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Fall 2016 Catalog
November & December

Locations: Como Park & White Bear Lake
www.lyngblomsten.org/2ndHalf
2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:

- Education & the Arts
- Health, Wellness, & Spirituality
- Social & Outings
- Resources & Support
- Service Opportunities

Learn more at www.lyngblomsten.org/2ndHalf. Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- Community Services: Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- Senior Housing: Lyngblomsten offers market-rate and low income independent apartments with assisted living services available.
- Healthcare: Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer’s disease and other dementias, Parkinson’s disease, and palliative care.

Learn more at www.lyngblomsten.org.

As of November 1, 2016, 2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. Everyone from the community is welcome at both sites.

2nd Half with Lyngblomsten—Como Park
Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108
www.lyngblomsten.org

2nd Half with Lyngblomsten—White Bear Lake
Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110
www.rlc-wbl.org

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. Some classes and offerings are provided with additional grants and funding through community partners and are noted in the program description. Learn more about the Foundation at www.lyngblomsten.org/get-involved.
Welcome to 2nd Half with Lyngblomsten!

Lyngblomsten is pleased to announce the launch of its new life enrichment centers, 2nd Half with Lyngblomsten! The services and opportunities are designed for those in the second half of life (i.e. ages 50–100+).

Following a year of envisioning and planning, our life enrichment centers will open November 1 at two host sites. One will be in Como Park on the Lyngblomsten campus, and the other will be in White Bear Lake at Redeemer Lutheran Church—one of Lyngblomsten’s long-time corporate congregations and a leader in older adult ministry. Everyone from the community is welcome to participate at either or both locations.

With a commitment to serving older adults who are aging in community since it opened its community center back in 1979, Lyngblomsten has continued to journey with older adults who live in their own homes and apartments. The need for such services will continue to grow as evidenced by studies showing that older adults prefer and intend to age in their own homes and neighborhoods as they age. The 2015 United States of Aging Survey found 75% of older adults stating this is their intention. Coupled with this trend is the directive from the Lyngblomsten Board of Directors, as outlined in its Strategic Priorities, to make our outreach programs more sustainable while building capacity to serve more people.

The new service model, also referred to as the hub concept, integrates—brings together—all the offerings previously designed as separate programs (e.g. 5-5-1 Club community center, Care Team Ministry, Parish Nurse Ministry, and The Gathering), making services more seamless and accessible. Additionally, each site will be customized with the community assets at or near the host site, with a goal of utilizing each provider’s strengths, enhancing what’s offered, and not duplicating services and resources already available in the host community. The diagram on the back cover shows the six major areas of offerings available through 2nd Half with Lyngblomsten. These categories are the basis for how this catalog is organized. The model is anchored by a host site as shown at the center of the drawing and surrounded by support from Lyngblomsten’s Foundation, Marketing Communications, and Volunteer Services teams (the 3 outer rings).

Peruse the new catalog and find what resonates with you. Invite your family, neighbors, and friends to participate too. There are opportunities for all to Engage, Discover, and Thrive!

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.
The following registration, payment information, and policies apply ONLY to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

4 ways to register:
Registration form on page 23, or download/print a form at www.lyngblomsten.org/2ndHalf. Cash or checks accepted. Make checks payable to “Lyngblomsten Services.”

Phone: (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

Mail: 2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

Email: 2ndHalf@lyngblomsten.org. We will follow up to confirm your registration.

Dropbox:
2nd Half with Lyngblomsten—Como Park
Lower level of the Lyngblomsten campus, Community Services Offices
1415 Almond Avenue
St. Paul, MN 55108

2nd Half with Lyngblomsten—White Bear Lake
Redeemer Lutheran Church
3770 Bellaire Avenue
White Bear Lake, MN 55110

Cancellations & Refunds
2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances, in which case a refund will be issued. Cancellation requests must be made by the registration deadline indicated. No refunds will be given after a program has started. A processing fee of $7 per program will be deducted from your refund. Program/class supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless otherwise noted).

Closings Due to Weather
In case of bad weather, check 2nd Half with Lyngblomsten’s website at www.lyngblomsten.org/2ndHalf for the most current updates. You will be notified if a program or class is cancelled.

Offerings Subject to Change
We recommend those who have not made a reservation to check the website in the event of a change: www.lyngblomsten.org/2ndHalf.

Photos
Participant pictures may be taken during activities and be included in 2nd Half with Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

Scholarships
For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

All Are Welcome
2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.
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The 2nd Half with Lyngblomsten catalog is published quarterly.

Lyngblomsten Community Services
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www.lyngblomsten.org/2ndHalf
APP-MN Poetry Party ♦
Friday, December 9
1:30–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Celebrate the winter solstice and the return of light with APP-MN (Alzheimer’s Poetry Project Minnesota) poets Zoë Bird and Julie Landsman. Come enjoy community poem creation, make-and-take poetry activities, refreshments, and inspiration.

FREE  No registration required.
Program #1209ea

APP-MN The Surprise of Self: Connecting Caregivers through Community Engagement ♦
Thursdays, October 6, 13, & 20 and November 3, 10, & 17
1:30–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

This is not a series—participants can come to any or all of the sessions listed above.

Join us for creative engagement through poetry, life stories, and storytelling to care for ourselves and those we love. The mission of APP-MN (Alzheimer’s Poetry Project Minnesota) is to enhance the creativity and well-being of all older Minnesotans. This caregivers series is designed to support and inspire caregivers with a broad variety of experiences.

Fee: $3/session or $15 for all six sessions. Scholarships available.
Registration required.
Program #1006ea

Books-Cheese-Wine with Author Pat Dennis
Thursday, November 10
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Pat Dennis is an award-winning author and comedian. Her fiction and humor have appeared in publications such as National Public Radio’s Minnesota Monthly, Woman’s World, and the St. Paul Pioneer Press. She is the author of the Betty Chance mysteries series, and her short story collections include award-winning Hotdish To Die For and Mood Change. Pat is a veteran of 1,000 plus performances in comedy clubs, Fortune 500 special events, and church basements across the country. Come hear about this author’s work and have a few chuckles as well.

Fee: $5 if registered by November 8 or $8 at the door.
Program #1110ea

Creativity & Wellness

Creativity, Health and Aging
Tuesday, December 13
11:30 AM–12:30 PM at White Bear Area YMCA, 2100 Orchard Lane, White Bear Lake

Health, wellness, and quality of life can be achieved in many ways, including using creativity to work the mind, body, and spirit. Research has shown that mental activity can be especially beneficial to people as they age, including those with dementia. Learn about the latest trends, research, and local opportunities around “Creativity, Health and Aging.” Presenter: Andrea Lewandoski, Director of Lifelong Learning and the Arts, Lyngblomsten

Sponsored by White Bear Area YMCA and White Bear Area Senior Program.

FREE  Registration required.
Special registration: Call (651) 653-3121 to reserve your spot; space is limited.
Program #1213ea
Being Mortal: Redeemer Night Out Presentations
Wednesdays, November 2, 9, & 16
6–7 PM at Redeemer Lutheran Church, Library
This is not a series—participants can come to any or all of the sessions listed above.

This program is open to anyone interested in learning more about end-of-life issues. The three evenings will provide an opportunity for participants to deepen their understanding of aging through listening to themselves and their loved ones concerning difficult decisions and hard conversations they may face as they age. The theme for the presentations will be on the “Power of Listening.”

Presenters: Rev. Candee Moser; Kathie Nielsen; Suzanne Plank; Camille Dunn, Hospice RN; and Lynn Convery, NP-Geriatrics

• November 2: An overview of concepts presented in the Frontline Being Mortal film featuring Dr. Atul Gawande, author of the bestselling book, Being Mortal.
• November 9: Featuring a panel of people who can speak from experience about listening to themselves and their patients in making decisions about serious illness.
• November 16: Featuring a geriatric specialist who will focus on having difficult conversations.

Sponsored by Redeemer Lutheran Church and 2nd Half Ministry Team.

FREE No registration required.
Dinner will be available for purchase prior to the programs from 5–6 PM.

Kairos Alive! Caregiver Creativity Café™
Tuesdays, October 11 & 25 and November 1, 8, 15, & 22
10:30 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel
This is not a series—participants can come to any or all of the sessions listed above.

Caregivers are invited to participate in creative engagement through dance, music, storytelling, and theater to learn how to care for themselves and those they love.

Fee: $3/session or $15 for all six sessions. Scholarships available.
Registration required.
Program #1011ea

Lifelong Learning

Armchair Traveler: Memories from a Small Town Boy
Tuesday, November 22
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Today our travel will take us back in time. Join John and Virginia Sweeney as they return to times gone by and share memories of a one-room schoolhouse, children’s games, childhood toys, WWII scrap drives, savings stamps, war bonds, old-time radio shows, old Sunday comics, Saturday serials at the theater, old cars, and a number of other “memory joggers” that will ignite long-forgotten memories of your childhood.

FREE program; $3 for pie and coffee.
Registration deadline: November 17.
Program #1122ea
Capturing Grace, a film by David Iverson
Thursday, November 3
1–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Capturing Grace is a story about two realms. One is occupied by some of the most acclaimed modern dancers in the world. The other is inhabited by a group of people with Parkinson’s disease. This film is about what happens when those two worlds intersect. After the movie there will be a brief demonstration by local dance troupe, Dancing with Parkinson’s—brought to us by the Capistrant Center for Parkinson’s Disease and Movement Disorders at HealthEast Bethesda Hospital. Light refreshments will be served.

FREE Please register.
Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.
Program #1103ea

Second Sunday Concert with MacPhail: Paula Lammers
Sunday, November 13
2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring musical performances from MacPhail Center for Music. This month’s MacPhail Hour Music Performance and Education program features vocalist Paula Lammers. Light refreshments served afterwards.

FREE No registration required.
Program #1113ea

Second Sunday Concert with MacPhail: Holiday Music
Sunday, December 11
2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring musical performances from MacPhail Center for Music. This month’s MacPhail Hour Music Performance and Education program features holiday music. Light refreshments served afterwards.

FREE No registration required.
Program #1211ea
Exploring Art: Maxfield Parrish  
Tuesdays, November 1 & 15  
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)  

Exploring Art focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today’s art. This 2-week series will focus on Maxfield Parrish, an American painter and illustrator known for his distinctive saturated hues and idealized neo-classical imagery. Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais  

Fee: $15; includes supplies.  
Scholarships available.  
Registration required by October 31.  
Program #1101ea

Mixed Media Art: November  
Tuesdays, November 1, 8, & 15  
10–11:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), 1st Floor Lounge  

Join Art with Heart teaching artists Debbie Lyon and Sara Benedett for a 3-week series of mixed media visual arts classes. Various skills in mixed media, acrylic, and watercolor painting techniques will be introduced each week including: resist, color mixing, texture, composition, and layering color for special effects. Participants will work on a new project each week. Art with Heart is a gathering of our imaginations, inner child, and creativity of our individual souls—develop your own artistic style, meet new friends, and have fun while learning together!  

Fee: $20; includes supplies.  
Scholarships available.  
Registration required by October 31.  
Program #1101ea2

Exploring Art: Community Art in the City of St. Paul  
Tuesdays, December 6 & 13  
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)  

In December, Exploring Art sessions will include a virtual tour of community art found in St. Paul. Learn about the artists and history of some of St. Paul’s most beautiful sculptures. Taking inspiration from the virtual tours, each of the two sessions will include the opportunity to explore your own creativity through an art project. Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais  

Fee: $15; includes supplies.  
Scholarships available.  
Registration required by November 30.  
Program #1206ea

Mixed Media Art: December  
Tuesdays, December 6 & 13  
10–11:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), 1st Floor Lounge  

Join Art with Heart teaching artists Debbie Lyon and Sara Benedett for a 2-week series of mixed media visual arts classes. Various skills in mixed media, acrylic, and watercolor painting techniques will be introduced each week including: resist, color mixing, texture, composition, and layering color for special effects. Participants will work on a new project each week. Art with Heart is a gathering of our imaginations, inner child, and creativity of our individual souls—develop your own artistic style, meet new friends, and have fun while learning together!  

Fee: $15; includes supplies.  
Scholarships available.  
Registration required by November 30.  
Program #1206ea2
Northern Clay Pottery Holiday Workshop: Gratitude Boxes
Wednesday, November 9
10:30 AM–Noon at Redeemer Lutheran Church, Fellowship Hall

Eat, drink, and be merry! Enjoy holiday treats, cider or coffee, and get your hands dirty by making your own Thanksgiving holiday gratitude box to hold what you are thankful for. Northern Clay Center instructor Angie Renee will guide participants to create a slab box out of clay, decorate it using letter stamps or clay decoration, and finish by painting it with colored slips. Boxes will be fired at Northern Clay Center and returned in two weeks.

Fee: $10; includes supplies and firing costs. Scholarships available.
Registration required by November 4.
Program #1109ea

Polymer Clay Holiday Workshop: Jewelry Making
Wednesday, December 14
10:30 AM–Noon at Redeemer Lutheran Church, Fellowship Hall

Get your creative vibes flowing and join us in this special holiday clay workshop to create clay jewelry—a great gift for yourself or a friend. Explore a variety of techniques for creating your own works of art, including instruction on how to mix colors, make beads, and use molds to make your own jewelry—from pendants to beads and beyond. You’ll make your creation in class and have the choice of baking it at the event or at home (you’ll leave with instructions on how to finish your pieces by setting them in the oven). Easy and fun for all experience levels. Teacher: Lynn Vinge, Polymer Clay Artist

Fee: $10; includes art supplies. Scholarships available.
Registration required by December 9.
Program #1214ea

Call (651) 632-5330 to register!
Holidays

Christmastime in Sweden, Christmas Brunch
Thursday, December 15
9:30–11:30 AM at Redeemer Lutheran Church, Atrium

Christmas is the most important time of year for many Swedes, filled with special smorgasbord foods, Santa Lucia celebrations, and a visit from Tomte, Sweden’s version of Santa Claus. We’ll take you from Advent to the last plundering of the Christmas tree. Christmas brunch at 9:30 AM; program by the American Swedish Institute to follow at 10 AM. 

Sponsored by Redeemer Primetime.

Fee: Freewill offerings help to defray cost of speakers and brunch.
Registration required by December 6.

Out & About: Bachman’s Holiday Ideas House Tour
Tuesday, November 15
12:15–3:15 PM at Bachman’s, 6010 Lyndale Avenue South, Minneapolis

Let’s head over to Bachman’s on Lyndale (across the river) and see what they have cooked up for the Holiday Ideas House. Our 30-minute self-guided tour will take us through many rooms decked out for the holidays. After the tour there will be time to walk through the garden store or stop for a treat at Patrick’s Bistro (located in the store). Our heads (and tummies) will be full after time spent at Bachman’s!
(cont’d in next column)

Bus site pick-ups:
12:15 PM from the Lyngblomsten campus, Community Room (lower level)
12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: $5 for the tour; shopping and refreshments expense is on your own. $7 for transportation; please pay for transportation on the day of the event. 
Registration required by November 1.
Program #1115so

Out to Lunch at Lake Elmo Inn
Thursday, December 15
11 AM–2 PM at Lake Elmo Inn, 3442 Lake Elmo Avenue N, Lake Elmo

Lake Elmo Inn will be festive with Christmas décor, and we’re in for a treat! This award-winning restaurant is the place to be and the Christmastime buffet is the thing to order. The buffet is quite an extravaganza and the dessert tables are worth the price alone.

Bus site pick-ups:
10:15 AM from the Lyngblomsten campus, Community Room (lower level)
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: $7 for transportation; please pay day of the event. Lunch cost is on your own (approximately $25 for the buffet, tax, gratuity, and coffee or tea).

Registration required by December 13.
Program #1215so

Redeemer Lutheran Church Holiday Fair
Saturday, November 5
10 AM–1 PM at Redeemer Lutheran Church, Atrium

A craft sale, silent auction, and bake sale.
• 9 AM: Coffee & Scandinavian Treats
• 10 AM: Holiday Fair begins
• 11 AM: Chili Lunch Fundraiser

FREE admission
Lunches, Games, & Social Groups

500 Card Group
Tuesdays
1 PM on the Lyngblomsten campus, Community Room (lower level)

FREE Please register.
Program #1101so

Cards & Socializing for Senior Deaf Community
3rd Friday each month (Upcoming gatherings: November 18 & December 16)
1–4 PM on the Lyngblomsten campus, Community Room (lower level)

FREE Questions or if interested, contact Marlys Carlson at marlysmcarlson@gmail.com.
Program #1118so

House of Wong Lunch & Bingo
Friday, November 4
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Enjoy takeout from House of Wong, voted “Best Place for Asian Food in Roseville.”
We’ll serve egg rolls, sweet and sour pork, chicken sub gum chow mein, chicken fried rice, Oriental salad, and dessert. Bingo starts around 1 PM; prizes for every game!

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.
Registration required by November 2.
Program #1104so

KFC Lunch & Bingo
Friday, December 2
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

We’ll order chicken, mashed potatoes and gravy, coleslaw, and biscuits from Kentucky Fried Chicken, and top it off with dessert. Bingo starts around 1 PM; prizes for every game!

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.
Registration required by November 30.
Program #1202so

Out to Lunch at The St. Paul Grill
Thursday, November 17
11 AM at The St. Paul Grill,
350 Market Street, St. Paul

The St. Paul Grill is always a favorite destination, especially during the holidays. From the white linen tablecloths to the fantastic food and the beautiful decorations, it’s a time to be savored. Come join us as a special treat to yourself!

Bus site pick-ups:
10:15 AM from the Lyngblomsten campus, Community Room (lower level)
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.
Registration required. Register early as this will fill up quickly. Please let us know if you will be riding the bus with us or meeting us there.
Program #1117so
Stitch ‘N Chat
Tuesdays (not meeting November 6)
9–11 AM on the Lyngblomsten campus,
Community Room (lower level)

Sweet treats, coffee, chatting, laughing,
and oh yes, some stitching! Come join
the group whether you stitch or not. This
group is for men and women, and the
conversation is enriching, enlightening,
and sometimes hilarious. What a great
way to start the day! Drop in and spend
some time with friends, old and new.

FREE No registration required.
Program #1101so2

Day Trip to Cabin Ridge in
Cadott, Wisconsin
Wednesday, November 2

Venture in a coach bus to Cabin Ridge in
Cadott, Wisconsin. We’ll be greeted on
arrival by Judy and Mark Gilles, part of
the family that has run Cabin Ridge since
1988. Take just two steps onto a horse-
drawn covered wagon where we will be
taken deep within 400 acres of natural
woods (please be conscious of the weather
that day and dress appropriately). Our
destination will be The Lodge for a lunch
of beef stew in a bread bowl, salad, de-
sert, and beverage. While at The Lodge,
we will be entertained by the Danville
Singers, an acoustic contemporary folk
group, before our covered wagon ride
back to the coach bus. On our return ride
home, we’ll stop at Yellowstone Cheese, a
creamery with handcrafted cheeses using
100% milk from their own cows.

Bus site pick-ups:
9:15 AM from the Lyngblomsten campus,
Community Room (lower level)
9:30 AM from Gustavus Adolphus
Lutheran Church (1669 Arcade Street,
St. Paul)
Return time: Approximately 5 PM

Fee: $56; includes coach bus, wagon ride,
meal, and entertainment. Purchases at
Yellowstone Cheese are on your own.
Registration required by October 10.
Program #1102so

Recent research confirms that as we
age, continuing to learn new
skills and engaging in
community both contribute
significantly towards improving overall
health and well-being.1

75% of older adults indicate that
they intend to age in their own
homes and neighborhoods.2

1Cohen, Gene. “New theories and research findings on
the positive influence of music and art on health with
2National Association of Area Agencies on Aging,
Out & About: American Swedish Institute  
Tuesday, December 13  
12:15–4 PM at the American Swedish Institute, 2600 Park Avenue, Minneapolis

The Turnblad Mansion, completed in 1908, is truly a sight to behold. Its “French Chateauesque” style, wood-carved trim, 11 tile stoves, and 33 rooms make this a must-see. Now imagine this cultural gem decked out over the top for the holidays! After a guided one-hour tour of the mansion, there will be time to wander through the Nelson Cultural Center (added in 2012) or stop for a treat in the café, Fika, or take a look in the museum store before we head back across the river.

Bus site pick-ups:  
12:15 PM from the Lyngblomsten campus, Community Room (lower level)  
12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 4 PM

Fee: $8 for the tour to be paid by December 5. $7 for transportation; please pay day of the event.  
Registration required by December 5.  
Program #1213so

Red Wing Day Trip  
Wednesday, December 7

Our coach bus adventure this month is to the Mississippi River town known as Red Wing, a unique and charming place to visit. Enjoy a comfortable ride out of St. Paul to our first stop—lunch! We will dine at the historic St. James Hotel in their Victorian Dining Room. The St. James Hotel is listed on the National Register of Historic Places (since 1977). Menu selections for the meal are either the Chicken Pot Pie or Swedish Meatballs. Both include a fresh roll, cookie, and choice of coffee or tea. Please indicate your menu selection when you register. After lunch we’ll take a tour of Red Wing Stoneware & Pottery, where pots have been made since 1877. We will have the chance to see the various processes that go into making stoneware as well as a chance to shop the factory store before we board the bus back home. A relaxing, interesting, and tasty way to spend the day together.

Bus site pick-ups:  
10:15 AM from the Lyngblomsten campus, Community Room (lower level)  
10:30 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)

Return time: Approximately 5 PM

Fee: $52 per person; includes coach bus, lunch, and tour.  
Registration required by November 7. Please make your lunch menu selection when you register.  
Program #1207so

Call (651) 632-5330 to register!
Ageless Grace® Exercise Classes
Wednesdays starting November 2 (not meeting November 23 or December 21)
1:30–2:30 PM at Redeemer Lutheran Church, Atrium
1st & 3rd Fridays each month (Upcoming classes: November 4 & 18, December 2 & 16)
1:30–2:30 PM at Lyngblomsten Apartments (1455 Almond Avenue), Main Dining Room

Ageless Grace is practiced seated and to music. It consists of movements that are natural and organic (and never the same twice). Ageless Grace classes provide excellent chair exercise, as well as cognitive and social benefits. Teacher: Pola Rest

Fee: $1/person per class
Registration required.
Program #1102hws

Yogadevotion
Tuesdays, November 1–December 20
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

Yogadevotion classes begin in the breath in order to center in the Presence of God. We’ll start with devotion time, opening with scripture that speaks to a practice of faith during the breath work. The class is a combination of standing poses, balance poses, and floor poses, closing with restorative yoga—a practice of calm alertness that allows a time of reflection and thanking for God’s Presence in our lives. This is a multilevel class that offers modifications for all poses. Please bring your own yoga mat. Teacher: Jean Auger

Fee: $64. Payments are made on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Yogadevotion” on memo line).
Registration required by October 28.
Special registration: Contact Sue Johnson at (651) 748-3755 or suejohns3@gmail.com.

Yogadevotion Soma Yoga
Thursdays, October 27–December 15
2–3 PM at Redeemer Lutheran Church, Library

Soma Yogadevotion classes offer the same faith-based class structure that Yogadevotion classes do. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles—which can result in moving with more ease and freedom. Soma yoga is safe for any body. It incorporates mobility, strength, and stability into movements and helps build concentration and a meditative mind. The class is for all levels—from beginner to advanced—and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and a blanket if available. Teacher: Jane Schroeher

Fee: $56. Payments are made on the first day of class. Make checks made payable to Redeemer Lutheran (indicate “Soma Yoga” on memo line).
Registration required by October 24.
Special registration: Contact Jane Schroeher at (651) 770-9543 or schroehergj@msn.com.

Ageless Grace® Exercise Classes

Program #1102hws

Yogadevotion

(cont’d in next column)
Wellness Checks

Wellness Checks
Thursdays (not available November 24)
12:30–1:30 PM on the Lyngblomsten campus, Community Services Offices (lower level)

Talk with Deb Bowman, RN, about health concerns and issues related to remaining independent as health needs change, and ask her questions about medications, disease, or health care. Health screening services such as blood pressure and pulse assessments available.

FREE No appointment needed.
Learn more: Contact Deb Bowman, RN, at (651) 632-5335 or dbowman@lyngblomsten.org.
Program #1103hws

Dementia: Caring & Coping Series—Finding the Holy in Holiday
Thursday, December 8
1–3 PM at Ramsey County Library, 2180 North Hamline Avenue, Roseville

Holidays can be stressful. Explore ways to maintain peaceful well-being for you and your loved one during this festive time. 
Presenter: Chaplain Bonnie Nash, MDiv, BCC, Grace Hospice
Presented by Roseville Alzheimer’s and Dementia Community Action Team, City of Roseville, and Ramsey County Library.

FREE No registration required.
Program #1208hws2

Practicing Mindfulness During the Holiday Season
Thursday, December 8
12:30–1:30 PM at Redeemer Lutheran Church, Atrium

What is all the buzz about “mindfulness”? Mindfulness is not new but has steadily been gaining the attention of the medical and mental health community. Studies have shown that when people practice mindfulness regularly, they experience desirable changes in their sense of well-being, their relationships, their ability to concentrate, their experience of physical and emotional pain, and their capacity to enjoy life. Take a break from the frenzy of the holidays. 
Presenter: Kelley Bergeson, Lyngblomsten Chaplain

FREE Please register.
Program #1208hws

Bibles & Bagels
Tuesdays starting November 1
8:15–9:30 AM at Redeemer Lutheran Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but volunteer treats are brought and coffee is always provided!

FREE No registration required.
For questions or more information, contact Barb Wojahn at (651) 429-2557.

Bibles & Bagels
Tuesdays starting November 1
8:15–9:30 AM at Redeemer Lutheran Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but volunteer treats are brought and coffee is always provided!

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For questions or more information, contact Barb Wojahn at (651) 429-2557.

Wellness Education

Dementia: Caring & Coping Series—Finding the Holy in Holiday
Thursday, December 8
1–3 PM at Ramsey County Library, 2180 North Hamline Avenue, Roseville

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Presenter: Chaplain Bonnie Nash, MDiv, BCC, Grace Hospice
Presented by Roseville Alzheimer’s and Dementia Community Action Team, City of Roseville, and Ramsey County Library.

FREE No registration required.
Program #1208hws2
Dementia: Caring & Coping Series—Resources for Caregivers
Thursday, November 10
1–3 PM at Ramsey County Library, 2180 North Hamline Avenue, Roseville
Learn about a variety of resources available for caregivers to help them ease the burden of caregiving and cope with the stress. Presenter: Catherine Engstrom, LGSW Caregiver Consultant at Wilder Foundation Caregiver Services
Presented by Roseville Alzheimer’s and Dementia Community Action Team, City of Roseville, and Ramsey County Library.
FREE  No registration required.
Program #1110hws

Wellness Presentation—Grief:
Normal is different for everyone
Wednesday, November 2
2–3 PM on the Lyngblomsten campus, Community Room (lower level)
There is a “normal” grieving process that everyone goes through. This will be different for anyone who has experienced the death of a loved one, and can be additionally hard during the holiday season. This presentation will provide information to help one’s self and others through the grieving process. Presenter: St. Croix Hospice
FREE  Please register.
Program #1102hws2

Wellness Presentation—The Healthy Brain
Maintaining Mental Fitness: Can your brain span match your lifespan?
Monday, November 7
1–2:30 PM at Redeemer Lutheran Church, Atrium
Learn strategies to ensure a healthier brain based on the four things you can do now for mental fitness. Carolyn Klaver, RN, has many years of experience working with individuals who have early- to mid-stage memory loss, their caregivers, and trained volunteers who serve at The Gathering group respite (see page 18). Carolyn will answer questions on both sides of memory—healthy brain and memory loss. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential. Presenter: Catherine Engstrom, LGSW
FREE  Registration required.
Program #1107hws

Market Place Morning Talk:
A monthly health education series for the community
2nd Wednesdays each month (Upcoming programs: Wednesday, November 9; not meeting in December)
9:30–10:30 AM at Market Place Bingo Hall, 2900 Rice Street, Little Canada
Topic: Party and entertainment.
Complimentary treats and coffee provided by Little Canada Recreation Association and Little Canada Bingo Hall. Co-sponsors: Lyngblomsten, Roseville Senior Program, City of Little Canada Parks and Recreation, and Golden Living Center.
Fee: $1
Registration deadline: November 8.
Program #1109hws

Powerful Tools for Caregivers
Wednesdays, November 9–December 14
1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway), 1st Floor Lounge
A 6-session class designed to provide caregivers with the tools they need to take care of themselves. This class helps caregivers to: reduce stress, improve self-confidence, better communicate their feelings, balance their life, increase their ability to make tough decisions, and learn to locate helpful resources. Teacher: Catherine Engstrom, LGSW
FREE  Registration required.
(cont’d in next column)
Caregiver Services

Caregivers Support Group
3rd Wednesday each month (Upcoming meetings: November 16 & December 21)
1–2:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any healthcare issue or disease. New members always welcome; come as often as you are able.

FREE No registration required.
Learn more: Contact Jeanne Schuller, MSW at (651) 285-9193 or jschuller@lyngblomsten.org.
Program #1116rs

Chat Café: Local Resources for Dementia-Specific Caregivers
Tuesday, November 15
10:30 AM–Noon at White Bear Lake Senior Center, 2484 East County Road F, White Bear Lake

Learn about local programs and services that support dementia-specific caregivers and the importance of caring for yourself while caring for a family or friend with dementia. The Chat Café is a place for engaging conversation paired with a hot, catered meal. The presenter, Lisa Brown, MSW, Lyngblomsten Community Services, has extensive experience working with family caregivers through her role with The Gathering (see next column), Caregiver Support Groups, and Caregiver Coaching services.

Sponsored by the White Bear Lake Senior Center. Program and meal support by the Rasmussen Family Education and Scholarship Fund.

Fee: Free to attend with a $5 suggested donation.
Special registration: Call the White Bear Lake Senior Center at (651) 653-3121.

Group Respite (The Gathering)
Visit www.lyngblomsten.org/TheGathering for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is offered through Lyngblomsten Community Services, and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment.

A day at The Gathering:

• The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 22 to learn about volunteering with The Gathering).
• Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
• Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

Fee: A fee is charged and billed monthly. To maintain the integrity of the program’s structure, The Gathering does not accommodate drop-ins or visitors.
Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.
Memory Loss Caregivers Support Groups
10 AM at the following sites:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- Salem Lutheran Church, West St. Paul; 2nd Tuesday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Family and friends who are caring for someone experiencing Alzheimer’s disease or a related dementia are welcome to attend. Facilitators are trained through the Alzheimer’s Association.

Coordinated through Lyngblomsten’s The Gathering, in partnership with the Alzheimer’s Association.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

REACH—Resources for Enhancing Alzheimer’s Caregiver Health
One-on-one caregiver support, education, and counseling. REACH is a proven approach used by caregiver consultants to support family members and others who are caring for someone with Alzheimer’s disease or a related dementia. The goals are to: teach caregivers how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, help caregivers feel confident in the care they provide, and improve their ability to cope. Four core sessions are offered and tailored to what the caregiver needs most.

REACH in Minnesota is supported, in part, by grant number 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, Washington, D.C., and the Minnesota Board on Aging, St. Paul, MN. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.

Fee: Sliding-scale.
Learn more: Contact Lisa Brown, MSW, at (612) 559-3646 or lbrown@lyngblomsten.org, or visit www.lyngblomsten.org/caregivers.

Creativity for Caregivers
- Dance
- Music
- Storytelling
- Theater
- Poetry

Opportunities for caregivers, their loved ones, and the community to participate in creative programs that promote well-being, build community support networks, and offer creative resources for self-care and supporting loved ones.

Learn more at www.lyngblomsten.org/creativecaregivers or see pages 6–8 for upcoming programs.

November is National Family Caregivers Month
www.lyngblomsten.org/caregivers

Powerful Tools for Caregivers

Wednesdays, November 9–December 14
A six-session class designed to provide caregivers with the tools they need to take care of themselves.

See page 17 for details.
Parish Nurse Ministry Resource Group
A resource and networking group for nurses serving in faith communities to connect for education and professional support. Annual membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new/start-up Parish Nurse Ministry programs, opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), and more.

Fee: $125 for an annual membership. Join at any time.
Learn more: Contact Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator at (651) 632-5380 or mnordtvedt@lyngblomsten.org, or visit www.lyngblomsten.org/parishnurse.

Transporting Essentials for Volunteer Drivers
Thursday, November 10
6:30–8:30 PM on the Lyngblomsten campus, Newman-Benson Chapel
Be a blessing to others by sharing your ability to drive! Attend this mini workshop and:
• Discover how to effectively and safely transport older adults and persons with special needs.
• Be informed on the latest liability and insurance issues.
(cont’d in next column)

• Learn about proper body mechanics, safe wheelchair transfers, and effective positioning.
• Connect with other volunteer drivers in the community.

Instructor: Cindy Albing.
Sponsored by Lyngblomsten Community Services.
Fee: $10 per person or $25 for a group of 3 or more. Free for Lyngblomsten Care Team Ministry volunteers and members of the Lyngblomsten Parish Nurse Ministry Resource Group.
Registration required by November 3.
Special registration: Contact Julie Pfab at (651) 632-5331 or jpfab@lyngblomsten.org.
Program #1110rs

Caregivers Support Groups
See pages 18 & 19.

Parkinson’s Disease Support Group
1st Thursday each month (Upcoming meetings: November 3 & December 1)
1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway), 2nd Floor Lounge
For caregivers and people living with Parkinson’s disease (at any stage) or other movement disorders. This support group is an informal, self-managed organization of people with Parkinson’s and their caregivers whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported. Facilitated by (cont’d on p. 21)
social workers; not a therapy group or class. New members always welcome; come as often as you are able.

**FREE** No registration required.  
Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org. Visit www.lyngblomsten.org/parkinsons for additional information about Parkinson’s care at Lyngblomsten.  
Program #1103rs

* See page 8 for a special film showing, Capturing Grace, on November 3 about dancing and Parkinson’s disease. Plus a brief demonstration by local dance troupe, Dancing with Parkinson’s.

**Spiritual TLC**

1st Thursdays each month (Upcoming meetings: November 3 & December 1)  
10–11:30 AM at Redeemer Lutheran Church, Library

Spiritual TLC is a spiritual nurture group for caregivers and others experiencing a trying time. The group will come together for conversation with scripture, prayer, and mutual care.  

**FREE** No registration required.  
For questions or more information, contact Rev. Candee Moser at (651) 429-5411.

**Vision Loss Support Group**

2nd Wednesday each month (Upcoming meetings: November 9; not meeting in December)  
1–2 PM on the Lyngblomsten campus, Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will also be available at each meeting. New members always welcome; come as often as you are able.  

**FREE** No registration required.  
Learn more: Contact Deb Bowman, RN, MSN, at (651) 632-5335 or dbowman@lyngblomsten.org.  
Program #1109rs

**Transportation**

**Transportation**

Mondays  
Provided by 2nd Half with Lyngblomsten—Como Park

Transportation to appointments (e.g. medical, meetings, legal) in the St. Paul area is available every Monday for $8/round trip. Advance notice (by noon the Thursday before) is required. To schedule transportation to an appointment, contact Mary Deaner at (651) 414-5293.

**Wings of Nutrition Bread Program—Free Bread**

Tuesdays  
8:30 AM on the Lyngblomsten campus, Community Room (lower level)

Volunteers pick up bread that can no longer be sold from grocery stores and bakeries and make it available to the community. Free bread is available for anyone who would like to participate. Bread is available until it runs out.

**Other**

**For more details, resources, and support, visit**  
www.lyngblomsten.org/2ndHalf

www.lyngblomsten.org/2ndHalf
Service Activities

Volunteer at Feed My Starving Children
Friday, November 11
Noon–2 PM at Feed My Starving Children, 990 Lone Oak Road, Suite 136, Eagan

Join us in the fight against hunger as we pack food at the Feed My Starving Children (FMSC) site in Eagan. Volunteers will package nutritious meals tailored specifically for malnourished children. This is a rewarding opportunity to make a difference in the lives of hungry young ones. Please wear closed-toe shoes and leave jewelry at home (FMSC policy). Personal items can be stored in a locker.

Bus site pick-up:
11:15 AM from the Lyngblomsten campus, Community Room (lower level)

FREE: includes transportation. We hope you may consider a donation to the organization itself instead.

Registration required by November 9.
Program #1111sop

Volunteer to serve those with memory loss at The Gathering
Join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss. Volunteers receive comprehensive training so they are able to plan the day’s activities and promote socialization for their participants. See page 18 to learn more about The Gathering, or visit www.lyngblomsten.org/TheGathering.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Volunteer at Lyngblomsten
Upcoming new volunteer orientation dates: Thursday, November 17
6–8 PM on the Lyngblomsten campus

Lyngblomsten volunteers of all ages enrich the lives of older adults each day by sharing their time, experience, and talents. From the young to the young at heart, Lyngblomsten provides opportunities for experiences that will engage you as a volunteer and help us meet our mission and promise to older adults. Youth, adults, families, corporate groups, and church groups are all welcome.

Registration required.
Learn more: Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Volunteering

Lyngblomsten Volunteer Bus Driver
Help Lyngblomsten residents or community participants get to and from events.

Drivers should be courteous and friendly, helping passengers on and off the 13-passenger van, and be prompt with picking up and dropping off riders. No special drivers license is required; however, the driver must pass a Department of Transportation physical and have a clean driving record. Drivers should be comfortable in varying weather conditions and in many different neighborhoods in St. Paul and its suburbs. Training is provided by the Lyngblomsten Transportation Coordinator.

Learn more: Contact Lana Western at (651) 632-5406 or lwestern@lyngblomsten.org.
Registration Form

Print more registration forms at www.lyngblomsten.org/2ndHalf.

Please complete form and mail to:
2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

Name ________________________________________________________________

Phone (______) _______________________________________________________

Address ________________________________________  Apt# __________

City_________________________ State _______ Zip____________

Email ______________________________________________________________

Emergency Contact _________________________________________________

Phone ( _______ ) _____________________________________

Age □ Under 55 yrs □ 55–69 yrs □ 70–84 yrs □ 85+ yrs

I would like to register for the following programs:

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* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

TOTAL PAYMENT ENCLOSED $ __________

All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to “Lyngblomsten Services”).

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 4.

□ Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It’s FREE!
Announcing 2nd Half with Lyngblomsten, Lyngblomsten’s new approach to serving adults aging in community.

Two life enrichment centers will launch November 1, each having offerings in the areas listed on the diagram:

See page 3 for more information.