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.

Make a New Year’s resolution to put more FUN in your life!

Let the 5•5•1 Club & Café be your guide!
Participate in these (and more) activities to add some FUN to your daily routine:

- Day Trips
- Adult Education
- Extended Travel
- Billiards
- Walking Club
- Cafe-style Lunches served Tues., Wed., Thurs.; 11–2

Coming in February to the 5•5•1 Club & Café:
Chili Cook-Off!

For adults in the “551” zip code areas
(651) 632-5330
1415 Almond Ave. | St. Paul, MN 55108
www.551club.com

Check www.551club.com for more details.

STORIES OF LIFE: Working with Passion

MORE IN THIS ISSUE:
New Year’s Resolution: Get Organized!
Corporate Congregations 50th Anniversary
BONUS: 2010 Calendar Inside!
Lyngblosten Lifestyle | Winter 2010

**Directory**

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

**RESIDENTIAL SERVICES**

Lyngblosten Care Center  
Short-term rehab, long-term care & Alzheimer’s care  
Care Center Admissions  
Kathy Starr: (651) 632-5301  
skstarr@lyngblomsten.org  
Administrator  
Jeff Heincke: (651) 632-5308  
jheincke@lyngblomsten.org

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

Superior Street Cottages  
Located near West 7th Street, St. Paul  
Jill Hult: (651) 632-5422  
jjhult@lyngblomsten.org

The Heritage at Lyngblosten  
Located at 1440 Midway Parkway, St. Paul  
Jennifer Veitenheimer: (651) 645-7933  
jveitenheimer@lyngblomsten.org

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

**LYNGBLOMSTEN FOUNDATION**  
Volunteer Programs & Services, and Lyngblosten Auxiliary  
Melanie Davis: (651) 632-5356  
mdavis@lyngblomsten.org

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

**Contents**

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- **Board Profile:** Chuck Norton  
- **Lyngblomsten Program Going Nationwide**  
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- **Board Profile:** Karen Reidt  
- **A Work of Passion**  
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- **New Year with 5-5-1 Club & Cafe.**

**On the Cover:**  
The four Lyngblosten Ambassador Award winners (L to R):  
Kathy Starr, Jennifer Veitenheimer, Kris Kempf, and Eddy Orwens.  
Turn to page four for their story.

**HOME & COMMUNITY-BASED SERVICES**

Care Team Ministry  
Dorthea Doty, LSW: (651) 632-5333  
ddotty@lyngblomsten.org

Community Wellness & Education  
Joanne Kellen, RN: (651) 632-5335  
jkellen@lyngblomsten.org

Home Health Services  
Janet Byrnies: (651) 632-5350  
jbyrnes@lyngblomsten.org

Parish Nurse Ministry  
Sandi Krohn, RN: (651) 632-5331  
skrohn@lyngblomsten.org

The Gathering  
Carolyn Klaver: (651) 414-5291  
cklaver@lyngblomsten.org

5-5-1 Club & Cafe Community Center  
Geri Rutz: (651) 632-5320  
gnutz@lyngblomsten.org  
Cafe: (651) 632-5332  
web: www.551club.com

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

**LYNGBLOMSTEN LIFESTYLE**

Publishing and distributing Lyngblosten Marketing Communications Department in cooperation with the Lyngblosten Foundation.

**Events Calendar**

**Tuesday, January 5**  
Vision Loss Support Group  
Meets from 1:30-2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month.  
Eula Dellwo from Vision Loss Resources will facilitate.  
FREE.  For more information, call (651) 632-5335 or email jkellen@lyngblomsten.org.

**Tuesday, January 12**  
Lyngblosten Auxiliary Meeting  
1:30 PM in the Newman-Benson Chapel at Lyngblosten (1415 Almond Ave., St. Paul).  
Enjoy a program called “Health & Humor: Humor as Good Medicine.”  
Everyone is welcome!  
FREE.

**Tuesday, January 12**  
Monthly Book Club  
Join book club leader Pauline McMahon at 2 PM at the Lyngblosten Apartments recreation room (1440 Almond Ave., St. Paul) for a book discussion (at the time this issue went to print, the book is yet to be decided).  
If you have any questions, contact Pauline at (651) 645-7933.  
Everyone is welcome!  
FREE.

**Thursday, January 21**  
5-5-1 Club & Cafe’s trip: “The Greatest Generation” at the Minnesota History Center.  
See the stories of those who experienced first-hand the Depression, World War II and the post-war boom.  
After our tour, enjoy lunch at Cafe Minneapolis.  
We’ll leave the 5-5-1 Club (1415 Almond Ave.) at 9 AM and return around 1:30 PM.  
Cost is $19 which covers transportation, the tour and lunch.  
Call (651) 632-5330 with questions or to make a reservation.

**Tuesday, February 2 – Thursday, April 15**  
AARP Tax Prep Help  
Tuesdays and Thursdays starting February 2 from 9 AM to 2 PM at the 5-5-1 Club & Cafe.  
Call (651) 632-5330 or email dseversen@lyngblomsten.org.

**Tuesday, February 2**  
Vision Loss Support Group  
Meets from 1:30-2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month.  
See January 5 entry for details.

**Tuesday, February 9**  
Monthly Book Club  
Join book club leader Pauline McMahon at 2 PM at the Lyngblosten Apartments recreation room (1440 Almond Ave., St. Paul) for a book discussion (at the time this issue went to print, the book is yet to be decided).  
If you have any questions, contact Pauline at (651) 645-7933.  
Everyone is welcome!  
FREE.

**Thursday, February 2**  
AARP Tax Prep Help  
Tuesdays and Thursdays starting February 2 from 9 AM to 2 PM at the 5-5-1 Club & Cafe.  
Call (651) 632-5330 or email dseversen@lyngblomsten.org.

**Tuesday, February 8**  
Vision Loss Support Group  
Meets from 1:30-2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month.  
See January 5 entry for details.

**Friday, February 12**  
Valentine Trip to McHattie’s Victorian Times  
Join the 5-5-1 Club & Cafe for a trip to Woodbury featuring an elegant four-course luncheon: starting out with their signature course and Devonshire cream, followed by a seasonal second course, choice of a delicious entreé, dessert and specialty tea of the day.  
The bus will leave the 5-5-1 Club (1415 Almond Ave.) at 11:30 AM and return around 2:30 PM.  
Cost is $44.  
Call (651) 632-5330 with questions or to make a reservation.

**Tuesday, March 2**  
Vision Loss Support Group  
Meets from 1:30-2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month.  
See January 5 entry for details.

**Thursday, March 4**  
Workshop for Lyngblosten’s Care Team Ministry Volunteers  
From 6:30-8:30 PM in the Newman-Benson Chapel at Lyngblosten.  
This workshop will provide information to the Care Team Ministers about working with members from their church with early memory loss.

**Tuesday, March 8**  
Monthly Book Club  
See January 12 entry for details.

**Thursday, March 11 & Tuesday, March 16**  
Orientation for New Delegates  
New delegates from corporate congregations should attend one of these sessions at Lyngblosten:  
Thursday, March 11, 6-8 PM or Tuesday, March 16, from Noon-2 PM.  
Details will be mailed.

**Monday, March 15 & Tuesday, March 16**  
Spring Delegate Meetings  
All delegates should attend one of these two meeting options:  
Monday, March 15, 6:30-8:30 PM or Tuesday, March 16, 9:30-11:30 AM at Lyngblosten.  
Details will be mailed.

**Monday-Saturday, April 12-17**  
Lyngblosten Auxiliary’s Rummage Sale Donation Drop-Off  
8 AM-6 PM at the front desk of the Lyngblosten Care Center.  
Please bring your tax-deductible donations of new and gently-used items for the sale.  
(Sorry, we cannot accept electronic equipment or vts, microwaves, etc.)  
The sale is April 21–23.

**Friday, April 30**  
Spring Rhapsody Gala  
Lyngblosten Foundation’s Annual Spring Gala.  
6 PM reception, followed by dinner, live auction and entertainment by the Rockin’ Hollywoods at the Prom Center in Oakdale.  
For more information, contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org.  
Please RSVP by April 16.

**Tuesday, May 4**  
Corporate Annual Meeting  
All delegates:  
Please save this evening on your calendar.  
Details will be mailed.

**Thursday, May 6**  
Gathering of Grandparents:  
Enjoy your Vacation  
8 AM to noon at Augustana Lutheran in West St. Paul.  
Enjoy a keynote speaker talking about one’s vacation as a grandparent, followed by break-out sessions.  
More details forthcoming at www.lyngblomsten.org or contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.
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 from August 1, 2009 – October 31, 2009*.

*Includes memorial donations to the Lyngblomsten Auxiliary.

*Does not include gifts to Lights for Lyngblomsten.

To learn more about our memorial program, please contact the Foundation at (651) 632-5324 or mgray@lyngblomsten.org.

## Gifts to the Remembrance Fund

**IN MEMORY OF**
- Edna Starost
  - Jeanette Severson
- Norma Bartlett
  - David Bartlett
  - First National Bank
  - Patrick and Geralyn Powers
- Lucille Borsch
  - Dorothy Stach
- Edith Bowles
  - Virginia Pates
- June Cincotta
  - Shirley Dingman
- Dave Dingman
  - Shirley and Michael Santoro
- Jerry Formo
  - Larry and Laurie Yunker
- Betty Hable
  - Fred and Karen Koch
- Martha Celestine Hooper
  - Carolyn Gibson
  - Lewis Kriener
  - Patricia and Robert Lee
  - Barbara Read
- Madeline E. Johnson
  - Dorothy Stach
  - Lila Storaasli
- Barbara Jones
  - Betty Hable
  - Virginia Pates
- Beulah Kirk
  - Johnnie Alexander
  - Richard and Shirley Anderson
  - Jean Bertula
  - Mabel Bossard
  - Pastor and Mrs. Richard Carlson
  - Marion Glassow
  - Ann Hanson
  - Louann and Duane Jokela
  - Helen Klass
  - Kirk and Lorraine Kluegel
  - John and Marilyn Landman
  - Lisa and Chad Miller
  - Mary Muusnieks
  - Iona Ommass
  - Thelma Pedersen
  - Karen and Gerald Pitra
  - Iris Raths
  - Ariel Running
  - Marilyn Rowe
  - Ann Runke
  - Elizabeth Wiger
- Mary Klasnek
  - Valerie Kyle
- Annie Larson
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  - Betty Chas and Barry Yocom
  - Kristine Kempf
  - Barbara Pugh-McCreight
  - Margery Starr
- Pernilla Lambke
  - Marie Franzén
  - Pete Peterson
  - Anna May Malfield
  - Dorsey and Whitney, LLP
  - Martin McGowan
  - Mr. and Mrs. John R. Gustafson
  - Carol Meyer
  - Alice Parrish
  - Dorothy Stach
- Ethish Neumann
  - Nancy Neumann
- Carl P. Stendahl
  - Larry and Marilyn Albert
  - Muriel Anderson
  - Roy and Donna Diehl
  - Jim and Delores Dinzio
  - Roger and Carol Bone Drawing
  - Richard and Dorothy Evans
  - Gladys Grabowski
  - Valerie Grennessen
  - Rick and Kathy Kaupsman
  - Dick and Lynn Meryhew
  - Mike Milotzky
  - Rick Milotzky
  - Bub and Lou Milotzky
  - Dick and Carol Newkumet
  - Bruce Nielsen
  - Richard and Georgia Nielsen
  - Evelyn Norton
  - Lorraine Purvis
  - Carl and Judi Schuwerick
  - Jean Sedro
  - Coleen Westerberg
  - Jack and Mary White
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  - Carl and Judi Schuwerick
  - Jean Sedro
  - Coleen Westerberg
  - Jack and Mary White
- Leigh Sweet
  - Gerhart and Dois Buehler
  - Marie Franzén
  - Carol Meyer
  - Pete Peterson
  - Jeanette Severson
- Bertha Moteberg
  - Eunice Heuer
  - Bob and Elaine Ogren
  - Jeanette Severson
- Annie Larson
  - Ronald and Sharon Bergom
  - Betty Chas and Barry Yocom
  - Kristine Kempf
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  - Carl and Judi Schuwerick
  - Jean Sedro
  - Coleen Westerberg
  - Jack and Mary White
- Bertha Moteberg
  - Eunice Heuer
  - Bob and Elaine Ogren
  - Jeanette Severson
- 2009 Golf Classic Memorials
  - (received after the Fall edition of Lyngblomsten Lifestyle)
  - Clive Kelsey
  - Don and Carol Kelsey
  - Mary Kelsey
  - Don and Carol Kelsey
  - Frank Cox
  - Joyce Boss
  - 2009 Golf Classic Memorials

## Consider these intriguing statistics:
- 80% of what we keep we never use.

## Getting rid of clutter eliminates 40% of housework in an average home.

## Putting RESOLVE in Your Resolution

**by Jessica Johnson**

Take a stroll down memory lane and reflect on New Year’s Resolutions over the past several years. Which ones seem to make the list every year in some shape or form? Lose weight? Get organized? Save more money? Take a vacation? Learn the tango? Or not.

No matter what your resolutions may be, the first step to success is having a plan and thinking about the tools that can help. In this Resource Round Table, find tips and resources to support a resolution of “Getting Organized.”

## Ready for action? Use these 4 tips to help you enter the New Year without fear and ready for change!

### Start with small goals.
- Get in the habit of making a list and discover the satisfaction of crossing off accomplished tasks.
- Tackle one drawer, room or file at a time; taking on too much can be overwhelming.
- Schedule dedicated time each week to declutter.

### Look for poorly used space.
- Switch out seasonal items—kitchen, closets, and garage—to keep what you use daily easily accessible.
- Think of creative storage—utilize areas like under beds, behind doors and high shelves.
- Don’t have junk drawers or “miscellaneous” files; they become a magnet for clutter.

### Take an inventory periodically.
- Upon receiving new items, pitch old items and look to sell, donate or give away (the Lyngblomsten Auxiliary’s Rummage Sale is April 21-23, donations taken April 12-17, see pg. 15).
- If you find unrelated items stored somewhere, be sure to relocate in an area that makes sense.
- Keep your storage room neat and orderly—it’s not a junkyard for hoarding stuff.

### Tap your resources.
- Use those around you who have a knack for organizing to help sort, store or prioritize.
- Visit http://www.pca.state.mn.us/ and search “junk mail” to find ways to remove yourself from junk mail lists.
- Read for inspiration. Try a new approach to organization with these books by Peter Walsh—reduce clutter AND adopt a healthier lifestyle.

Does This Clutter Make My Butt Look Fat?: An Easy Plan for Losing Weight and Living More. Read about a connection found between clutter in your home and weight gain/loss.

- It’s All Too Much: An Easy Plan for Living a Richer Life with Less Stuff.
- Learn how to let go of your emotional and physical clutter so that you can create a happier, more stress-free home and life.
- Attend the “Donut” Make Your Wonder presentation, “Declutter, Downsiz e & Simplify Your Life.” Join us Tuesday, January 5, at 10 AM at the 5-5-1 Club & Café (1415 Almond Ave.) for a presentation by Diane Bjorkman, owner of Gentle Transitions Senior Move Management.

For more information contact Joanne Kellen at (651) 632-5353 or jkellen@lyngblomsten.org.
About one hundred people attended the 17th Annual Heritage Society Luncheon held November 9 in the Newman-Benson Chapel.  For the second year we invited a broader group of donors, volunteers and Auxiliary members to help celebrate.  We recognized the following new Heritage Society members:  LaVerne and Jane Dehlin, Leslie Erickson, Thelma Pedersen, Herbert and Helen Schmidt, Barb Segelstein, and Laurie and Laurence Yunker.  Each of the new members was presented with an engraved wooden plaque.

The event was hosted by the Lyngblomsten Foundation Planned Giving Committee.  Committee chair and Foundation board member Jaime Hansen served as emcee for the event.  Pastor Orv Wold, (Heritage Society member) gave the Invocation.  Dale Fagre, Lyngblomsten’s Chief Development Officer, read an update from CEO Paul Mikelson who was out of town.  Ben Wegner delighted the crowd with his piano playing.  The highlight of the event was a presentation entitled “Gifts to Remember” by Brenda Moore (ELCA gift planner) and Polly Bergerson (Bergerson Enterprise) who captivated everyone’s attention using chocolates to illustrate how planned giving works.

There are currently 130 members in the Heritage Society who have made a planned gift to Lyngblomsten.  Immediately after the event at least four individuals indicated interest in placing Lyngblomsten in their will or establishing a gift annuity.  The Foundation will host a “Legacy Seminar” sometime early in 2010 for folks interested in further unpacking planned giving options.

If you have named Lyngblomsten in your will and have not notified us, please contact the Lyngblomsten Foundation office at (651) 632-5319 or e-mail dfagre@lyngblomsten.org.

Twice the Gift

Lyngblomsten had a presence in downtown Minneapolis this holiday season through its participation at Twice the Gift (above right), a unique seasonal store that showcases the products and services offered by more than 60 Twin Cities nonprofits.  When you give a gift from Twice the Gift, you support the mission of a nonprofit organization.

Residents and friends helped make felted wool flower pins (above left) that were sold at the store along with pecans and donation cards.  Proceeds benefit Lyngblomsten Volunteer Programs and Services.

Twice the Gift

Lyngblomsten had a presence in downtown Minneapolis this holiday season through its participation at Twice the Gift (above right), a unique seasonal store that showcases the products and services offered by more than 60 Twin Cities nonprofits.  When you give a gift from Twice the Gift, you support the mission of a nonprofit organization.

Residents and friends helped make felted wool flower pins (above left) that were sold at the store along with pecans and donation cards.  Proceeds benefit Lyngblomsten Volunteer Programs and Services.

Workin

by Jessica Johnson

Lyngblomsten’s four values principles center on the four groups that comprise our organization: participants (residents, tenants, community program participants), participants’ families, employees, and community (volunteers, donors, and corporate congregations). The text of the principles is sprinkled throughout this article. Each edition of Lyngblomsten Lifestyle highlights one of these groups, and in this edition we focus on employees.

Whether it’s direct care, programming, services, facility maintenance, events or administration, Lyngblomsten employees live out their personal ministry in ways that are interdependent upon one another.

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

...Engaging Participants

Meet Kris Kempf.

For Kris Kempf, therapeutic recreation coordinator, knowing what she wanted to pursue as a career was an easy decision. “I know this is what I was meant to do; I have a lot of fun in my job.”

The residents of Lyngblomsten are blessed to have Kris around. “They make me laugh—they’re so expressive when you make their day. There’s such a rich history and an unconditional love there, too. Their stories are fabulous—they help me grow,” she shared.

In Kris’ five years at Lyngblomsten, she’s sought to promote dignity and individuality for her residents through letting them do what they want to do and treating them as her friends. “My theory is to help
Do you know what the definition of passion is? “Passion is the energy that comes from bringing more of YOU into what you do.”

However, a recent survey suggests that 75% of us don’t know what our true passion is, and only 20% of us typically feel “energized” by our work. Well, the fact is passion does not exist in a job itself...passion exists within us. Each one of us has a purpose, and we know if we are putting our passion to use every day. Many of us struggle from time to time with the question of personal meaning: “Am I living the way I want to live?” None of us should be unhappy with our daily lives, because as the phrase goes...life is too short! Even so, many of us put off our passions because of obstacles that we just can’t seem to get past.

Mark Sincievich is an executive coach. He has identified five keys to keeping passion in our work: 1) Keep a file of awesome people; 2) Know the reasons why you do your work; 3) Just launch (no one is going to come along and give you passion); 4) Make a commitment; and, 5) Have faith in yourself.

In addition, I would like to add a sixth one...trust and have faith in God to help you. He is the one who has given us the ability to experience passion. One of the benefits of working for a Christian organization is we can express not only the passion we have for our work, but also the passion we have for our faith. I can honestly say at Lyngblomsten there are many, many staff living out their inner passion each and every day in a variety of ways. In fact, for our recent Ambassador Showcase, 38 staff were nominated by their peers largely for the passion they show in their work with participants, families, employees, and the community.

Finally, the mission of Lyngblomsten includes the phrase “a ministry of compassionate care.” Nearly 104 years after the founding of Lyngblomsten, I can safely say the passion continues to live within those who work here! 
That language is clearly demonstrated through nursing assistant Eddy Orwenyo, who has worked in TCU for the past two years. For Eddy, there is a strong sense of mutuality, both with co-workers and residents. “The residents tell me stories—I learn something new every day from them. I like their company. As someone with an infectious and pleasant attitude, Eddy has found it is something that goes a long way. “There’s a lot of teamwork [at Lyngblomsten]; if you ask somebody to do something—they do it.”

Eddy came to the United States from Kenya in 1996 with a goal of obtaining a degree in nursing. His cross-cultural experience resulted in many intriguing and entertaining stories for residents. Lyngblomsten helps give him the training and experience he needs to help create bridges of interaction.

Connecting Lyngblomsten to resources in the community is second nature to Jennifer, who easily generates ideas to find solutions for things she is passionate about. For example, having a family member who is deaf has increased her awareness and awareness of the resources available for the deaf community—a venture she hopes to pioneer at Lyngblomsten.

The community Jennifer has also established within the walls of Lyngblomsten is evident. “You can sense it when you walk in—the compassion and warmth—I think we make it more of a home-like experience for everyone,” she noted.

“I love this population because it makes you feel like you’re making a difference,” Jennifer shared. Lyngblomsten tenant Wil Langer affirmed, “Anytime I’ve entered Jennifer’s office to visit with her, she stops and listens and makes me feel like I’m the most important person in the world. She always helps me find a solution to my problems. Jennifer is a person you can trust and count on to help you when you need it.”

Regarding her fellow colleagues, she added, “Lyngblomsten employees live the philosophy of Lyngblomsten. Everyone I work with here goes out of their way to enhance the lives of seniors every day.”

(To learn more about Lyngblomsten’s 1st Annual Ambassador Showcase, see page 9).

On September 22 the Lyngblomsten Foundation hosted Meet Lyngblomsten, a one-hour fundraising breakfast event, at The Saint Paul Hotel. This year’s featured program was the Lyngblomsten Care Team Ministry. Using trained volunteers, Care Team Ministry responds free of charge to the non-medical “quality-of-life” needs of individuals and families of all ages not normally fulfilled by existing social service programs. Care Teams function as extended family with members doing a broad range of activities such as respite for caregivers, regular visits, light yard work or household chores, shopping assistance, transportation, or meal preparation. Over 65 people attended this event and raised $18,000. For information on Care Team Ministry, contact Dorthea Doty at ddoty@lyngblomsten.org or call (651) 632-5333.

Funds Raised for Care Team Ministry

Congratulations to Mary Dennis (shown above with Lyngblomsten President/CEO Paul Mikelson), recipient of Lyngblomsten’s Anna Quale Fergstad Award for Distinguished Service 2009. She was recognized at the Annual President’s Club Dinner on October 13.
At the corporate annual meeting of Lyngblomsten held in January 1960, the members voted to merge Lyngblomsten with the Evangelical Lutheran Church (ELC, later called the American Lutheran Church and now called the Evangelical Lutheran Church in America). Below are a couple passages from documents in our archives.

— From a letter dated May 6, 1960, written to Congregations of the ELC in the St. Paul Circuit by John M. Mason, Assistant Executive Secretary of the Department of Charities of the Evangelical Lutheran Church:

"The society has realized for some time that the demand for services on the part of elderly people is growing from year to year and that they [the Lyngblomsten Society] have a fine location with ample land area for a large development program. Realizing these facts, they have as a corporation come to the conclusion that it would be wise for them to affiliate with the Church in order to obtain the full benefit of experience of the Church in this field of service and in order to preserve and strengthen their corporation.

Today Lyngblomsten is partnered with 31 Christian congregations, primarily Lutheran, across the Twin Cities. The majority of our Board of Directors comes from these churches. Together we share resources and enhance each other’s work with the older adults in our community.

Thank you!

The following corporate congregations collected gifts for the 2009 Spirit of Giving program:

- Amazing Grace Lutheran Church
- Centennial United Methodist Church
- Como Park Lutheran Church
- First Lutheran Church
- Falcon Heights United Church of Christ
- Gustavus Adolphus Lutheran Church
- Holy Childhood Catholic Church
- Hope Lutheran Church
- Jehovah Lutheran Church
- Prince of Peace Lutheran Church (Roseville)
- St. Anthony Park Lutheran Church
- St. Mark Lutheran Church
- St. Rose of Lima Catholic Church
- Immanuel Lutheran Church
- St. Timothy Lutheran Church

Their generosity, and that of many individuals, helped brighten the holidays for residents and tenants of Lyngblomsten.

Board Profile

Chuck Norton
by Jessica Johnson

There are two sides to every story. That’s often true of people, too. For Chuck Norton, who enjoys riding his motorcycle, hunting, and re-making a 1959 Austin-Healey, the other side is one of compassion.

“I enjoy working with the elderly—they need an advocate. I'm in and out of nursing homes a lot, and I see what goes on at various places. I’ve been very impressed with all aspects of Lyngblomsten.”

Chuck and his wife of 38 years, Jean, have been members at St. Rose of Lima Catholic Church (a Lyngblomsten corporate congregation), for 17 years.

Lyngblomsten Program Going Nationwide in 2010

by Patricia Montgomery

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The training course and materials are being designed so organizations will be prepared for a quick launch—full implementation six to nine months after completing training. "It’s 10 years of program experience put into an implementation guide," summarized Carolyn Klaver, coordinator of The Gathering for Lyngblomsten. "We’re saving organizations years of time."

"LSA is made up of members, and the members have asked for resources," shared Paul MIkelson, President/CEO of Lyngblomsten. "This is a good opportunity to be in relation ship with a national organization and help share information and spread the 10 years of success we’ve had locally with The Gathering.”

NOTE: Lyngblomsten’s first Gathering program was envisioned by the Como Park Block Nurse Program, Lyngblomsten’s Care Team Ministry, and members of St. Timothy Lutheran Church in St. Paul. Lyngblomsten now has eight program sites in the Twin Cities. You can learn more about The Gathering at www.lyngblomsten.org; click on Support Services.
Scandinavian Cookie & Craft Fair

On December 4 the Auxiliary hosted their festive annual Scandinavian Cookie & Craft Fair. People came from far and wide to see what sweet treats they could get their hands on (upper left)! There was also a variety of talented crafters selling their wares (left).

Husby Memorial Concert

Pop organist George French (left) entertained many at the 12th Annual Husby Memorial Concert in October. This annual concert is free, thanks to The Gertrude Husby & Ingebor Husby-Smith Memorial Endowment.

A Cup of Christmas Tea

Warren Hanson (above) returned to Lyngblomsten to share his musical talents and read the book, A Cup of Christmas Tea, which he illustrated.

Fall Fashion Show

Lyngblomsten Gift & Coffee Shop hosted a Fall Fashion Show (above) late October. The show previewed the shop’s delightful new fashions. Special thanks to all the models!

Veteran’s Day

The 5-5-1 Club & Cafe held a special program to honor veterans on Veteran’s Day.

Event Showcases Lyngblomsten’s Mission and Values

The first annual Lyngblomsten Ambassador Showcase was held on November 12 to celebrate the mission and values of Lyngblomsten and encourage employees to embrace their role as “ambassadors” for the organization. The four employees profiled in the feature story were the 2009 winners of an Ambassador Award—one award for each of the four ambassador values principles (printed in the feature story). These photos show highlights of the evening.

1. The Ambassador Showcase “Prize Patrol” on its way to present balloons, a certificate and the award finalist prize package to an unsuspecting employee on the job.  
2. Board Directors, Julie Antolak (left) and Linda Clark (right), presented the Ambassador Awards.  
3. President/CEO Paul Mikelson explained the important role ambassadors play.  
4. An engaged audience eagerly awaiting the awards presentation.  
6. Jan Daniels, Julia Nordling, Dorthea Doty, and Dale Fapre enjoy delicious food during the social hour.  
7. Guests enjoyed musical entertainment by the Lyng Sisters and Lana Western, accompanied by Dale Fapre.  
8. Employees and their guests received “swag” bags filled with goodies at the end of the evening.
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Our Partnership: 2010 Marks 50th Anniversary of Partnerships with Area Churches

At the corporate annual meeting of Lyngblomsten held in January 1960, the members voted to merge Lyngblomsten with the Evangelical Lutheran Church (ELC, later called the American Lutheran Church and now called the Evangelical Lutheran Church in America). Below are a couple passages from documents in our archives.

— From a letter dated May 6, 1960, written to Congregations of the ELC in the St. Paul Circuit by John M. Mason, Assistant Executive Secretary of the Department of Charities of the Evangelical Lutheran Church:

...The society has realized for some time that the demand for services on the part of elderly people is growing from year to year and that they [the Lyngblomsten Society] have a fine location with ample land area for a large development program. Realizing these facts, they have as a corporation come to the conclusion that it would be wise for them to affiliate with the Church in order to obtain the full benefit of experience of the Church in this field of service and in order to preserve and strengthen their corporation.

Today Lyngblomsten is partnered with 31 Christian congregations, primarily Lutheran, across the Twin Cities. The majority of our Board of Directors comes from these churches. Together we share resources and enhance each other’s work with the older adults in our community.

Thank you!

The following corporate congregations collected gifts for the 2009 Spirit of Giving program:

- Amazing Grace Lutheran Church
- Centennial United Methodist Church
- Como Park Lutheran Church
- Falcon Heights United Church of Christ
- Gustavus Adolphus Lutheran Church
- Holy Childhood Catholic Church
- Hope Lutheran Church
- Jehovah Lutheran Church
- Prince of Peace Lutheran Church (Roseville)
- St. Anthony Park Lutheran Church
- St. Mark Lutheran Church
- St. Rose of Lima Catholic Church
- Immanuel Lutheran Church
- St. Timothy Lutheran Church

Their generosity, and that of many individuals, helped brighten the holidays for residents and tenants of Lyngblomsten.

Board Profile

Chuck Norton
by Jessica Johnson

There are two sides to every story. That’s often true of people, too. For Chuck Norton, who enjoys riding his motorcycle, hunting, and re-making a 1959 Austin-Healey, the other side is one of compassion.

“I enjoy working with the elderly—they need an advocate. I’m in and out of nursing homes a lot, and I see what goes on at various places. I’ve been very impressed with all aspects of Lyngblomsten.”

Chuck and his wife of 38 years, Jean, have been members at St. Rose of Lima Catholic Church (a Lyngblomsten corporate congregation), for 17 years.

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lecture, or recuperating in the Transitional Care Unit (TCU), there is an unspoken language of love and dedication among employees.

That language is clearly demonstrated through nursing assistant Eddy Orwenyo, who has worked in TCU for the past two years. For Eddy, there is a strong sense of mutuality, both with co-workers and residents. “The residents tell me stories—I learn something new every day from them. I like their company.” As someone with an infectious and pleasant attitude, Eddy has found it is something that goes a long way. “There’s a lot of teamwork [at Lyngblomsten]; if you ask somebody to do something—they do it.”

Eddy came to the United States from Kenya in 1996 with a goal of obtaining a degree in nursing. His cross-cultural experience resulted in many intriguing and entertaining stories for residents. Lyngblomsten helps give him the training and experience he desires. “I like the scholarship program—that Lyngblomsten encourages and promotes education.”

Janet Crocker, a former patient in the TCU raved, “Eddy is an exceptional person and employee. He is seriously motivated—by what I’m not exactly sure—it when you walk in—the compassion and warmth—I think we make it more of a home-like experience for everyone,” she noted.

“I love this population because it makes you feel like you’re making a difference,” Jennifer shared. Lyngblomsten tenant Wil Langer affirmed, “Anytime I’ve entered Jennifer’s office to visit with her, she stops and listens and makes me feel like I’m the most important person in the world. She always helps me find a solution to my problems. Jennifer is a person you can trust and count on to help you when you need it.”

Regarding her fellow colleagues, she added, “Lyngblomsten employees live the philosophy of Lyngblomsten. Everyone I work with here goes out of their way to enhance the lives of seniors every day.”

(To learn more about Lyngblomsten’s 1st Annual Ambassador Showcase, see page 9)

Funds Raised for Care Team Ministry

On September 22 the Lyngblomsten Foundation hosted Meet Lyngblomsten, a one-hour fundraising breakfast event, at The Saint Paul Hotel. This year’s featured program was the Lyngblomsten Care Team Ministry. Using trained volunteers, Care Team Ministry responds free of charge to the non-medical “quality-of-life” needs of individuals and families of all ages not normally fulfilled by existing social service programs. Care Teams function as extended family with members doing a broad range of activities such as respite for caregivers, regular visits, light yard work or household chores, shopping assistance, transportation, or meal preparation. Over 65 people attended this event and raised $18,000. For information on Care Team Ministry, contact Dorthea Doty at ddoty@lyngblomsten.org or call (651) 632-5333.

Board Profile

Karen Reidt
by Rebecca Schwartz

Karen Reidt lived on Midway Parkway (adjacent to the Lyngblomsten campus) in the 1980s, but it wasn’t until she joined the Lyngblomsten Foundation Board that she learned about the organization. “I heard of Lyngblomsten and knew of it, but it wasn’t until I joined the board when I actually discovered all the interesting things Lyngblomsten has to offer.”

Karen joined the Foundation Board two years ago (currently starting her third year) by a recommendation from her sister, Gayle McCann, who is also on the Foundation Board. “Gayle knew I was looking for an opportunity where I could give back to the community, so she mentioned Lyngblomsten because she thought it would be a good fit, and she was right!”

Karen serves on the Annual Fund Committee and is involved with “Meet Lyngblomsten” and the Foundation’s annual phone-a-thon. “I like working with annual fundraising. It gives me a chance to help bring something back to Lyngblomsten and contribute to the community. I am especially interested in getting more funding for Care Team Ministry and other community-based programs. I think that area of Lyngblomsten is phenomenal, and I would love to see it move forward and expand.”

Karen received her executive masters in business administration (EMBA) from St. Thomas in 2006. She has been working in medical devices for 12 years, 10 of which have been at Medtronic, where she is currently employed. Karen attends church at St. Andrew’s Lutheran Church in Mahtomedi (a Lyngblomsten corporate congregation) and lives in Stillwater with her husband, Rick, and Remi, their new gordon setter puppy. They have two adult daughters, Lise and Emily.

Fergstad Winner

Congratulations to Mary Dennis (shown above with Lyngblomsten President/CEO Paul Mikelson), recipient of Lyngblomsten’s Anna Quale Fergstad Award for Distinguished Service 2009. She was recognized at the Annual President’s Club Dinner on October 13.
A WORK OF PASSION

by Dale M. Fagre, Chief Development Officer

Do you know what the definition of passion is? “Passion is the energy that comes from bringing more of YOU into what you do.”

However, a recent survey suggests that 75% of us don’t know what our true passion is, and only 20% of us typically feel “energized” by our work. Well, the fact is passion does not exist in a job itself...passion exists within us. Each one of us has a purpose, and we know if we are putting our passion to use every day. Many of us struggle from time to time with the question of personal meaning: “Am I living the way I want to live?” None of us should be unhappy with our daily lives, because as the phrase goes...life is too short! Even so, many of us put off our passions because of obstacles that we just can’t seem to get past.

Mark Sincievich is an executive coach. He has identified five keys to keeping passion in our work: 1) Keep a file of awesome people; 2) Know the reasons why you do your work; 3) Just launch (no one is going to come along and give you passion); 4) Make a commitment; and, 5) Have faith in yourself.

In addition, I would like to add a sixth one...trust and have faith in God to help you. He is the one who has given us the ability to experience passion. One of the benefits of working for a Christian organization is we can express our passions because of obstacles that we just can’t seem to get past.

Lyngblomsten there are many, many staff living out their inner passion each and every day in a variety of ways. For our recent Ambassador Showcase, 38 staff were nominated by their peers largely for the passion they show in their work with participants, families, employees, and the community.

Finally, the mission of Lyngblomsten includes the phrase “a ministry of compassion” shows in their work with participants, families, employees, and the community. In fact, for our recent Ambassador Showcase, 38 staff were nominated by their peers largely for the passion they show in their work with participants, families, employees, and the community.

Meet Kathy Starr.

...Journeying with Families

What sets Lyngblomsten apart from other organizations? For Kathy Starr, admissions coordinator, and former nurse of 22 years, it is the fact that Lyngblomsten is a faith-based organization, with a person-first approach to care, and support from a strong community of churches and volunteers.

When Kathy first started at Lyngblomsten, she considered her a friend.”

makes a positive difference in their lives. Residents are respectful of residents’ wishes and definitely within limits, of course!” Ann Reynolds Smith, daughter of resident Rosemary Reynolds, confirmed, “Kris is respectful of residents’ wishes and definitely makes a positive difference in their lives. Residents consider her a friend.”

One way Kris sees Lyngblomsten enabled to live out the mission of enhancing the lives of seniors on a daily basis is through the neighborhood model in the care center. “The employees are like family to the residents here, and it shows. You really get to know the residents.” She also attributed the success of this model to great teamwork and camaraderie within Lyngblomsten. “I couldn’t do my job without the help of so many people around here; we have an awesome volunteer staff, too!”

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

...Fostering Compassionate Employees

Meet Eddy Orwenyo.

Lyngblomsten’s unique continuum of care allows individuals to have a variety of experiences at Lyngblomsten. Whether it’s having lunch at the 5-5-1 Club & Café, participating in a “Learn for Life”

...Phone-A-Thon

The 4th Annual Phone-A-Thon will be held February 9–11, 2010. The Lyngblomsten Foundation Annual Fund Committee is planning this event.

Last year the phone-a-thon motivated 209 families to donate a total of $28,000 to support Lyngblomsten programs and services. Please consider this opportunity to make a gift if you are called by a Lyngblomsten volunteer.

...Audio/Visual Volunteer

Help Lyngblomsten make a difference in lives with our Audio/Visual Volunteer.

...Administrative Help

Lyngblomsten relies on volunteers and employees to help with data entry.

...Data Entry

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For more information, contact Lana Western at (651) 632-5357 or lwestern@lyngblomsten.org.

Please consider this opportunity to make a gift to Lyngblomsten programs and services.

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Heritage Society Luncheon
by Dale M. Fagre, Chief Development Officer

About one hundred people attended the 17th Annual Heritage Society Luncheon held November 9 in the Newman-Benson Chapel. For the second year we invited a broader group of donors, volunteers and Auxiliary members to help celebrate. We recognized the following new Heritage Society members: LaVerne and Jane Dehlin, Leslie Erickson, Thelma Pedersen, Herbert and Helen Schmidt, Barb Segelstein, and Laurie and Laurence Yunker. Each of the new members was presented with an engraved wooden plaque.

The event was hosted by the Lyngblomsten Foundation Planned Giving Committee. Committee chair and Foundation board member Jaime Hansen served as emcee for the event. Pastor Orv Wold, (Heritage Society member) gave the Invocation. Dale Fagre, Lyngblomsten’s Chief Development Officer, read an update from CEO Paul Mikelson who was out of town. Ben Wegner delighted the crowd with his piano playing. The highlight of the event was a presentation entitled “Gifts to Remember” by Brenda Moore (ELCA gift planner) and Polly Bergerson (Bergerson Enterprise) who captivated everyone’s attention using chocolates to illustrate how planned giving works.

There are currently 130 members in the Heritage Society who have made a planned gift to Lyngblomsten. Immediately after the event at least four individuals indicated interest in placing Lyngblomsten in their will or establishing a gift annuity. The Foundation will host a “Legacy Seminar” sometime early in 2010 for folks interested in further unpacking planned giving options.

If you have named Lyngblomsten in your will and have not notified us, please contact the Lyngblomsten Foundation office at (651) 632-5319 or e-mail dfagre@lyngblomsten.org.

Twice the Gift

Lyngblomsten had a presence in downtown Minneapolis this holiday season through its participation at Twice the Gift (above right), a unique seasonal store that showcases the products and services offered by more than 60 Twin Cities nonprofits. When you give a gift from Twice the Gift, you support the mission of a nonprofit organization.

Residents and friends helped make felted wool flower pins (above left) that were sold at the store along with pecans and donation cards. Proceeds benefit Lyngblomsten Volunteer Programs and Services.
Use these 4 tips to help you enter the New Year without fear and ready for change!

The average American spends 49,060 pieces of mail in a lifetime; 1/3 of it is junk mail.

Consider these intriguing statistics:
- The average American receives 49,060 pieces of mail in a lifetime; 1/3 of it is junk mail.
- 80% of what we keep we never use.
- 40% of housework is eliminated by getting rid of clutter.
- 80% of what we keep we never use.

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LYNGBLOMSTEN FOUNDATION
Dale Fagre: (651) 632-5319
dfagre@lyngblomsten.org

LYNGBLOMSTEN AUXILIARY
Volunteer Programs & Services, and Lyngblomsten Auxiliary
Melanie Davis: (651) 632-5356
mdavis@lyngblomsten.org

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

Patricia Montgomery
Director of Marketing Communications

Jessica Johnson
Marketing Communications Specialist

Rebecca Schwartz
Marketing Communications Specialist

Lyngblomsten Lifestyles 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.

Tuesday, February 2 – Thursday, April 15
AARP Tax Prep Help
Tuesdays and Thursdays starting February 2 from 9 AM to 2 PM at the 5-5-1 Club & Café. Call (651) 632-5330 or email dseverson@lyngblomsten.org.

Tuesday, February 9
Monthly Book Club
2 PM at Lyngblomsten Apartments recreation room. See January 12 entry for details.

Friday, February 12
Valentine Trip to McIlhenny’s Victorian Times
Join the 5-5-1 Club & Café for a trip to Woodbury featuring an elegant four-course luncheon: starting out with their signature scene and Devorshire cream, followed by a seasonal second course, choice of a delicious entrée, dessert and specialty tea of the day. The bus will leave the 5-5-1 Club (1415 Almond Ave.) at 11:30 AM and return around 2:30 PM. Cost is $44. Call (651) 632-5330 with questions or to make a reservation.

Tuesday, March 2
Vision Loss Support Group
Meets from 1:30 – 2:30 PM in the 2nd floor lounge at The Heritage on the 1st Tuesday of the month. See January 5 entry for details.

Thursday, March 4
Workshop for Lyngblomsten’s Care Team Ministry Volunteers
From 6:30 – 8 PM in the Newman-Benson Chapel at Lyngblomsten. This workshop will provide information to the Care Team Ministers about working with members from their church with early memory loss.

Tuesday, March 8
Monthly Book Club

Thursday, March 11 & Tuesday, March 16
Orientation for New Delegates
New delegates from corporate congregations should attend one of these sessions at Lyngblomsten: Thursday, March 11, 6 – 8 PM or Tuesday, March 16, from Noon – 2 PM. Details will be mailed.

Monday, March 15 & Tuesday, March 16
Spring Delegate Meetings
All delegates should attend one of these two meeting options: Monday, March 15, 6:30 – 8:30 PM or Tuesday, March 16, 9:30 – 11:30 AM at Lyngblomsten. Details will be mailed.

Monday – Saturday, April 12 – 17
Lyngblomsten Auxiliary’s Rummage Sale Donation Drop-Off
8 AM – 8 PM at the front desk of the Lyngblomsten Care Center. Please bring your tax-deductible donations of new and gently-used items for the sale. (Sorry, we cannot accept electronic equipment – TVs, microwaves, etc.) The sale is April 21 – 23.

Friday, April 30
Spring Rope-a-dope Gala
Lyngblomsten Foundation’s Annual Spring Gala. 6 PM reception, followed by dinner, live auction and entertainment by the Rockin’ Hollywoods at the Prom Center in Oakdale. For more information, contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org. Please RSVP by April 16.

Tuesday, May 4
Corporate Annual Meeting
All delegates: Please save this evening on your calendar. Details will be mailed.

Thursday, May 6
Gathering of Grandparents: Explore Your Vacation
8 AM to noon at Augustine Lutheran in West St. Paul. Enjoy a keynote speaker talking about one’s vocation as a grandparent, followed by breakout sessions. More details forthcoming at www.lyngblomsten.org or contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.
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.

Make a New Year’s resolution to put more FUN in your life!

Let the 5•5•1 Club & Café be your guide!
Participate in these (and more) activities to add some FUN to your daily routine:

- Day Trips
- Adult Education
- Extended Travel
- Billiards
- Walking Club
- Cafe-style Lunches served Tues., Wed., Thurs.; 11–2

Coming in February to the 5•5•1 Club & Café:
Chili Cook-Off!

For adults in the “551” zip code areas
(651) 632-5330
1415 Almond Ave., St. Paul, MN 55108
www.551club.com

Check www.551club.com for more details.

STORIES OF LIFE:
Working with Passion

MORE IN THIS ISSUE:
New Year’s Resolution: Get Organized!
Corporate Congregations 50th Anniversary
BONUS: 2010 Calendar Inside!