Back to the '50s!
Lyngblomsten Foundation’s Annual
Spring Rhapsody Gala

April 30, 2010
Social Hour • Dinner • Music
(Starting at 6:00 PM)

Featuring the Rockin’ Hollywoods

PRICE:
$150 per person
$1,200 table of 8

Join us for an evening of fun, gourmet food, and some hopping entertainment by the Rockin’ Hollywoods. Come and enjoy the night while supporting the 5-5-1 Club & Café, a community center proudly sponsored by Lyngblomsten.

For reservations and more information, contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org.
**LYNGBLOMSTEN LIFESTYLE**
**Lifestyle Program Kick-off Week**
Event: A $1 donation is appreciated; no need to RSVP.
Date: Thursday, June 24–22
Location: Lyngblomsten Auxiliary’s Spring Rummage Sale
Details: Thursday 9:00 AM – 7:00 PM, Friday 9:00 AM – 4:00 PM, and Saturday 9:00 AM – Noon ($3 bag day) at Lyngblomsten (1415 Almond Ave.). Fun finds for your whole family!

**Friday, April 30**
Event: Spring Rampsey
Location: Lyngblomsten Foundation’s Annual Spring Gala
Details: Entertainment by the Rockin’ Hollywoods. More information see page 16. Visit www.lyngblomsten.org or contact Emily Seiber at (651) 632-5323 or esieber@lyngblomsten.org. Please RSVP by April 16.

**Saturday, May 1**
Event: Boomerang Tickets go on Sale
Details: Help fund the actual costs of operating the 5-5-1 Club & Café through this game of chance. See page 11 for details. Then join us May 5 for Cinco de Boomerang, where fiesta day in the café meets Boomerang!

**Tuesday, April 6**
Event: Wellness Presentation
Location: Lyngblomsten Community Wellness & Education presents “Falls Prevention Strategies.” Join us from 10:00-11:00 AM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.) for a presentation by Deborah A. Madanyake, PT, JD (Dipl.), GCS. Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org. A $1 donation is appreciated; no need to RSVP.

**Tuesday, May 4**
Event: Corporate Annual Meeting
Details: All delegates from corporate congregations: Please save this evening on your calendar. 6 PM (Dinner) and 7 PM (Meeting). Details will be mailed.

**Thursday, May 6**
Event: Gathering of Grandparents: Explore Your Vacation
Details: Attend a mini-conference on grandparenting from 8 AM to 12:15 PM at Augustana Lutheran Church in West St. Paul.

**Tuesday, April 12–17**
Event: Lyngblomsten Auxiliary’s Rummage Sale Donation Drop-Off
Details: 8-AM - 8 PM at the 5-5-1 Club (located below the Chapel at 1415 Almond Ave, or enter off Pascal). Please bring your tax-deductible donations of new and gently-used items for the sale. (Sorry, we cannot accept electronic equipment—TVs, microwaves, etc.)

**Saturday, April 17**
Event: Youth Volunteer Rally
Details: All prospective summer youth volunteers are invited to attend a Youth Rally from 12:00 Noon – 1:45 PM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave). A New Youth Orientation will immediately follow the Rally from 1:45 PM – 3:00 PM. Questions? Contact Shelli Beck at (651) 414-5297 or sbeck@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

**November 1, 2009 – January 31, 2010**

*Includes memorial donations to the Lyngblomsten Auxiliary. Does not include gifts to Lights for Lyngblomsten.*

Visit www.lyngblomsten.org to see the Lights for Lyngblomsten listing.

---

**Finding Purpose in Transitions**

by Jessica Johnson

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

Those are the words of one of Lyngblomsten’s four Values Principles, this one centered on “participants”—those who are senior housing tenants, care center patients and residents, and those who utilize the community-based programs for seniors living in their own homes.

In this story you will meet five individuals who are Lyngblomsten participants. Their stories of change, loss, strength, and friendships illustrate how they’ve made choices to improve their quality of life during transitions on their life journeys.

---

Meet Bob Conophy

Participant at the 5-5-1 Club & Café

After retirement, many people feel isolated, overwhelmed by their free time, or easily bored. What is Bob Conophy’s advice for living a rich and full life after retirement? “Stay active, try to help others, and get involved with people at the 5-5-1 Club & Café!” Named for the 5-5-1 zip code areas, the 5-5-1 Club & Café is a community center for folks like Bob who live in the Como area and beyond. Bob truly lives by his own advice too—not waiting for fun to fall in his lap, but seeking it out.

---

Meet Don Lindberg and Neil O’Neil

Tenants at the Lyngblomsten Apartments

After working in sales for a machinery and industrial equipment company for about 40 years, Bob was ready to retire and was looking for a place nearby his home to get involved. It was through a visit to a friend’s mother that Bob was introduced to Lyngblomsten, and in turn, the 5-5-1 Club & Café. “I could sense it right away—that it would be easy to become involved here,” Bob reflected.

He frequents the 5-5-1 Club & Café for lunch and has made many friends over the years with whom to chat over coffee, play cards, go on walks, and participate in trips. Bob enjoys traveling, gardening, volunteering, photography, and reading—mysteries and biographies at the moment. “I’ve met a lot of great people. It’s nice to have events centered on holidays like Christmas and New Year’s Eve, annual events like the Ice Cream Social in the summer, and new events like the Chili Cook-off. Geri’s great with all the things she’s organized here,” Bob added. Geri Rutz is the 5-5-1 Club & Café Coordinator. Whether it’s a visit to the Train Garden, having lunch at Ikea, or traveling to Hudson Bay, the 5-5-1 Club & Café is known for its sometimes untraditional excursions.

---

Sometimes friendship is found through the most unexpected circumstances. For Lyngblomsten Apartment tenants Don Lindberg and Neil O’Neil, the timing and similarity of their situations seemed to lend itself to a natural friendship.

continued on page 4
Don and Neil came to Lyngblomsten well over a year ago, within months of each other. “Having the facilities in the care center close by was important for my wife,” shared Don. Neil added, “Yeah, for us too, it relieved a lot of anxiety—having the nurses on duty—we knew the time for 24-hour skilled nursing care would come, we just didn’t know when.”

Don’s wife, Esther, who had had receiving care through Lyngblomsten Home Health Services, passed away one day in July of 2009. The very next day, while at lunch with Don, Neil received the news that his wife, Dorothy, who had been residing in the care center, passed away. With such change came new circumstances—like moving to a smaller apartment for Neil. “When you move you have the experience of discovering where things have been put, and you learn a lot about how your children think you should arrange everything!” quipped Neil. “That’s one of the adjustments you have to make—living with reduced ‘stuff,’ added Don.

Both men, with their sharp sense of humor, enjoy the community at Lyngblomsten. “Don’s the social one—I like a cup of coffee and the paper,” shared Neil. “Strangely enough, I find it hard to find free time now that I’m retired; you have to plan ahead,” he added.

One way Don fills his time is through a group he helped start which is referred to as “Monkey Business.” A group ranging from four to seven men gathers over coffee and treats in the Lyngblomsten Apartments Craft Room every Friday afternoon to chat and help their fellow Lyngblomsten Apartments tenants by fixing things for them. “What ‘things’? Well, anything from lamps, to tables, to purses, to ALL of the rocking chairs throughout the Apartments lounges. “It’s a way to help people with a lot of little things,” Don expressed. “It’s much appreciated by people here—I think many of the women from our generation aren’t comfortable fixing things, so we help out where we can.”

Taking the initiative to better their community has resulted in stronger friendships, learning from each other and using their strengths for a purpose at the Apartments. “None of us are experts, but we’re willing to try, and so far it’s been very good,” Don said with a smile.

Meet Lillian Forsberg
Resident at Lyngblomsten Care Center

What sets Lyngblomsten apart for Lillian Forsberg, a resident of the Lyngblomsten Auxiliary care center neighborhood? “The care. At every turn there’s someone there to help you,” Lillian said. “It seems there’s always someone there to listen. I don’t know if I’d have the patience that they (care takers) do. I couldn’t ask for anything better, I just couldn’t.”

Throughout her 84 years, Lillian’s optimistic perspective on life has carried her through many difficult circumstances including losing her husband 14 years ago, undergoing double bypass heart surgery, and having her leg amputated a month later. According to Lillian though, “I think that the hardest thing was when I had to sell my house [to have skilled nursing care]. I just have to be thankful for what I’ve got—because I could lose it, just like that.”

Lyngblomsten has been a family tradition for Lillian. It was home to a few of her aunts many years ago, so it was at the top of the list for Lillian’s daughter who helped her mother transition to Lyngblomsten. Lillian, who was recently voted and crowned Queen in the Annual King and Queen of Hearts Coronation, was quickly welcomed to Lyngblomsten by her peers. During the time of this interview she was losing her voice—which she quickly attributed to the fact that she “probably gossip too much!” Embroidery, playing games with friends—like trivia, wheel of fortune, or bingo—and attending any event she can has made the transition to Lyngblomsten fun and generally easy for her.

For many who come to Lyngblomsten, the transition to calling a new place “home” is difficult. Lillian recounted a moment recently when she was looking in the mirror, putting her hair up in pin curls. “I just started crying... thinking about my husband, but I thought to myself, ‘I’m alone—it’s okay, I can cry.’” Just then, a nurse’s aide came into the room, put her arm around me and said, “What’s the matter?” Lillian was just

---

Ambassador Showcase to be Expanded

by Patricia Montgomery, Director of Marketing Communications

Anyone who is involved with Lyngblomsten is in a position to play the role of “ambassador” for our organization—telling others about how we enhance the lives of older adults.

Last year we launched our first annual Ambassador Showcase to highlight and celebrate the role of ambassadors, and we did it as a pilot where only our employees were involved in the showcase (you read about this in the last edition of Lyngblomsten Lifestyle). This year we are expanding the Ambassador Showcase to include everyone who is in a capacity to serve as ambassadors – participants (residents, tenants, community-based services participants) and their families, Lyngblomsten employees, and our community of donors, volunteers, and corporate congregations.

The Ambassador Awards, presented at the showcase event, celebrate four people who do an outstanding job telling the Lyngblomsten story and representing our mission and values principles (printed on page 2).

This year’s planning committee is being formed now. Event details will be announced in the next Lifestyle. If you would like to be involved in the planning, or if you know of someone who does a great job telling others about Lyngblomsten, please contact me at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Thanks for being an ambassador for Lyngblomsten’s mission.

---

Board Profile
Foundation

Jaime Hansen
by Kristin Mol, Communications Intern
Like the Norwegian women who founded Lyngblomsten in 1906, Jaime Hansen has a strong vision to see Lyngblomsten continue to prosper. Jaime serves as the Chair of the Planned Giving Committee on the Foundation Board. “I’d like to help educate people about how their gift really helps,” Jaime said. She sees this goal being reached primarily through outreach events like the Legacy Seminar which she is working on now.

Growing up on a farm an hour north of Bemidji, Jaime graduated from Bemidji State University with a B.A. in Computer Information Systems and a minor in Mathematics. Immediately after graduating, Jaime worked in computer programming but soon realized the profession was not for her. Making a switch to Thrivent Financial for Lutherners, she found the financial world more fitting. She currently is working for Morgan Stanley Smith Barney as a financial planner.

Focusing primarily on the female market in her work at Morgan Stanley, Jaime felt drawn to the women who started Lyngblomsten. “I like that it was started by women 100 years ago for the good of all people and that it is a faith-based organization,” says Jaime about Lyngblomsten.

In her lunch hours at Morgan Stanley, Jaime enjoys being a group fitness instructor, teaching classes like kickboxing. She is a mother of two children ages three and five. Jaime lives in Saint Paul with her husband and children, and her family attends Roseville Lutheran, a Lyngblomsten corporate congregation.
“Shining Lights” Make Life Brighter for Lyngblomsten Participants
by Dale M. Fagre, Chief Development Officer

I encourage you to stop and take a moment to look at the big red and white Shining Lights for Lyngblomsten banner that hangs in the hallway by the Chapel on the Lyngblomsten campus. Listed on the banner are the names of over 2,600 people who engaged with Lyngblomsten this past year as a donor, volunteer, auxiliary, resident, tenant, church, organization, employee or other constituent. Maybe your name is on the banner?

DID YOU KNOW in 2009 over 850 active volunteers participated to the tune of 35,000 hours of service? Volunteers wrapped over 400 gifts for residents at Christmas, volunteers brought residents down from the neighborhoods to the Chapel for scores of events, volunteers staffed the gift shop nearly every day, and volunteers worked with staff to start new initiatives such as a pilot for Generation Connection which uses Skype technology to allow our residents to connect with their friends and family all over the USA and even Europe! In fact, volunteers perform over 100 job functions for Lyngblomsten!

DID YOU KNOW Lyngblomsten has 1,200 faithful donors who contributed during the year to financially support our services and programs? These include Care Team Ministry (visiting and light chore work), The Gathering (respite for caregivers of loved ones with memory loss), Community Wellness & Education for seniors in our community, and the 5-5-1 Club & Café community center. We received gifts supporting Spiritual Care, Good Samaritan Fund, and a host of endowment funds as well as special campaigns, projects and a nurse scholarship fund. In addition, the Lyngblomsten Auxiliary holds several key fundraisers that ultimately provide funds to purchase things like blanket warmers (for pain management), campus furnishings, artwork, projectors, tools for the men’s repair shop, AEDs (on-site defibrillators), and so much more!

What all these “shining lights” have in common is that they are joined by a shared passion to orchestrate the best life possible for older adults in our community, and we are grateful.

Life possible for older adults in our community, and we are grateful. What all these “shining lights” have in common is that they are joined by a shared passion to orchestrate the best life possible for older adults in our community, and we are grateful.

The Best Way to Spend a Day!

Spring Rummage Sale
Thurs., April 22: 9 AM - 7 PM
Fri., April 23: 9 AM - 4 PM
Sat., April 24: 9 AM - NOON (Bag Day)

Located in the Newman-Benson Chapel on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul 55108
Drop off donations of new or gently used household items April 12 – 17 (sorry—no electronics accepted).
Matching funds will be provided by Thrivent Financial for Lutherans.
(651) 646-2941 www.lyngblomsten.org

Refresh yourself with these tips and tools:
• Incorporate a prop. Items such as a photo album, artifacts from storage, or a magazine can generate conversation (one is Reminisce, “The Magazine That Brings Back the Good Times”).
• Take heart. Go on a walk, and take a stroll down memory lane simultaneously.
• Make yourself useful. Repair, paint, clean, or help with something around the house.
• Indulge in the arts. Create art—there are no rules! Listen to old-time musical favorites (get copies from the library), or take a trip to see, touch or hear something together.

CONVERSATION STARTERS
One way to help orchestrate the best life possible for older adults is to simply converse with them. Have you ever sat down to have a conversation with a loved one, friend, or older person only to feel ill-equipped to converse in the manner to which you’ve been accustomed? You are not alone. Anyone, at any age, can use the tips below to reach out to an older adult who would love to spend time in conversation.

• Brush up on current events. What better excuse to sit and read the paper, than to inform someone else who isn’t able to read the fine print?
• Get in the game. How many times have you watched a sporting event alone? Why not find an older adult to join in the fun?
• Classroom flashback. Learn how to knit, or to understand the rules of baseball, or how to bake homemade bread from scratch. Empower an older adult to share their knowledge with you.
• Invite a friend. Having an extra person present can help keep conversation flowing.

May is Older Americans Month
The month of May was originally designated “Senior Citizens Month” by President John F. Kennedy in 1963, at a time when only 17 million Americans (compared with 39 million today) had reached their 65th birthday. It was Jimmy Carter’s declaration in 1980 to change the name to “Older Americans Month.” It is a time to acknowledge the contributions of older persons to our country. Research online to find what events are going on in your area!

May is Older Americans Month
I honor your life as an older American. Thank you for the difference you have made in society!

A little birdie told me there are great deals at the Lyngblomsten Auxiliary’s Annual Golf Classic
Monday, August 2, 2010
Midland Hills Country Club
The Best Way to Spend a Day!

Lyngblomsten Lifestyle | Spring 2010
remembering how her husband used to comfort her and say, “It’ll be all right mother, it’ll be all right.” Then the nurse’s aide gently said, “It will be all right, Lillian, it will be all right.” “What an answer to prayer she was! She was like an angel!” Lillian shared with Craig, “When I was angry and mad—and I wouldn’t ask for any help. I didn’t want Care Team Ministry (to come) at first,” Craig reflected. But after some men from church came to visit, Craig realized Care Team was a fit. His Care Team Ministry friends began taking him on many community outings and activities—to movies, parks, the fair, and the conservatory. “Now we go to car shows together and even drive to the fair in my ‘59 Oldsmobile 98. I never would’ve thought that I would need them or would get a lot out of visiting with them,” he reflected. “I got to live a normal life again, and it really made a big difference.” With the help of his Care Team and his daughters, he even coordinat-ed a surprise party for his wife on their anniversary.

Amidst Craig’s new limitations, his desire to create, serve, and love others grew stronger. Craig is now involved with the same Care Team Ministry that helped him. He goes and visits people at Lyngblomsten’s Lokensgard Transitional Care Unit (TCU) for three months. “It was during this time that I first received the services and fellowship of the Care Team Ministry (through his church, Immanuel Lutheran Church, a Lyngblomsten corporate congregation).” Craig shared.

When Craig returned home, he found himself isolated. His wife, Elsie, works during the day. “The problem was, I’d sit in the house alone with no one to take me out and nothing to do,” he stated. “In the beginning, I was angry and mad—and I wouldn’t ask for any help. I didn’t want Care Team Ministry (to come) at first,” Craig reflected. But after some men from church came to visit, Craig realized Care Team was a fit. His Care Team Ministry friends began taking him on many community outings and activities—to movies, parks, the fair, and the conservatory. “Now we go to car shows together and even drive to the fair in my ‘59 Oldsmobile 98. I never would’ve thought that I would need them or would get a lot out of visiting with them,” he reflected. “I got to live a normal life again, and it really made a big difference.” With the help of his Care Team and his daughters, he even coordinat-ed a surprise party for his wife on their anniversary.

Many individuals throughout the community are impacted through Lyngblomsten’s Home- and Community-Based services, which includes Care Team Ministry. For Craig Fohrenkamm, a resident of St. Paul, Care Team has been a life-sav-ing blessing on his journey.

While recovering from heart bypass surgery in 2007, Craig suffered a stroke—causing him to lose much of the use of his left arm and leg. After leaving the hos-pital, he recuperated at Lyngblomsten’s Lokensgard Transitional Care Unit (TCU) for three months. “It was during this time that I first received the services and fellowship of the Care Team Ministry (through his church, Immanuel Lutheran Church, a Lyngblomsten corporate congregation).” Craig shared.
Partnership Profile: Incarnation Lutheran

Profiling the Twin Cities’ congregations partnered in ministry with Lyngblomsten

In 2009, “This will be a natural extension of our pastoral care support,” shared Luther Dale, Pastor for Adult Learning at Incarnation and pastoral delegate to Lyngblomsten. Thirty volunteers are ready to serve, and matches with congregants are happening now. Their Care Team services will include visitation, meals, and transportation.

In 2010, the covenant partnership between Lyngblomsten and Incarnation has been renewed, and conversations have begun with Lyngblomsten surrounding the shared workplan for ministry to and with the older adults in the congregation. “As a whole, our congregation is relatively young,” said Dale. Therefore, the discussions have focused on exploring the needs of those serving as caregivers for aging loved ones and the issues people face when taking care of their aging parents. “People are really hesitant to identify that they need help,” reflected Dale. “There’s a lot of ‘I can do it myself’ and ‘I don’t want to let my spouse down’ going on.” Resources that will likely be tapped include the Lyngblomsten Speakers Bureau and statistics on caregiver stress. “Until we had this one-on-one shared ministry planning time, we really didn’t understand all the resources available to us through our partnership with Lyngblomsten,” Dale stated.

Through its partnership with Lyngblomsten, Incarnation laid the groundwork and received training for Care Team Ministry since 1990. Incarnation, an ELCA congregation, was formed in 1982 from the consolidation of two area Lutheran churches. Bridging the generations through its multigenerational approach to ministry, Incarnation Lutheran is a model for combining the gifts and life journeys of persons of all ages. Although there is a small group of seniors who meet regularly for PrimeTimers, other opportunities such as Bible studies and book groups, Holy Hammers, retreat ministry, and service groups are intergenerational and based more on common areas of interest rather than on age.

Ministry programs ... not just for youth anymore!

by Patricia Montgomery

In the next 20 years, the number of adults over the age of 65 in the United States is projected to grow by 32 million. In comparison, for the 100-year period of 1910-2010, the number of adults over the age of 65 grew by 36 million.¹

With this “age wave” upon us, and more of these older adults continuing to live in their own homes in the community, churches are facing a new challenge, a new opportunity. While historically it’s been enough to have a monthly potluck for the “seniors” in a congregation, a true “senior ministry” is much, much broader.

In our work with churches, Lyngblomsten looks at three components to senior ministry:

1) What does the church offer to its older adult members?
2) What opportunities are there for its older adult members to engage in service?
3) What is available for nurturing one’s faith life in the later years?


One idea we encourage all churches to consider, whether or not they are partnered with Lyngblomsten, is to hold a Senior Ministry Sunday annually. Not only can this be a time to communicate what resources and opportunities are available for the older members, but also this is a time to “lift up” and honor the older members of your congregation. Consider including spiritual prayers, readings, or music. Have a blessing of older adults. Celebrate retirees. Recognize older volunteers involved in your ministries. Have displays in your gathering space to showcase opportunities for and contributions by seniors.

Any time of year is a great time to celebrate older adults, but you might especially like to do it in May during Older Americans Month. “Don’t wait for someone else to start Senior Ministry Sunday; YOU can plant the seed.”

Prayer Changes Things

This devotion is by Luther Dale, Pastor for Adult Learning at Incarnation Lutheran

Psalm 22:1-5, 23-24

We sometimes wonder why we should pray, especially if God knows our heart and mind. There was a plain wooden plaque that hung in my parents’ home that had three simple words: “Prayer changes things.” Prayer can and does change things — especially us. In Psalm 22 we find words of honest desperation (My God, my God, why have you deserted me?) as well as of expressions of praise and joy (All who worship the Lord now praise him!). We pray because it forces us to be honest with ourselves and God about our trust and deepest needs and feelings. Sometimes we have trouble naming what we really need from God because we try to protect God from the anger or frustration or pain that we are experiencing. But words of praise remind us that God is God and can take what we express. God waits to be asked and invited into our lives to help us and change what needs changing. Nothing is of greater importance than being included in God’s plan. We need to pray with the confidence of the Psalmist, “When I cried out, He listened and did not turn away.”

Let us Pray: We pray with the disciples, “Lord teach us to pray.” Help us to realize your spirit is already at work in us and leading us to you. May we honestly pray the deepest needs of our heart. Amen.

Board Profile Corporate

Bill Sanden
by Kristin Mol
Communications Intern

Life has always been an adventure for Bill Sanden. From his wide range of occupations the numerous places he has traveled, Bill is always on the move. Despite this, Bill has found a home with Lyngblomsten.

Carol Kelsey, a long-time friend and Lyngblomsten board member, recommended Bill join the Resident Life Committee in 2007. Three years later, Bill now serves on the Corporate Board, the Nominating Committee, and the Resident Life Committee.

Bill began his career as an ELCA pastor in southern Minnesota. Feeling a need for a little change in the mid-1980’s, Bill decided to try law school. After law school, he worked a few years with a Minneapolis law firm, and then for almost 20 years he worked as a senior trust administrator for Wells Fargo where he was a co-founder of Wells Fargo Elder Services. Currently he is a trust relationship manager at U.S. Bank.

Bill and his wife, Jan, live in Roseville. They have two adult daughters, Karin and Kjerstin. All of them are Concordia-Moorhead “Cobbers”. While his daughters were young they attended the Concordia Language Villages Spanish camps and eventually became Village staff. The Villages have become an important part of Bill’s life as evidenced by his service on the Parents Advisory Committee for the Language Villages, and they have led to family travels to many Spanish-speaking countries such as Argentina, Nicaragua, Peru, and Mexico.

Older adults have always been important to Bill in his personal ministry and also in his work. He firmly believes in the mission of Lyngblomsten and enjoys serving on the board. “I think this is a place of excellence; it’s just about keeping up the good work,” says Bill.

© Image 36x681 to 595x766

© Image 634x578 to 764x708

© Image 639x228 to 773x392

© Image 908x446

© Image 1140x74
Sharing Musical Gifts
Care center resident Vivian Nielsen playing on her own piano, which was brought to the Dorthea Neighborhood.

King and Queen of Hearts
Lillian Forsberg and Austin Peterson were crowned Queen and King during the 3rd Annual King and Queen of Hearts Social and Coronation at the care center.

30+ Years of Compassionate Care
Betty Dickenson, NA/R in the Stanford Neighborhood, recently celebrated 30 years of giving care at Lyngblomsten. “People here have a heart of gold—It’s a privilege to work here,” she stated. It’s a privilege to have you here, Betty!

Chili Cook-off—Fun for All

“Blessed be the Lord for the beauty of summer and spring, for the air, the water, the verdure, and the song of birds.”
— Carl von Linnaeus
The 5-5-1 Club & Café draws waffle lovers of all ages! Lyngblomsten residents Owen and Vivian Foss enjoy a waffle with their daughter, Marsha, and great grandson, Benjamin.

Sharing Musical Gifts
Care center resident Vivian Nielsen playing on her own piano, which was brought to the Dorthea Neighborhood.

King and Queen of Hearts
Lillian Forsberg and Austin Peterson were crowned Queen and King during the 3rd Annual King and Queen of Hearts Social and Coronation at the care center.

30+ Years of Compassionate Care
Betty Dickenson, NA/R in the Stanford Neighborhood, recently celebrated 30 years of giving care at Lyngblomsten. “People here have a heart of gold—It’s a privilege to work here,” she stated. It’s a privilege to have you here, Betty!

“Blessed be the Lord for the beauty of summer and spring, for the air, the water, the verdure, and the song of birds.”
— Carl von Linnaeus

Chili Cook-off—Fun for All
Partnership Profile: Incarnation Lutheran

In 2009, “This will be a natural extension of our pastoral care support,” shared Luther Dale, Pastor for Adult Learning at Incarnation and pastoral delegate to Lyngblomsten. Thirty volunteers are ready to serve, and matches with congregants are happening now. Their Care Team services will include visitation, meals, and transportation.

In 2010, the covenant partnership between Lyngblomsten and Incarnation has been renewed, and conversations have begun with Lyngblomsten surrounding the shared workplan for ministry to and with the older adults in the congregation. “As a whole, our congregation is relatively young,” said Dale. Therefore, the discussions have focused on exploring the needs of those serving as caregivers for aging loved ones and the issues people face when taking care of their aging parents. “People are really hesitant to identify that they need help,” reflected Dale. “There’s a lot of ‘I can do it myself’ and ‘I don’t want to let my spouse down’ going on.” Resources that will likely be tapped include the Lyngblomsten Speakers Bureau and statistics on caregiver stress. “Until we had this one-on-one shared ministry planning time, we really didn’t understand all the resources available to us through our partnership with Lyngblomsten,” Dale stated.

Through its partnership with Lyngblomsten, Incarnation laid the groundwork and received training for Care Team Ministry through the Lyngblomsten Pastoral Care Program.

Ministry programs ... not just for youth anymore!

by Patricia Montgomery

In the next 20 years, the number of adults over the age of 65 in the United States is projected to grow by 32 million. In comparison, the 100-year period of 1910-2010, the number of adults over the age of 65 grew by 36 million.1

With this “age wave” upon us, and more of these older adults continuing to live in their own homes in the community, churches are facing a new challenge, a new opportunity. While historically it’s been enough to have a monthly potluck for the “seniors” in a congregation, a true “senior ministry” is much, much broader.

In our work with churches, Lyngblomsten looks at three components to senior ministry:
1. What does the church offer to its older adult members?  
2. What opportunities are there for its older adult members to engage in service?  
3. What is available for nurturing one’s faith life in the later years?

One idea we encourage all churches to consider, whether or not they are partnered with Lyngblomsten, is to hold a Senior Ministry Sunday annually. Not only can this be a time to communicate what resources and opportunities are available for the older members, but also this is a time to “lift up” and honor the older members of your congregation. Consider including spiritual prayers, readings, or music. Have a blessing of older adults. Celebrate retirees. Recognize older volunteers involved in your ministries. Have displays in your gathering space to showcase opportunities for and contributions by seniors.

Any time of year is a great time to celebrate older adults, but you might especially like to do it in May during Older Adult Ministry Sunday; YOU can plant the seed! Any time of year is a great time to celebrate older adults, but you might especially like to do it in May during Older Adult Ministry Sunday; YOU can plant the seed!


Prayer Changes Things

Psalms 22:1-5, 23-24

We sometimes wonder why we should pray, especially if God knows our heart and mind. There was a plain wooden plaque that hung in my parents’ home that had three simple words: “Prayer changes things.” Prayer can and does change things — especially us. In Psalms 22 we find words of honest desperation (My God, my God, why have you deserted me?) as well as of expressions of praise and joy (All who worship the Lord now praise him!). We pray because it forces us to be honest with ourselves and God about our trustiest and deepest needs and feelings. Sometimes we have trouble naming what we really need from God because we try to protect God from the anger or frustration or pain that we are experiencing. But words of praise remind us that God is God and can take whatever we express. God waits to be approached and invited into our lives to help us and change what needs changing. Nothing is off limits or beyond God’s promise and power to help. We need to pray with the confidence of the Psalmist, “When I cried out, He listened and did not turn away.”

Let us Pray: We pray with the disciples, “Lord teach us to pray.” Help us to realize your spirit is already at work in us and leading us to you. May we honestly pray the deepest needs of our heart. Amen.

Bill Sanden
by Kristin Mol
Communications Intern

Life has always been an adventure for Bill Sanden. From his wide range of occupations the numerous places he has traveled, Bill is always on the move. Despite this, Bill has found a home with Lyngblomsten.

Carol Kelsey, a long-time friend and Lyngblomsten board member, recommended Bill join the Resident Life Committee in 2007. Three years later, Bill now serves on the Corporate Board, the Nominating Committee, and the Resident Life Committee.

Bill began his career as an ELCA pastor in southern Minnesota. Feeling a need for a little change in the mid-1980’s, Bill decided to try law school. After law school, he worked a few years with a Minneapolis law firm, and then for almost 20 years he worked as a senior trust administrator for Wells Fargo where he was a co-founder of Wells Fargo Elder Services. Currently he is a trust relationship manager at U.S. Bank.

Bill and his wife, Jan, live in Roseville. They have two adult daughters, Karin and Kjerstin. All of them are Concordia-Moorhead “Cobbers”. While his daughters were young they attended the Concordia Language Villages Spanish camps and eventually became Village staff. The Villages have become an important part of Bill’s life as evidenced by his service on the Parents Advisory Committee for the Language Villages, and they have led to family travels to many Spanish-speaking countries such as Argentina, Nicaragua, Peru, and Mexico.

Older adults have always been important to Bill in his personal ministry and also in his work. He firmly believes in the mission of Lyngblomsten and enjoys serving on the board. “I think this is a place of excellence; it’s just about keeping up the good work,” says Bill.

1 1960–2010, Celebrating 50 Years of Corporate Congregations

1 We thank the multiple researchers and organizations who have been key partners in this work. For more information, see “Not Just for Youth Anymore,” Lyngblomsten Lutheran, 2009.
Remembering how her husband used to comfort her and say, “It’ll be all right mother, it’ll be all right.” Then the nurse’s aide gently said, “It will be all right, Lillian, it will be all right.” “What an answer to prayer she was! She was like an angel!” Lillian shared with Lyngblomsten, it will be all right.” “What an answer to prayer she was! She was like an angel!” Lillian shared with Lyngblomsten. 

Meet Craig Fohrenkamm
Participant in Care Team Ministry

Many individuals throughout the community are impacted through Lyngblomsten’s Home- and Community-Based services, which includes Care Team Ministry. For Craig Fohrenkamm, a resident of St. Paul, Care Team has been a life-saving blessing on his journey.

While recovering from heart bypass surgery in 2007, Craig suffered a stroke—causing him to lose much of the use of his left arm and leg. After leaving the hospital, he recuperated at Lyngblomsten’s Lokensgard Transitional Care Unit (TCU) for three months. “It was during this time that I first received the services and fellowship of the Care Team Ministry (through his church, Immanuel Lutheran Church, a Lyngblomsten corporate congregation),” Craig shared.

When Craig returned home, he found himself isolated. His wife, Elsie, works during the day. “The problem was, I’d sit in the house alone with no one to take me out and nothing to do,” he stated. “In the beginning, I was angry and mad—and I wouldn’t ask for any help.

I didn’t want Care Team Ministry (to come) at first,” Craig reflected. But after some men from church came to visit, Craig realized Care Team was a fit. His Care Team Ministry friends began taking him on many community outings and activities—to movies, parks, the fair, and the conservatory. “Now we go to car shows together and even drive to the fair in my ’59 Oldsmobile 98. I never would’ve thought that I would need them or would get a lot out of visiting with them,” he reflected. “I got to live a normal life again, and it really made a big difference.” With the help of his Care Team and his daughters, he even coordinated a surprise party for his wife on their anniversary.

Amidst Craig’s new limitations, his desire to create, serve, and love others grew stronger. Craig is now involved with the same Care Team Ministry that helped him. He goes and visits people at Lyngblomsten’s Lokensgard TCU, sharing what he’s learned along his journey. Through his experience he’s passing on the joy, faith and skills to help others orchestrate the best life possible in whatever circumstances they are facing.

April is National Volunteer Month
Thank you, Lyngblomsten volunteers, for all the ways you enhance the quality of life for older adults.
“Shining Lights” Make Life Brighter for Lyngblomsten Participants
by Dale M. Fagre, Chief Development Officer

I encourage you to stop and take a moment to look at the big red and white Shining Lights for Lyngblomsten banner that hangs in the hallway by the Chapel on the Lyngblomsten campus. Listed on the banner are the names of over 2,600 people who engaged with Lyngblomsten this past year as a donor, volunteer, auxiliary, resident, tenant, church, organization, employee or other constituent. Maybe your name is on the banner?

DID YOU KNOW in 2009 over 850 active volunteers participated to the tune of 35,000 hours of service? Volunteers wrapped over 400 gifts for residents at Christmas, volunteers brought residents down from the neighborhoods to the Chapel for scores of events, volunteers staffed the gift shop nearly every day, and volunteers worked with staff to start new initiatives such as a pilot for Generation Connection which uses Skype technology to allow our residents to connect with their friends and family all over the USA and even Europe! In fact, volunteers perform over 100 job functions for Lyngblomsten!

DID YOU KNOW Lyngblomsten has 1,200 faithful donors who contributed during the year to financially support our services and programs? These include Care Team Ministry (visiting and light chore work), The Gathering (respite for caregivers of loved ones with memory loss), Community Wellness & Education for seniors in our community, and the 5-5-1 Club & Café community center. We received gifts supporting Spiritual Care, Good Samaritan Fund, and a number of other areas including Community Wellness & Education for seniors in our community, and a Spring Rummage Sale. From April 12 – 17, the Lyngblomsten Auxiliary’s Annual Spring Rummage Sale will be held from 9 AM to 4 PM. Drop off donations of new or gently used household items at 1415 Almond Avenue, St. Paul 55108, (651) 646-2941. Visit us online at www.lyngblomsten.org for more information.

A light birdie told me there are great deals at the Lyngblomsten Auxiliary’s Annual Spring Rummage Sale!

**CONVERSATION STARTERS**

One way to help orchestrate the best life possible for older adults is to simply converse with them. Have you ever sat down to have a conversation with a loved one, friend, or older person only to feel ill-equipped to converse in the manner to which you’ve been accustomed? You are not alone.

Anyone, at any age, can use the tips below to reach out to an older adult who would love to spend more time in conversation.

**May is Older Americans Month**

The month of May was originally designated “Senior Citizens Month” by President John F. Kennedy in 1963, at a time when only 17 million Americans (compared with 39 million today) had reached their 65th birthday.

It was Jimmy Carter’s declaration in 1980 to change the name to “Older Americans Month.” It is a time to acknowledge the contributions of older persons to our country. Research online to find what events are going on in your area! For example, May 14 marks the 14th Annual Lyngblomsten Foundation’s Golf Classic at Midland Hills Country Club.

**Refresh yourself with these tips and tools:**

- **Incorporate a prop.** Items such as a photo album, artifacts from storage, or a magazine can generate conversation (one is Reminisce, “The Magazine That Brings Back the Good Times”).
- **Take heart.** Go on a walk, and take a stroll down memory lane simultaneously.
- **Make yourself useful.** Repair, paint, clean or help with something around the house.
- **Indulge in the arts.** Create art—there are no rules! Listen to old-time musical favorites (get copies from the library), or take a trip to see, touch or hear something together.

**Take the Challenge**

Use May to do something extra to help orchestrate the best life possible for the older adults in your life and community. Strive to make two visits this month (or more!)—maybe to someone you know, or reach out to someone new (on the bus, from your church, or a neighbor). Give them one of the cards below during your visit.

May is Older Americans Month

I honor your life as an older American. Thank you for the difference you have made in society!

I encourage you to stop and take a moment to look at the big red and white Shining Lights for Lyngblomsten banner that hangs in the hallway by the Chapel on the Lyngblomsten campus. Listed on the banner are the names of over 2,600 people who engaged with Lyngblomsten this past year as a donor, volunteer, auxiliary, resident, tenant, church, organization, employee or other constituent. Maybe your name is on the banner?

What all these “shining lights” have in common is that they are joined by a shared passion to orchestrate the best life possible for older adults in our community, and we are grateful.
Don and Neil came to Lyngblomsten well over a year ago, within months of each other. “Having the facilities in the care center close by was important for my wife,” shared Don. Neil added, “Yeah, for us too, it relieved a lot of anxiety—having the nurses on duty—we knew the time for 24-hour skilled nursing care would come, we just didn’t know when.”

Don’s wife, Esther, who had had receiving care through Lyngblomsten Home Health Services, passed away one day in July of 2009. The very next day, while at lunch with Don, Neil received the news that his wife, Dorothy, who had been residing in the care center, passed away. With such change came new circumstances—like moving to a smaller apartment for Neil. “When you move you have the experience of discovering where things have been put, and you learn a lot about how your children think you should arrange everything!” quipped Neil. “That’s one of the adjustments you have to make—living with reduced stuff,” added Don.

Both men, with their sharp sense of humor, enjoy the community at Lyngblomsten. “Don’s the social one—I like a cup of coffee and the paper,” shared Neil. “Strangely enough, I find it hard to find free time now that I’m retired; you have to plan ahead,” he added.

One day Don fills his time is through a group he helped start which is referred to as “Monkey Business.” A group ranging from four to seven men gather over coffee and treats in the Lyngblomsten Apartments Craft Room every Friday afternoon to chat and help their fellow Lyngblomsten Apartments tenants by fixing things for them. “What things?” Well, anything from lamps, to tables, to purses, to ALL of the rocking chairs throughout the Apartments lounges. “It’s a way to help people with a lot of little things,” Don expressed. “It’s much appreciated by people here—I think many of the women from our generation aren’t comfortable fixing things, so we help out where we can.”

Taking the initiative to better their community has resulted in stronger friendships, learning from each other and using their strengths for a purpose at the Apartments. “None of us are experts, but we’re willing to try, and so far it’s been very good,” Don said with a smile.

Meet Lillian Forsberg
Resident at Lyngblomsten Care Center

What sets Lyngblomsten apart for Lillian Forsberg, a resident of the Lyngblomsten Auxiliary care center neighborhood? “The care. At every turn there’s someone there to help you,” Lillian said. “It seems there’s always someone there to listen. I don’t know if I’d have the patience that they [care takers] do. I couldn’t ask for anything better, I just couldn’t.”

Throughout her 84 years, Lillian’s optimistic perspective on life has carried her through many difficult circumstances including losing her husband 14 years ago, undergoing double bypass heart surgery, and having her leg amputated a month later. According to Lillian though, “I think that the hardest thing was when I had to sell my house [to have skilled nursing care]. I just have to be thankful for what I’ve got—because I could lose it, just like that.”

Lyngblomsten has been a family tradition for Lillian. It was home to a few of her aunts many years ago, so it was at the top of the list for Lillian’s daughter who helped her mother transition to Lyngblomsten. Lillian, who was recently voted and crowned Queen in the Annual King and Queen of Hearts Coronation, was quickly welcomed to Lyngblomsten by her peers. During the time of this interview she was losing her voice—which she quickly attributed to the fact that she “probably gossips too much!” Embroidery, playing games with friends—like trivia, wheel of fortune, or bingo—and attending any event she can has made the transition to Lyngblomsten fun and generally easy for her.

For many who come to Lyngblomsten, the transition to calling a new place “home” is difficult. Lillian recounted a moment recently when she was looking in the mirror, putting her hair up in pin curls. “I just started crying... thinking about my husband, but I thought to myself, ‘I’m alone—it’s okay, I can cry.’” Just then, a nurse’s aide came into the room, put her arm around me and said, “What’s the matter?” Lillian was just
Gifts to the Remembrance Fund
In Memory or Honor of a Loved One

IN MEMORY OF
Barbara Jones
Dorothy L. Ritter
Leora Roth
IN MEMORY OF
Floyd Kratz
Children’s Hospitals and Clinics of Minnesota
Knutson Construction Services
John and Kathyrn Kvinge
Allan Nelson
Lowell and Sandy Nelson
Ruthann Ryberg
Mark and Karen Rylander
IN MEMORY OF
Ella Luqua
Karen and Arnold Mosko
IN MEMORY OF
Anna May Mafeld
Joe Genereaux and Shannon Silverman
Robert and Suzanne Silverman
IN MEMORY OF
Magdalene "Peppy" McPherson
Wick and Jane Morse and Muriel Penne
IN MEMORY OF
Dr. Herbert Mueller
Susanne Engstrom
IN MEMORY OF
Marion Nelson
Anonymous
Thomas and Linda Eggleston H.L. and D.L. Nelson
IN MEMORY OF
Harold Nyquist
Wally and Margit Hauge
Rachel Husom
Bradley and Pam Jacobson
IN MEMORY OF
Jean Pearson
Nancy and Tim Bartusch
Jean Bass
Kathleen and Hal Blair
Martha Frank
Martha Hawkins
Philip Keeney and Susan McLean-Keneey
Mary Pat Ladrer
Kathleen McLean
Bruce and Cheryl Mohn
Victoria Mohn
Petre Peterson
Helen Thompson
IN MEMORY OF
Bob Pooler
Ruth F. Myers
IN MEMORY OF
Barbara Ross
Jim and Carol Unger
IN MEMORY OF
Donald Ruddick
Glyn Aasland
James and Carol Jungbauer
Rebecca Patient
Martha Rice
Dorothy Stach
IN MEMORY OF
Virginia Sweden
Kathleen and Marjorie Swedeen
IN MEMORY OF
Leigh Sweet
Barbara Anderson
IN MEMORY OF
Alice Thoreson
Eugene Carroll
Corrine DeLaitsch
Janet Frey
Donald and Suzanne Jensen
Ronald and Priscilla Johnson
Ronald and Susan Musfeldt
Daniel and Kathleen Orth
Joy Preeschel
Carol Sorenson
Curtis Thoreson
IN MEMORY OF
Edna Torgesen
Ray Midkiff
Stephen and Brenda Riffie
IN MEMORY OF
Arnold Wangberg
Mark and Gwen Halaas
IN MEMORY OF
Edgar and Ruth Williams
Elise Trapp
IN MEMORY OF
Douglas Young
Marlyn Hobbis
IN MEMORY OF
Glenn Zacharias
Rev. and Mrs. Norman W. Heidorn

*Includes memorial donations to the Lyngblomsten Auxiliary.
Does not include gifts to Lights for Lyngblomsten.

November 1, 2009 – January 31, 2010*

Visit www.lyngblomsten.org to see the Lights for Lyngblomsten listing.

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

Those are the words of one of Lyngblomsten’s four Values Principles, this one centered on “participants”—those who are senior housing tenants, care center patients and residents, and those who utilize the community-based programs for seniors living in their own homes.

In this story you will meet five individuals who are Lyngblomsten participants. Their stories of change, loss, strength, and friendships illustrate how they’ve made choices to improve their quality of life during transitions on their life journeys.

Meet Bob Conophy
Participant at the 5-5-1 Club & Café

After retirement, many people feel isolated, over-whelmed by their free time, or easily bored. What is Bob Conophy’s advice for living a rich and full life after retirement? “Stay active, try to help others, and get involved with people at the 5-5-1 Club & Café.”

Nominated for the 5-5-1 zip code areas, the 5-5-1 Club & Café is a community center for folks like Bob who live in the Como area and beyond. Bob truly lives by his own advice—”...not waiting for fun to fall in his lap, but seeking it out.”

Meet Don Lindberg and Neil O’Neil
Tenants at the Lyngblomsten Apartments

Sometimes friendship is found through the most unexpected circumstances. For Lyngblomsten Apartment tenants Don Lindberg and Neil O’Neil, the timing and similarity of their situations seemed to lend itself to a natural friendship.
Lyngblomsten's Four Values Principles

For our participating congregations, Lyngblomsten encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking. Lyngblomsten promotes dignity through informed choices, encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

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 their own personal ministry by enhancing the lives of older adults.

### Contents

**On Life’s Journey** ................................................. 3
**Resource Roundtable** ......................................... 5
**Board Profile: Bill Sanden** ..................................... 7
**Reflections** .......................................................... 7
**Scrapbook** ............................................................ 8
**Our Partnership** .................................................... 10
**“Shining Lights…”** ............................................... 12
**Ambassador Showcase** ........................................... 13
**Board Profiles: Jaime Hansen** ................................ 13
**Events Calendar** .................................................... 15
**Spring Rhapsody** .................................................... 16

On the Cover:

At the Lyngblomsten Apartments, the men gather on Fridays for “Monkey Business,” a time to chat and to trinker with small repairs. See story on page 3.

### Events Calendar

**Tuesday, April 6**

Wellness Presentation

Lyngblomsten Community Wellness & Education presents “Falls Prevention Strategies.” Join us from 10:00-11:00 AM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.) for a presentation by Karen Mathieson. A $1 donation is appreciated; no need to RSVP.

**Monday–Tuesday, April 12–17**

Lyngblomsten Auxiliary’s Rummage Sale Donation Drop-Off

8 AM–8 PM at the 5-5-1 Club (located below the Chapel at 1415 Almond Ave, or enter off Pascal). Please bring your tax-deductible donations of new and gently-used items for the sale. (Sorry, we cannot accept electronic equipment—TVs, microwaves, etc.) Note: Collection is happening at the Club, but the sale will be held in the Chapel April 12–17.

**Saturday, April 17**

Youth Volunteer Rally

All prospective summer youth volunteers are invited to attend a Youth Rally from 12:00 Noon–1:45 PM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.). A New Youth Orientation will immediately follow the Rally from 1:45 PM–3:00 PM. Questions? Contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

**Thursday, April 22–24**

Lyngblomsten Auxiliary’s Spring Rummage Sale

Thursday 9:00 AM – 7:00 PM, Friday 9:00 AM – 4:00 PM, and Saturday 9:00 AM – Noon ($3 bag day) at Lyngblomsten (1415 Almond Ave). Find fun treasures for your whole family!

**Friday, April 30**

Spring Rhapsody

Lyngblomsten Foundation’s Annual Spring Gala. Entertainment by the Rockin’ Hollywoods. For more information see page 16, visit www.lyngblomsten.org, or contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org. Please RSVP by April 16.

**Saturday, May 1**

Boomerang Tickets go on Sale

Help fund the actual costs of operating the 5-5-1 Club & Café through this game of chance. See page 11 for details. Then join us May 5 for Cinco de Boomerang, where fiesta day in the café means “Be getenv!”

**Friday, May 6**

Corporate Annual Meeting

All delegates from corporate congregations: Please save this evening on your calendar. 6 PM (Dinner) and 7 PM (Meeting). Details will be mailed.

**Thursday, May 7**

Gathering of Grandparents: Explore Your Vocation

Attend a mini-conference on grandparenting from 8 AM to 12:15 PM at Augustana Lutheran Church in West St. Paul.

Keynote speaker Marilyn Sharpe will present “Grandparenting: Called to Love, Laugh, and Leave a Legacy” followed by breakout sessions. For details and registration information, visit www.lyngblomsten.org. Please register by May 2; cost is $15 (includes breakfast).

**Tuesday, May 11**

Lyngblomsten Auxiliary General Meeting

1:30 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul). Enjoy a program called “Art and Music: Look and Listen.” Everyone is welcome to attend! FREE.

**Friday, May 14**

Wellness Presentation

Lyngblomsten Community Wellness & Education celebrates Older Americans Month with a special presentation, “Joy of Aging: Reach for the Stars.” Join us May 14 from 10:00–11:00 AM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.) Professor Emerita Anita Makar will explore the truths, myths, and wisdom as well as the values of aging. Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org. A $1 donation is appreciated; no need to RSVP.

**Monday, May 17**

Sytentei Mai Concert

2:00 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.). Help Lyngblomsten celebrate its Norwegian heritage by attending a FREE concert by the Norwegian Glee Club of Minneapolis in honor of Sytentei Mai (Norway’s Independence Day).

**Friday, May 21**

Lyngblomsten Volunteer Recognition Event

Lyngblomsten volunteers are invited to a luau-themed celebration at North Heights Lutheran Church–Arden Hills campus from 6:00–8:00 PM. Questions? Contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org. Invitations will be mailed.

**Thursday, June 17–Wednesday, June 23**

Summer Youth Program Kick-off Week

Lyngblomsten welcomes returning and new summer youth volunteers.

**Thursday, July 8**

Annual Community Ice Cream Social

Join neighbors, friends and family anytime between 2 PM and 7 PM in the Lyngblomsten campus courtyard (Midway Parkway & Pascal Street, St. Paul) for this annual summer celebration.

**Monday, August 2**

Lyngblomsten Foundation’s Golf Classic at Midland Hills Country Club

Enjoy an afternoon of golfing followed by a silent auction and sumptuous dinner. For more information, visit www.lyngblomsten.org or contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org.
Back to the '50s!
Lyngblomsten Foundation’s Annual
Spring Rhapsody Gala

April 30, 2010
Social Hour • Dinner • Music
(Starting at 6:00 PM)

PRICE:
$150 per person
$1,200 table of 8

Join us for an evening of fun, gourmet food, and some hopping entertainment by the Rockin’ Hollywoods. Come and enjoy the night while supporting the 5-5-1 Club & Café, a community center proudly sponsored by Lyngblomsten.

For reservations and more information, contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org.