



Ageless Perspectives 2

2018 Calendar Honoring Older Adults & Aging

featuring Lyngblomsten residents, tenants, volunteers, & participants



Our Guiding Principles

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

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

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

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

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.

Our Pillars

Influenced by Christ
Innovation & Leadership
Resources & Support
Person-Centered &
Dignity-Enhancing Experiences
Engaged Lifestyle

Our Promise

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

Healthcare, Housing, & Services for Older Adults since 1906

1415 Almond Avenue | Saint Paul, MN 55108

www.lyngblomsten.org  

About this Calendar

They say a picture is worth a thousand words, and we believe the faces featured in this calendar tell a thousand stories from the lifetimes of a handful of the older adults engaged with Lyngblomsten.

Three years ago, Lyngblomsten debuted its *Ageless Perspectives* gallery and accompanying calendar that featured portraits of older adults and bits of wisdom they had gathered along their life journeys. Those 12 original photographs hung in our main entryway and brought smiles to people of all ages who passed by. Now, this new group of faces—which features residents, tenants, community participants, and volunteers—will take the place of the original portraits and continue to fulfill our exhibit's mission of honoring all those in life's second half and sharing wise perspectives for all ages.

I love to learn.
People should
learn new
things
every day.

Tsup Yee, 95



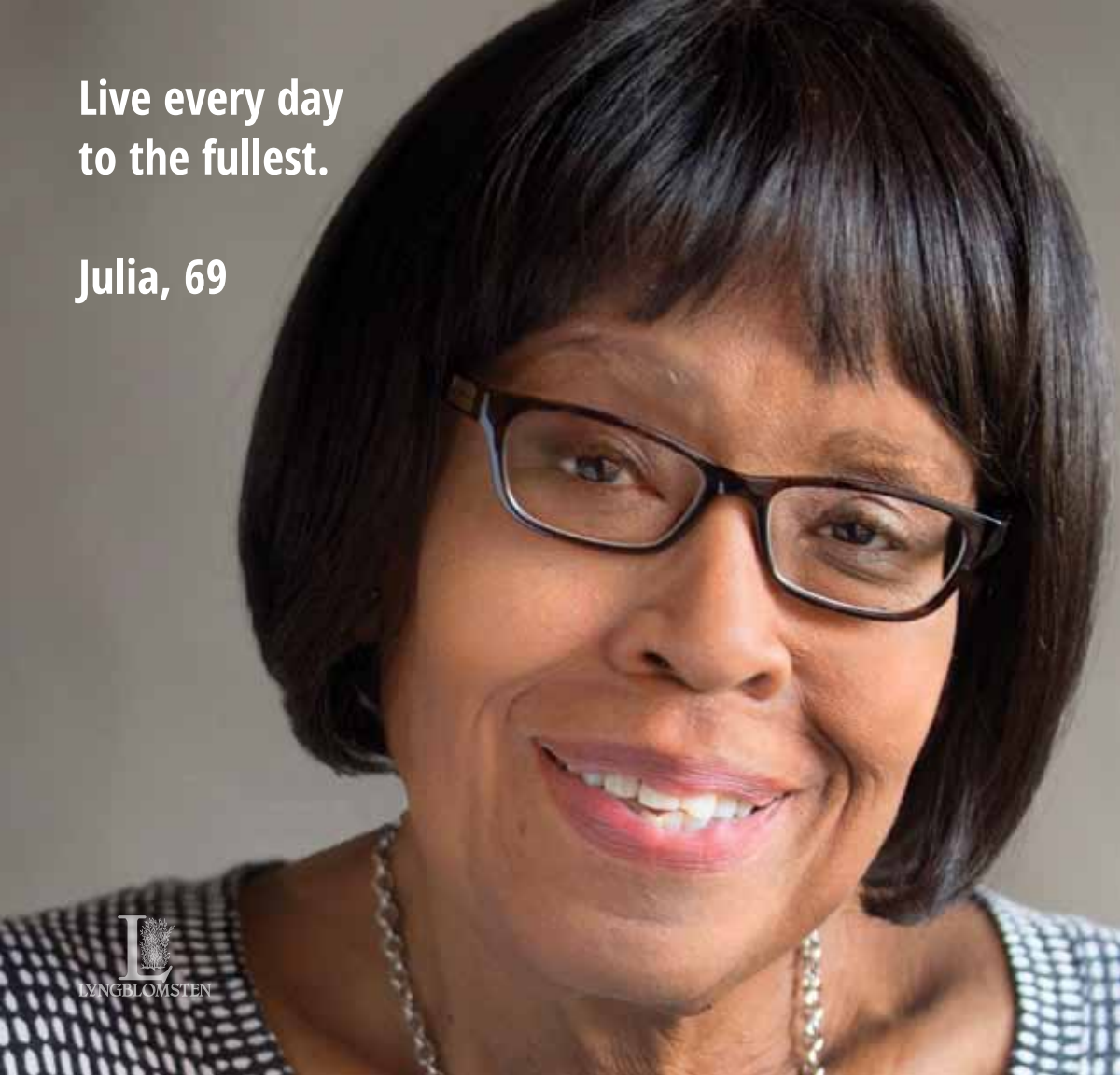
I think it's great
to get old.

Arlene, 80



**Live every day
to the fullest.**

Julia, 69





*As a companion aide at Lyngblomsten,
Julia loves making people she visits smile
and having a positive impact on their day.*

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**I love creating
joy in people's
days.**

Steve, 60



Steve volunteers with The Gathering group respite program and puts smiles on faces of participants through his music.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February is Low Vision Awareness Month National Senior Independence Month				1	2 Groundhog Day	3
4  1854, Birthday of Anna Fergstad, Lyngblomsten's 1st President	5	6	7	8	9	10
11	12	13	14 Ash Wednesday Valentine's Day	15	16	17  Lyngblomsten Incorporated in 1906
18	19 Presidents Day	20	21	22	23	24
25	26	27	28			

A close-up portrait of a woman with short, light brown hair, wearing dark-rimmed glasses and a teal-colored top. She is smiling warmly at the camera. The background is a plain, light gray.

Enjoy every day
and pray
to God.

Marcey, 70



Marcey loves embracing her faith at Lyngblomsten and enjoys attending Mass and talking with spiritual care staff.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March is Spiritual Wellness Month				1	2	3
4	5	6	7	8	9	10
11 Daylight Saving Time begins	12	13	14	15	16	17 St. Patrick's Day
18	19	20 Spring begins	21	22	23	24
25 Palm Sunday	26	27	28	29 Maundy Thursday	30 Good Friday	31



I can appreciate
volunteers who
are helping me
because I've
been there and
done that.


Mort, 85



Mort has been married to his wife Bev for 61 years, and they've spent many of those years volunteering together and making friends as part of the experience.

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20  Lyngblomsten Foundation Spring Gala	21
22 Earth Day	23	24	25	26	27	28
Lyngblomsten Volunteer Appreciation Week						
29	30	April is National Volunteer Appreciation Month National Parkinson's Disease Awareness Month				

A close-up portrait of an elderly woman with short, curly white hair. She has a warm, joyful expression, smiling broadly to show her teeth. Her skin is fair with visible wrinkles, particularly around her eyes and mouth. She is wearing a blue textured garment. The background is a plain, light-colored wall.

I think we
should be more
accepting of
others.

Elaine, 93



*Elaine is a regular at many Lyngblomsten activities.
She always has time to admire one of her favorite
things—flowers around campus and the community.*

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May is Older Americans Month		1 Lyngblomsten Annual Meeting May Day	2	3 National Day of Prayer	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Mother's Day		Homes for the Aging Week				
				Syttende Mai		
20 Husby Memorial Concert	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

A close-up portrait of an older woman with short brown hair, wearing round glasses and smiling. The background is a plain, light gray.

I have lots of
good memories
and lots of new
ones to come.

Jane, 67



Jane is a retired biology professor and carries her passion for teaching over to her volunteerism by facilitating science education events at Lyngblomsten.

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21 Summer begins	22	23
24	25	26	27	28	29	30

Trying new
things opens
up a whole new
world to you.


Georgine, 89



Since coming to live at Lyngblomsten, Georgine has tried and enjoyed the Sing for Life choir, painting classes, and telling stories at the weekly Laugh 'N Chat gatherings.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Lyngblomsten Mid-Summer Festival	21
22	23	24	25	26	27	28
29	30	31				

A close-up portrait of an elderly woman with short, wavy grey hair and blue eyes. She is wearing a red textured sweater and a colorful beaded necklace. The background is a soft, out-of-focus grey.

**You need to
select your path
carefully based
on what's
important
to you.**

Florence, 87



*Formerly a foods and nutrition teacher,
Florence has a keen eye for meal preparation
and a soft spot for maple nut ice cream.*

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Senior Citizens Day	22	23 MN State Fair begins (thru Sept. 3)	24	25
26	27	28	29	30	31	

**Being active and
involved really
helps keep you
young and
keeps your
mind working.**

Kathryn, 70



Now retired, Kathryn's experience with fundraising software drives her volunteering efforts at Lyngblomsten.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	September is Healthy Aging Month					1
2	3 Labor Day State Fair ends	4	5	6	7	8
9 Grandparents Day	10	11 Patriot Day	12	13	14	15
16	17	18	19	20	21 World Alzheimer's Day	22 Autumn begins
23	24	25	26	27	28	29
30						

**It doesn't hurt
to be nice to
each other.**

Melinda, 68





Melinda keeps small cards with inspiring messages on them in her purse and hands them out to people in need of a smile.

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 International Day of Older Persons	2	3 Lyngblomsten Literary Society first convenes in 1903	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Make a Difference Day
28	29	30	31 Halloween			

There isn't a day
I don't have
something to be
thankful for.

Renie, 88



Renie loves celebrating milestones such as birthdays and anniversaries, so she is always sending cards to her loved ones—about 30 a month!

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November is National Family Caregivers Month National Alzheimer's Disease Awareness Month				1	2	3
4 Daylight Saving Time ends	5	6 Election Day	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23	24
25	26	27	28	29	30	

**When someone
asks for help,
be available.**

Ron, 77



A retired pastor, Ron enjoys connecting with people while volunteering at Lyngblomsten, particularly during his shifts at Anna's café & gift shop.

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Honor someone special with a gift to Lights for Lyngblomsten. www.lyngblomsten.org/donate						1
2 Advent begins	3	4	5	6 St. Nicholas Day	7 Pearl Harbor Remembrance	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Winter begins	22
23	24 Christmas Eve	25 Christmas Day	26	27	28	29
30	31 New Year's Eve					



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Photos by Scott Strebble Photography