

2019 Continuing Education for Lyngblomsten Volunteers



LIFELONG LEARNING & THE ARTS VOLUNTEER CONTINUING EDUCATION

Who's it for? Current and new Lyngblomsten volunteers who are interested in learning about arts, wellness, and lifelong learning programs.

Sessions will focus on **empowering** and **educating** volunteers on a variety of arts and lifelong learning topics. Volunteers will walk away from the sessions with **new tools, resources, and a support system** for volunteering in or leading scheduled programs throughout Lyngblomsten. Attending any session counts as three hours of service.

2019 Sessions:

Featuring new presenters and areas of expertise

- **Wednesday, February 6: Music and Movement**
- **Wednesday, April 24: Storytelling & Literary Arts**
- **Wednesday, September 11: Wellness for the Mind, Body, & Spirit**
- **Wednesday, November 6: Visual Arts**

All sessions are **FREE** and held from 9 AM–11:30 AM in the Newman-Benson Chapel at Lyngblomsten. Refreshments provided.

VOLUNTEER DEVELOPMENT SERIES

Who's it for? Current or potential Lyngblomsten volunteers may attend any or all of the programs.

Through a variety of engaging activities, volunteers will:

- **Grow** in their awareness of and empathy for the challenges of aging,
- **Develop** their volunteer abilities as they strive to enhance the quality of life for older adults, and
- **Discover** ways to apply what they've learned to their everyday life.

Attending any session counts as two hours of service.

2019 Series:

- **Friday, March 8: Gray Matters—Depression in Older Adults**

Depression is not a normal part of aging. Join NAMI Minnesota to discuss risk factors and warning signs for depression in older adults, as well as treatment options, recovery, resources, and how you can help.

- **Friday, May 17: Aging Simulation Suits**

Learn what it feels like to age by trying on an Aging Simulation Suit. You'll experience what it feels like when one's physical abilities begin to fade, including hearing, dexterity, and eyesight.

- **Friday, October 4: Beyond Volunteering**

Volunteering is your passion. Lyngblomsten is your family and community. Join us to find out about our strategic plan for the future along with new regulations and best practices that will improve your volunteer activities. Be part of the unveiling of the "Alumni" program that will help you stay part of our community even after your volunteering days are over.

All sessions are **FREE** and are held from 6:30–8 PM on the Lyngblomsten campus. Refreshments provided.

Questions or to register for any of these programs, contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

Want to become a Lyngblomsten volunteer? Contact Peggy Cerrito at (651) 632-5406 to register for an upcoming New Volunteer Orientation, or visit www.lyngblomsten.org/volunteer to learn more.



*Healthcare, Housing, &
Services for Older Adults*
www.lyngblomsten.org