



**GET TO KNOW
LYNGBLOMSTEN**

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OUR HISTORY



The History of Lyngblomsten

Lyngblomsten is a nonprofit social ministry organization in St. Paul providing quality care to more than 500 residents and tenants on campus and 11,000 community members through its outreach programs.

On campus is a skilled nursing care center licensed by the Minnesota Department of Health, which includes three Swedish-style Service Houses, specialized Alzheimer's Programs, a government-subsidized apartment building, and a market-rate apartment complex. Assisted living services are also available. The campus houses an active community center (the 5-5-1 Club & Cafe) and outreach programs (Home- and Community-Based Services) encompassing Community Wellness and Education at area churches and community centers; a Parish Nurse Ministry involving over a dozen of Lyngblomsten's corporate congregations; Care Team Ministry, which trains volunteers in congregations to provide practical assistance and visiting; and The Gathering, providing respite to caregivers of persons living with memory loss.

Off campus, Lyngblomsten owns and manages Superior Street Cottages, which is independent, cottage-style housing for seniors in the historic West 7th neighborhood.

From books to bricks

Lyngblomsten began as a dream in the hearts of 11 Norwegian women whose original intent was meeting as a literary society. The women's focus changed, and under the leadership of Mrs. Anna Fergstad, the group's work turned to building a home for elderly kinsmen who had no family to care for them in their old age.

The dream took shape and on February 17, 1906, Lyngblomsten was incorporated. The women chose the name "Lyngblomsten" in honor of Norway's national flower, the lyng, a sturdy purple mountain heather.

The women were unshakeable in reaching their goals. Other women who wished to become part of the venture formed groups, called Branches, and carried out a wide variety of fundraisers. Fergstad was named Lyngblomsten's first president, and her relatives were the first to donate land for the new building. Other donations followed, including one from James J. Hill, a well-known Twin Cities railroad businessman, who gave \$500 to the Lyngblomsten Society in 1909 for the purchase of land.

Groundbreaking day arrived in July 1911 with fanfare and celebration. The following year, Resident Hall stood ready to become home to Lyngblomsten's first 33 residents. Its graceful white columns faced Pascal Street and lent the building a stately air.

Lyngblomsten's Changing Face: Responding to the Changing Healthcare Needs of Seniors

A waiting list soon formed. In 1938, an addition was built, expanding the home's capacity to 46 people.

The demand for senior housing and accompanying services continued, and Lyngblomsten responded. Two construction projects, in 1964 and 1977, resulted in the Care Center's north and south buildings. Not long after, construction began on the 105-unit Lyngblomsten Apartments and in 1979, its doors were opened to tenants.

In 1986, a successful capital campaign resulted in the 1987 construction of Lyngblomsten's Newman-Benson Chapel, gift shop, community room and offices, as well as renovations in the North Building, the addition of the Husby Dining Rooms, and updating of four nursing stations.

In 1992, remodeling improved the Care Center's south building. The project added resident dining rooms, space for the physical therapy department, installation of elevators, and a face-lift for the first floor lounge. Also that year, a fund drive was started in anticipation of a 60-unit senior apartment building. The drive was overwhelmingly successful and in 1994, tenants were welcomed into The Heritage at Lyngblomsten.

In 1994, Home Health Services was introduced. Home Health brings fee-based nursing assistance to seniors in their apartments. Home Health Aides provide services such as assistance with dressing, meal preparation or bathing, medication reminders and light housekeeping. Skilled nursing care provided by registered nurses may include changing bandages, performing diabetic foot care, medication set-ups and care coordination with physicians and nurse practitioners.

Improving buildings and creating housing is only one response to the demands of a changing health care industry. Positioning itself to meet the changes, Lyngblomsten expanded its community outreach programs, and in October 1997, introduced a Swedish-style Service House. The Service Houses, modeling Sweden's system of care for the elderly, strives to maintain a person's independence in a home-like, rather than hospital-like, setting. Service House clients live in small apartments (within the care center) complete with bathrooms and kitchenettes and determine their own schedules. Staff are called upon to help when needed, accommodating the resident's schedule, rather than requiring the resident to fit into the traditional nursing home regimen.

Also in 1997, the Maverette E. Stanford Memorial Alzheimer's Program began. In January 2002, a new Late Stage Alzheimer's Program was added.

In 2002, the Lyngblomsten Foundation completed a three-year \$4.8 million "Focused on the Future" fund drive. Monies from the campaign have enabled remodeling of the Care Center into 14 neighborhoods, increased the endowment, and strengthened community outreach programs.

Community-based programs are constantly growing to address the ever-changing needs of seniors living in their own homes and apartments. The Home- and Community-Based Services programs are:

- 5-5-1 Club community center
- Care Team Ministry
- Community Wellness Nurse
- Parish Nurse Ministry Resource Group
- The Gathering

Since the beginning of Lyngblomsten, volunteers and donors have played a key role in helping make possible innovative programs and life-enhancing "extras" to help orchestrate the best life possible for older adults in our community.

Influenced by Christ

The church has played a significant role throughout Lyngblomsten's history. From its founders' wish to create a home with a Christian atmosphere, to the gifting of Lyngblomsten to the American Lutheran Church (now the ELCA) in 1960, to the adoption of a mission statement beginning with the words "influenced by Christ," Lyngblomsten has long kept this tradition as a mainstay of its day-to-day operation. Corporate membership is open to any Twin Cities-area Christian congregation interested in affirming the mutual ministry and commitment to provide for the needs of older adults. That affirmation has been made by more than two dozen congregations who are partnered in ministry with Lyngblomsten.

Mission Statement

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.

O U R N A M E

LYNGBLOMSTEN:

How DO YOU PRONOUNCE THIS WORD?

LYNG - blom - sten

Lyngblomsten is named after the lyng flower, a sturdy Norwegian mountain heather with purple blossoms, the national flower of Norway. "Blom" is Norwegian for flower/bloom, and "sten" is used to connect the two.

C O R E M E S S A G E

When you've been out and about and mentioned the name Lyngblomsten, has anyone ever asked you,

“Lyngblomsten! What's that?”

It's happened at some point for most people involved with our organization, and many people find themselves at a loss for words. Lyngblomsten is a multi-faceted organization, and it can be hard to explain what we do in a brief answer.

CORE MESSAGE

“Lyngblomsten! What’s that?”

The most basic correct answer is:

“A senior care organization.”

(NOTICE: NOT “a nursing home.”)

The preferred answer is:

“**Lyngblomsten is a Christian nonprofit organization that enhances the lives of older adults through healthcare, housing, and community-based services.**

The more time you have with someone, the more detail you can share.

For example, I work in _____.
(department or program)

We try hard to: [share something with which you are familiar/involved through Lyngblomsten that exemplifies a person-first experience, promotes dignity, or generally enhances the quality of life for older adults or their families].”

PRODUCED BY LYNGBLOMSTEN CHURCH RELATIONS

