LYNGBLOMSTEN’S 3RD ANNUAL
WELLNESS CONFERENCE
SEPTEMBER 16, 2010

Keynote presentation at 7:00 PM: Foods for Great Energy
Presented by Cassie Weness, Registered & Licensed Dietician; counselor and nutrition educator at Nutritional Weight and Wellness in St. Paul.

Struggling with energy? Do you wake up tired or have energy slumps? Foods for Great Energy explains how nutrition can take you from fatigue to vitality in five steps. Learn the role protein plays in energy production and how a simple mineral, magnesium, can help you sleep through the night so you wake refreshed. Discover how caffeine and sugar actually deplete energy. Powerful nutrition creates powerful energy.

When: Thursday, September 16, 2010, 5:00-8:30 PM
Where: Centennial United Methodist Church (1524 West County Road C2, Roseville, MN)
Cost: $10.00 if registered by 9/7; $15.00 at the door (includes a healthy supper)
Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

*CEUs, childcare, and transportation (for a fee) available

Registration information and details on exhibitors and activities can be found at www.lyngblomsten.org
**Lyngblomsten’s Four Values Principles**

For our participants, Lyngblomsten promotes dignity through informed choices, celebrates differences, respects 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.

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

Through our community of donors, volunteers, and corporate congregations, Lyngblomsten encourages the individual to live one’s personal ministry by enhancing the lives of older adults.

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

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Director of Marketing Communications

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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? Please let us know.

*Lyngblomsten Lifestyle Mailing List*

Attn: Mary Graupa
1415 Almond Avenue, St. Paul, MN 55108
(651) 632-5324 or mgraupa@lyngblomsten.org

**Events Calendar**

Visit www.lyngblomsten.org for updates

**Thursday, July 8**

Lyngblomsten Foundation’s Golf Classic

Enjoy an afternoon of golfing at Midland Hills Country Club followed by a silent auction and sumptuous dinner. See ad on page 14. Proceeds benefit the 5-5-1 Club & Café. For more information visit www.lyngblomsten.org or contact Emily Seiber at (651) 632-5323 or eiserer@lyngblomsten.org.

**Tuesday, September 7**

Lyngblomsten Auxiliary General Meeting

For details check the calendar at www.lyngblomsten.org or contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org.

**Thursday, September 16**

Annual Wellness Conference

5:00-8:30 PM. This year’s mini conference sponsored by Lyngblomsten Community Wellness & Education will focus on nutrition. Enjoy healthy foods, exhibits, and a keynote presentation entitled, “Foods for Great Energy.” See ad on page 16. Details will be announced at www.lyngblomsten.org, or contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

**Saturday, September 19**

Husby Memorial Concert

3:00 PM at the Newman-Benson Chapel at Lyngblomsten. Join us for a delightful concert featuring a performance by Orkestar Bezime, a musical group with a love for eastern European folk music. FREE, thanks to the generosity of Ingebr & Ingelin Husby-Smith Memorial Endowment. Learn more about Orkestar Bezime at http://www.ngora.ca/about.html.

**Thursday, September 30**

3rd Annual Senior Ministry Conference


**Tuesday, October 5**

President’s Club Dinner

This special dinner honors donors who contribute $1,000+ during the 2009-2010 fundraising year. Invitations will be mailed.

**Tuesday, October 5**

Driving for Others: A Workshop for Volunteer Drivers

6:30–8:30 PM at the 5-5-1 Club & Café (located below the Newman-Benson Chapel, on the Lyngblomsten campus). Training open to anyone over 18 interested in learning 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: dseverson@lyngblomsten.org or (651) 632-5320. Hosted by Lyngblomsten’s Home- & Community-Based Services.

**Wednesday–Friday, October 6-8**

Lyngblomsten Auxiliary’s Fall Rummage Sale

Wednesday, 10/6: 9 AM–4 PM
Thursday, 10/7: 9 AM–4 PM
Friday, 10/8: 9 AM–4 PM ($3 bag day)
Donations will be accepted September 29–October 4. Clean out your closets; one person’s “trash” may be someone else’s “treasure”!

**Thursday, October 21**

Autumn of Your Life (formerly Meet Lyngblomsten)

Join us for a one-hour cocktail/social hour program at the St. Paul Hotel to learn how Lyngblomsten programs are impacting lives and how you can support our mission. For more information contact Emily Seiber at (651) 632-5323 or eiserer@lyngblomsten.org.

**Monday, November 8**

Heritage Society Luncheon

$L$
IN MEMORY OF

Robert and Louise Brown
Janet Thorson
Janet Thorson
Thomas and Mary Genz
John and Deborah Griebenow
Jane Huso
Gary and Susan Houghton
Douglas and Cheryl Hocking
Mabel Hassinger
John and Deborah Griebenow
Julie Fagnant
Mary Jo Erickson
Sandra Christenson
Dianne Bertelsen
Mark and Amanda Allen
IN MEMOR Y OF

Rose Zoukos
Mary Zoukos
Diana Schwab
Ariel Ronning
Sharyn Olson
Anon
Irene Waage
Eugene Richter
Richard and Barbara Miller
Rosemary and Lee Aldridge
Robert and Lucille Brown

February 1, 2010 – May 31, 2010*

IN MEMORY OF

Leona Waage
Richard and Barbara Miller
Eugene Richter
Irene Waage
Bernard and Averiette Watzlau

IN MEMORY OF

Eunice Wollscroft
Anonymous
Arlin Olson
Arlin Olson
Arlin Olson

IN MEMORY OF

Mary Zoukos
Rosemary and Lee Aldridge
Kelsey and Steve Bergerson
Bittina Faude
Carol Pearson
Sandra Torkelson
Rose Zoukos

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

Join us for the
14th Annual
Lyngblomsten Foundation’s
GOLF CLASSIC

Midland Hills Country Club
Monday, August 2, 2010

Golf Scramble • Silent Auction • Dinner

Lyngblomsten Cup
This special competition is open to members of Lyngblomsten corporate congregations. Pot a foursome together today!

Funds raised go to Lyngblomsten’s 5-1 Club & Café community center.
For more information about the Golf Classic, please contact Emily Sieber at (651) 632-5323 or esieber@lyngblomsten.org.

Download the brochure at www.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:

February 1, 2010 – May 31, 2010*
Includes memorial donations to the Lyngblomsten Auxiliary.

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

One of Lyngblomsten’s Four Values Principles

“IT just isn’t useful to think about what’s not possible anymore,” shared Eileen. The family said that some things they thought were going to be really difficult, weren’t. “We didn’t have to go through some battles because she [Ethel] knew herself that change was needed. She eased out of driving, for example,” Jerry explained.

This close-knit family has tapped many resources and taken initiative to self-educate. “We all have our antennae up—the resources are out there, you just have to find them,” encouraged Carol. For those living in a small or rural community, Eileen suggested it would just take someone to be the “spark plug.” “People may think they don’t know enough to lead, but once someone is willing to put words to a need, others will join,” she reasoned.

“It just isn’t useful to think about what’s not possible anymore.”

Proximity is also a favorable factor for their family. Living near Ethel has allowed them to all share in visiting her at least once a day. “We have a really great and complementary skill set, and Mom needs all of them,” Eileen explained. Jerry added that, for Ethel, having the peace of mind that her finances are being handled and feeling comfortable in her residence and at The Gathering have made a world of difference.

Undoubtedly, caring for someone with memory loss brings change, challenges, and learning; but it also brings opportunity for growth. “Once a mom, always a mom,” is a sentiment that is frequently expressed throughout their family. “With that spirit, she is still giving us opportunities to learn, to develop skills, and to grow closer together as a family. Even now she still teaches us things,” Eileen remarked.

continued on page 4
Their family relishes their simple, joyful traditions and makes an effort to maintain them. Whether it is going to Dairy Queen with Dennis for a chocolate ice cream cone and then driving around a lake, participating in a family “gorilla hug,” or attending Mass together, they have made it a priority and a commitment to stay active in each other’s lives and to incorporate the traditions.

“Many times life can get quite routine. That’s why we’ve decided as a family to be organized and involved,” Carol stated. One thing they tried was posting a large office planner to write when each was coming to be with their mom. Now they make use of a notebook to record their schedules and experiences, such as what they did that day and how the day went. It helps the siblings stay connected and informed. That’s especially important when, as they shared, “What’s normal [for Ethel] is constantly being redefined.”

All of the family involved in Ethel’s life affirmed what a great support and lifeline the support group caregivers at The Gathering has been. For Jerry, it was finding camaraderie in fellow group members, learning about dementia and gaining practical tools and resources to deal with the issues they were encountering. “It’s a source of strength and a very effective tool for a family,” Carol added. “All together, The Gathering has been a big piece of Ethel’s life. They feel safe—there is somebody right there with them the whole time,” Carol stated.

“Never underestimate the value of the time, the love and the care given to a loved one—it is a language spoken from the heart, rewarded with intangible blessings that need no translation,” Patsy reflected.

The family shared that Ethel often asks, “Can I do anything else for you? Do you have enough food? Is your car running okay?” and they reassure her that everything is fine and say, “I love you, Mom.” Ethel will reply, “I know you do, or you wouldn’t be here all the time.”

To learn more about The Gathering, visit www.lyngblomsten.org. To volunteer or participate in The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

To learn about support groups offered in your area visit: www.alzmdnak.org/gethelpandinfo/supportgroups

IN MEMORY OF
Naomi A. Anderson
Pete Peterson

IN MEMORY OF
Phillis C. Anderson
Marjorie Bolin and Jennie Kazer
David and Susan Brotson
Phillip and Carolyn Brunelle
David and Michelle Christianson
John and Dana Erhart
Paul and Lynnette Ellerson
Marvin and Margaret Fabyanske
Christina Lotarski
Dorothy Pederson
Philis Straughn

IN MEMORY OF
Adine Aurellus
Theodore and Evelynne Anderson
Mr. Paul J. Aurellus and Rev. Marjorie B. Aurellus
Mr. and Mrs. D. W. Bircher
Mary Cox
Betty Hammerston
Marion Hastings
George and Kay Hodbloom
Kate Johnson
Helen Klask
Rosemund Marks
David and Annette Merry
Lois Ohrestad
Ruthann Ryberg
Jeanette Severson
Dorothy Stach
Swanhild Thompson

IN MEMORY OF
Norma Bartlett
Ronald and Nancy Scheel

IN MEMORY OF
Norma Bayard
Ruthann Ryberg

IN MEMORY OF
Kelley Bergerson’s Ordination
Carol Meyer

IN MEMORY OF
Gerardine Dominiski
Dorothy Stach

IN MEMORY OF
Jean Fleming
Terri Parmer

IN MEMORY OF
Elie Firtz
Marion Fritz
Dave and Beverly Mooney

IN MEMORY OF
Marjorie A. Gregory
Rev. Richard Gregory

IN MEMORY OF
Johanna Hagen
Rev. Dorothy Sandahl

IN MEMORY OF
Joy Hansen
William and Arline Gall
Lawrence Hanson
Terry and Delores Hanson

IN MEMORY OF
Lucille Hofmeister
Ruthann Ryberg

IN MEMORY OF
Jeannette ‘Jane’ Johnson
Barbara Bailey
Richard O’Brien

IN MEMORY OF
Stella Karesis
Ernest and Andrea Brodman
Elaine and Richard Kennedy
Valborg A. Negard

IN MEMORY OF
Agnes Kossel
Teresa Bohn
Paul Carter
David and Elizabeth Colwell
Rita and Mark Dillon
Ronald and Susan Hombaker
Steven and Kathryn Kanti
Becky A. Kehlert
Mary and Kevin Kossel
Steve and Mary Kossel
Craig Miller
Judith and Leo Samuelson

IN MEMORY OF
Pam Kreyer
Dorothy Morfa
Mary Venne

IN MEMORY OF
Amelina Langer
Donna and Robert Jaroch

IN MEMORY OF
Evelyn O’Leary
Pete Peterson
Ruthann Ryberg

IN MEMORY OF
Harold Nystad
Doris Nystad

IN MEMORY OF
Evelyn O’Leary
Pete Peterson
Ruthann Ryberg

IN MEMORY OF
LaVerne Panek
Don and Angela Anderson
Judy Edstrom
Carol Gustafson
Joel and Myrna Hadits
Marlyn Hobbs
Elmer, Elaine, and Chuck Nelson
Gregg J. Panek
Robert and Lisa Panek
William and Onalee Panek
Thomas and Kathleen Roan
Dorothy Stach
Ron and Marlene Sieroznik
William and Caryl Thoele
Arlene Touville

IN MEMORY OF
Jean Pearl
Dorothy Kirsbergen

IN MEMORY OF
Florence Pierce
Ariel Ronning

IN MEMORY OF
Addie Pittsikow
Shirley Dingman
Robert and Shirley Olson

IN MEMORY OF
Bob Pooler
Shirley Dingman
Mathew and Patricia Montgomery

IN MEMORY OF
Terry F. Rath
Dorothy Stach
Mary Venne

IN MEMORY OF
Marion Roan
Richard and Rosalie Pinomaki

IN MEMORY OF
Neva Steven
Pete Peterson

IN MEMORY OF
Carol Stone
Ruthann Ryberg

IN MEMORY OF
Jessie Swenson
Mitch and Marge Fink
Sally Kesp
George Rivers and Elaine Nestegard

IN MEMORY OF
Edna Torgeson
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IN MEMORY OF
Neva Steven
Pete Peterson

IN MEMORY OF
Carol Stone
Ruthann Ryberg

In Memory or Honor of a Loved One

Gifts to the Remembrance Fund

continued on page 14

The world is full of people who can give you love and attention to purposes beyond what they intended,” Patsy reflected. “The participants feel safe—there is somebody right there with them the whole time,” Carol stated.

With thorough and continuing training, the volunteers are adequately prepared to work with and care for participants experiencing early- or mid-stage memory loss. They are able to meet the participants where they are at and to stimulate their thinking by respectfully and lovingly engaging them in creative and intentional programming.

“The Gathering program is organized and supported by three Lyngblomsten staff and run by a total of almost 200 volunteers through collaborative partnerships with churches that provide the facilities and host the Gathering. “Their [the volunteers’] hearts are definitely there; they anticipate issues and they are so genuine,” said Carol. The friendships formed between caregivers, participants and volunteers can be life-changing. “I’ve really become friends with the volunteers, they’ve been so great,” she added. “The Gathering serves so many

“Whatever you do for yourself or for humanity, if you can’t look back on having given love and attention to your own family, what have you really accomplished?”

— Elbert Hubbard
(American editor, writer, publisher 1856–1915)

continued from page 3

Surrounding Ethel with a family tradition, a “Gorilla Hug.”

To learn more about The Gathering, visit www.lyngblomsten.org. To volunteer or participate in The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.
Back to the ‘50s!
Spring Rhapsody 2010 Wrap-Up

On April 30, 2010, Lyngblomsten went Back to the ‘50s with our annual gala event to benefit the 5-5-1 Club & Café. Donning jeans, poodle skirts, and bobby socks, guests rushed the dance floor to enjoy the Rockin’ Hollywoods, got their photos taken in a ‘50s photobooth, and perused classic cars from the era.

An estimated $40,000 was raised through ticket sales, sponsorships, a live auction, and a fund-in-need to support the 5-5-1 Club & Café’s goal of providing seniors in the 5-5-1 zip codes with services and activities to interact, build community, stay active, learn and thrive.

Lyngblomsten Foundation thanks all of the guests, volunteers, committee members, sponsors, and staff who made the evening so memorable!

Arts Grant Awarded to Lyngblomsten
by Rebecca Schwartz

Lyngblomsten was recently awarded a Partners in Arts Participation Grant through Legacy Dollars (state funding) and the Minnesota State Arts Board. This grant will give Lyngblomsten the funding to introduce and integrate various fine arts — theatre, music, and museum trips, just to name a few, to inspire, educate and nurture our Lyngblomsten community members.

Melanie Davis, the Director of Volunteer Services and Corporate Engagement for Lyngblomsten, heard about the grant through COMPAS Executive Director, Bob Olsen (they go to church together), who thought this would be a great opportunity for Lyngblomsten. Melanie explained, “They were looking for a new, fresh idea to get arts into the community to an underserved population, and Lyngblomsten seemed to fit the criteria for the grant perfectly. Through partnerships with COMPAS and Pat Samples, Coordinator for Minnesota Creative Arts and Aging Network, we held a series of dialogues with tenants, residents, staff, family, and friends to brainstorm the wants and needs regarding an arts program.”

The new program, called Artful Living at Lyngblomsten: Arts for Every Season of Life, will not only have a focus on resident and tenant participation, but will also involve family, friends, and intergenerational volunteers.

The first activity was to be trips to the Minneapolis Institute of Arts to see the “Collecting the New” exhibit July 29 and July 30. There will be a presentation before the trip to educate and familiarize participants with the exhibit, and then a bus will transport them to the museum (100 people are expected to participate).

If you are interested in the arts and want to serve on the Arts Leadership Group, or if you have any ideas or connections, please contact Melanie Davis at (651) 632-5356 or mmdavis@lyngblomsten.org.

Senior-Friendly Summer Activities
by Jessica A. Johnson

How many days do Minnesotans spend bundled up indoors just longing for days like these? Summer is the perfect excuse to venture outdoors with an older loved one. Create lasting memories with these local summer activities.

Outdoor Activities
• See “Oliver” performed by the Rosetown Playhouse at Lake Como Theatre Pavilion. Show dates are July 8-10 and 15-17. Visit: http://rosetownplayhouse.org/home/ Call: (651) 792-7454 x2

• St. Paul is offering FREE outdoor music concerts at local parks throughout the summer. Visit: http://www.stpaul.gov/DocumentView.aspx?id=12736

• Want to enjoy the cool summer nights, visit some local paths and meet new people? See the Friday Night Hikes ad on page 14. Visit: http://www.lyngblomsten.org/551_Club_newsletter.php Call: (651) 632-5320

• Miss the days of packing a blanket, a picnic and heading to the movies? You still can! FREE movies on an outdoor big screen are offered all summer, several nights a week. Visit: http://www.mplsmusicandmovies.com/ Call: (612) 230-6484

• Of course, your summer adventures must include attending the 5-5-1 Club & Café’s Annual Community Ice Cream Social on Thursday, July 8, from 2—7 PM. See page 10 for more details. Visit: http://www.lyngblomsten.org/551_club/newsletter.php Call: (651) 632-5320

• How many days do Minnesotans spend bundled up indoors just longing for days like these? Summer is the perfect excuse to venture outdoors with an older loved one. Create lasting memories with these local summer activities.

Indoor Activities
• Target Arts and Wonder presents a FREE family concert on Saturday, July 17, at 2:00 PM, held at Orchestra Hall. Visit: http://www.minnesotaorchestra.org/ Call: (612) 371-5600

• Husby Memorial Concert on September 19 (see page 15 for info).

• If it’s too hot to be outdoors, gather up some grandchildren, neighbors, or kids from your church and check out a local art class, workshop, or theater. Visit: http://www.gardening.umn.edu/pj/events/minneapolis.html category=classworkshops

• Summer at the Minnesota Orchestra July 8 through August 27. Visit: http://www.stpaul.gov/index.aspx?id=1229 Call: Phone numbers listed on website for locations

• St. Paul Public Schools offers adult education classes in a variety of subject areas including cooking! Visit: http://www.stpaulschools.org/teacher.html?r=1&programId=155&from=catalog action=Detail&prm&action=Detail&prm&category=classesworkshops&searchPhrase=Free&programId=7 action=listCategories&programId=7&from=catalog action=listCategories&programId=7&from=catalog

• Call: (651) 767-8248 Visit: https://ssl.dwebsite.com/secure2/ce_SPPS/php/public.php? action=Detail&prm&programId=155&from=catalog action=listCategories&programId=7

Lyngblomsten Lifestyle | Summer 2010
Encouraging the Journey of Faith

This devotion is by Pam Stofferahn, Senior Pastor at Redeemer Lutheran Church

Train children in the right way, and when old, they will not stray. Proverbs 22:6

As we struggled through our teen years, I imagine that most of our parents clung to this verse, hoping that their investments in our faith upbringing would see us through our rocky teen years and bring us back to the church as faithful adults. They invested time and energy throughout our childhood to encourage us in the faith.

As we witness the aging of those faithful parents of ours, I wonder if we might now be able to make a similar investment in encouraging them in the journey of faith even though they have traveled farther along that road than we have.

Mike Foss, in his book Real Faith for Real Life, makes suggestions for rediscovering the faith center of family life. For me, I think I might serve us well as we walk with our parents through the later years of their faith and life journeys. His suggestions will be posted on the Lyngblomsten website in the newsletters section.

Let us Pray: Gracious God, we thank you for the parents and families that have nurtured us in faith. We pray that you will help us to find ways to continue the nurture of faith in our families—through the ministry of presence, through prayer, and through the study of your word. Help us to become encouragers of faith in others—and help us to strengthen the relationships in our families through the regular practice of our faith. Amen.

Creating a Legacy of Engagement
by Dale M. Fagre, Chief Development Officer

For our participants’ families, Lyngblomsten supports their needs through careful listening and traveling alongside them as they walk the journey with their loved ones. For our donors and volunteers, the Lyngblomsten Foundation supports their needs through careful listening, traveling alongside them as they walk the journey of stewardship—of giving their gifts and time to support the needs of older adults. As families, donors and volunteers provide support in various ways, they are creating a legacy of engagement in supporting our older adults through their ongoing actions of caring, listening, traveling alongside, volunteering and giving.

A donor who intentionally plans today for a gift that is providing a vision of hope for the future is creating a legacy of engagement that reaches far into the future. A legacy gift ensures future older adults will also receive support as they walk the journey of aging.

Please consider engaging today by creating a legacy gift for the older adults Lyngblomsten will serve in the future. It’s as easy as naming Lyngblomsten Foundation in your will or as a beneficiary on a life insurance policy. Perhaps you would like to receive lifetime income? Then a charitable gift annuity is something we invite you to consider. For more information, please contact Dale M. Fagre (651.632.5319 or dfagre@lyngblomsten.org) at the Lyngblomsten Foundation located on the lower level of our campus in the corporate office across from the 5-5-1 Club & Café.

Boiling it DOWN ... it’s UP to you!
by Patricia A. Montgomery, Director of Marketing Communications & Ambassador Champion

Describing all that an organization does in under 30 seconds can be a daunting task. For organizations like Lyngblomsten that offer a plethora of services, sometimes we give up and boil it down to a couple words that only tell part of the story of how the organization lives out its mission. Oftentimes I hear people shorten the description of Lyngblomsten to “it’s a nursing home.” We definitely have a fine nursing home; however, it’s only a sliver of how we serve older adults and their families.

One of the best ways to understand what an organization is all about is by hearing the stories of how lives have been affected and what programs or services were tapped. That’s part of how we choose our feature stories each quarter for Lyngblomsten Lifestyle magazine. We focus on one of our four Values Principles (see pg. 2; sometimes referred to as the Ambassador Principles) and then tell people’s stories related to that focus. An even more important way that people learn what Lyngblomsten is all about is by asking questions of people connected with Lyngblomsten or by talking about the experiences they’ve had through their own interaction with the people of the organization. The way people express their experiences and understandings of what Lyngblomsten offers greatly influences other people’s understanding of how Lyngblomsten could be a resource for them or affects their decisions to get involved in our mission.

In the Marketing Communications Department, we can produce all sorts of good-looking and accurate materials to tell what Lyngblomsten is all about. But it’s YOU who really tell the story of Lyngblomsten – through your actions, your responses to questions, and your stories. Your role as ambassadors for Lyngblomsten is vital to making our mission known. So, boiling it down, how the story of Lyngblomsten is told, is up to you!

That’s why we’ve created the Lyngblomsten Ambassador Showcase, an event to celebrate telling the stories of Lyngblomsten and to recognize a few people who do an outstanding job of sharing the mission of Lyngblomsten with others. The 2010 Lyngblomsten Ambassador Showcase will be held the evening of November 4. As details become available, we will post them online at www.lyngblomsten.org and in other Lyngblomsten publications.
by the Minnesota Gastroenterology Physician Association as an Infusion RN (serving people with Crohn’s Disease and Colitis).

She also spent almost five years of her career working at Lyngblomsten as the Employee Health Nurse (in the early 1990’s). “I’ve always had a soft spot for Lyngblomsten,” she mentioned, “The people here are very, very nice; I think it’s a great place to be. People who come here receive the best care.” She was also on the Wellness Committee at Lyngblomsten, the board for the Block Nurse Program and the board for her church, Como Park Lutheran church, a Lyngblomsten corporate congregation. It was through Lyngblomsten board member and fellow church member Carol Kelsey that Ginger was invited to join the board.

Ginger is a mother of two college-age boys, Ryan and Daniel, and wife of Patrick, who works as a Research Chemist for HP Fuller. She fills her free time with their dog, Patch, church activities, and hobbies including knitting and crocheting.

The opportunity to become involved with Lyngblomsten is timely for Ginger; she will be retiring at the end of July after 38 years in the nursing field. Over the years her career has included working in an ICU and CCU and administering dialysis. Currently, she is employed with our corporate congregations as follows:

Lyngblomsten
35 Years
North Heights Lutheran
Roseville Lutheran

Partnership Milestones
At our annual meeting held May 4, we celebrated the milestone anniversaries of partnerships with our corporate congregations as follows:

60 Years
Immanuel Lutheran

25 Years
Gloria Dei Lutheran

50 Years
Como Park Lutheran

45 Years
Salem Lutheran

15 Years
Jehovah Lutheran

35 Years
North Heights Lutheran
Roseville Lutheran

Partnership Profile: Redeemer Lutheran
Profiling the Twin Cities’ congregations partnered in ministry with Lyngblomsten

Redeemer Lutheran Church, located in White Bear Lake, has been in partnership with Lyngblomsten as a corporate congregation for 50 years. Established in 1958, this neighborhood church has journeyed with its congregations through many stages of life. With a congregation of almost 800, nearly half of the congregation is age 60 or better.

“Seniors are the lifeblood of our congregation,” shared Pastor Pam Stofferahn, who has been the Senior Pastor for the past two years. “They have a passion for this community and it’s by the labors of our seniors that Redeemer is a vibrant community.”

One way in which Redeemer Lutheran Church is seeking to actively engage with and meet the needs of seniors in their congregation is through a ministry called “Prime Time.” Geared towards those who have retired, this group meets monthly at church and enjoys outings to the theater and other local attractions, as well as gatherings and presentations at church (including guests from Lyngblomsten’s Speakers Bureau, see ad on page 6). In partnership with Lyngblomsten, Redeemer has established the Senior Ministry Partnership.

Participants Needed
for a U of MN Study on the Effects of Aerobic Exercise on Dementia/Alzheimer’s Disease

Eligibility Criteria: If you have Alzheimer’s disease and are 360 years old, you might be able to take part in an exercise program. A fitness trainer will train you to cycle on a stationary cycle or walk/jog 3 times a week for 6-months. The trainer will monitor your responses to exercise. If you cannot cycle, other exercises will be used.

Study Procedures: Participants will be screened first to make sure aerobic exercise is safe. The exercise group will meet 3 times a week at Lyngblomsten, and exercise will be individually prescribed. Your cognition and physical function will be assessed before, during, and after the exercise program. Participants will be monitored by an exercise trainer.

Participants will receive compensation for participating in the study.

For more information, contact:
Dr. Fang Yu at (612) 624-5435
or Christine Peterson at (612) 628-9669
Jennifer Veitenheimer — (651) 632-5428

Lyngblomsten Lifestyle • Summer 2010
Lyngblomsten Lifestyle • Summer 2010

ADD A LITTLE G’DAY TO YOUR DAY at the 5-5-1 Club and Café’s Annual Community Ice Cream Social Goes “Down Under”

Thursday, July 8
2 PM – 7 PM
Courtyard at Lyngblomsten
1415 Almond Ave., St. Paul MN

• Delicious Food
• Live Music (Gary Tyson & Friends!)
• Australian Animal Show
• Jump House
• “Fishing” Pond
• Temporary Tattoos
• Gift Shop Clearance Sale
• Hymn Sing at 7 PM
• Movies in an air-conditioned space
• Fun for the whole family!

Questions? Call (651) 632-5320
www.lyngblomsten.org

Generation Junction: Where Youth & Family Ministry Meets Senior Ministry
A one-day conference to equip church staff and lay persons for enhancing ministries with old and young alike through an intergenerational approach

Thurs., September 30
9:00 AM - 3:30 PM
Details will be posted at www.lyngblomsten.org or call (651) 632-5322

Lyngblomsten Community Ice Cream Social Goes “Down Under”

10 Years
Centennial United Methodist

20 Years
Incarnation Lutheran

35 Years
North Heights Lutheran

25 Years
Gloria Dei Lutheran

45 Years
Salem Lutheran

50 Years
Como Park Lutheran

15 Years
Jehovah Lutheran

Partnership: Celebrating 50 Years of Corporate Congregations
1960–2010:

Centennial United Methodist
10 Years

Jehovah Lutheran
15 Years

Immanuel Lutheran
45 Years

Lakeview Lutheran

Redeemer Lutheran
50 Years

St. Anthony Park Lutheran

50 Years

North Heights Lutheran
35 Years

Roseville Lutheran
25 Years

Redeemer Lutheran

Pam Stofferahn

Pastor Pam Stofferahn, who has been the Senior Pastor for the past two years.

“Dream Team”—with the intent to “engage seniors in relational, faith-building and service-oriented ministries,” Pastor Pam added.

“This is the most welcoming congregation I have ever been a part of. People tend to feel connected the moment they walk in the door; we have a very loving, prayerful congregation,” she shared. That love is embodied through the quilters who gift their creations to graduating seniors, babies in the hospital and all throughout the world. Every Wednesday night is “Redeemer Night Out,” providing a home-cooked meal for anyone in the church, followed by an educational offering. This has proven to be a special delight to seniors who typically dine alone.

The partnership with Lyngblomsten has brought participation in Care Team Ministry, The Gathering, lay visitation and senior ministry planning. In many of these programs seniors are ministering to their peers. “We value the partnership and passion for seniors in Lyngblomsten staff. They are marvelous at heightening our awareness of seniors’ needs. It’s obvious that the mission of Lyngblomsten is lived out beyond its walls.”

In a world of constant change and strong individuality, Redeemer Lutheran Church seeks to live out their faith in their neighborhood—embracing an intergenerational approach to community as the body of Christ.
Mahalo, Volunteers!
Over 200 Lyngblomsten volunteers were celebrated at a Luau-themed recognition in May. Our volunteers gave 35,302 hours in 2009! Thank you, volunteers, for all the ways you bring joy to those Lyngblomsten serves!

A Visit to the New Stadium
Lyngblomsten tenant, Edna Carlson of the Fergstad Neighborhood (pictured in front row, far left), was granted her “Purple Wish” to go to a Twins game with some friends. Go, Twins!

Cinco de Mayo, 5-5-1 Club Style!
5-5-1 Club & Café guests, Audrey Kraus and Ted Stringy, sipped some non-alcoholic margaritas at the Cinco de Boomerang lunch promoting the kick-off of the Boomerang fundraiser.

Making New Friends
Residents, families, the community and employees enjoyed an afternoon outdoors with a travelling petting zoo, surrounded by everything from turkeys to llamas!

Celebrating Heritage with Song
Lyngblomsten celebrated Syttende Mai with a concert featuring the Norwegian Glee Club of Minneapolis. We also had residents talking with people from Norway on May 17 via Skype.

Goodbye, Sandi!
Director of Home- and Community-Based Services, Sandi Krohn, retired from Lyngblomsten after 12 years of service. Thank you for your service and best wishes!

Thank you, Board Members
At the Annual Meeting President/CEO Paul Mikelson (shown far left) recognized retiring board members (left to right): Karen Veninga, Julie Antolak, Bob Cooley, and Carol Kelsey. Thank you for your years of service!
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Corporate Board Profile

by Jessica A. Johnson

Many members of the Lyngblomsten Corporate Board have joined because of a loved one’s experience with Lyngblomsten. New board member, Ginger Fischer, is no exception. Her mother-in-law, Beulah Fischer, lived at Lyngblomsten for nearly ten years. “She really enjoyed the activities here; the nurses were so gracious and caring. Lyngblomsten is a great place for people to receive a continuum of care.”

The opportunity to become involved with Lyngblomsten is timely for Ginger; she will be retiring at the end of July after 38 years in the nursing field. Over the years her career has included working in an ICU and CCU and administering dialysis. Currently, she is employed by the Minnesota Gastroenterology Physician Association as an Infusion RN (serving people with Crohn’s Disease and Colitis).

She also spent almost five years of her career working at Lyngblomsten as the Employee Health Nurse (in the early 1990’s). “I’ve always had a soft spot for Lyngblomsten,” she mentioned. “The people here are very, very nice; I think it’s a great place to be. People who come here receive the best care.” She was also on the Wellness Committee at Lyngblomsten, the board for the Block Nurse Program and the board for her church, Como Park Lutheran church, a Lyngblomsten corporate congregation. It was through Lyngblomsten board member and fellow church member Carol Kelsey that Ginger was invited to join the board.

Ginger is a mother of two college-age boys, Ryan and Daniel, and wife of Patrick, who works as a Research Chemist for HP Fuller. She fills her free time with their dog, Patch, church activities, and hobbies including knitting and crocheting.

Partnership Profile: Redeemer Lutheran

by Jessica A. Johnson

Profiling the Twin Cities’ congregations partnered in ministry with Lyngblomsten

Reeder Lutheran Church, located in White Bear Lake, has been in partnership with Lyngblomsten as a corporate congregation for 50 years. Established in 1958, this neighborhood church has journeyed with its congregants through many stages of life. With a congregation of almost 800, nearly half of the congregation is age 60 or better.

“Seniors are the lifeblood of our congregation,” shared Pastor Pam Stafford, who has been the Senior Pastor for the past two years. “They have a passion for this community and it’s by the labors of our seniors that Redeemer is a vibrant community.”

One way in which Redeemer Lutheran Church is seeking to actively engage with and meet the needs of seniors in their congregation is through a ministry called “Prime Time.” Geared towards those who have retired, this group meets monthly at church and enjoys outings to the theater and other local attractions, as well as gatherings and presentations at church (including guests from Lyngblomsten’s Speakers Bureau, see ad on page 6). In partnership with Lyngblomsten, Redeemer has established the Senior Ministry Partnership Program, a one-day conference to equip church staff and lay persons for enhancing ministries with old and young alike through an intergenerational approach to community as the body of Christ.

In a world of constant change and strong individuality, Redeemer Lutheran Church seeks to live out their faith in their neighborhood—embracing an intergenerational approach to community as the body of Christ.

Partnership Milestones

At our annual meeting held May 4, we celebrated the milestone anniversaries of partnerships with our corporate congregations as follows:

50 Years
- Como Park Lutheran
- Immanuel Lutheran
- Lakeview Lutheran
- Redeemer Lutheran
- St. Anthony Park Lutheran

45 Years
- Salem Lutheran

35 Years
- North Heights Lutheran
- Roseville Lutheran

25 Years
- Gloria Dei Lutheran

20 Years
- Incarnation Lutheran

15 Years
- Jehovah Lutheran

10 Years
- Centennial United Methodist

Attend the 2010 Ministry Conference and Make a Difference at Your Church

Generation Junction: Where Youth & Family Ministry Meets Senior Ministry

A one-day conference to equip church staff and lay persons for enhancing ministries with old and young alike through an intergenerational approach

Thurs., September 30
9:00 AM - 3:30 PM
Details will be posted at www.lyngblomsten.org or call (651) 632-5322
EIGHTH ANNUAL HUSBY MEMORIAL CONCERT

Sunday, September 19, at 3:00 PM
Newman-Benson Chapel at Lyngblomsten
1415 Almond Ave., St. Paul
(651) 646-2941

This FREE concert is made possible through the Gertrude Husby & Ingard Husby Smith Memorial Endowment.

www.lyngblomsten.org

Lyngblomsten Speakers Bureau

The Lyngblomsten Speakers Bureau provides educational and informative presentations on topics pertinent to older adults and those who care about them. Churches, groups and clubs, companies, and other organizations can access the presentations. Utilizing Lyngblomsten’s century of experience serving older adults and their families, we specialize in topics that emphasize preventive care and wellness as well as help to navigate the resources available in the Twin Cities area for older adults and their families.

This devotion is by Pam Stofferahn, Senior Pastor at Redeemer Lutheran Church

Train children in the right way, and when old, they will not stray. Proverbs 22:6

As we struggled through our teen years, I imagine that most of our parents clung to this verse, hoping that their investments in our faith upbringing would see us through our rocky teen years and bring us back to the church as faithful adults. They invested time and energy throughout our childhood to encourage us in the faith.

As we witness the aging of those faithful parents of ours, I wonder if we might now be able to make a similar investment in encouraging them in the journey of faith even though they have traveled farther along that road than we have.

Mike Foss, in his book Real Faith for Real Life, makes suggestions for rediscovering the faith center of family influence and helping others to do the same. I think maybe we can also walk with our parents through the later years of their faith and life journeys. His suggestions will be posted on the Lyngblomsten website in the newsletters section.

Let us Pray: Gracious God, we thank you for the parents and families that have nurtured us in faith. We pray that you will help us to find ways to continue the nurture of faith in our families—through the ministry of presence, through prayer, and through the study of your word. Help us to become encouragers of faith in others—and help us to strengthen the relationships in our families through the regular practice of our faith. Amen.
Lyngblomsten recently awarded a Partners in Arts Participation Grant through Legacy Dollars (state funding) and the Minnesota State Arts Board. This grant will give Lyngblomsten the funding to introduce and integrate various fine arts — theatre, music, and museum trips, just to name a few, to inspire, educate, and nurture our Lyngblomsten community members.

Melanie Davis, the Director of Volunteer Services and Corporate Engagement for Lyngblomsten, heard about the grant through COMPAS Executive Director, Bob Olsen (they go to church together), who thought this would be a great opportunity for Lyngblomsten. Melanie explained, “They were looking for a new, fresh idea to get arts into the community to an underserved population, and Lyngblomsten seemed to fit the criteria for the grant perfectly. Through partnerships with COMPAS and Pat Samples, Coordinator for Minnesota Creative Arts and Aging Network, we held a series of dialogues with tenants, residents, staff, family, and friends to brainstorm the wants and needs regarding an arts program.”

The new program, called Artful Living at Lyngblomsten: Arts for Every Season of Life, will not only have a focus on resident and tenant participation, but will also involve family, friends, and intergenerational volunteers. The first activity to be trips to the Minneapolis Institute of Arts to see the "Collecting the New" exhibit. July 29 and July 30. There will be a presentation before the trip to educate and familiarize participants with the exhibit, and then a bus will transport them to the museum (100 people are expected to participate).

If you are interested in the arts and want to serve on the Arts Leadership Group, or if you have any ideas or connections, please contact Melanie Davis at (651) 632-5356 or mrdavis@lyngblomsten.org.

### Back to the '50s!

Spring Rhapsody 2010 Wrap-Up

On April 30, 2010, Lyngblomsten went Back to the '50s with our annual gala event to benefit the 5-5-1 Club & Café. Donning jeans, poodle skirts, and bobby socks, guests rushed the dance floor to enjoy the Rockin’ Hollywoods, got their photos taken in a '50s photobooth, and perused classic cars from the era.

An estimated $40,000 was raised through ticket sales, sponsorships, a live auction, and a fund-raiser to support the 5-5-1 Club & Café's goal of providing seniors in the 5-5-1 zip codes with services and activities to interact, build community, stay active, learn and thrive.

The Lyngblomsten Foundation thanks all of the guests, volunteers, committee members, sponsors, and staff who made the evening so memorable.

### Senior-Friendly Summer Activities

by Jessica A. Johnson

How many days do Minnesotans spend bundled up indoors just longing for days like these? Summer is the perfect excuse to venture outdoors with an older loved one. Create lasting memories with these local summer activities.

#### Outdoor Activities

- **See “Oliver” performed by the Rosetown Playhouse at Lake Como Theatre Pavilion. Show dates are July 8-10 and 15-17.**
  

- **St. Paul is offering FREE outdoor music concerts at local parks throughout the summer.**
  
  Call: (651) 792-7484 x2

- **Want to enjoy the cool summer nights, visit some local paths and meet new people? See the Friday Night Hikes ad on page 14.**
  
  Call: (651) 632-5320

- **Miss the days of packing a blanket, a picnic and heading to the movies? You still can! FREE movies on an outdoor big screen are offered all summer, several nights a week.**
  
  Call: (651) 230-6484

- **Of course, your summer adventures must include attending the 5-5-1 Club & Café’s Annual Community Ice Cream Social on Thursday, July 8, from 2—7 PM. See page 10 for more details.**
  

#### Indoor Activities

- **Target Arts and Wonder presents a FREE family concert on Saturday, July 17, at 2:00 PM, held at Orchestra Hall.**
  
  Call: (651) 371-5600

- **Husby Memorial Concert on September 19 (see page 15 for info).**

- **If it’s too hot to be outdoors, gather up some grandchildren, neighbors, or kids from your church and check out a local art class, workshop, or theater.**
  
  Call: Phone numbers listed on website for locations

- **St. Paul Public Schools offers adult education classes in a variety of subject areas including cooking!**
  
  Call: (651) 767-6248

#### Partners in Arts Participation Grant

by Rebecca Schwartz

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Their family relishes their simple, joyful traditions and makes an effort to maintain them. Whether it is going to Dairy Queen with Dennis for a chocolate ice cream cone and then driving around a lake, participating in a family “gorilla hug,” or attending Mass together, they have made it a priority and a commitment to stay active in each other’s lives and to incorporate the traditions.

“Many times life can get quite routine. That’s why we’ve decided as a family to be organized and involved,” Carol shared. One thing they tried was posting a large office planner to write when each was coming to be with their mom. Now they make use of a notebook to record their schedules and experiences, such as what they did that day and how the day went. It helps the siblings stay connected and informed.

That’s especially important when, as they shared, “What’s normal [for Ethel] is constantly being redefined.”

All of the family involved in Ethel’s life affirmed what a great support and lifeline the support group for caregivers at The Gathering has been. For Jerry, it was finding camaraderie in fellow group members, learning about dementia and gaining practical tools and resources to deal with the issues they were encountering. “It’s a source of strength and a very effective tool for a family,” Carol stated. “Absolutely, The Gathering has been a big piece of us feeling not so overwhelmed—by having people who understand.”

The program is organized and supported by three Lyngblomsten staff and run by a total of almost 200 volunteers through collaborative partnerships with churches that provide the facilities and host The Gathering. “Their [the volunteers’] hearts are definitely there; they anticipate issues and they are so genuine,” said Carol. The friendships formed between caregivers, participants and volunteers can be life-changing. “I’ve really become friends with the volunteers, they’ve been so great,” she added. “The Gathering serves so many purposes beyond what they intended,” Patsy reflected. “The participants feel safe—there is somebody right there with them the whole time,” Carol stated.

With thorough and continuing training, the volunteers are adequately prepared to work with and care for participants experiencing early- or mid-stage memory loss. They are able to meet the participants where they are at and to stimulate their thinking by respectfully and lovingly engaging them in creative and intentional programming.

The family shared that Ethel often asks, “Can I do anything else for you? Do you have enough food? Is your car running okay?” and they reassure her that everything is fine and say, “I love you, Mom.” Ethel will reply, “I know you do, or you wouldn’t be here all the time.”

Never underestimate the value of the time, the love and the care given to a loved one—it is a language spoken from the heart, rewarded with intangible blessings that need no translation. To learn more about The Gathering, visit www.lyngblomsten.org. To volunteer or participate in The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

To learn about support groups offered in your area visit: www.alzmdak.org/gethelpandinfo/supportgroups

“No matter what you’ve done for yourself or for humanity, if you can’t look back on having given love and attention to your own family, what have you really accomplished?”

— Elbert Hubbard (American editor, writer, publisher 1856–1915)
For our participants’ families, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

— One of Lyngblomsten’s Four Values Principles

“This just isn’t useful to think about what’s not possible anymore,” shared Eileen. The family said that some things they thought were going to be really difficult, weren’t. “We didn’t have to go through some battles because she [Ethel] knew herself that change was needed. She eased out of driving, for example,” Jerry explained.

This close-knit family has tapped many resources and taken initiative to self-educate. “We all have our antennas up—the resources are out there, you just have to find them,” encouraged Carol. For those living in a small or rural community, Eileen suggested it would just take someone to be the “spark plug.” “People may think they don’t know enough to lead, but once someone is willing to put words to a need, others will join,” she reasoned.

“It just isn’t useful to think about what’s not possible anymore.”

Proximity is also a favorable factor for their family. Living near Ethel has allowed them to all share in visiting her at least once a day. “We have a really great and complementary skill set, and Mom needs all of them,” Eileen explained. “We all have our antennae up—the resources are out there, you just have to find them,” encouraged Carol. For those living in a small or rural community, Eileen suggested it would just take someone to be the “spark plug.” “People may think they don’t know enough to lead, but once someone is willing to put words to a need, others will join,” she reasoned.

“It just isn’t useful to think about what’s not possible anymore.”

"There is love here." Those were the first words Ethel spoke to Patsy as they walked into The Gathering for the first time. The Gathering is a program within Lyngblomsten’s Home- and Community-Based Services, serving hundreds of people experiencing early- or mid-stage memory loss and giving respite to caregivers who desire a break. Patsy and Carol described the Gathering as “positively transformational,” and said, “It is like walking into a different world and part of Mom is awakened again.” It’s the little details that can make a big difference for participants at The Gathering. Patsy explained that one of the lead volunteers at The Gathering Ethel attends will greet her in German, which surrounds Ethel with immediate comfort as she replies, “Guten Tag!”

Eileen fondly remarked that her mother has always been very bright, articulate, multi-talented, and exceedingly resilient individual. “Dementia is just not something anybody’s prepared for,” she added. “It’s important to be patient,” Dennis surmised, “Not only with the person who has dementia, but also with one another and with yourself.”

A summertime walking group and socialization. Note: Wear weather-appropriate shoes as we may walk for up to an hour before we head to a restaurant, local pub, or coffee shop for some rest and a little fun.

Monday, August 2, 2010

Golf Scramble • Silent Auction • Dinner

Lyngblomsten Lifestyle | Summer 2010
Lyngblomsten Four Values Principles

For our participants, Lyngblomsten promotes dignity through informed choices, compassion, care, advocacy for the individual, and enhancing the quality of life.

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

Through our community of donors, volunteers, and corporate congregations, Lyngblomsten encourages the individual to live one’s personal ministry by enhancing the lives of older adults.

Lyngblomsten Lifestyle

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

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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? Please let us know:

Lyngblomsten Lifestyle Mailing List* 

Attn: Marketing Communications Dept.

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St. Paul, MN 55108

(651) 632-5356 or mdavis@lyngblomsten.org

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
kkstarr@lyngblomsten.org

Administrator
Jeff Neeckse: (651) 632-5308
jneeckse@lyngblomsten.org

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

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

LYNGBLOMSTEN FOUNDATION

Located at 1440 Midway Parkway, St. Paul
Jennifer Veitenheimer: (651) 632-5428
jveitenheimer@lyngblomsten.org

5-5-1 Club & Café Community Center
Geri Rutz: (651) 632-5320
grutz@lyngblomsten.org

Café: (651) 632-5332
web: www.551club.com

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

VOLUNTEER PROGRAMS & SERVICES, AND LYNGBLOMSTEN AUXILIARY
Melanie Davis: (651) 632-5356
mdavis@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.

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

Contents
From the Heart...3
Arts Grant Awarded...5
Resource Roundtable...5
Reflections...6
Our Partnership...7
Partner Milestones...8
Scrapbook...8
Board Profile: Ginger Fischer...10
Ambassador Showcase...11
Creating a Legacy of Engagement...11
Board Profile: Jason Seifert...12
Events Calendar...15
Wellness Forum...16

On the Cover:
(L to R) Patty Sipple, Eileen Cardwell and Carol Hess with their beloved mother, Ethel Richter (center). See their story on page 3.
LYNGBLOMSTEN’S 3RD ANNUAL
WELLNESS CONFERENCE
SEPTEMBER 16, 2010

Keynote presentation at 7:00 PM: Foods for Great Energy
Presented by Cassie Weness, Registered & Licensed Dietician, counselor and nutrition educator at Nutritional Weight and Wellness in St. Paul.

Struggling with energy? Do you wake up tired or have energy slumps? Foods for Great Energy explains how nutrition can take you from fatigue to vitality in five steps. Learn the role protein plays in energy production and how a simple mineral, magnesium, can help you sleep through the night so you wake refreshed. Discover how caffeine and sugar actually deplete energy. Powerful nutrition creates powerful energy.

When: Thursday, September 16, 2010, 5:00-8:30 PM
Where: Centennial United Methodist Church (1524 West County Road C2, Roseville, MN)
Cost: $10.00 if registered by 9/7; $15.00 at the door (includes a healthy supper)
Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.
*CEUs, childcare, and transportation (for a fee) available
Registration information and details on exhibitors and activities can be found at www.lyngblomsten.org

STORIES OF LIFE:
From the Heart: A Family’s Collaborative Approach to Caregiving

MORE IN THIS ISSUE:
- Arts Grant Awarded to Lyngblomsten
- Our Partnership: Faithful Few Milestones