendar as well as on their Facebook page at www.facebook.com/551clubcafe.
Events Calendar
Visit www.lyngblomsten.org for updates

* Unless noted otherwise, all events (including the 5-5-1 Club & Café) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Wednesday, October 5 – Friday, October 7
Lyngblomsten Auxiliary’s Fall Rummage Sale
Newman-Benson Chapel at Lyngblomsten
Friday: 9 AM – 7 PM
Saturday: 9 AM – 4 PM
Sunday: 9 AM – Noon (bag day!) See page 5 for details.

Wednesdays, October 12 & 26, November 9 & 23, December 14 & 28
Caregivers Support Group – Caring for yourself while caring for your loved ones
1:30–3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN 55108)
Sessions include a brief education component, time to gather resources, and time to talk. By participating, you can support yourself and others in the journey of caregiving. Free; no reservations needed. Come as often as you are able.

Thursday, October 13
Harvest: The Time of Your Life
Proceeds benefit the Artful Living program at Lyngblomsten. Invitations will be mailed.

Sunday, October 16
Husby Memorial Concert
3:00 PM at the Newman-Benson Chapel at Lyngblomsten.
Join us for a delightful concert featuring a performance by Hannah Sacred Ensemble. FREE, thanks to the Gertrude Husby & Ingebor Husby-Smith Memorial Endowment.
Learn more about Hannah Sacred Ensemble at www.hannahsacredensemble.org. See page 12 for details.

Tuesday, October 18
Transporting Essentials for Volunteer Drivers
6:30 – 8:30 PM at the 5-5-1 Club & Café
Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. $10 per person (or $25 for a group of 3 or more). FREE for members of Lyngblomsten’s corporate congregations. To register contact Debbie Severson at (651) 632-5330. Hosted by Lyngblomsten’s Home- & Community-Based Services.

Making a Difference in a New Era

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. – A Lyngblomsten Guiding Principle

Progress and longevity make change inevitable. Ironically, the Auxiliary itself was born out of an opportunity that arose because of a major change that occurred to the structure of Lyngblomsten. After Lyngblomsten had been in very successful operation for about 50 years, the founding women, their daughters and granddaughters could no longer run Lyngblomsten by themselves—partly due to women entering the workforce in significant numbers and partly due to new government regulations. In 1960, they gifted Lyngblomsten to what is now known as the ELCA (Evangelical Lutheran Church in America). In 1961, the Auxiliary was formed and replaced the role of the community “branches” that had financially supported Lyngblomsten since 1906. These similar times of transition for Lyngblomsten have called for a shared appreciation for teamwork and selflessness to design what is best for the good of all those older adults being served through Lyngblomsten.

As the Auxiliary moves toward a new era and a new way of providing support to Lyngblomsten, their objective will continue to stay at the forefront of the work being done. “We want to ensure that the values of the Auxiliary that live on are their advocacy for our residents and continued support for all the little extras that make life special,” commented Melanie Davis, Director of Volunteer Services and Corporate Engagement for Lyngblomsten and staff liaison to the Auxiliary.

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“A Cup of Christmas Tea

Hosted by Lyngblomsten Community Wellness & Education

A Cup of Christmas Tea

December 9, 2011 | 10 – 11 AM
Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue St. Paul, MN 55108

Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings! Along with such favorites as A Cup of Christmas Tea, Warren will share from his newest book, Dear Me. Enjoy tea and treats at this charming morning retreat. Warren’s books and CDs will be available for purchase. No reservations needed.

Fee: $5 suggested donation

Questions? Contact Deb Bowman at (651) 632-5335 or dbowman@lyngblomsten.org

www.551club.com | www.lyngblomsten.org

“Change is the law of life. And those who look only to the past or the present are certain to miss the future.”
— John F. Kennedy

After half a century of dedicated service and financial support to Lyngblomsten’s residential programs and outreach services, the Lyngblomsten Auxiliary has voted to formally dissolve their leadership as a group and gift their role to a committee of the Lyngblomsten Foundation. As the year comes to a close, it is not only a time of transition for the Auxiliary as they turn to a new chapter of service, but also a time to celebrate these committed and passionate supporters of Lyngblomsten.

The Lyngblomsten Auxiliary was organized 50 years ago in 1961. Their primary function has been to provide financial support for Lyngblomsten’s residential programs and outreach services, helping to facilitate the well-being and comfort of all the older adults Lyngblomsten served by providing the special life-enhancing “extras.” Some examples of things the Auxiliary has done over the years to accomplish their objective are: rummage sales, Scandinavian Cookie and Craft Fairs, operation of the Lyngblomsten Gift and Coffee Shop, and various other special projects such as gift wrapping during the holidays at local bookstores. The “extras” the Auxiliary has been able to provide have ranged from smaller things such as purchasing a salt-water aquarium for Lyngblomsten’s Alzheimer’s unit, to larger contributions like their $200,000 gift to the “Focused on the Future” fund drive.

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There were several factors that led up to the Auxiliary’s need for a new model of operation. The most apparent aspect was the dwindling membership of the group. The Auxiliary was unable to maintain or grow its membership largely due to the increasing number of women working full time, members’ desire for daytime meetings, and competition for people’s time. Those involved had served their time in leadership roles and preferred to now be workers and helpers. Melanie reflected that, “Not having sustainable leadership for this separate support organization became the turning point when it became clear that we had to look at a different way to run the organization. It couldn’t continue to exist the way it had been.” In addition to fewer people to carry out the services of the Auxiliary, the physical labor-intensive work required for many of the events became burdensome for members as they aged.

“This forward-thinking group of individuals experienced a few transformations over the years, including opening the services of the Auxiliary, the physical labor-intensive work required for many of the events became burdensome for members as they aged. The Lyngblomsten Auxiliary Legacy Fund will be used to perpetuate the Auxiliary’s proud tradition of providing for the “extras” to enhance the lives of those Lyngblomsten serves.

You can become involved to help support the ongoing cause of the Auxiliary. One opportunity is to make a financial gift to the Lyngblomsten Auxiliary Legacy Fund (please refer to the donation envelope included in this magazine, or see the legacy article on page 10 for details about how to give). With this fund, the good work of the Auxiliary can continue indifferently through interest earnings and financial donations from anyone who designates their gift to this fund.

You can also contribute to the Auxiliary’s cause by helping carry on the rich traditions of fundraising activities through volunteering for the rummage sales, Scandinavian Cookie and Craft Fairs, or wrapping gifts at Barnes & Noble during the holiday season. If you are interested in volunteering for any of these events, contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org. Learn more about getting involved at Lyngblomsten.org/get-involved.

IN MEMORY OF
Mary T. Abraham
Margorie Abas
IN MEMORY OF
George Anderson
Lorraine Anderson
Steven and Mary Anderson
Lionel and Joanne Baxter
Harold and Dorothy Bishop
Norman and Joan Fish
Jim and Mary Herbert
Mr. and Mrs. Roger Jewell
Jean Kowalski
Peter and Linda Kowalski
Wayne and Barbara Kowalski
Sharon Lazarus
Dorothy Mechura
Allan and Veronica Meier
Stacy Meier
Sophia Nelson
Bob and Elaine Ogren
Iona Ommaas
Thelma Pedersen
Doris Simenstad
Margaret Spear
Dale and Elise Tarnowski
Delores Wade
IN MEMORY OF
Adine Aurelius
Judith Hall
IN MEMORY OF
Lester Gordon Ballingrud
Ballingrud Family Trust
Daniel and Irene Brink
Gregory and Joyce Pappenius
Rebecca and Gary Pappenius
IN MEMORY OF
Inez Brownlee
Nancy Hoffman
IN MEMORY OF
Helen Chaseley
Ruthann Ryberg
IN MEMORY OF
Leonard Fagre
Dale and Deb Fagre
IN MEMORY OF
Carl Feske
Bob and Elaine Ogren
IN MEMORY OF
Neal Friis
Ruthann Ryberg
IN MEMORY OF
Joe Gorecki
Tim and Mary Grupa
IN MEMORY OF
Andrew Grostyan
Carol Dolan
Lorraine Grostyan
James and Sally Jacobs
Chad and Michelle Julius
Colleen and Robert Kroona
John Lachenmayer
Sue Marabelia
William and Lorene Pothen
IN MEMORY OF
Gladsy Hammond
Lucille Dale
Darrell and Arlene Hammond
Arvid Knudtson
IN MEMORY OF
Colleen “Cody” Haney
Ross Peterson
IN MEMORY OF
Robert Hiller
Ester Tatley
IN MEMORY OF
Marian Holmstrom
Kelsey and Steve Bergeson
Susan Griffith
Dorothy Stach
IN MEMORY OF
Robert Hrubit
Carolyn Glenn
IN MEMORY OF
Robert Johnson
Rita Capriolo
Sam and Julia Capriolo
Mary Cook
Beatrice Dragotta
Julie Drake
Jeff and Marlynn Jeffords
Charlotte Klimpke
Bob and Cathy Kwapisz
John and Kitty Marszalek
Ernest Moffet
Albert and Marilyn Morrow
New Berlin Lions Club
Jane and Edward Phillips
IN MEMORY OF
Doug McClennen
Tim and Mary Grupa
IN MEMORY OF
Pat Mielke
Pat and Jane Thiegs
IN MEMORY OF
Mildred C. Olson
Phyllis Olson
Robert and Karen Olson
James and Ruth Syvertsen
IN MEMORY OF
Gordy Pearson
Dale and Deb Fagre
IN MEMORY OF
Mary L. Prescott
Leverne Schmitt
IN MEMORY OF
Tony Schlump
Gail and Rob Onan
IN HONOR OF
Pastor Harry Stephenson
Ballingrud Family Trust
IN MEMORY OF
Rose Veum
Ronald and Gloria Engelen
IN MEMORY OF
Rev. Orville Wold
Robert and Angeline Bardunoe
IN MEMORY OF
Anna Zibell
Richard Ahlberg
Charlotte Alberg
Wendell and Dolores Anderson
Anonymous
Duane and Carol Brekken
Community Resource Bank
Stanley and Darleen Dieck
Barry and Becky Edson
Marlene Fahning
Charles and Barbara Gilbertson
Robert and Judith Godfrey
Frederick and Phyllis Hooper
Kathleen and James Johnson
Dr. George Krienze
James and Linda Lee
Jingle Mahan
Melanie Mogg
Curt Nelson
Dennis and Ida Mae Niebeling
Lavonne Olson
Jane and Edward Phillips
Eugene Richter
Donald Severson and
Margie Bailey-Severson
Daphne Thompson
Martijn and Mary Ellen
Tofflew
Christopher and Deanne Weber
Linda Wenzel

The Lyngblomsten Foundation recognizes donors who have made gifts to the Lyngblomsten Remembrance Fund In Memory of loved ones and In Honor of friends and associates. This listing reflects gifts received June 1, 2011 – August 31, 2011.*

If you have questions about this list, please contact the Foundation at (651) 632-5324 or mgupa@lyngblomsten.org.

June 1, 2011 – August 31, 2011

*Includes memorial donations to the Lyngblomsten Auxiliary.
Artful Living with Lyngblomsten: Art for Every Season of Life

Artful Living with Lyngblomsten:™ Art for Every Season of Life is a program of fine arts events and workshops held by resident artists. It celebrates the creativity of older adults at Lyngblomsten and intergenerational community members. Artful Living is designed to enhance lives, ignite creativity and drive passion toward living full, whole, and healthy lives.

Featured Fall 2011 Opportunity:
Watercolor Classes by COMPAS instructor Anne Krocak

2nd & 4th Tuesdays: Classes
Through November 22
Advanced class: 1:00 PM–2:30 PM
Beginners/Refresher class: 2:45 PM–4:15 PM

1st & 3rd Tuesdays: Open Painting
Through November 15
1:00 PM–3:30 PM

To sign up for this class or to learn about other opportunities, contact Allyson Linden, Artful Living Logistics Coordinator, at (651) 632-5357 or alilinden@lyngblomsten.org.

Classes and open painting is held in the Lyngblomsten Care Center Conference Room (1415 Almond Ave., St. Paul, MN 55108). Space is limited to 10 participants in each class.

These activities are made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the sale of the people of Minnesota on November 4, 2008.

Melanie proudly stated, “I think these women and men have been extremely dedicated, and they are to be commended for their commitment to this organization. They are a wonderful group of people who have shared their gifts, time, service, and money. It’s been a real privilege for me to get to work with them, and this process has helped all of us to understand the heritage, history, and the deep respect that this group deserves.” We are grateful for the gift of the Auxiliary and for all their seeds of good work that will continue to be honored, paissed on, and cherished at Lyngblomsten.

Thoughts from Auxiliary Members

Ruth Hagander, member of transition planning team

“These women have a tremendous passion for what they do at Lyngblomsten to make life as pleasant as possible for the residents.”

Mim Heggerston, Auxiliary President 2008–2010, and Lyngblomsten volunteer

“Traditions are truly the things that help us stay connected with our past. We can learn from traditions—what worked, what and how things changed. Traditions keep people connected.”

Ruthann Ryberg, Auxiliary President 2006–2007, and former Lyngblomsten Volunteer Director

“Change happens slowly. For the Auxiliary, Lyngblomsten is home, and we don’t like to leave home very quickly. This is a place we’ve personally invested our hearts.”

Cover photo captions:
1st Row (L to R): Auxiliary members organized and priced donated items for a rummage sale. Auxiliary member Joanne Soverson helped staff the Lyngblomsten Gift & Coffee Shop.
2nd Row (L to R): Auxiliary member Elaine Ogren showcased homemade rossette cookies at the Scandinavian Cookie & Craft Fair; the Auxiliary is thanked for donating the cost of the tent rental at the annual Ice Cream Social.
3rd Row: In May of 2000, the Auxiliary presented a check for $110,000 to the Lyngblomsten Foundation as part of its $200,000 pledge to the “Focused on the Future” fund drive.

Page 3 photo captions (L to R):
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Come for great deals at the Lyngblomsten Auxiliary’s Annual Fall Rummage Sale

Wed., Oct. 5: 9 AM – 7 PM
Thurs., Oct. 6: 9 AM – 4 PM
Fri., Oct. 7: 9 AM – NOON (Bag Day)

Located in the Newman-Benson Chapel on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul 55108

Drop off donations at the front desk Sept. 26 – Oct. 3.
Sorry, we cannot take electronics (TVs, VCRs, computers, microwaves, cell phones, etc.).

Lyngblomsten Auxiliary’s Annual Scandinavian Cookie & Craft Fair

Friday, December 2, 2011
9:30 AM – 4:00 PM
Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul 55108

Admittance numbers available at 9:00 AM.

• Donations of cookies (and other baked goods) will be collected on November 30 and December 1. Please bring them in dozens to the front desk at the Lyngblomsten Care Center.
• Cookies and goodies from all countries welcome!
Please include name of item.

Questions? Call Melanie Davis at (651) 632-5356.
Lyngblomsten Wellness Conference

Event Sponsors

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Gourmet Sponsor ($1,500+)

Gold Sponsor ($1,000+)

Silver Sponsor ($500+)

Professional Portable X-Ray

In the Beauty of a Snowflake

In the beauty of a snowflake, falling softly on the land, is the mystery and the miracle of God’s great, creative hand.

REFLECTIONS

In the scurry of holiday preparations, let us take time to notice the natural beauty of the season. Watch the graceful snowflakes fall. Ponder the stars that twinkle above. May these simple things remind us how much God has already given us.

– Adapted from “Living Christmas Every Day” by Helen Steiner Rice

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Each year the Roseville Little Canada Review publishes a special section announcing the winners of their annual Readers’ Choice Awards where readers pick their favorite business in each category. Thanks for voting Lyngblomsten “Best Assisted Living for Seniors.”

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- Friends and family
- Holiday hosts
- Bible study group
- Everyone else!

Let people know what you believe in by sharing the light of Lyngblomsten and enhancing the lives of older adults. Honor those who are a shining light in your life through a donation to the Lyngblomsten Foundation. Watch for a brochure coming in November or visit www.lyngblomsten.org/get-involved.

Questions? Contact Shannon Parker at (651) 632-5358 or email at sparker@lyngblomsten.org.

Lights for Lyngblomsten
Give a gift that counts— keep the beacon of light strong for our older adults.

Annual Golf Classic A Success!

The 15th Annual Lyngblomsten Foundation Golf Classic was held on August 22 at the beautiful Midland Hills Country Club. The event originally was set to go on August 1st. However, on that day after registration and buffet lunch, the golfers were warming up on the practice green and driving range when a mighty storm of wind and rain descended upon the course. Following a delay, golfing was cancelled.

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2011 Golf Classic Sponsors

Co-presenting Sponsors ($10,000+)

Johnson-McCann
PreferedOne

Eagle Sponsor ($5,000+)

Bremer Bank
Merwin LTC Pharmacy

Birdie Sponsor ($2,500+)

Par Sponsor ($1,000+)

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Fan Sponsor ($500+)

Dental
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TRADITION, TRANSITION & LEGACY
by Dale M. Fagre, Chief Development Officer

We all have traditions and also experience transitions from time to time. Both of these are important elements in our lives and play a role in shaping who we are and what we stand for as families, individuals or organizations.

Think about a tradition that you have experienced or maybe even created. Most likely it is something that you look forward to and it makes you feel good. Now, think about a transition you have experienced. Sometimes transitions are good, but sometimes they make us feel uncomfortable or uncertain.

No matter how many traditions or transitions we have or will experience throughout our lives, there is one thing certain: they help build our legacy.

In the feature article, you read about the Lyngblomsten Auxiliary. Their story is an example of a great longstanding tradition, the current transition, and the legacy that has been created which will carry on into future generations.

In honor of the long history and work of the Lyngblomsten Auxiliary, you have the opportunity to make a gift to the newly established Lyngblomsten Auxiliary Legacy Fund. These gifts of cash or stock or designations through a donor’s will or estate plan will be used to ensure the funds traditionally raised by the Auxiliary in the past will continue in perpetuity into the future—continuing the tradition of supporting special needs or funding “the extras” for the older adults Lyngblomsten serves. For more information about making a legacy gift, please contact the Lyngblomsten Foundation at (651) 632-5324.

Every gift has an impact!

Board Profile

Foundation

Bill Stacey
by Rebecca Schwartz

Bill has a heart for nonprofit organizations; he has been involved with them for over 35 years. In 2010 Bill approached his supervisor at Goodwill/Easter Seals about joining the Lyngblomsten Foundation Board. They had previously golfed together at the Lyngblomsten Foundation’s Golf Classic, where Bill first became familiar with Lyngblomsten. Having a background in healthcare and parents who live in a similar senior care facility in Cincinnati, Bill’s getting involved with Lyngblomsten seemed to be a great fit. Bill replaced Jason on the Lyngblomsten Foundation Board in May of 2010.

As previously mentioned, Bill works at Goodwill/Easter Seals serving as the Director of Financial Systems, Budgets and Compliance. His previous job experience has been with Blue Cross Blue Shield for 14 years, as well as being the Director of Finance/CFO at a variety of nonprofits. “I enjoy being involved with nonprofits, like Lyngblomsten, because things feel so much more hands-on and there’s just a different spirit than with other corporations,” Bill explained.

He earned his undergraduate degree in accounting and graduate degree in finance from Xavier University in Cincinnati, Ohio, where he was born and raised. Cincinnati is still home to Bill’s parents, who, as mentioned above, live in a facility similar to Lyngblomsten. “Being involved with Lyngblomsten helps me feel connected to my parents even though I’m not in Cincinnati,” he expressed warmly. Bill is married to his wife, Janet, and has three children and two grandchildren. In his free time Bill enjoys golf, photography, landscaping and biking.

5 Tips to Beat the Holiday Blues

For most of us, the holidays are a wonderful time to share the joys of family life and friendship. Yet often our anticipation and excitement turns into feelings of depression, commonly called holiday blues. The demands of the season are many, and older adults may think about how quickly time has passed or miss loved ones more during this time of year. Here are just a few tips to help get through the holiday season happily or cope with the melancholy that may accompany the holidays.

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- **Stroll down memory lane.** Holidays provoke memories, which can be especially powerful in the later years of life. Stimulate memories by using photo albums, music, or family videos, and encourage each other to share stories and experiences.
- **Create new memories.** Add something new to your holiday celebration. Older adults, especially, need new things to anticipate. Enjoy activities that are free, such as taking a drive to look at holiday decorations and lights or window-shopping at the mall.

Sources: The AGS Foundation for Health in Aging, About.com Senior Health & Living, and Psychology Today

**Make Your Season Delicious!**

Lyngblomsten Cookbooks are available for purchase in the Gift & Coffee Shop and at the reception desk for only $10.

**Pumpkin Pie Dessert Squares**

- 12-oz. can evaporated milk
- 29-oz. can pumpkin
- 3 eggs
- 1 c. sugar
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 pkg. yellow cake mix
- 1 c. butter or margarine, melted
- 1 c. chopped nuts, if desired

Heat oven to 350°. In large bowl, combine evaporated milk, pumpkin, eggs, sugar, cinnamon and salt. Mix well. Pour mixture into a greased 9 x 13-inch cake pan. Sprinkle with dry cake mix, drizzle with melted butter and sprinkle with nuts. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Serve with whipped topping. Yield: 15 servings. Enjoy!
Mid-Summer Festival – July 14, 2011

More than 55 young performers from “Sounds of Hope” (right) entertained the crowd with a high-energy concert including music from countries worldwide mixed with English pop songs and much more.

Swing Night at Wabasha Street Caves

Friends and neighbors joined the 5-5-1 Club & Café for a tour of the Wabasha Street Caves in St. Paul, enjoying swing dancing lessons and live swing band music.

Paws, Claws, & Hooves

Residents, tenants, families, and employees enjoyed an afternoon outdoors with a traveling petting zoo, surrounded by everything from turkeys, to goats, to cows and alpacas!

Do-Re-Mi

Participants of MacPhail’s Music for Life™ vocal class enjoyed the energy and fun that music brought to the Lyngblomsten community. As part of the Artful Living with Lyngblomsten program, classes were open to Lyngblomsten residents and tenants, as well as everyone in the community.

Blue Ribbon Art Show

Artists and art lovers from the Lyngblomsten Apartments and The Heritage displayed their art or artwork of a loved one or family member at the Blue Ribbon Art Show on August 11. Thank you to everyone who participated and shared their beautiful talents!
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Berthel Shutter LLC

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Delta Dental

Butcher Shutter LLC
Artful Living with Lyngblomsten: Art for Every Season of Life

Artful Living with Lyngblomsten: Art for Every Season of Life is a program of fine arts events and workshops held by resident artists. It celebrates the creativity of older adults at Lyngblomsten and intergenerational community members. Artful Living is designed to enhance lives, ignite creativity and drive passion toward living full, whole, and healthy lives.

Featured Fall 2011 Opportunity:

Watercolor Classes by COMPAS instructor Anne Krocak

2nd & 4th Tuesdays: Classes
Through November 22
Advanced class: 1:00 PM–2:30 PM
Beginners/Refresher class: 2:45 PM–4:15 PM

1st & 3rd Tuesdays: Open Painting
Through November 15
1:00 PM–3:30 PM

To sign up for this class or to learn about other opportunities, contact Allyson Linden, Artful Living Logistics Coordinator, at (651) 632-5357 or alilinden@lyngblomsten.org.

Classes and open painting is held in the Lyngblomsten Care Center Conference Room (1415 Almond Ave., St. Paul, MN 55108). Space is limited to 10 participants in each class.

These activities are made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota Arts and Cultural Heritage Fund with money from the vote of the people of Minnesota on November 4, 2008.

1st Row (L to R): Auxiliary members organized and priced donated baked goods at the Scandinavian Cookie & Craft Fair. The Auxiliary is thanked for donating the cost of the tent rental.

2nd Row (L to R): In May of 2000, the Auxiliary presented a check for $110,000 to the Lyngblomsten Foundation as part of its $200,000 investment in working condition; the Auxiliary helped finance the purchase of a new bus for the care center.

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Melanie proudly stated, “I think these women and men have been extremely dedicated, and they are to be commended for their commitment to this organization. They are a wonderful group of people who have shared their gifts, time, service, and money. It’s been a real privilege for me to get to work with them, and this process has helped all of us to understand the heritage, history, and the deep respect that this group deserves.”

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• Cookies and goodies from all countries welcome! Please include name of item.

Cover photo captions:
1st Row (L to R): Auxiliary members organized and priced donated items for a rummage sale. Auxiliary member Joanne Soaverson helped staff the Lyngblomsten Gift & Coffee Shop.
2nd Row (L to R): Auxiliary member Elaine Ogren showcased homemade rosette cookies at the Scandinavian Cookie & Craft Fair; the Auxiliary is thanked for donating the cost of the tent rental at the annual Ice Cream Social.
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Thoughts from Auxiliary Members

Ruth Hagander, member of transition planning team
“Those women have a tremendous passion for what they do at Lyngblomsten to make life as pleasant as possible for the residents.”

Mim Heggerston, Auxiliary President 2008–2010, and Lyngblomsten volunteer
“Traditions are truly the things that help us stay connected with our past. We can learn from traditions—what worked, what and how things changed. Traditions keep people connected.”

Ruthann Ryberg, Auxiliary President 2006–2007, and former Lyngblomsten Volunteer Director
“Change happens slowly. For the Auxiliary, Lyngblomsten is home, and we don’t like to leave home very quickly. This is a place we’ve personally invested our hearts.”

Suggested Gift Ideas:
Zip-up or button-down sweaters or shirts, “over-the-head” necklaces, lotion, cookies, sun catchers, purses, wallets, scarves, mittens and large-print books.

Questions?
Call (651) 632-5365 or email lgravink@lyngblomsten.org

Questions?
Call Melanie Davis at (651) 632-5356.

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Call Melanie Davis at (651) 632-5356.
There were several factors that led up to the Auxiliary’s need for a new model of operation. The most apparent aspect was the dwindling membership of the group. The Auxiliary was unable to maintain or grow its membership largely due to the increasing number of women working full time, members’ desire for daytime meetings, and competition for people’s time. Those involved had served their time in leadership roles and preferred to now be workers and helpers. Melanie reflected that, “Not having sustainable leadership for this separate support organization became the turning point when it became clear that we had to look at a different way to run the organization. It couldn’t continue to exist the way it had been.” In addition to fewer people to carry out the services of the Auxiliary, the physical labor-intensive work required for many of the events became burdensome for members as they aged.

“We are grateful for the gift of the Auxiliary and for all their seeds of good work that will continue to be honored, passed on, and cherished at Lyngblomsten.”

This forward-thinking group of individuals experienced a few transformations over the years, including opening the group for men to join in 1997 and relinquishing the operation of the Gift and Coffee Shop to Lyngblomsten just a few years ago. To design a new model of operation, members of the Auxiliary were asked to be a part of the process. It was important that their voices were heard, their values acknowledged, and that the desires to carry on the group’s traditions were incorporated in the shaping of the new model of structure and leadership. Members were involved in the decision-making process, attending a series of meetings over two years, and participating in a retreat to discuss the losses and changes, goals, and future vision for the group. The final model chosen for the Auxiliary’s transition was called the “Bequest Model.”

The essence of the Bequest Model is to leave a legacy and pass on the rich heritage the Auxiliary has created. It is comprised of several components that are pivotal to ensure the longevity of the Auxiliary’s mission to provide life-enhancing “extras” to all those Lyngblomsten serves. For example, the model states that the spirit of the Auxiliary and many of the traditions will live on and be adopted by new volunteers and staff members of Lyngblomsten. This includes traditional Auxiliary events such as the rummage sales and the Scandinavian Cookie and Craft Fairs. The new model also asserts that each of these activities and the leadership for the Auxiliary will be passed over to Lyngblomsten staff and volunteers beginning in 2012. Auxiliary members can continue in their “doing” roles as they are able and serve as they desire on the Auxiliary event committees under the Lyngblomsten Foundation, but will instead focus on teaching and mentoring staff and volunteers to carry on their traditions. Melanie also noted that as part of the new model, Lyngblomsten’s Volunteer Services staff will engage in discussion with each current member to celebrate their histories and services and then determine if there are additional ways to continue involvement on a personal level within the organization. “Our volunteer opportunities have expanded by leaps and bounds, and there is likely to be something that is a potentially great fit for each of them,” she commented.

Melanie also explained that under the new Bequest Model, as long as there are three or more Auxiliary volunteers who continue to come together twice a year to vote on funding requests, they will carry on the responsibility of approving the distribution of funds raised. The Lyngblomsten Auxiliary Legacy Fund will be used to perpetuate the Auxiliary’s proud tradition of providing for the “extras” to enhance the lives of those Lyngblomsten serves.

You can become involved to help support the ongoing cause of the Auxiliary. One opportunity is to make a financial gift to the Lyngblomsten Auxiliary Legacy Fund (please refer to the donation envelope included in this magazine, or see the legacy article on page 10 for details about how to give). With this fund, the good work of the Auxiliary can continue indefnitely through interest earnings and financial donations from anyone who designates their gift to this fund.

You can also contribute to the Auxiliary cause by helping carry on the rich traditions of fundraising activities through volunteering for the rummage sales, Scandinavian Cookie and Craft Fairs, or wrapping gifts at Barnes & Noble during the holiday season. If you are interested in volunteering for any of these events, contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org. Learn more about getting involved at Lyngblomsten at www.lyngblomsten.org/get-involved.

IN MEMORY OF
Mary T. Abraham
Marjorie Abas
in Honor of

IN MEMORY OF
George Anderson
Lorraine Anderson
Steven and Mary Anderson
Lionel and Joanne Baxter
Harold and Dorothy Bishop
Norman and Joan Fish
Jim and Mary Herbert
Mr. and Mrs. Roger Jewell
Jean Kowalski
Peter and Linda Kowalski
Wayne and Barbara Kowalski
Sharon Lazarus
Dorothy Mechura
Allan and Veronica Meier
Stacy Meier
Sophia Nelson
Bob and Elaine Ogren
Iona Ommaas
Thelma Pedersen
Doris Simonstad
Margaret Spear
Dale and Elise Tarnowski
Delores Wade
IN MEMORY OF
Adine Aurelius
Judith Hall
IN MEMORY OF
Lester Gordon Ballingrud
Ballingrud Family Trust
Daniel and Irene Brink
Gregory and Joyce Pappens
Rebecca and Gary Pappens
IN MEMORY OF
Inez Brownlee
Nancy Hoffman
IN MEMORY OF
Helen Chaselay
Ruthann Ryberg
IN MEMORY OF
Leonard Fagre
Dale and Deb Fagre
IN MEMORY OF
Carl Foske
Bob and Elaine Ogren
IN MEMORY OF
Neal Fires
Ruthann Ryberg
IN MEMORY OF
Joe Gorecki
Tim and Mary Grupa
IN MEMORY OF
Andrew Grostyan
Carol Dolan
Lorraine Grostyan
James and Sally Jacques
Chad and Michelle Julsen
Colleen and Robert Kroona
John Lachenmayer
Sue Marabelia
William and Lorene Pothen
IN MEMORY OF
Gladyss Hammond
Lucille Dale
Darnell and Arlene Hammond
Arvid Knudtson
IN MEMORY OF
Colleen “Cody” Haney
Ross Peterson
IN MEMORY OF
Robert Hiller
Esther Tatley
IN MEMORY OF
Marian Holmstrom
Kelley and Steve Bergeson
Susan Griffith
Dorothy Stach
IN MEMORY OF
Robert Hurbit
Carolynn Glenn
IN MEMORY OF
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Rita Capirolo
Sam and Julia Capirolo
Mary Cook
IN MEMORY OF
Dale and Elise Tarnowski
IN MEMORY OF
Pat Mielke
Pat and Jane Thies
IN MEMORY OF
Mildred C. Olson
Phyllis Olson
Robert and Karen Olson
James and Ruth Svartesen
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Gordy Pearson
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IN MEMORY OF
Mary L. Prescott
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IN MEMORY OF
Toni Schimp
Gail and Rob Onan
IN HONOR OF
Pastor Gary Stephenson
Ballingrud Family Trust
IN MEMORY OF
Rose Veum
Ronald and Gloria Engelen
Beatrice Dragotta
Julie Drake
Jeff and Marylyn Jeffords
Charlotte Klimpek
Bob and Cathy Kwast
John and Kitty Marszalek
Ernest Moffet
Albert and Marilyn Morrow
New Berlin Lioness Club
Jane and Edward Phillips
IN MEMORY OF
Rev. Orrilee Wold
Robert and Angelina Barduson
IN MEMORY OF
Anna Zibel
Richard Ahlberg
Charlotte Alberg
Wendell and Dolores Anderson
Anonymous
Duane and Carol Breken
Community Resource Bank
Stanley and Darleen Diep
Barry and Becky Edson
Marlene Fahning
Charles and Barbara Gilbertson
Robert and Judith Godfrey
Frederick and Phyllis Hooper
Kathleen and James Johnson
Dr. George Kriekke
James and Linda Lee
Jingle Mahan
Melanie Mogg
Curt Nelson
Dennis and Ida Mae Niebeling
LaVonne Olson
Lavonne Olson and Edward Phillips
Eugene Richter
Donald Severson and Margie Bailey-Severson
Daphne Thompson
Marvin and Mary Ellen Tollefsen
Christopher and Deanne Weber
Linda Wenzel

June 1, 2011, – August 31, 2011
Includes memorial donations to the Lyngblomsten Auxiliary.
If you have questions about this list, please contact the Foundation at (651) 632-5324 or mgrupa@lyngblomsten.org
Events Calendar
Visit www.lyngblomsten.org for updates
* Unless noted otherwise, all events (including the 5-5-1 Club & Café) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Wednesday, October 5 – Friday, October 7
Lyngblomsten Auxiliary’s Fall Rummage Sale
Newman-Benson Chapel at Lyngblomsten
October 5: 9 AM – 7 PM
October 6: 9 AM – 4 PM
October 7: 7 AM – Noon (bag day)!
See page 5 for details.

Wednesdays, October 12 & 26, November 9 & 23, December 14 & 28
Caregivers Support Group – Caring for yourself while caring for your loved ones
1:30 – 3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN 55108)
Sessions include a brief education component, time to gather resources, and time to talk. By participating, you can support yourself and others in the journey of caregiving. Free; no reservations needed. Come as often as you are able.

Thursday, October 13
Harvest: The Time of Your Life
Proceeds benefit the Artful Living program at Lyngblomsten. Invitations will be mailed.

Sunday, October 16
Husby Memorial Concert
3:00 PM at the Newman-Benson Chapel at Lyngblomsten. Join us for a delightful concert featuring a performance by Hannah Sacred Ensemble. FREE, thanks to the Gertrude Husby & Ingerhusy-Smith Memorial Endowment. Learn more about Hannah Sacred Ensemble at www.hannahsacredensemble.org. See page 12 for details.

Tuesday, October 18
Transporting Essentials for Volunteer Drivers
6:30 – 8:30 PM at the 5-5-1 Club & Café
Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. $10 per person (or $25 for a group of 3 or more). FREE for members of Lyngblomsten’s corporate congregations. To register contact Debbie Severson at (651) 632-5330. Hosted by Lyngblomsten’s Home- & Community-Based Services.

Making a Difference in a New Era
The Auxiliary Writes its Next Chapter
by Christina Rhein
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.

“All who were called on to share in making Lyngblomsten a place where life is celebrated—those who lived, worked, and supported Lyngblomsten in its early years and those who are engaged with us today—must be strengthened in their daily efforts to care and serve one another.”
– A Lyngblomsten Guiding Principle

After half a century of dedicated service and financial support to Lyngblomsten’s residential programs and outreach services, the Lyngblomsten Auxiliary has voted to formally dissolve their leadership as a group and gift their role to a committee of the Lyngblomsten Foundation. As the year comes to a close, it is not only a time of transition for the Auxiliary as they turn to a new chapter of service, but also a time to celebrate these committed and passionate supporters of Lyngblomsten.

The Lyngblomsten Auxiliary was organized 50 years ago in 1961. Their primary function has been to provide financial support for Lyngblomsten’s residential programs and outreach services, helping to facilitate the well-being and comfort of all the older adults Lyngblomsten served by providing the special life-enhancing “extras.” Some examples of things the Auxiliary has done over the years to accomplish their objective are: rummage sales, Scandinavian Cookie and Craft Fairs, operation of the Lyngblomsten Gift and Coffee Shop, and various other special projects such as gift wrapping during the holidays at local bookstores. The “extras” the Auxiliary has been able to provide have ranged from smaller things such as purchasing a salt-water aquarium for Lyngblomsten’s Alzheimer’s unit, to larger contributions like their $200,000 gift to the “Focused on the Future” fund drive.

Progress and longevity make change inevitable. Ironically, the Auxiliary itself was born out of an opportunity that arose because of a major change that occurred to the structure of Lyngblomsten. After Lyngblomsten had been in very successful operation for about 50 years, the founding women, their daughters and granddaughters could no longer run Lyngblomsten by themselves—partly due to women entering the workforce in significant numbers and partly due to new government regulations. In 1960, they gifted Lyngblomsten to what is now known as the ELCA (Evangelical Lutheran Church in America). In 1961, the Auxiliary was formed and replaced the role of the community “branches” that had financially supported Lyngblomsten since 1906. These similar times of transition for Lyngblomsten have called for a shared appreciation for teamwork and selflessness to design what is best for the good of all those older adults being served through Lyngblomsten.

As the Auxiliary moves toward a new era and a new way of providing support to Lyngblomsten, their objective will continue to stay at the forefront of the work being done. “We want to ensure that the values of the Auxiliary that live on are their advocacy for our residents and continued support for all the little extras that make life special,” commented Melanie Davis, Director of Volunteer Services and Corporate Engagement for Lyngblomsten and staff liaison to the Auxiliary.

For time and the world do not stand still. Change is the law of life. And those who look only to the past or the present are certain to miss the future.”
– John F. Kennedy

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.
The Heritage at Lyngblomsten
Located at 1440 Midway Parkway, St. Paul
Jennifer Vetter-Venheimer: (651) 632-5428 jvettervenheimer@lyngblomsten.org

HUMAN RESOURCES
Trisha Hall, SPHR: (651) 632-5302 thall@lyngblomsten.org

COMMUNITY ENGAGEMENT
Volunteer Services, Corporate Engagement, and Lyngblomsten Auxiliary
Melanie Davis: (651) 632-5356 mdavidis@lyngblomsten.org

Lyngblomsten Foundation
Dale Fagre: (651) 632-5319 dfagre@lyngblomsten.org

Donate Online:
www.lyngblomsten.org/donate

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? Have a change of address? Prefer to receive Lifestyle electronically? 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

Friday, November 4
Old Log Theater Presents: Everybody Loves Opal
Enjoy live theater and a meal on this 5-5-1 Club & Café trip. See www.551club.com/calendar for more details.

Thursday, November 10
Jazzed About Our Supporters
Annual Appreciation Event honoring Lyngblomsten volunteers, donors, corporate sponsors, and the Lyngblomsten Auxiliary members. 6–8 PM on the Ramada Plaza. Includes dinner and program with musical entertainment by jazz trio Framework. Invitations will be mailed.

Friday, November 11
This is My Country – Veterans Day Celebration
Celebrate those who have served on behalf of our country by coming to the 5-5-1 Club & Café for lunch and a program. See page 16 for details.

Monday, November 14
Lyngblomsten Gift Shop’s “Seasoned with Christmas”
10 AM – 4 PM
Be among the first to browse the Christmas merchandise and find great gifts for everyone on your list (NOTE: Shop closed Nov. 11 – 13 to prepare).

Thursday, November 24
Thanksgiving Worship Service
10:30 AM in the Newman-Benson Chapel at Lyngblomsten.

Friday, December 2
Annual Scandinavian Cookie & Craft Fair
9:30 AM – 4 PM in the Newman-Benson Chapel at Lyngblomsten. See page 5 for details.

Tuesday, December 6
Celebrating the Light of Lyngblomsten and Annual Tree Lighting Ceremony
7 PM in the Newman-Benson Chapel at Lyngblomsten.
Everyone is welcome at this annual holiday tradition.

Friday, December 9
A Cup of Christmas Tea with Warren Hanson
Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings!
10 – 11 AM at the Newman-Benson Chapel at Lyngblomsten. See page 14 for details.

Thursday, December 22
Candlelight Christmas Service
4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

Wellness for Life presentations

10 – 11 AM at the 5-5-1 Club & Café
• Monday, October 17 – Good Body Mechanics & Good Posture
• Monday, November 21 – Hearing Loss – How does it impact all of us?
Fee: $2; Coffee and refreshments included.
No reservations needed.
Questions? Call (651) 632-5335. For more details, visit www.551club.com/calendar.

books + cheese + wine

5:30–7 PM at the 5-5-1 Club & Café
• Thursday, October 13 – Sherlock Holmes: Man of Mystery. Presenter: Tim Johnson, curator of the University of Minnesota’s Sherlock Holmes collection
• Thursday, November 3 – Our Lady of the New World. Author & Presenter: Susan Power
Fee: $15 if pre-registered, or $18 at the door.
Register/questions: (651) 414-5292.
For more details, visit www.551club.com/calendar.

Directory

MAIN NUMBER: (651) 646-2941
WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES
Lyngblomsten Care Center
Short-term rehab, long-term care & Alzheimer’s care
Care Center Admissions
Kathy Starr, LPN: (651) 632-5301 kstarr@lyngblomsten.org

Administrator
Jeff Heinecke: (651) 632-5308 jheinecke@lyngblomsten.org

Lyngblomsten Apartments
Located at 1455 Almond Avenue, St. Paul
Sylvia Newgren: (651) 632-5424 snwgren@lyngblomsten.org

Superior Street Cottages
Located near West 7th Street, St. Paul
Paula Staufacher: (651) 632-5422 pstaufacher@lyngblomsten.org

Lyngblomsten Apartments
Located at 1440 Midway Parkway, St. Paul
Sylvia Newgren: (651) 632-5424 snwgren@lyngblomsten.org

Our MISSION:
Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

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

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

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On the Cover:
A collage of Lyngblomsten Auxiliary photos. See page 5 for captions of each photo.

For our participants, Lyngblomsten encourages the individual to live one’s personal ministry by enhancing the lives of older adults.

Singer, author, and illustrator Warren Hanson returns to Lyngblomsten Lifestyle Fall 2011


Lifestyle  

Fall 2011

Upcoming Opportunities
Community Education, Wellness & Fun for Life
Find more opportunities at www.551club.com.

October

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| Bread with Fred              | Monday, October 17 | 5-5-1 Club & Café  
   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108 | $10  |
| This Is My Country Veterans Day Celebration | Friday, November 11 | 5-5-1 Club & Café  
   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108 | $10  |

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   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108 | $10  |

November

STORIES OF LIFE: Making a Difference in a New Era

Tips to Beat the Holiday Blues  
Holiday Events Calendar

This Is My Country Veterans Day Celebration
Celebrate those who have served on behalf of our country. Join us for lunch and a program that includes: Color Guard, Lyng Sisters performance, slideshow and more.
If you wish to have your service photo or that of a loved one shown in the program, please bring it to the Club by Monday, November 7. We will scan it and give it right back to you.
If you are a veteran, we would like to recognize you during the program. When you RSVP, please tell us in which branch you served.
Friday, November 11
Noon Roasted Chicken Dinner; 1 PM Program
Fee: $10 for lunch and program
Location: 5-5-1 Club & Café  
   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
RSVP by 11/7: (651) 414-5292 or calbing@lyngblomsten.org

Bread with Fred
By day Dr. Fred Gaiser is Professor of Old Testament at Luther Seminary. By night, he bakes bread. With a B.A. in Chemistry, living in Germany, and years of “hands-on” kneading experience, Fred knows something about the science—and the art—of baking bread, right down to grinding his own flour.
Join us at 5:30 PM for a hearty dinner featuring bread, cheese, meat, jams, fruit, and dessert. If you bake bread and would like to bring a loaf to share, we’d be happy to sample!
Monday, October 17
5:30 PM Dinner; 6:30 PM Program Fee: $10
Location: 5-5-1 Club & Café  
   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
Register by 10/6: (651) 414-5292 or calbing@lyngblomsten.org

Dinner & Lecture The Bible in Handel’s Messiah
Handel’s Messiah premiered in 1742 and remains to this day among the best loved music in the world. Come and find out the circumstances under which Handel wrote his great masterpiece and how he combined music with biblical texts. Music, slides, and Gospel compliments of Dr. Nancy Koester.
Dinner menu: roast beef, mashed potatoes and gravy, carrots, salad, dinner rolls, and dessert.
Wednesday, December 14
5:30 PM Fee: $10 includes program & dinner
Location: 5-5-1 Club & Café  
   Lower level of the Lyngblomsten campus at 1415 Almond Ave. St. Paul, MN 55108
Register by 12/9: (651) 414-5292 or calbing@lyngblomsten.org

STORIES OF LIFE: Making a Difference in a New Era

Tips to Beat the Holiday Blues  
Holiday Events Calendar

More in this issue:

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More in this issue:

Tips to Beat the Holiday Blues  
Holiday Events Calendar

Upcoming Opportunities
Community Education, Wellness & Fun for Life
Find more opportunities at www.551club.com.
I wish to support Lyngblomsten’s services and programs for older adults.
Here is my tax-deductible gift of $_____________.

Donor’s Name ___________________________________________________________________

Street _______________________________________________________    _________    ___________

City ____________________________   State __ __   Zip __ __ __ __ - __ __ __ __

Phone (_____)_______________  Email ______________________________________________

☐ My check made payable to Lyngblomsten Foundation is enclosed.
☐ Please charge my: ☐ MasterCard   ☐ Visa   ☐ AMEX

Card Number ___________________________________ Expiration Date_______________

Signature ________________________________________________________________

PLEASE USE THIS GIFT FOR:

☐ General Fund  Making a gift to the General Fund allows the Foundation to provide financial support where needed most.
☐ Specific Program  Making a designated gift allows you to choose which Lyngblomsten program or service receives your gift.

  ___ 5-5-1 Club & Café
  ___ Care Team Ministry
  ___ Community Wellness & Education
  ___ The Gathering
  ___ Lyngblomsten Auxiliary Legacy Fund
  ___ Artful Living with Lyngblomsten
  ___ Generation Lyngk
  ___ Parish Nurse Ministry
  ___ Other:  ______________________________

☐ I (We) have named Lyngblomsten in our Will.
☐ If applicable, this gift is in Memory of / in Honor of: ________________ _______________

(circle one)

If you would like us to send an acknowledgement of this tribute gift, please list the name and address information in the shaded box to the right

Thank you for your support.

The Lyngblomsten Foundation is recognized by the Internal Revenue Service as a 501(c)(3) organization.
Gifts are tax deductible as provided under regulations.
Questions? Please call (651) 632-5324.
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.

Supporting Lyngblomsten’s mission:

LYNGBLOMSTEN FOUNDATION | VOLUNTEER SERVICES | CORPORATE ENGAGEMENT
LYNGBLOMSTEN COMMUNITY ENGAGEMENT


We invite you to donate online at www.lyngblomsten.org (click “Donate”).