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Lyngblomsten welcomes Cosmina Strain as Housing Manager of The Heritage at Lyngblomsten

ST. PAUL, Minn. (February 2, 2023) — Lyngblomsten, a senior services nonprofit serving older adults in the Twin Cities since 1906, recently welcomed Cosmina Strain as the new Housing Manager of The Heritage at Lyngblomsten. Located in the Como Park neighborhood of St. Paul, The Heritage at Lyngblomsten is an assisted living community for adults 55 and older.

For the past 17+ years, Strain has worked with older adults in various roles in assisted living communities and skilled nursing homes. “Although I have served in different roles in this field, my focus has always been on enriching the lives of older adults. I’ve always loved caring for and serving residents,” she said. She was drawn to Lyngblomsten because of the “excellent care given to residents and tenants, the family-like atmosphere, and its great reputation.”

As Housing Manager of The Heritage at Lyngblomsten, Strain is responsible for overall administration and management of the community, which consists of 60 market-rate assisted living apartment units in studio, one-, and two-bedroom floor plans. She also holds the title of licensed assisted living director, which designates that she has completed an approved training course and has passed an exam in accordance with assisted living facility laws in Minnesota.

“The Heritage at Lyngblomsten is a close-knit community with easy access to Lyngblomsten’s skilled nursing care, including a transitional care unit. Plus, there are a variety of amenities that residents can engage with, such as spiritual care, arts and lifelong learning programming, and music opportunities,” Strain said. “I’m proud to be a part of this wonderful family.”

She encourages anyone who is thinking about moving to a senior living community to start thinking now about this next step of their journey. “It’s never too soon to plan for the future,” she said. Strain invites anyone who is interested to get in touch with her. “I’d love to show you around this wonderful community and campus,” she said.

Strain can be reached at (651) 632-5428 or cstrain@lyngblomsten.org.

About Lyngblomsten

Incorporated in 1906, Lyngblomsten is a Minnesota-based Christian nonprofit organization enhancing the quality of life for older adults of all faiths and cultures through its healthcare and housing facilities and its community-based outreach programs. Connect with Lyngblomsten at www.lyngblomsten.org or through its [Facebook](#) account.

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