

# Spring 2018 Catalog

April, May, & June

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**2<sup>nd</sup> Half** with  
**Lyngblomsten**

**Engage.  
Discover.  
Thrive.**

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

## About 2nd Half with Lyngblomsten



### Engage | Discover | Thrive

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:



The 2nd Half enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

Learn more at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## About Lyngblomsten



Located in St. Paul, 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 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](http://www.lyngblomsten.org).

**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.*

## Funding & Support

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 descriptions. Learn more about the Foundation at [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).

## Locations

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 (651) 414-5293 | [www.lyngblomsten.org](http://www.lyngblomsten.org)



REDEEMER  
LUTHERAN  
CHURCH

### 2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110 (612) 559-3646 | [www.rlc-wbl.org](http://www.rlc-wbl.org)

## Directory

### Lynn Amon, Site Coordinator— White Bear Lake

(651) 429-5411 ext. 15  
[lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org)

### Mary Deaner, Site Coordinator— Como Park

(651) 414-5293  
[mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

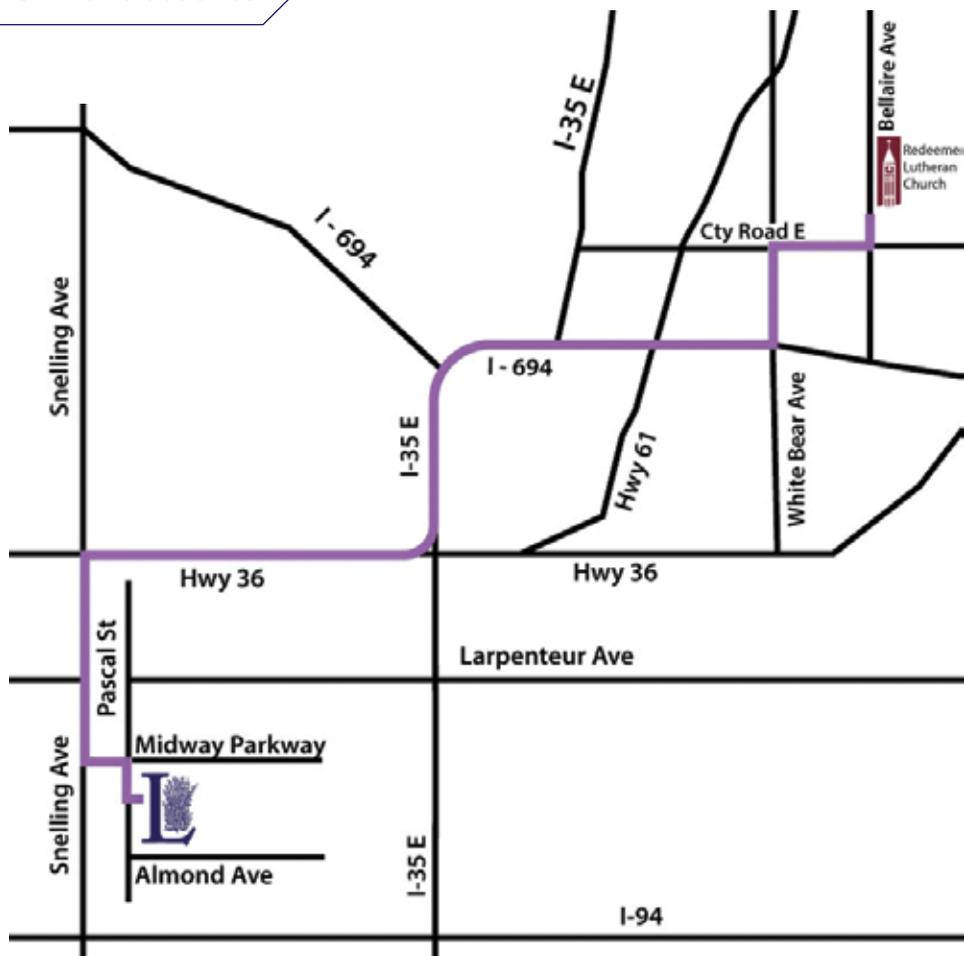
### Registration

(651) 632-5330 or  
[2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org)

## Connect with Us!

[facebook.com/Lyngblomsten](https://facebook.com/Lyngblomsten)  
 [@Lyngblomsten\\_US](https://twitter.com/Lyngblomsten_US)

## Map & Directions



Map not to scale

## Spring into action by being creative and learning something new this year!

Spring is a time for renewal, new beginnings, and the awakening of the spirit. Fresh buds bloom, trees blossom, animals awaken from hibernation, and the natural beauty of the earth comes to life again! Lyngblomsten supports arts and lifelong learning programs as they enhance one’s renewal of self, rejuvenation of spirit, connection to community, and sense of joy!

Lifelong learning is the process of keeping your mind, body, and spirit engaged at any age by actively pursuing knowledge and experiences. Research shows that adults who participate in opportunities for self-expression and discovery experience vibrant living, artistic growth, and improved mental and physical health. And reports show that those who engage in creative arts and lifelong learning programs tend to be more spontaneous, have increased energy, are proud of themselves as they tackle creative challenges, feel validated by others, report feeling full of hopes and dreams, and enjoy a sense of community.

Take a look at any of our 2nd Half quarterly catalogs, and you’ll see that 2nd Half with Lyngblomsten is proud to offer a variety of lifelong learning and arts programs that are part of our culture. **Check out the *Education & the Arts* section** of this catalog for a variety of opportunities, such as pottery classes with Northern Clay Center, Art History and Exploring Art classes, Armchair Traveler presentations, and more!

Pablo Picasso once said, “The purpose of art is washing the dust of daily life off our souls.” Take this opportunity to do a little spring cleaning of *your* soul. Take advantage of the extra energy we get during spring’s time of reawakening and create change in *your* life.

Blessings to you on your journey.

Andrea Lewandoski, MS, CTRS  
Director of Lifelong Learning & the Arts  
Lyngblomsten

## Grab a bite!

*Before or after your class at Lyngblomsten, grab a bite to eat at Anna’s café and gifts. Located near the chapel on the main floor.*

### Anna’s is open

Monday–Friday ..... 9 AM–4 PM

Saturday–Sunday ..... Noon–4 PM

**Hot lunch special** Monday–Thursday, 11 AM–1 PM

**Salad bar** Monday–Thursday, 10:30 AM–2 PM

**Grab-n-go and quick cook options** available every day during open hours.



The menu is posted online at [www.lyngblomsten.org/annas](http://www.lyngblomsten.org/annas).

## Inside the Spring 2018 Catalog...

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**Wellness  
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## *Navigating Aging*

[www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog)

Check out Lyngblomsten's blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- *Caregiving*
- *Faith & Inspiration*
- *Health & Wellness*
- *Resources*
- *Retirement*
- *Technology*

The 2nd Half with Lyngblomsten catalog is published quarterly.

Lyngblomsten Community Services  
1415 Almond Avenue, St. Paul, MN 55108

  [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

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**Location Key:**

CP = Como Park site

WBL = White Bear Lake site

**Ongoing****Mondays**

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Giving Voice Chorus	CP	p. 11

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Free Bread		
Bibles & Bagels	WBL	p. 13
Laugh 'N Chat	CP	p. 14
500 Card Group	CP	p. 13

**3rd Tuesday each month**

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Spirituality Reading Group	CP	p. 18

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**1st Wednesday each month**

Lewy Body Dementia Support Group	CP	p. 23
Dementia Caregiver Re-Entry Group	CP	p. 20
Wellness Checks	CP	p. 18

**2nd Wednesday each month**

Vision Loss Support Group	CP	p. 23
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**3rd Wednesday each month**

Caregiver Support Group	CP	p. 20
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**1st Thursday each month**

Wellness Checks	WBL	p. 18
Spiritual TLC for Caregivers	WBL	p. 22
Parkinson's Disease Support Group	CP	p. 23

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**3rd Friday each month**

Cards & Socializing for Senior Deaf Community	CP	p. 13
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## Aging with Gusto: Igniting More Positive Views of Aging

Mondays, April 30, May 7 & 14  
1–3 PM on the Lyngblomsten campus,  
Community Room (lower level)

Our attitudes about aging have an impact on our quality of life, health, and even longevity. Join us for this series of three sessions to:

- Examine your views on aging and listen to the views of others,
- Understand what influences your views, including the impact of widespread biases and misconceptions about people as they age, and
- Learn how to integrate a new, more positive narrative about aging into your life.

*Aging with Gusto is a program of the Vital Aging Network.*

**FREE**

Registration required by April 26.  
Program #430ea

## Armchair Traveler: Czechoslovakia and Hungary

Thursday, April 26  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Gil Dignen will present on his travel experiences to Czechoslovakia and Hungary. Enjoy scenic stops in Prague and Budapest, and see the Danube river and countryside. Gil is a retired airline pilot and served as a travel photographer for Northwest Airlines for 18 years.

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #426ea

## Armchair Traveler: The Baltics and St. Petersburg—Communism and Its Aftermath

Thursday, May 31  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

The Baltic nations of Lithuania, Latvia, and Estonia briefly experienced independence between the two world wars, but soon were overrun by the Soviets and Nazi Germany. Under communism, the old Russian capital of St. Petersburg became a Soviet backwater. In the 1990s, the Baltics regained their freedom and St. Petersburg its identity. Bruce and Sharon Reichenbach will tell of life under communist rule, the peaceful independence movement, and the current struggle for these places to keep their freedom and identity.

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #531ea

## Armchair Traveler: Fun in France

Thursday, June 28  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Jay Frazier will share his experiences and photos from four trips to France, including a month in a rented apartment in a typical Parisian neighborhood. He will also talk about trips to Parisian museums and interesting places such as Versailles, Normandy, Nice, Monaco, and Grenoble.

**Free program;** \$3 for pie and coffee (optional; pay at the door).

**Registration preferred;** walk-ins welcome.  
Program #628ea

## Have you traveled somewhere interesting?

Would you be willing to share photos and information from your trip? We are always looking for volunteer presenters for Armchair Traveler, held the 4th Thursday of each month. Contact Janell Wampler for more details and to schedule a date: (651) 999-2597 or [jwampler@lyngblomsten.org](mailto:jwampler@lyngblomsten.org).

## Art Class Outing to Northern Clay Center: Introduction to Clay

Friday, May 11

10–11:30 AM at Northern Clay Center  
(2424 Franklin Avenue E, Minneapolis)

Let's head to Northern Clay Center (NCC) for an Introduction to Clay class. NCC instructor/artist Claire O'Conner will give you step-by-step instructions to create your own one-of-a-kind spring-inspired pottery.



*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislature appropriation from the arts and cultural heritage fund.*

### Bus site pick-ups:

9:30 AM from the Lyngblomsten campus, Community Room (lower level)

**Fee:** \$15; includes supplies.

**Registration required** by May 7.

Program #511ea

## Art Class Outing to Northern Clay Center: Basic Wheel Throwing

Thursday, June 7

2–3:30 PM at Northern Clay Center  
(2424 Franklin Avenue E, Minneapolis)

Let's head to Northern Clay Center (NCC) for a Basic Wheel Throwing class. NCC instructor/artist Claire O'Conner will give you step-by-step instructions to create your own one-of-a-kind clay pots.



*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislature appropriation from the arts and cultural heritage fund.*

### Bus site pick-ups:

1:30 PM from the Lyngblomsten campus, Community Room (lower level)

**Fee:** \$15; includes supplies.

**Registration required** by June 4.

Program #67ea

## Art History

Last Monday each month

(meeting on May 21 due to Memorial Day)

10–11:30 AM at Redeemer Lutheran Church, Library

Local artist Angie Renee will lead a group discussion about a famous artist in history and his or her impact on the world.

- **April 30:** Learn about 20th-century American realist painter **Andrew Wyeth**. **Registration required** by April 27. Program #430ea2
- **May 21:** Learn about American illustrator **Wanda Gág**. **Registration required** by May 18. Program #521ea
- **June 25:** Explore the vision and movement of **Alexander Calder's** sculptures. **Registration required** by June 22. Program #625ea

**Fee:** \$12/class

## Books-Cheese-Wine with

**Author Elisabeth von Berrinberg**

***The City in Flames: A Child's Recollection of World War II in Würzburg, Germany***

Thursday, April 12

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

From the moment Germany ignites World War II, life changes radically for young Elisabeth, her family, and other residents of Würzburg, Germany. When a fire-bombing destroys most of the city, her family desperately struggles for survival as they take shelter in a cabin outside of town. Through it all, Elisabeth finds moments of humor and compassion. Together, the stories captured in this memoir paint a gripping picture of everyday life in a world gone up in flames.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #412ea

## Books-Cheese-Wine with Authors Soile Anderson & Eleanor Ostman *Celebrations to Remember*

Thursday, May 10  
5:30–7 PM on the Lyngblomsten campus,  
Community Room (lower level)

*Celebrations to Remember* is based on Soile Anderson's stellar career as a caterer. Soile founded the Taste of Scandinavia bakery/café, Deco restaurant, and Deco Catering, which created meals for President Obama, Norwegian royalty, and the Dalai Lama. Soile took photos at her catered events, so the book is a full-color display of party ideas and contains some of her favorite recipes. Eleanor Ostman, well-known food writer for 30 years for the Pioneer Press, wrote text for *Celebrations to Remember*.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.  
Program #510ea

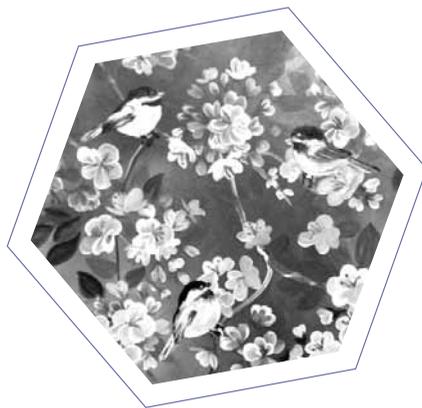
## Books-Cheese-Wine with Author Philip Formo *Papa—A Life Remembered*

Thursday, June 14  
5:30–7 PM on the Lyngblomsten campus,  
Community Room (lower level)

Philip Formo is a former school teacher and a retired Lutheran pastor. His memoir, *Papa—A Life Remembered*, is the story of his grandfather, Andreas Helland, a 19-year-old man from Norway who settled in Minneapolis where he experienced the tragedy of losing two wives, a successful career teaching at Augsburg Seminary, and becoming a well-known author in both the United States and Norway.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.  
Program #614ea



## Cocoa & Canvas: Chickadees

Thursday, May 10  
6–9 PM at Redeemer Lutheran Church,  
Fellowship Hall

Instructor/artist Jan Gunderson will give you step-by-step painting instructions to create your own one-of-a-kind “Chickadees” on 16x20 inch canvas. Paint, brushes, fun, and fellowship are all included!

**Fee:** \$25; includes supplies.

Scholarships available.

**Registration required** by May 7.  
Program #510ea2

## Exploring Art

Tuesdays  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

Each month's series 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. Create a visual art project each week based on the artist's style. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

- **April 3–24:** **Eric Carle** is the creator of brilliantly illustrated and innovatively designed picture books for children, such as *The Very Hungry Caterpillar*. He cuts and layers hand-painted papers to form bright and cheerful collage images.

**Fee:** \$30; includes supplies.

Scholarships available.

**Registration required** by March 30.  
Program #43ea

(cont'd in next column)

- **May 1–22: Henri Matisse** painted not only with brushes, but also with scissors. Inspired by nature, he cut shapes of bold color to create vibrant compositions. Participants will have the choice to use paint or paper and scissors to create a Matisse-inspired composition.

**Fee:** \$30; includes supplies.

Scholarships available.

**Registration required** by April 27.

Program # 51ea

- **June 5 & 12:** Take a *virtual tour* of **community art sculptures** found in St. Paul to learn about their artists and history. Each session will include an art project.

**Fee:** \$15; includes supplies.

Scholarships available.

**Registration required** by June 1.

Program #65ea

## Fourth Friday Live Music & Dance

Friday, April 27

6:30–8 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for free live music and dance featuring musical performers from the MacPhail Jazz Quartet and dance enthusiast Christopher Yaeger. Light refreshments served.

**FREE** No registration required.

## Giving Voice Chorus—St. Paul

Mondays, through June 11 (not meeting April 23 & May 28; Celebration on June 20)  
10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel

This unique and joy-filled choral experience is for people living with Alzheimer's and their care partners. Sing old and new songs, learn vocal techniques and ensemble skills, and share musical memories together. No experience required. Each registration requires a partner. Learn more at [www.givingvoicechorus.org](http://www.givingvoicechorus.org).

*Teacher: Jeannie Brindley-Barnett*

**Fee:** \$50/person

**Special registration:** Register online at [www.macphail.org](http://www.macphail.org) or call (612) 321-0100.

## Jewelry-Making with Polymer Clay

Saturday, May 19

9 AM–Noon on the Lyngblomsten campus, Community Room (lower level)

Discover the joy of making your own jewelry with polymer clay. Teaching artist Deb George will demonstrate simple techniques to make beads and pendants. You'll have a chance to complete a project of your own design (a necklace, bracelet, and/or set of earrings). Final pieces will be baked and finished on-site so you can leave wearing your new creations!

**Fee:** \$35; includes supplies.

**Registration required** by May 15.

Program #519ea

## Lyngblomsten Community

### Sage Singers

#### A MacPhail Music for Life Partnership

Wednesdays

9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room

Join MacPhail teaching artists Joey Clark and Paula Lammers for weekly *Sing for Life* choir rehearsals. Classes build on the tradition of choral singing with a focus on developing vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material.

**Fee:** \$20/quarter; FREE for Lyngblomsten residents and tenants.

**Registration required** for new members.

Program #44ea

## Lyngblomsten Community

### Sage Singers: Spring Concert

Sunday, May 6

2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for a special Spring Concert featuring the Lyngblomsten Community Sage Singers—*Sing for Life* choir, led by teaching artists from MacPhail Center for Music. Light refreshments served afterward.

**FREE** No registration required.

## Meet the Ramsey County Attorney

Wednesday, June 27

1–3 PM on the Lyngblomsten campus,  
Community Room (lower level)

Ramsey County Attorney John Choi will discuss his role and current issues facing Ramsey County within the criminal justice system. Choi made history in 2011 when he was sworn in as the first Korean-American chief prosecutor in the country. Since taking office, Choi has become a state and national leader in the fight against sex trafficking.

**FREE**

Registration required by June 25.  
Program #627ea

## Redeemer Primetime: The Amazing Jeffo

Thursday, April 19

9:30 AM coffee; 10 AM program at  
Redeemer Lutheran Church, Atrium

Jeff Smith, aka “The Amazing Jeffo,” a blind magician and illusionist, teaches “living by faith, not by sight.” More than an entertainer, he shares how to use humor to cope with life’s difficulties and help those around him. Jeff’s program will keep you in stitches as he encourages you to look at the bright side and keep a positive attitude. The art of magic is an unlikely career for someone blind with limited dexterity. Yet, with perseverance, optimism, and a natural gift for comedy, Smith has wowed live audiences in addition to TV and radio shows. Now, his book, *Seeing Light in the Darkness: A Story of Surviving Affliction with Laughter and Grace*, chronicles the story that has encouraged many people.

**Fee:** Freewill offerings help cover Primetime expenses.

**Special registration:** Sign up at the Redeemer Lutheran Welcome Center, or call the church office at (651) 429-5411.

## Second Sunday Concerts with MacPhail

2nd Sunday each month  
(no concert in May)

2–3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring different musical performances from MacPhail Center for Music. Light refreshments served afterward.

- **April 8:** Caitlin Lucic on marimba.
- **June 10:** Joey Kaiser and Rebecca Hass on cello and piano.

**FREE** No registration required.

## TED Talks

Thursdays, April 12 & May 10

11:30 AM–1 PM at the Ramsey County  
Library—White Bear Lake  
(2150 2nd Street, White Bear Lake)

- **April 12:** Alzheimer’s is Not a Normal Part of Aging and We Can Cure It/How I am Preparing to Get Alzheimer’s
- **May 10:** See How the Rest of the World Lives, Organized by Income

Sponsored by Ramsey County Library—  
White Bear Lake.

**FREE**

**Special registration:** Call the library at (651) 724-6007. Walk-ins welcome. Please bring your own bag lunch.

## 500 Card Group

Tuesdays

1 PM on the Lyngblomsten campus, Community Room (lower level)\*

*\*On April 3 & 10, meet in Anna's café on the Lyngblomsten campus.*

Join us for a game of 500! Beginners welcome.

**FREE**

Please register to reserve your spot.  
Program #43so

## Bibles & Bagels

Tuesdays

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.

Learn more: Contact Barb Wojahn at (651) 429-2557.

## Bingo & KFC Lunch

Friday, April 6

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. Finger lickin' good! 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 April 4.  
Program #46so

## Bingo & Pizza Lunch

Friday, May 4

Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

We'll serve pizza, salad, and dessert at noon. 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 May 2.  
Program #54so

## Bingo & Picnic Lunch

Friday, June 1

Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

We'll have an old-fashioned picnic with burgers on the grill, potato salad, beans, corn on the cob, and watermelon—the perfect way to enjoy an early summer meal together. 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 May 30.  
Program #61so

## Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming: April 20, May 18, & June 15)  
1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

**FREE**

Learn more: Contact Marlys Carlson at marlysmcarlson@gmail.com.  
Program #420so

## Coach Bus Trip: Skyrock Farm & Carousel

Wednesday, April 18

Giddy up, let's go! This will be a one-of-a-kind experience as we mosey over to the Skyrock Farm in Medina to see how horses and competitors are trained in jumping. We'll also get to see their collection of carved carousel animals and collectible hand organs. A multi-course lunch will be held in the ballroom before the excitement of watching horses perform in real life.

### Bus site pick-ups:

8:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

8:45 AM from the Lyngblomsten campus, Community Room (lower level)

Return time: Approximately 4:30 PM

**Fee:** \$78; includes transportation, lunch, tour, and horse show.

**Registration required** by March 28.  
Program #418so

## Coach Bus Trip: Sauk Centre— So Much To See, So Little Time

Wednesday, May 23

Join us for a day of interesting history. First, we will visit the childhood home of Sinclair Lewis, then enjoy lunch in the historic Palmer House where we will learn about the haunting residents! Then we head to the Redhead Creamery to see the process of making cheese from the cow to the curd. Next, we visit MaxBat, the small town big business of wooden bat-making for baseball players. Finally, we head home full of interesting facts to tell our friends who didn't join us!

### Bus site pick-ups:

8 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

8:15 AM from the Lyngblomsten campus, Community Room (lower level)

Return time: Approximately 5:30 PM

**Fee:** \$72; includes transportation, lunch, and tours.

**Registration required** by April 30.  
Program #523so

## Coach Bus Trip: 101 Market

Tuesday, June 19

Enjoy a special tea luncheon among the blooms and blossoms of the 101 Market in Otsego. A Victorian-decorated environment creates an ambiance of elegance for your pleasure and the courses make it memorable.

### Bus site pick-ups:

10 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

10:15 AM from the Lyngblomsten campus, Community Room (lower level)

Return time: Approximately 3:30 PM

**Fee:** \$61; includes transportation and lunch.

**Registration required** by May 29.  
Program #619so

## Laugh 'N Chat

(formerly *Stitch 'N Chat*)

Tuesdays

9–11 AM on the Lyngblomsten campus, Community Room (lower level)

Anyone can join this group for sweet treats, coffee, chatting, and laughing. The conversation is enriching, enlightening, and sometimes hilarious. What a great way to start the day!

**Fee:** Coffee and treats provided for a small fee.

**No registration required.**



## **Out & About: Buddha Blessing Temple (Phat An Temple)**

Thursday, April 12

1–2 PM at Buddha Blessing Temple  
(475 Minnesota Ave, Roseville)

Join us for a tour of this lovely space and an opportunity to learn about Buddhism from a member and the Residing Master.

### **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 3 PM

**Fee:** \$7 for transportation; please pay day of the event. Tour is free.

**Registration required** by April 9.  
Program #412so

## **Out & About: Canine Academy Graduation**

Thursday, May 24

2–3:30 PM at St. Paul Police K-9 Training Facility (1900 Rice Street, Maplewood)  
*On the north end of the St. Paul Water Department campus; entryway is the driveway located off Roselawn Avenue, just east of Rice Street.*

Join the award-winning St. Paul Police Department K-9 Unit as they celebrate the graduation of the spring training academy. Officers and their K-9 partners will demonstrate the skills learned during the course of the academy. Refreshments will be served. The graduation is held outdoors and takes place rain or shine. Bring a lawn chair to assure your seat!

### **Bus site pick-ups:**

1 PM from the Lyngblomsten campus, Community Room (lower level)

1:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 4:30 PM

**Fee:** \$7 for transportation; please pay day of the event. Event is free.

**Registration required** by May 21.  
Program #524so

## **Out & About: Pine Tree Strawberry & Apple Orchard**

Thursday, June 21

10 AM at Pine Tree Apple Orchard  
(450 Apple Orchard Road, White Bear Lake)

We will celebrate the first day of summer by enjoying its sweet bounty—strawberries! You can choose to pick some berries or enjoy sweet treats in the coffee shop/bakery. Of course, the store is always worth a look for take-home strawberry pie and other goodies and gifts.

### **Bus site pick-ups:**

9:15 AM from the Lyngblomsten campus, Community Room (lower level)

9:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 12:30 PM

**Fee:** \$7 for transportation; please pay day of the event.

**Registration required** by June 19.  
Program #621so

## **Out to Lunch: Fabulous Fern's**

Friday, April 20

11 AM at Fabulous Fern's  
(400 Selby Ave, St. Paul)

Find your friends at Fern's, where they offer a wide variety of salads, sandwiches, pastas, pizzas, and classic dishes. "Simply the Finest Neighborhood Restaurant & Bar in St. Paul," says the convention and visitors bureau.

### **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. Cost of lunch is on your own.

**Registration required** by April 18.  
Program #420so2

**Out to Lunch: Keller Grille**

Friday, May 18

11 AM at Keller Grille

(2166 Maplewood Drive, Maplewood)

Enjoy the many choices of sandwiches, salads, burgers, and desserts while overlooking the historic championship public Keller Golf Course. See you at the clubhouse!

**Bus site pick-ups:**

10:30 AM from the Lyngblomsten campus, Community Room (lower level)

10:45 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Cost of lunch is on your own.

**Registration required** by May 16.

Program #518so

**Out to Lunch: Joseph's Restaurant**

Friday, June 15

11 AM at Joseph's Restaurant

(14608 60th Street N, Stillwater)

This place has been in business for more than 40 years and recently renovated its restaurant and menu. Their motto is, "excellent food and the best customer service anywhere!" Joseph's atmosphere is relaxed, refreshing, and welcoming with salads, sandwiches, entrees, and breakfast served all day. They even make their own Canadian bacon! Of course no meal would be complete without a slice of one of their 20 varieties of pie.

**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. Cost of lunch is on your own.

**Registration required** by June 13.

Program #615so

**Redeemer Primetime:****Lord Gordon Gordon**

Thursday, May 17

10 AM at the History Theatre

(30 E 10th Street, St. Paul)

*Lord Gordon Gordon* is a world-premiere musical about Minnesota's greatest con man. In 1871, an imposter going by the name of Lord Gordon Gordon wanders into Minnesota and causes such a stir that he nearly ignites a war with Canada. This con artist would dazzle and swindle his way into the hearts and wallets of Minnesotans and then take them on a journey as bizarre as *Glensheen!* Hold on tight and take this wacky, funny, and musically smart journey through the exploits of Lord Gordon Gordon! After the show, we will have lunch at Donatelli's in White Bear Lake.

**Bus site pick ups:**

9 AM from Donatelli's

(2692 County Road E, White Bear Lake)

**Fee:** \$35; includes transportation and play ticket. Checks can be made out to "Redeemer Primetime." Cost of lunch is on your own.

**Registration required** by May 6.

**Special registration:** Call the Redeemer Lutheran Welcome Center at (651) 429-5411.

**Tour the Museum of Russian Art**

Wednesday, April 11

10 AM-1 PM at the Museum of Russian Art (5500 Stevens Ave S, Minneapolis)

View Russian art and the special exhibit, "Matryoshka: The Nesting Doll." Option to go to lunch afterward at Wise Acre Eatery (5401 Nicollet Avenue, Minneapolis). Carpooling is encouraged. Meet at 9 AM at Redeemer Lutheran Church.

*Sponsored by 2nd Half Ministry at Redeemer Lutheran Church.*

**Fee:** \$10 for adults; \$8 for seniors 65+.

**Registration required** between February 28-March 14.

**Special registration:** Sign up at the Redeemer Lutheran Welcome Center, or call the church office at (651) 429-5411.

## Ageless Grace® Exercise Classes

Fridays

1:30–2:15 PM at Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic. Classes provide chair exercise and cognitive and social benefits.

*Teacher: Pola Rest*

**Fee:** \$1/class

**No registration required.**

## Dementia Friends Session

Tuesday, April 24

10–11:30 AM at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

Learn five key messages about dementia, what it's like to live with the disease, and how to turn your understanding into action.

*Presenter: Dementia Friends Champions*

*Sponsored by CLASS (Consortium of Lakes Area Senior Services).*

**FREE**

**Special registration:** Call Meg Messick at (651) 407-2024.

## HealthRHYTHMS Drumming

*White Bear Lake:*

2nd Monday each month

(Upcoming: April 9, May 14, & June 11)

10–11 AM at Redeemer Lutheran Church Program #49hws

*Como Park:* 3rd Monday each month

(Upcoming: April 16, May 21, & June 18)

9:30–10:30 AM at The Heritage at

Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room

Program #416hws

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. Join us for drumming, wellness exercise, and guided imagery. No experience required. Instruments are provided. *Teacher: Cheri Bunker*

(cont'd in next column)

**Fee:** \$5; FREE for Lyngblomsten residents and tenants at the Como Park site.

**Registration ongoing;** walk-ins welcome.

## The Healthy Brain:

### Maintaining Mental Fitness

**Option #1:** Wednesday, April 4

6:30–8 PM at Gladstone Community Center (1945 Manton Street, Maplewood)

**Option #2:** Wednesday, April 18

10–11:30 AM at Mahtomedi District Education Center

(1520 Mahtomedi Avenue, Mahtomedi)

Discover strategies to ensure a healthier brain based on four things you can do now for mental fitness. *Presenter: Carolyn Klaver, RN, 2nd Half with Lyngblomsten*

*Sponsored by CLASS (Consortium of Lakes Area Senior Services).*

**FREE**

**Special registration:** Call Meg Messick at (651) 407-2024.

## Market Place Morning Talk

### A monthly health education series for the community

2nd Wednesday each month

9:30–10:30 AM at Market Place Bingo Hall (2900 Rice Street, Little Canada)

- **April 11: Diabetes and Older Adults.**

*Presenter: Stratis Health*

**Registration required by April 10.**

Program #411hws

- **May 9: Container Gardening.** Bring a planting pot (plants will be provided).

*Presenter: Bill Suchy, Master Gardener*

**Registration required by May 8.**

Program #59hws

- **June 13: Estate Planning.**

**Registration required by June 12.**

Program #613hws

*Complimentary coffee and donuts provided.*

*Co-sponsors: 2nd Half with Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, and The Estates of Roseville.*

**Fee:** \$1 at the door

**Pilgrimage Into the Last Third of Life: 7 Gateways to Spiritual Growth**

Thursdays, April 12–May 31  
 10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

This reading group will discuss the book *Pilgrimage Into The Last Third Of Life: 7 Gateways To Spiritual Growth*. This book contains short meditations offering thoughts about ways to know, love, serve, and enjoy God and one another in the Last Third of Life. *Teacher: Brian McCaffrey, retired ELCA pastor and long-term care chaplain, and tenant of the Lyngblomsten Apartments*

**Fee:** \$20; includes book.  
**Registration required** by April 9.  
 Program #412hws

**Spirituality Reading Group**

3rd Tuesday each month  
 (Upcoming: April 17, May 15, & June 19)  
 2–3:30 PM at the Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Rec Room (lower level)

Are you are interested in spiritual growth and deepening introspection? Join this discussion group about the spirituality of everyday living by reading, learning, discussing, and exploring a variety of religious traditions. *Teacher: Kate Brady, Lyngblomsten volunteer, avid reader, and spiritual wayfarer*

**FREE;** you may be responsible for purchasing your own books.  
**Registration preferred;** walk-ins welcome.  
 Program #417hws



**Stress Reduction**

Tuesdays, April 3–24  
 10:30–11:30 AM at Redeemer Lutheran Church, Fellowship Hall

Practice stress reduction techniques to alleviate anxiety and increase your ability to relax and be productive. You will use your breath, mind, and body awareness to control your response to stress and free yourself to enjoy more of life. *Teacher: Ayano Nixon*

**Fee:** \$40  
**Registration required** by March 27.  
 Program #43hws

**Wellness Checks**

**White Bear Lake:**  
 1st Thursday each month  
 (Upcoming: April 5, May 3, & June 7)  
 10:30 AM–Noon at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

\* On April 5, a Wellness Talk, “**Why Have Your Blood Pressure Checked,**” will be offered at 10 AM before Wellness Checks begin.

\* On May 3, a Wellness Talk, “**Getting Ready for Your Next Doctor’s Appointment,**” will be offered at 10 AM before Wellness Checks begin.

**White Bear Lake:**  
 3rd Tuesday each month  
 (Upcoming: April 17, May 15, & June 19)  
 10:30 AM–Noon at Redeemer Lutheran Church

**Como Park:**  
 1st Wednesday each month  
 (Upcoming: April 4, May 2, & June 6)  
 2–4 PM on the Lyngblomsten campus, Community Services Offices (lower level)

Talk with Lyngblomsten Faith Community Nurse Becky Hulden, RN, about health concerns and issues related to remaining independent as health needs change. Health screening services include blood pressure and pulse assessments.

**FREE** No appointment needed.

## Wellness Talks—Como Park

1st Wednesday each month  
1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

- **April 4: Vitals™ Aware Services.**  
Members of the Vitals™ team will demonstrate and speak about a new tool that helps keep individuals safer while living at home in their community. It improves safety and independent living by helping individuals communicate their needs to emergency responders. It also provides individualized care instructions and gives caregivers the ability to upload important information and media files to help safely resolve incidents.  
Program #44hws
- **May 2: Advance Care Planning—Part 1.**  
Practice having the vital conversations needed to assure that your final wishes are followed. Prepare to complete a Living Will at the next class on June 6.  
*Presenter: Becky Hulden, RN, Faith Community Nurse, Lyngblomsten*  
Program #52hws
- **June 6: Advance Care Planning—Part 2.**  
Complete the Minnesota Honoring Choices Living Will form based on the conversations you had during the May 2 class.  
*Presenter: Becky Hulden, RN, Faith Community Nurse, Lyngblomsten*  
Program #66hws

**FREE**

Registration preferred; walk-ins welcome.

## Wellness Talks—White Bear Lake

3rd Tuesday each month  
9:30–10:30 AM at Redeemer Lutheran Church

- **April 17: Essential Oils of the Bible.**  
Learn about the traditions, ceremonies, and healing uses of essential oils as referenced in the Bible.  
*Presenter: Paula Sevenich, Certified Nutrition Coach, Certified Wellness Coach, and working on Clinical Aromatherapy Practitioner Certification*  
**Fee:** \$10 for materials and samples.  
Program #417hws2

(cont'd in next column)

- **May 15: Vitals™ Aware Services.**  
Members of the Vitals™ team will demonstrate and speak about a new tool that helps keep individuals safer while living at home in their community. It improves safety and independent living by helping individuals communicate their needs to emergency responders. It also provides individualized care instructions and gives caregivers the ability to upload important information and media files to help safely resolve incidents.

Program #515hws

- **June 19: Getting Ready for Your Next Doctor's Appointment.** Do you know what questions to ask your doctor and understand the answers? Prepare for and make the most of your next appointment.  
*Presenter: Becky Hulden, RN, Faith Community Nurse, Lyngblomsten*  
Program #619hws

**FREE;** unless otherwise noted.

Registration preferred; walk-ins welcome.

## Yogadevotion Soma Yoga

Thursdays, May 3–June 21  
2–3 PM at Redeemer Lutheran Church,  
Library

Soma Yogadevotion classes offer the same faith-based class structure that other 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. Soma yoga incorporates mobility, strength, and stability into movements that are safe for **any body** and helps with concentration and meditation. The class is for all levels, and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and blanket.

*Teacher: Jane Schroeber*

**Fee:** \$64; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Soma Yoga” on memo line).

**Registration required** by April 30.

**Special registration:** Contact Jane Schroeber at (651) 770-9543 or schroehergj@msn.com.

## Caregiver Services

### Caregiver Resource & Referral Program

For caregivers or care partners looking for ideas, suggestions, education, and support. Lyngblomsten's trained and experienced social workers and nurses will listen to your needs and formulate a plan by facilitating:

- **A brief needs assessment**—can often be completed over the phone or by email.
- **A personalized response**—lists of resources, referrals to programs, and educational materials provided.
- **A follow-up call** to ensure you received the information and support needed.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

#### **FREE**

**Learn More:** Contact Betsy Hoffman at (651) 414-5291 or [bhoffman@lyngblomsten.org](mailto:bhoffman@lyngblomsten.org).

### Caregiver Support Group

3rd Wednesday each month  
(Upcoming: April 18, May 16, & June 20)  
1–2:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include education, resources, and time to talk. For those caregiving for an adult with any health care issue or disease.

#### **FREE** No registration required.

**Learn more:** Contact Jeanne Schuller, MSW, at (651) 285-9193 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org).

### Dementia Caring & Coping Monthly Education

2nd Thursday each month (except April)  
1–3 PM at Ramsey County Library—Roseville (2180 Hamline Ave N, Roseville), Community Room

- **May 10: Resources for Living at Home.** Hear about supportive services of Meals-on-Wheels, transportation, chores, and home care.
- **June 14: Is It Time to Move?** Caregivers, spouses, adult children, and persons with cognitive impairments discuss when to move, from their own viewpoints.

*Sponsored by Roseville A/D Community Action Team (includes 2nd Half with Lyngblomsten), City of Roseville, and Ramsey County Libraries.*

#### **FREE** No registration required.

### Dementia Caregiver Re-Entry Group Former & late-stage dementia caregivers:

1st Wednesday each month  
(Upcoming: April 4, May 2, & June 6)  
1–2:30 PM at Fairview Community Center (1910 County Rd B, Roseville), Room 116A  
**Learn more:** Call (651) 604-3520.

#### *Former dementia caregivers:*

3rd Tuesday each month  
(Upcoming: April 17, May 15, & June 19)  
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Ave W, Roseville), Heritage Room

**Learn more:** Call (612) 791-5316.

*Sponsored by Roseville A/D Community Action Team (includes 2nd Half with Lyngblomsten), City of Roseville, and Ramsey County Libraries.*

Share with others who have had a similar caregiving journey to move past grief and loss to reclaim “you” and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate.

#### **FREE** No registration required.

### Wings of Nutrition Bread Program

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

Free bread is available for anyone who would like to participate. Bread is available until it runs out.

## Group Respite (The Gathering)

Visit [lyngblomsten.org/TheGathering](http://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 24 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.

*Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.*

**Contribution:** Sliding scale

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

## Memory Loss Caregivers Support Groups

10 AM on Tuesdays or Thursdays at:

- 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
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Those who are caring for someone with Alzheimer's disease or a related dementia are welcome to attend. Facilitators trained through the Alzheimer's Association.

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

**FREE** No registration required.

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

## Older Adult Mental Health First Aid Workshop

Tuesday, April 17

8 AM–5 PM on the Lyngblomsten campus, Newman-Benson Chapel

Learn about mental illnesses common in older adults, how to recognize the signs that someone needs help, and basic first aid skills to help someone having a mental health problem or crisis. Participants must be present for entire 9-hour curricula to receive certification. Lunch is available at Anna's café (across the hall from class) or bring your own. Instructors are certified through the National Council for Behavioral Health. *Teachers: National Alliance on Mental Illness Minnesota (NAMI)*

**Fee:** \$55 (non-refundable)

**Registration required** by April 2. Program #417rs

## 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 those who are caring for someone with Alzheimer’s 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, 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.

*Supported in part by grant 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, and the Minnesota Board on Aging. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.*

**Fee:** Sliding scale

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

## Spiritual TLC for Caregivers

1st Thursday each month  
(Upcoming: April 5, May 3, & June 7)  
10–11:30 AM at Redeemer Lutheran Church, Library

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.

*Led by: Pastor Pam Stofferahn or Pastor Candee Moser*

**FREE** No registration required.

**Learn more:** Contact Pastor Candee Moser at (651) 429-5411.

## Resources for Churches

### Older Adult Ministry Forum: Supporting Essential Conversations with Older Adults

Monday, June 18

9:30 AM registration; 10 AM–Noon program at Falcon Heights United Church of Christ (1795 Holton Street, Falcon Heights)

Learn to listen and facilitate conversations with older adults in your faith community. Gain skills to support older adults as they reflect on their spiritual, cultural, and religious beliefs, and their health and healthcare goals. This session will include information on Advance Care Planning, including how to create health care directives. Continental breakfast served. *Presenter: Sr. Annette Langdon, RN, BSN, MA, Advance Care Planning Liaison, Fairview Health Services, Deaconess of the ELCA*

**Fee:** \$10/person or \$25/group of 3 or more people from the same congregation. To sign up as a group, please do so at one time and provide names of all registrants.

**Registration required** by June 13.

Program #618rs

### Parish Nurse Ministry Resource Group

Resource and networking group for nurses serving in faith communities to connect for education and professional support. Membership for churches and nurses includes connection to Lyngblomsten Parish Nurse Coordinator, resources, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), opportunities to apply for Lyngblomsten Foundation grants, 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](mailto:mnordtvedt@lyngblomsten.org).

## Transportation Essentials for Congregational Volunteer Drivers

Thursday, April 12

1–3 PM on the Lyngblomsten campus, Care Center Conference Room

Be a blessing to others by sharing your ability to drive! Learn how to safely transport older adults and persons with special needs by using proper body mechanics, safe wheelchair transfers, and effective positioning. Be informed on the latest liability and insurance issues and connect with other volunteer drivers in the community. *Teacher: Cindy Albing*

**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.

**Special registration:** Contact Becky Hulden, RN, at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org). Program #412rs

## Support Groups

### Caregiver Support Groups

See pages 20–22.

### Lewy Body Dementia Support Group

1st Wednesday each month

(Upcoming: April 4, May 2, & June 6)

10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

For those living with Lewy Body Dementia and their caregivers. Persons attending the group need to be aware of their disease and be able to benefit from sharing the challenges and issues of living with dementia. *Facilitator: Paula Biever, Co-Facilitator of MN E Metro LBD Caregiver Support Group, (651) 641-0130*

**FREE** No registration required.

**Learn more:** Contact Carolyn Klaver, RN, at (952) 261-5235 or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org).

### Parkinson's Disease Support Group

1st Thursday each month

(Upcoming: April 5, May 3, & June 7)

1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

For those living with Parkinson's disease or other movement disorders and their caregivers. This informal, self-managed support group's purpose is to share information and offer mutual support. Facilitated by social workers; not a therapy group or class.

**FREE** No registration required.

**Learn more:** Contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org).

### Vision Loss Support Group

2nd Wednesday each month

(Upcoming: April 11, May 9, & June 13)

1–2 PM on the Lyngblomsten campus, Community Room (lower level)\*

\*On April 11, meet at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul).

Information, resources, and support. A Vision Loss Resources representative will be available at each meeting. *Presenter: Sue Bauer*

**FREE** No registration required.

**Learn more:** Contact Becky Hulden, RN, at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

## Transportation

### Transportation

Mondays

2nd Half with Lyngblomsten—Como Park

Transportation to appointments in the St. Paul area 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.

## Service Activities

### Volunteer at Open Hands Midway

Monday, May 21 at Open Hands Midway  
(436 Roy Street N, St. Paul)

#### Choose from 2 shifts:

9:30–11 AM (meal preparation), or  
11:30 AM–2:30 PM (serving and clean-up)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran in the Midway. On Mondays, they offer a meal, fresh produce, bakery, clothing, and household items free to people in need. They can use our help! We have been invited to help prepare and serve a Monday meal. There are two shifts available that day—you can sign up for one shift or both. Lunch is provided to those who help serve it. *NOTE: First shift has greatest need for volunteers.*

#### Bus site pick-up:

From the Lyngblomsten campus,  
Community Room (lower level)  
First shift: 9 AM; Return 11:15 AM  
Second shift: 11:15 AM; Return 2:45 PM

**FREE;** includes transportation. Please consider a donation to the organization itself instead.

**Registration required** by May 7.  
Program #521sop1 (morning shift),  
or #521sop2 (afternoon shift)



## Volunteering

Volunteering is a way of life for many people, and it is an excellent way to boost one's sense of purpose. The Lyngblomsten Volunteer Services team strives to place volunteers in roles that encourage growth, socialization, and dignity. Volunteers are given proper training and supervision as well as the opportunity to be heard. A few of the opportunities available with our community programs and campus life are listed below.

**To learn more about any of these volunteer opportunities,** please contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org). Registration is required for general orientations and The Gathering trainings.

### Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of the many programs and classes feel welcome and comfortable. Volunteer helps with set up (including refreshments and possibly registration) and with tear down (putting away supplies, turning in attendance sheets, and reporting to the staff supervisor about the event).
- **Bus Driver:** Drive the Lyngblomsten 13-passenger bus to medical appointments, local stores, and sometimes to seasonal activities. No special license is required to drive the bus. The volunteer will be asked to have medical clearance (no expense to the volunteer).
- **The Gathering Leader or 1:1 Volunteer:** In a group setting, work one on one with a person living with memory loss, or plan and lead a day of activities—the choice is yours. Volunteers with The Gathering are really providing service to two people: the person with memory loss who is your “buddy” for the day and the loved one of your “buddy” who receives a day of respite! All Gathering volunteers receive special training.

## Volunteer Opportunities: Lyngblomsten Campus

- **Cashier at Anna's café and gifts:**  
Helping out at Anna's is an opportunity that is not only social, but also a little technical and even a little "foodie"! Cashiers will operate a cash register that uses Square technology on an iPad; this is something that volunteers can learn during the first training shift. There is also a Turbo Chef oven to heat food. Customers of Anna's are people who live on campus, staff, visitors, event participants, vendors, and family members.
- **Game Player:** If you like to play a certain game, chances are someone who lives on the Lyngblomsten campus likes to play it too! We have regularly scheduled games of 500, Cribbage, Farkle, Scrabble, Cranium, and more. Volunteers add an extra element of fun by bringing a different level of competitiveness and sociability to the game.
- **Appointment Escort (a.k.a. "pusher"):**  
Getting to and from an in-house appointment is much easier and enjoyable when a volunteer helps a resident get there. Volunteers can get many steps on the pedometer during a morning of pushing residents in their wheelchairs to and from physical therapy or the beauty shop! Not only do the traveling doctors appreciate the help of getting people to and from appointments, but staff also love when volunteers help get residents from the elevator to the chapel for movies, concerts, or large social activities. The escort role is a great way to be the hands and feet of God!

## Continuing Education for Lyngblomsten Volunteers

**Current and prospective Lyngblomsten volunteers** are encouraged to join us for a fun-filled learning experience alongside other Lyngblomsten volunteers—together we make a difference! Nearly every month, Lyngblomsten offers a special way for volunteers to learn and connect. Content can be specific to our arts programming or general "life lessons."

### • **Visual & Tactile Arts**

Monday, April 23

9 AM–12:30 PM on the Lyngblomsten campus, Community Room (lower level)

Learn about the use of visual and tactile arts when volunteering with Lyngblomsten, including strategies and techniques to serve older adults who have varied ability levels and experience. We will introduce many **new & exciting** approaches and activities, and discuss the evidence behind making visual & tactile arts part of the Arts & Lifelong Learning programming at Lyngblomsten. Topics will include: Visual & Tactile Arts for Connection (Social Engagement), Visual & Tactile Arts for Health Benefits (Physical & Cognitive), and Visual & Tactile Arts for Fun (Stimulation).

*Presenters: Michèle Coppin and Holly Nelson, Mixed Media Art specialists*

### • **Am I Really Listening?**

Friday, May 18

6:30–8 PM on the Lyngblomsten campus, Newman-Benson Chapel

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.

**FREE**

**Registration required.**

**Special registration:** Contact Shelli Beck at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

## Registration Information

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 27, or download/print a form at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).  
*Cash or checks accepted. Make checks payable to "Lyngblomsten Services," unless noted otherwise.*

**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](mailto: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

## Policies

### Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is canceled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline indicated will receive a full refund minus a \$7 per program processing fee. No refunds will be given after a program has started.

### Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten's website at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) for the most current updates. You will be notified if a program or class is canceled.

### 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](http://www.lyngblomsten.org/2ndHalf).

### Photos

Participant pictures may be taken during activities and be included in 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.

# Registration Form

Print more registration forms at  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).



A Center for Enriching Lives after 50

**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:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____

\* 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 26.

Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It’s FREE!



**LYNGBLOMSTEN**  
Community Services

1415 Almond Avenue  
St. Paul, MN 55108

[www.lyngblomsten.org](http://www.lyngblomsten.org)

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Organization  
US Postage  
PAID  
Twin Cities MN  
Permit #2376



FRIDAY,  
APRIL  
20  
2018

Lyngblomsten Foundation

# Spring Gala

Friday, April 20, 2018 | Vadnais Heights Commons

For complete event details and to RSVP, visit  
[www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

**JOIN US TO SUPPORT**  
*persons with memory loss  
and their caregivers*

Few community resources exist to assist caregivers and persons living at home with memory loss. For 18 years, Lyngblomsten has made it a priority to assist persons on this difficult and taxing journey by offering a continuum of supportive services such as:

- The Gathering (group respite) (p. 21)
- Support groups (pp. 20-23)
- One-on-one caregiver coaching (p. 22)
- Resource and referral support (p. 20)
- Enrichment programs

*These caregiver services are provided through 2nd Half with Lyngblomsten.*

The proceeds from the 2018 Lyngblomsten Foundation Spring Gala will help fund these vital services that would otherwise not be possible.

Sponsors (as of 2/8/18):

Pro Rehab, Bremer Bank, CFS Interiors & Flooring, McGough, CliftonLarsonAllen, Wold Architects & Engineers, Griffith Printing