



2018 Continuing Education for Lyngblomsten Volunteers

LIFELONG LEARNING & THE ARTS VOLUNTEER CONTINUING EDUCATION

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

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

2018 Sessions:

Featuring new presenters and areas of expertise

- **Monday, January 22: Music & Movement**
- **Monday, April 23: Visual & Tactile Arts**
- **Monday, September 24: Wellness—Strengthening the Mind & Body**
- **Monday, November 5: Expressive Arts, Literary Arts, and Education**

All sessions are **FREE** and held from 9 AM–12:30 PM in the Community Room on the lower level of the Lyngblomsten campus. Refreshments provided.

VOLUNTEER DEVELOPMENT SERIES

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

Through a variety of engaging, educational, and experiential activities, volunteers will grow in their awareness of and empathy for the challenges of aging. These sessions are designed to help participants develop their volunteer abilities as they strive to enhance the quality of life for older adults.

2018 Series:

- **Friday, February 16: Elder Abuse—Private Tragedies with Public Consequences.**

According to the Minnesota Elder Justice Center, research estimates that about 1 in 10 older adults in the U.S. is a victim of abuse, neglect, or financial exploitation. At this session, you will learn about elder abuse, its warning signs, and resources you can use to address it.

- **Friday, May 18: Am I Really Listening?**

In this fun and interactive session, you will learn attitudes and skills to enhance your ability to listen with understanding and compassion. Leave with practical tools to transform your listening and improve your relationships.

- **Friday, October 5: “His Neighbor Phil”**

Join us for an exclusive screening of “His Neighbor Phil.” Filmed in 2014 in Zumbrota, Minnesota, this powerful film deals honestly and compassionately with the subject of early-onset Alzheimer’s disease.

All sessions are **FREE** and held from 6:30–8 PM on the Lyngblomsten campus. Please pre-register.

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

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



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