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Life enrichment centers serving older adults in White Bear Lake, St. Paul, and surrounding areas
Community members and media invited to learn about 2nd Half with Lyngblomsten at two open houses on March 8 and 13

ST. PAUL, Minn. (Feb. 28, 2017) — According to the 2015 United States of Aging Survey, 75 percent of adults age 60 and older intend to live in their current home for the rest of their life.¹ Many of them will need a supportive service or two to help make this happen, whether it's:

- A group recreational activity—such as an art class, museum outing, or volunteer opportunity—to address loneliness that can accompany retirement, the death of a spouse, or other major life transition;
- A trained volunteer who can help with chores around the house; or
- A confidential and caring support group for family caregivers to combat the isolation that can arise in caring for someone 24/7

Pam Stofferahn, senior pastor at Redeemer Lutheran Church in White Bear Lake, knows this all too well. Recently, while making house calls in Redeemer's neighborhood, she met a woman from Texas who was visiting her parents. The daughter was trying to help them find support services so they could continue to live in their home.

"The woman fell into our arms crying," Stofferahn said. "She was so overwhelmed. It broke our hearts, but it was exactly what we're here to be about."

Today, Stofferahn is excited that Redeemer, in partnership with Lyngblomsten, is able to offer adults in the White Bear Lake and surrounding community the services and support they need to live engaged, meaningful lives—no matter their age, financial resources, or religious affiliation.

In November 2016, Lyngblomsten launched **2nd Half with Lyngblomsten**, a new model of service for adults in the second half of life (ages 50 to 100+) that connects them with community services, resources, and opportunities to enhance their quality of life.

The 2nd Half model offers **life enrichment centers** located in the 5-5-1 zip code areas. These centers connect adults with a variety of offerings, including:

- Education & the Arts

¹ National Council on Aging. *The United States of Aging Survey*. July 2016, <https://www.ncoa.org/resources/usa15-full-report-pdf/>, p. 58. Accessed 26 January 2017.

- Health, Wellness, & Spirituality
- Social & Outings
- Caregiver Support & Services
- Service Opportunities

Currently, there are two life enrichment centers—one located in the Como Park neighborhood of St. Paul hosted on the Lyngblomsten campus and another in White Bear Lake hosted at Redeemer Lutheran Church. Already, they've made an impact.

“We’ve seen adults coming into the White Bear Lake campus at Redeemer feeling a sense of excitement, feeling a sense of community spirit, feeling a sense of support for them,” Stofferahn said. “The community members know this is a place they can trust to care about them in the second half of life.”

Part of their excitement likely stems from the sheer number of opportunities and services that are available. Lyngblomsten has been providing older adults, their families, and their caregivers with many stand-alone community-based services since the late 1970s. Now, the 2nd Half model brings together these services and adds some new ones, making them seamless and more accessible to participants.

“The 2nd Half model is one-of-a-kind,” said Julie Pfab, director of Lyngblomsten Community Services, who oversees 2nd Half with Lyngblomsten. “Our site coordinators at each center have years of experience working with older adults. They are well-equipped to help participants navigate some of the opportunities—and the challenges—that come with aging.”

Pfab also emphasized that 2nd Half life enrichment centers aren't looking to compete with other service providers. Instead, they're collaborating with them.

“I don't think one organization has the capacity to do everything that's needed to help older adults age well in their communities,” Pfab said. “So the invitation is: How can we work with others?”

In St. Paul, for example, Lyngblomsten has worked for years with a number of local organizations, including the Amherst H. Wilder Foundation, the Roseville Alzheimer's and Dementia Community Action Team, and the HealthEast Care System. In White Bear Lake, Pfab and Stofferahn have been working with leadership from the White Bear Area Senior Program for months, identifying areas of collaboration.

“The White Bear Area Senior Program is thrilled to have the 2nd Half Program in our area,” said Tara Jebens-Singh, adult programs coordinator for the White Bear Area Senior Program. “By working together, we can avoid duplication, fill in the gaps, cross promote, cross refer, and leverage resources to build our community's capacity to serve older adults.”

Want to learn more about how 2nd Half with Lyngblomsten can impact your life and your community? Community members and members of the press are invited to learn more at two 2nd Half Sampler open houses.

- Wednesday, March 8 on the Lyngblomsten campus (1415 Almond Avenue, St. Paul)
- Monday, March 13 at Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake)
- Both events are from 3–6 PM.
- Meet instructors and Lyngblomsten staff, preview upcoming programs and trips, learn about resources, get the new spring catalog, and win prizes.
- Staff from 2nd Half with Lyngblomsten and Redeemer Lutheran Church will be available to answer questions.
- Media: To arrange an interview, contact Christina Rhein.

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A Center for Enriching Lives after 50

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Learn more at www.lyngblomsten.org/2ndHalf.



Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services. Learn more at www.lyngblomsten.org.



Redeemer Lutheran Church of White Bear Lake is a vibrant Christian community that strives to be a Christ-centered, spirit-filled, inter-generational community devoted to growing in faith, love, and service to God. A member of the Evangelical Lutheran Church in America, Redeemer has been a corporate congregation with Lyngblomsten for over 50 years and a leader in older adult ministry. Learn more at www.rlc-wbl.org.