

Summer 2018 Catalog

July, August, & September

Online
registration!

NEW!

page 4

Inside:

**Out & About:
Vineyard Tour
& Wine Tasting**

page 15

**Mobile
Markets**

page 18

**Books-
Cheese-Wine
with Poet Diane
Jarvenpa**

page 10

**Lakeshore
Radio Players**

page 10

**Coach
Bus Trip:
Eat My Fish**

page 14

2nd Half with
Lyngblomsten

**Engage.
Discover.
Thrive.**

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake
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 east metro area, 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.

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.

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. In effort to keep programs affordable for all, the fees charged cover a fraction of the actual cost to run the programs. We invite you to become a supporter by making an additional contribution when you register for a class. Learn more about the Foundation at 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



2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110 (651) 429-5411, ext. 15 | www.rlc-wbl.org

Directory

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(651) 429-5411, ext. 15
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mdeaner@lyngblomsten.org

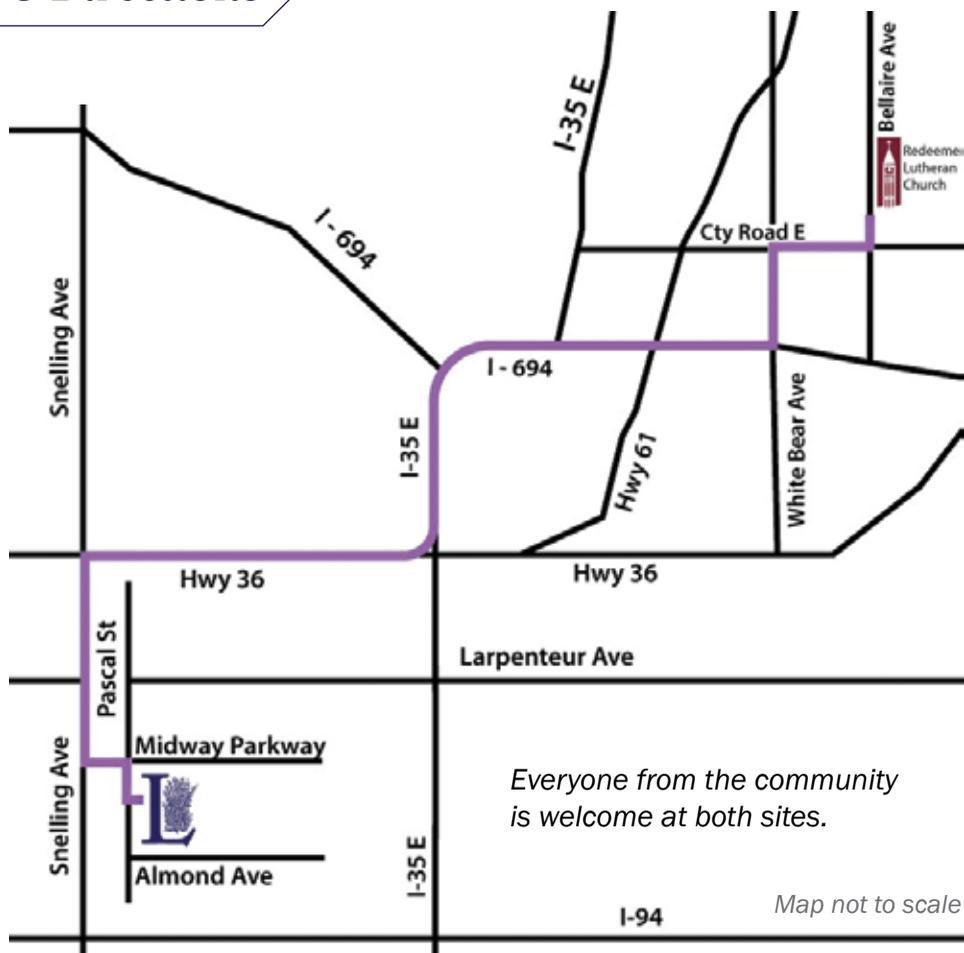
Registration

Online: www.lyngblomsten.org/2ndHalf
Phone: (651) 632-5330
Email: 2ndHalf@lyngblomsten.org

Connect with Us!

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

Map & Directions



Everyone from the community is welcome at both sites.

Summertime Experiences Found Within!

“Keep your face always towards the sunshine and the shadows will fall behind you.”
–Walt Whitman

As the new 2nd Half with Lyngblomsten Site Coordinator in White Bear Lake, I am thrilled to be a part of a program that promotes community engagement, wellness, access to resources, and discovery. I look forward to what summer has to offer all of us in these areas. Spring was slow to arrive in Minnesota this year, so let’s dive into what we know to be our only season without snow in the forecast—summer!

2nd Half offers many ways for you to engage in the warmth of summer or the reprieve of the indoors. Read through our latest offerings and reflect on how you would like to spend your upcoming days.

Will your summer include being out and about at a picnic at Hidden Falls (p. 16) or wine tasting in the St. Croix Vineyards (p. 15)? Will you take part in the FREE Mobile Markets (p. 18) to gather some seasonal produce from local growers? Strolling the neighborhoods of Como Park (p. 18) with others could be the way you enjoy the fresh summer air. And again this year, our Lyngblomsten Mid-Summer Festival on July 20 is the perfect way to celebrate the arts and lifelong learning (see back cover).

2nd Half with Lyngblomsten offers plenty of indoor options too. We have monthly Art History classes (p. 9), Armchair Traveler presentations (pp. 8–9), Lakeshore Radio Players performances (p. 10), Second Sunday Concerts (p. 12), and so much more to enjoy in the cool air conditioning!

If you are a caregiver looking to find new or expanded ways to give yourself a break or to participate in our programs with your care partner this summer, please call us at (651) 414-5291, and we will assist you.

Summer invites us to join our community in new ways. Discover how you can engage in all that this season has to offer by participating in 2nd Half with Lyngblomsten!



Lynn Amon, MSW, LSW
Site Coordinator—White Bear Lake
2nd Half with Lyngblomsten

New this Summer—Online Registration!

Starting this summer, you can **register online** for 2nd Half with Lyngblomsten opportunities! Visit www.lyngblomsten.org/2ndHalf and select “online registration.”

Registering online has many benefits:

- Register whenever you want: 24 hours a day, 7 days a week.
- Know immediately if a class is already full or if you are on the wait list.
- **Pay for classes how you want: by credit card, check, or cash.** If you pay by credit card, there is a small additional fee (\$1–\$3).
- Provide your participant information (e.g., name, address, phone number) just once, the first time you register for an opportunity.
- Sign up your friends or family members with ease.

We will continue to accept registrations by mail, phone, or drop off.

Please note: NOT all opportunities have online registration. These additional opportunities are listed in the catalog with special registration instructions—so be sure to peruse the catalog to see everything that’s available.

Inside the Summer 2018 Catalog...

16



**Out to Lunch:
Leo's Grill &
Malt Shop**

**Pedal
& Roll:
Learn
and Ride**



19

Ukulele Jam

12

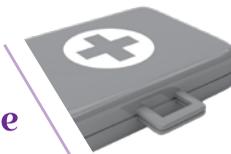


**Neighborhood
Stroll**



18

**Red Cross
Blood Drive**



24

Education & the Arts..... 8–12
Visual Arts, Music & Dance, Lifelong
Learning, Books, Creativity

Social & Outings..... 13–16
Lunches, Games, Social Groups, Trips

**Health, Wellness,
& Spirituality**..... 17–20
Exercise, Spiritual Wellness,
Wellness Checks, Wellness Education

Resources & Support 20–23
Caregiver Services, Resources for
Churches, Support Groups,
Transportation, & more

Service Opportunities 24–25
Service Activities, Volunteering

Additional Information

Locations & Directions 3

Registration Information & Policies 26

Registration Form 27

NAVIGATING AGING

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

July

6	Artist Speaker Series	CP	p. 9
6	Bingo & Picnic Lunch	CP	p. 13
9	HealthRHYTHMS Drumming	WBL	p. 17
9	Giving Voice Chorus begins	CP	p. 10
10	Mobile Markets	WBL	p. 18
11	Market Place Morning Talk	CP	p. 18
12	Neighborhood Stroll	CP	p. 18
12	Books-Cheese-Wine	CP	p. 9
16	HealthRHYTHMS Drumming	CP	p. 17
18	Coach Bus Trip: Eat My Fish	CP WBL	p. 14
25	Red Cross Blood Drive	CP	p. 24
26	Out & About: St. Maron's Church and Emily's Lebanese Deli	CP	p. 15
26	Armchair Traveler	CP	p. 8
27	Out to Lunch: Hidden Falls Regional Park	CP	p. 16
30	Art History	WBL	p. 9

August

2	Pedal & Roll: Learn and Ride	CP	p. 19
3	Artist Speaker Series	CP	p. 9
3	Bingo & House of Wong Lunch	CP	p. 13
6	Melt Your Stress Away! begins	WBL	p. 18
8	Market Place Morning Talk	CP	p. 18
9	Neighborhood Stroll	CP	p. 18
9	Books-Cheese-Wine	CP	p. 9
10	Out & About: Vineyard Tour and Wine Tasting	CP	p. 15
12	Second Sunday Concert	CP	p. 12
13	HealthRHYTHMS Drumming	WBL	p. 17

14	Mobile Markets	WBL	p. 18
15	Armchair Traveler	WBL	p. 8
15	Coach Bus Trip: Pearls Aren't the Only Gems	CP WBL	p. 14
17	Out to Lunch: Leo's Grill & Malt Shop	CP	p. 16
20	HealthRHYTHMS Drumming	CP	p. 17
22	Armchair Traveler	CP	p. 8
27	Art History	WBL	p. 9

September

4	Exploring Art begins	CP	p. 10
4	Yogadevotion begins	WBL	p. 20
5	Out & About: Lakewood Cemetery	CP	p. 15
5	Pedal & Roll: Learn and Ride	CP	p. 19
6	Lakeshore Radio Players begins	WBL	p. 10
6	Yogadevotion Soma Yoga begins	WBL	p. 20
7	Artist Speaker Series	CP	p. 9
7	Bingo & Picnic Lunch	CP	p. 13
9	Second Sunday Concert	CP	p. 12
10	HealthRHYTHMS Drumming	WBL	p. 17
10	Aphasia Conversation Group begins	CP	p. 23
11	Healthy Bounty from the Community	WBL	p. 17
11	Beginning Ukulele Lessons begins	CP	p. 12
11	Ukulele Jam begins	CP	p. 12
12	Market Place Morning Talk	CP	p. 18
12	Digitizing 35mm Slides and Documents	CP	p. 10
12	Vulnerabilities of Aging	WBL	p. 19
13	New to Medicare	WBL	p. 19
13	Neighborhood Stroll	CP	p. 18
13	New to Medicare	CP	p. 19

13	Books-Cheese-Wine	CP	p. 10
17	Volunteer at Open Hands Midway	CP	p. 24
17	HealthRHYTHMS Drumming	CP	p. 17
18	White Bear Area Senior Program Community Open House	WBL	p. 22
19	Armchair Traveler	WBL	p. 8
19	Storytelling: From the Page to the Stage begins	CP	p. 12
19	The Healthy Brain	CP	p. 17
19	Vulnerabilities of Aging	WBL	p. 19
20	Redeemer Primetime: Improv Comedy Show	WBL	p. 12
20	Meet the Superintendent of St. Paul Public Schools	CP	p. 11
20	Paint & Wine: Sunflowers	CP	p. 11
21	The Healthy Brain	WBL	p. 17
21	Out to Lunch: Crooked Pint Ale House	CP	p. 16
21	Cards & Socializing for Senior Deaf Community	CP	p. 13
24	Continuing Education for Lyngblomsten Volunteers	CP	p. 25
24	Art History	WBL	p. 9
26	Coach Bus Trip: Buddhas, Burgers, & Byways	CP WBL	p. 14
26	Make a PowerPoint Presentation/Storyboard Using Photos and Documents	CP	p. 11
26	Vulnerabilities of Aging	WBL	p. 19
27	Armchair Traveler	CP	p. 9

Ongoing

Mondays

Transportation to appointments	CP	p. 23
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Tuesdays

Wings of Nutrition Free Bread	CP	p. 23
Bibles & Bagels	WBL	p. 13
Laugh 'N Chat	CP	p. 14
500 Card Group	CP	p. 13

2nd Tuesday each month

Wellness Checks	WBL	p. 19
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3rd Tuesday each month

Dementia Caregiver Re-Entry Group	CP	p. 21
-----------------------------------	----	-------

Wednesdays

Lyngblomsten Community Sage Singers	CP	p. 11
-------------------------------------	----	-------

1st Wednesday each month

Lewy Body Dementia Support Group	CP	p. 22
Dementia Caregiver Re-Entry Group	CP	p. 21
Wellness Checks	CP	p. 19

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

Parkinson's Disease Support Group	CP	p. 23
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Fridays

Ageless Grace Exercise Class	CP	p. 17
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Location Key: CP = Como Park site WBL = White Bear Lake site

Armchair Traveler: Maritime Provinces—Scenic and Historic

Thursday, July 26

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

Join John and Virginia Sweeney on a tour of some of the most scenic and historic parts of our neighbor to the north—Canada. Tour Nova Scotia, New Brunswick, and Prince Edward Island (PEI), the setting of *Anne of Green Gables*. See the Federation Building where PEI joined the Canadian Federation in 1873. Learn about the munitions ship explosion in 1917 that killed an estimated 2,000 people—the greatest loss of life before the atom bomb. See the cemetery where 121 victims of the Titanic are buried.

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

Registration preferred; walk-ins welcome. Program #726ea

Armchair Traveler: Beautiful Bali

Wednesday, August 15

1–2:30 PM at Redeemer Lutheran Church

Join Karen Moeller as she shows slides of the beautiful Indonesian island of Bali. This is the only predominantly Hindu island in the Indonesian archipelago. See the countryside rice terraces and the many temples and ceremonies, and learn about some of their religious customs.

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

Registration preferred; walk-ins welcome. Program #815ea

Armchair Traveler: Exploring Russia, Mongolia, and China on the Trans-Siberian Railroad

Wednesday, August 22

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

David and Michelle Christianson toured from Moscow to Beijing on a private train. Hear about the train experience and the variety of things they saw. David currently serves on the Lyngblomsten Board of Directors.

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

Registration preferred; walk-ins welcome. Program #822ea

Armchair Traveler: Portugal—Classical Older European Charm

Wednesday, September 19

1–2:30 PM at Redeemer Lutheran Church

Pam Hallberg and her daughter, Emily, took a mother-daughter trip to Portugal in 2015 where the two visited historic Lisbon, Porto, and the vineyard-rich Douro River Valley. The trip provided a glimpse of what travel in Europe was like 30 years ago, as the Portuguese hang on to traditions, and at the time, had not fully embraced the modern high-tech world.

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

Registration preferred; walk-ins welcome. Program #919ea

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. Contact Janell Wampler for more details and to schedule a date: (651) 999-2597 or jwampler@lyngblomsten.org.

Armchair Traveler: San Francisco— The City by the Bay

Thursday, September 27

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

Join Jan Thurn as we visit one of the most unique and beautiful cities in the U.S. We'll explore the Embarcadero, the Financial District, North Beach, Fisherman's Wharf, the Presidio, Golden Gate Bridge, Golden Gate Park, the Painted Ladies Victorian houses, Muir Woods, and more.

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

Registration preferred; walk-ins welcome.
Program #927ea

Art History

Last Monday each month

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.

- **July 30:** Explore the work of African-American painter **William H. Johnson**, who painted in his own primitive style. **Registration required** by July 27.
Program #730ea
- **August 27:** Learn about the life and paintings of American Abstract Expressionist **Lee Krasner**. **Registration required** by August 24.
Program #827ea
- **September 24:** Learn about all the amazing gifts of **Pablo Picasso**, not just as a painter. **Registration required** by September 21.
Program #924ea

Fee: \$12/class

Artist Speaker Series

Presented by Wet Paint

1st Friday each month

10:30–11:30 AM on the Lyngblomsten
campus, Newman-Benson Chapel

- **July 6:** Cris Franchevich: Urban Sketching
Program #76ea
- **August 3:** Suzann Beck: Portraits
Program #83ea
- **September 7:** James Robinson: Art History Talk—Norman Rockwell
Program #97ea

FREE

Registration preferred; walk-ins welcome.

Books-Cheese-Wine with Author Janet Letnes Martin *Growing Up Rural, You Smell Barn: Remembering and Reminiscing the Way It Was With Hotdishes, Hotpads, and Hotflashes!*

Thursday, July 12

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

In the '50s/'60s, "you smell barn," was an expression frequently heard in schools and churches. This book is a companion to the award-winning book *Growing Up Lutheran*, which was the inspiration for the *Church Basement Ladies* musicals.

Fee: \$6

Registration preferred; walk-ins welcome.
Program #712ea

Books-Cheese-Wine with Author Anne Simpson *Do You Feel As Old As You Are?*

Thursday, August 9

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

In this series of personal reflections and essays on aging, Anne reflects on the many changes she has seen in 82 years of living in technology, women's roles, taking risks, and learning to let go of well-laid plans.

Fee: \$6

Registration preferred; walk-ins welcome.
Program #89ea

Books-Cheese-Wine with Poet**Diane Jarvenpa*****The Way She Told Her Story***

Thursday, September 13

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

Jarvenpa will read stories of her female Finnish immigrant ancestors and their descendants. “Jarvenpa’s poetry is full of stories that take the reader on the immigrants’ journey of hardship and elation. These poems share deeply interwoven questions regarding language, history, women, and the immigrant experience,” says New Rivers Press.

Fee: \$6**Registration preferred;** walk-ins welcome.
Program #913ea**Digitizing 35mm Slides
and Documents**

Wednesday, September 12

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

This session will explain the tools and resources available to organize your 35mm slides and paper pages to be viewed on your computer, smartphone, or tablet. Both Apple and Google’s apps will be demonstrated for Mac and PC users.

*Teacher: John Sweeney***FREE****Registration required** by September 10.
Program #912ea**Exploring Art**

Tuesdays, September 4–25

(not meeting in July or August)

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

Learn about a famous artist, his or her impact on society, artistic style, time period, influences, and carryover for today’s art. Create an art project each week based on the artist’s style. Sessions allow for a meaningful learning experience for both new and repeat participants.

(cont’d in next column)

This month, we focus on **Alma Woodsey Thomas**, an African-American Expressionist painter, art educator, and organizer of cultural events. Her debut as an abstract artist was in 1966 at the age of 75.

*Teachers: Art with Heart teaching artists
Debbie Lyon and Renee Des Jarlais***Fee:** \$30; includes supplies.

Scholarships available.

Registration required by August 31.

Program #94ea

* Artwork from Exploring Art will be on display at the **Lyngblomsten Mid-Summer Festival** on July 20 (see back cover for details about the Festival).

Giving Voice Chorus—St. Paul

Mondays, July 9–August 13

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.

*Teacher: Jeannie Brindley-Barnett***Fee:** \$25/person**Special registration:** Register online at
www.macphail.org or call (612) 321-0100.**Lakeshore Radio Players**

Thursdays, September 6–October 25

(not meeting September 20 or October 18)

11 AM–Noon at Redeemer Lutheran
Church, Atrium

The Lakeshore Radio Players put on fun, live, ‘40s-themed radio shows around the community. With classic skits, musical interludes, and information about happenings at Lakeshore Players Theatre, you are in for an old-timey treat!

Fee: \$20 for the 6-week series**Registration required** by September 4.

Program #96ea

Lyngblomsten Community Sage Singers

A MacPhail Music for Life Partnership

Wednesdays (not meeting July 4 or during the month of August; rehearsals will resume on September 12)

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

Join MacPhail teaching artist Joey Clark in June & July for weekly *Sing for Life* choir rehearsals featuring a variety of fun summer songs! After a hiatus in August, rehearsals for our Fall Concert will begin on September 12 with MacPhail teaching artist Paula Lammers. Classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material. New members always welcome!

Fee: \$20/quarter (new quarter starts on September 12); FREE for Lyngblomsten residents and tenants.

Registration required for new members.
Program #711ea

Make a PowerPoint Presentation/Storyboard Using Your Digital Photos and Documents

Wednesday, September 26

9:30–11 AM on the Lyngblomsten campus, Community Room (lower level)

You will learn how to make a PowerPoint/storyboard presentation using your digital photos and documents. With these tools, your preserved memories can easily be viewed on your computer, smartphone, or tablet. Handouts with instructions, demonstrations, and resources will be provided. These presentations can be effective ways to share preserved memories of trips and other events with others who experience memory loss and dementia. Take this class together with a friend or family member and work together.

Presenter: John Sweeney

FREE

Registration required by September 24.
Program #926ea

Meet the Superintendent of St. Paul Public Schools

Thursday, September 20

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

Dr. Joe Gothard became superintendent of St. Paul Public Schools in July 2017. He is the educational leader of the school district, which serves more than 39,000 preK–12 students and employs more than 5,000 full-time staff. He has also worked as a middle school principal, high school principal, and as the Assistant Superintendent of Secondary Schools in Madison, WI. Hear about the education of our youth in the Capitol City and the changes in education over the years.

FREE

Registration required by September 18.
Program #920ea

Paint & Wine: Sunflowers

Thursday, September 20

6–9 PM on the Lyngblomsten campus, Community Room (lower level)

Instructor/artist Jan Gunderson will give you step-by-step instructions to create your own one-of-a-kind sunflower painting on 16"x20" canvas. Paint, brushes, and fun are all included, along with tips, tricks, and techniques. Wine and snacks provided.

Fee: \$25; includes supplies.

Registration required by September 14.
Program #920ea2



Redeemer Primetime: Improv Comedy Show

Thursday, September 20
9:30 AM coffee; 10 AM program at
Redeemer Lutheran Church, Atrium

Watch a showcase of improvisers for fun and laughs. Led by “Community Ed,” all the groups are guaranteed to make you laugh!

Fee: Freewill offering

Registration required between

August 16–September 16.

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 July)
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. Please consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten’s Music & Memory program.

- **August 12:** Mill City Jazz
- **September 9:** Eisner’s Klezmerim.

FREE No registration required.

Storytelling: From the Page to the Stage



Presented by Park Square Theatre

Wednesdays, September 19–November 7
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Writing exercises and theatre games will help you develop your unique point of view, learn how to express yourself, expand your comfort zone, and share in front of others. The class culminates with you writing and performing a story with conviction and joy.
Teacher: Dane Stauffer

Supported by Aroha Philanthropies and its national grant initiative, Seeding Vitality Arts.

FREE

Registration required by September 12.
Program #919ea2

Ukulele: Beginning Ukulele Lessons MacPhail Center for Music

Tuesdays, September 11–December 11
(12 sessions; not meeting November 20
and another date TBD)
1–2 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

This introductory course is for absolute beginners who want to have fun playing a stringed instrument that is accessible, portable, and easy to learn. Teaching is individualized. Simple chord charts and well-known songs are used to develop skills within a group, giving players an enjoyable and successful learning experience. This class is taught using a 4 string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.** *Teacher: Jean Seils, MacPhail Center for Music*

Fee: \$280 for all 12 sessions, plus a 5% discount for students 55+.

Special registration: Register online at www.macphail.org or call (612) 321-0100.

Ukulele Jam

MacPhail Center for Music

Tuesdays, September 11–December 11
(12 sessions; not meeting November 20
and another date TBD)
2–3 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

For those who have completed the Beginning Ukulele course or those who are intermediate players looking to play in a group and take their ukulele skills beyond the basic I, IV, and V chords. Play familiar songs with others to create a great group sound while learning new chords, voicings, and exploring new picking and strumming patterns in a fun and welcoming environment. This group is taught using a 4 string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.**

Fee: \$280 for all 12 sessions, plus a 5% discount for students 55+.

Special registration: Register online at www.macphail.org or call (612) 321-0100.

500 Card Group

Tuesdays

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

Join us for a game of 500!
Beginners welcome.

FREE

Please register to reserve your spot.
Program #73so

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 discus-
sion. 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 & Picnic Lunch

Friday, July 6

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

Join us for brats on the grill, sauerkraut,
potato salad, beans, corn on the cob, and
watermelon. We'll have an old-fashioned
picnic—the perfect way to continue the
Fourth of July celebration! 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 July 3.
Program #76so

Bingo & House of Wong Lunch

Friday, August 3

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

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 August 1.
Program #83so

Bingo & Picnic Lunch

Friday, September 7

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

Don't miss our last picnic of the season!
We'll have burgers on the grill, potato
salad, beans, corn on the cob, and
watermelon. A great way to round out the
summer, together enjoying a meal. 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 September 5.
Program #97so

Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming: September 21;
not meeting in July & August)

1–4:30 PM on the Lyngblomsten campus,
Community Room (lower level)

FREE

Learn more: Contact Marlys Carlson at
marlysmcarlson@gmail.com.
Program #720so

Coach Bus Trip: Eat My Fish

Wednesday, July 18

Our fun-filled day will include casting for trout or just relaxing by the pond at Jeremiah's Bullfrog Fish Farm (a.k.a. Eat My Fish) in Menomonie. You can borrow a pole, catch your own fish, or have someone help you. No fishing license required. Your fish will be cleaned and put on ice, or you can eat it right there in the rustic cook shack for lunch. Brats will also be available.

Bus site pick-ups:

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

9:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

Return time: Approximately 4:30 PM

Fee: \$55; includes transportation, lunch, and fishing.

Registration required by June 27.

Program #718so

Coach Bus Trip:**Pearls Aren't the Only Gems**

Wednesday, August 15

After riding through Minnesota farmlands and beautiful countryside, we'll arrive in Lake City on Lake Pepin and step off the bus for the renowned homemade goodness of the Chickadee Cottage. Enjoy famous chicken salad and homemade bread and dessert. Next, we'll take a short drive along the lake to board the "Pearl of the Lake" for a narrated 90-minute cruise on the largest lake on the Mississippi. What a great way to spend a lazy summer day and learn more about our state's history.

Bus site pick-ups:

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

9:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

Return time: Approximately 4:30 PM

Fee: \$67; includes transportation, lunch, and cruise.

Registration required by July 25.

Program #815so

Coach Bus Trip:**Buddhas, Burgers, & Byways**

Wednesday, September 26

Almost hidden in the hills and farm fields of Dakota County looms the beauty of the Watt Munisotaram, the largest Cambodian Buddhist temple in the U.S. Its campus glistens with shrines of brilliant color and stature, and the giant reflection pond is a jewel built by scores of volunteers. Walking along the constructed paths, sitting in quiet places, or talking to the monks brings a sense that we may be in a different country. After filling our eyes, we head to Miesville to enjoy a feast for our bodies at Kings—the home of more than 50 burger combinations. Following our scrumptious lunch, we'll briefly stop in Hastings for ice cream on the way home.

Bus site pick-ups:

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

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

Return time: Approximately 4 PM

Fee: \$50; includes transportation and lunch. Ice cream expense is on your own.

Registration required by September 5.

Program #926so

Laugh 'N Chat**(formerly Stitch 'N Chat)**

Tuesdays (not meeting July 24)

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: St. Maron's Church and Emily's Lebanese Deli

Thursday, July 26

10:30 AM–1:30 PM at St. Maron's Church (602 University Avenue NE, Minneapolis)

Tour a Maronite Church, which is an eastern branch of the Catholic Church with its own liturgy, canon law, and patriarch. Our one-hour tour will be with the Pastor, Chorbishop sharbel Maroun. After the tour, we will cross the street to Emily's Lebanese Deli for lunch. For more than 40 years, Emily's has been synonymous with Middle Eastern dining, although they do serve a chicken sandwich, a chicken kebab, and chicken soup!

Bus site pick-ups:

9:45 AM from the Lyngblomsten campus, Community Room (lower level)

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

Return time: Approximately 2 PM

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

Registration required by July 23.

Program #726so

Out & About: Vineyard Tour and Wine Tasting

Friday, August 10

1:30–3 PM at St. Croix Vineyards (6428 Manning Avenue, Stillwater)

Our 90-minute tour will include a walk through the vineyards (approximately $\frac{1}{4}$ mile, uneven ground), a look at the production room, and an opportunity for a tasting session. Wear good walking shoes and join us! This one will fill quickly, so **register early!**

Bus site pick-ups:

12:30 PM from the Lyngblomsten campus, Community room (lower level)

12:45 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 4 PM

(cont'd in next column)

Fee: \$21.50; includes tour and tasting (one glass of wine, 5 samples of wine, cheese, crackers, and dessert). Gratuity not included. \$7 for transportation for those taking the bus. Please pay transportation fee on the day of the event.

Registration required by July 26.

Program #810so

Out & About: Lakewood Cemetery

Wednesday, September 5

12:30–2 PM at Lakewood Cemetery

Lakewood Cemetery was founded in 1871. We will start our guided tour at the Memorial Chapel. Built in 1910 and designed by Harry Wild Jones, it is a perfect example of Byzantine mosaic art. Our tour guide will step on the bus with us and show us such notable memorials as Orville Freeman, Hubert Humphrey, Charles A. Lindbergh, Rudy Perpich, Paul Wellstone, and Tiny Tim!

Bus site pick-ups:

11:45 AM from the Lyngblomsten campus, Community Room (lower level)

Noon from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 2:45 PM

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

Registration required by September 4.

Program #95so



Out to Lunch:

Hidden Falls Regional Park

Friday, July 27

11 AM–2 PM at Hidden Falls Regional Park (1313 Hidden Falls Drive, St. Paul; Magoffin Avenue entrance)

The park sits along the banks of the Mississippi River and dates back to 1887. Under a picnic shelter, we will enjoy lunches from Nelson’s Cheese and Deli. Then we’ll take a short hike around the park and see if we find those hidden falls! On our way back, we will stop at Conny’s Creamy Cone, so bring some cash. **Please make your sandwich choice when you register:** 1) Turkey, Ham, Swiss, and Monterey Jack on Caraway Rye; 2) Veggies, Monterey Jack, Cheddar, and Swiss on Whole Wheat; 3) Turkey, Bacon, and Monterey Jack on Sourdough; 4) Roast Beef, Turkey, and Monterey Jack on Wild Rice Wheat.

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: \$12; includes lunch (sandwich, deli salad, fruit salad, cookie, and soda). \$7 for transportation; please pay day of the event. Ice cream expense is on your own.

Registration required by July 25.

Program #727so



Out to Lunch:

Leo’s Grill & Malt Shop

Friday, August 17

11 AM–2 PM at Leo’s Grill & Malt Shop (131 Main Street, Stillwater)

Take a step back in time at Leo’s with hand-pressed hamburger patties on the grill, malts, fries, and onion rings you won’t want to miss! After lunch, we will take a ride across the new Highway 36 bridge to Wisconsin before heading home.

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 event. Lunch expense is on your own.

Registration required by August 15.

Program #817so

Out to Lunch:

Crooked Pint Ale House

Friday, September 21

11 AM at Crooked Pint Ale House (1734 Adolphus Street, Maplewood)

Crooked Pint was voted “The Best Lucy’s Across The Whole Midwest” by USA Today 2017 Readers’ Choice. Let’s go see what the fuss is about! They offer a generous selection of beer and classic pub fare with nearly 60 choices for lunch, dinner, and weekend brunch.

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. Lunch is on your own.

Registration required by September 19.

Program #921so

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

Registration preferred; walk-ins welcome.
Program #76hws

HealthRHYTHMS Drumming*White Bear Lake:*

2nd Monday each month

(Upcoming: July 9, August 13, &
September 10)

10–11 AM at Redeemer Lutheran Church
Program #79hws

Como Park: 3rd Monday each month

(Upcoming: July 16, August 20, &
September 17)

9:30–10:30 AM at The Heritage at
Lyngblomsten (1440 Midway Parkway,
St. Paul), Dining Room
Program #716hws

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*

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

Registration ongoing; walk-ins welcome.

* A special session will be held during
the **Lyngblomsten Mid-Summer Festival**
on July 20. See the back cover for more
details about the Festival.

Healthy Bounty from the Community

Tuesday, September 11

11:30 AM–12:30 PM at Redeemer
Lutheran Church, Library

Come learn about Giving Gardens, a
new nonprofit in White Bear Lake and
Mahtomedi working to expand awareness
of the value of increasing access to fresh
produce in our neighborhoods. This
program helps support growers by building
garden beds to produce bounty for our
neighbors! Fall produce from Giving
Gardens growers will be available to bring
home and enjoy. *Presenters: Chris Harms,
Founder, Giving Gardens; Lynn Amon, Site
Coordinator—White Bear Lake, 2nd Half
with Lyngblomsten*

FREE

Registration preferred; walk-ins welcome.
Program #911hws

The Healthy Brain:**Maintaining Mental Fitness****Option #1:** Wednesday, September 19

1–3 PM at Woodbury Central Park
(8595 Central Park Place, Woodbury),
Valley Creek Room B in lower level

Option #2: Friday, September 21

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

Discover strategies to ensure a healthier
brain based on four things you can do now
for mental fitness. Even for those experi-
encing some memory loss, continuing
to work on having a healthy brain is
essential! *Presenter: Carolyn Klaver, RN,
Dementia Care Specialist, 2nd Half with
Lyngblomsten*

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

FREE

Special registration: Call (651) 653-3121
or online at www.whitebear.ce.eleyo.com.

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)

- **July 11: Farmers Market Cooking.**
Presenter: Charlie Socha
Registration required by July 10.
Program #711hws
- **August 8: ABCs and 123s of Tending Your Treasures.** This presentation takes an entertaining look at valuing your possessions. What determines value? How does market influence value? What are best avenues for selling treasures? *Presenter: Stephen Laliberte*
Registration required by August 7.
Program #88hws
- **September 12: Your Family's Story.** It is important and necessary for you to help succeeding generations know and understand their roots. The focus begins with *your* story and family.
Presenter: Gordy Jacobson
Registration required by September 11.
Program #912hws

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

Melt Your Stress Away!

Mondays, August 6–27
10–11 AM at Redeemer Lutheran Church, Library

Practice stress reduction techniques to alleviate anxiety and increase your ability to relax and be productive. Use your breath, mind, and body awareness to control your response to stress and free yourself to enjoy more of life. This class can be done sitting. *Teacher: Ayano Nixon*

Fee: \$40 for the 4-week series
Registration required by July 31.
Program #86hws

Mobile Markets

2nd Tuesday each month
(Upcoming: June 12, July 10, & August 14)
11:30 AM–1 PM at Redeemer Lutheran Church, Parking Lot (indoors if inclement weather)

White Bear Area Emergency Food Shelf will be providing free produce for all. This year's Markets will include free Wellness Checks from 2nd Half with Lyngblomsten's Faith Community Nurse and access to other resources. Bring a friend and enjoy shopping outdoors!

FREE No registration required.

Neighborhood Stroll

2nd Thursday each month
(Upcoming: July 12, August 9, & September 13)
10 AM–Noon on the Lyngblomsten campus, Community Services offices (lower level)

Join your neighbors for a stroll through our beautiful Como Park neighborhood. We'll walk 1 mile round-trip at a peaceful pace with places to rest along the way. Explore sights such as the Como Woodland Outdoor Classroom, Labyrinth in Como Park, and the gardens in the State Fairgrounds. Bring your own water bottle and a friend. Open to all walking levels.
Leaders: Becky Hulden, Faith Community Nurse, 2nd Half with Lyngblomsten; Mary Ginther and Linda Springer, neighborhood walkers

FREE
Registration preferred; walk-ins welcome.
Program #712hws



New to Medicare

White Bear Lake: Thursday, September 13
9:30–11 AM at Redeemer Lutheran Church

Como Park: Thursday, September 13
1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Plus, save the Date for “What’s New for Medicare” on October 4.

This presentation reviews: what is covered by Parts A, B, C, and D of Medicare, supplement options, the process and options for enrollment, personal costs, the donut hole, eligibility for help with prescription drug costs, and examples of fraud. We will introduce the services of the Senior LinkAge Line® that include assistance making personal comparisons using the Medicare.gov website and the Health Care Choices booklet. This class is ideal for pre-Medicare eligible adults and professionals. *Presenter: Metropolitan Area Agency on Aging*

FREE

Registration required by September 10.
Program #913hws

Pedal & Roll: Learn and Ride

Option #1: Thursday, August 2
5:30–7 PM on the Lyngblomsten campus,
Community Room (lower level)

Registration required by July 31.
Program #82hws

Option #2: Wednesday, September 5
5:30–7 PM on the Lyngblomsten campus,
Community Room (lower level)

Registration required by September 4.
Program #85hws

Do you love the thought of bicycling but worry about balance, particularly as you age or develop Parkinson’s? Learn about the benefits of riding and check out some of the current trikes available through Pedal & Roll, a nonprofit with a bike lending library. A 45-minute presentation will be followed by time to test out the bikes. *Teacher: Liz Ogren, Founder, Pedal & Roll*

FREE

Vulnerabilities of Aging

Wednesdays, September 12–October 3
6–7:30 PM at Redeemer Lutheran Church

Come to one or all four nights of this series to explore the Vulnerabilities of Aging. Learn about issues facing many seniors and their families, including financial concerns, health changes, caregiver stress, access to affordable housing, and the risks of hunger and homelessness. Each presentation will have a local community organization’s resources available.

- **September 12: An Overview of Aging: Challenges and Resources.** *Presenter: Lutheran Social Services*
- **September 19: Health Changes & Caregiving.** *Presenter: 2nd Half with Lyngblomsten*
- **September 26: Housing Issues for Seniors.** *Presenter: White Bear Area Senior Program*
- **October 3: Hunger and Risks for Homelessness.** *Presenter: White Bear Area Emergency Food Shelf*

FREE No registration required.

Wellness Checks

White Bear Lake: 2nd Tuesday each month
(Upcoming: July 10, August 14, & September 11)
11:30 AM–1:30 PM at Redeemer Lutheran Church

Como Park: 1st Wednesday each month
(Upcoming: August 1 & September 5; not meeting in July)
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.

Yogadevotion

Tuesdays, September 4–October 23
4:30–5:30 PM at Redeemer Lutheran
Church, Fellowship Hall

This 8-week series begins with devotions, opening with scripture that speaks to a practice of faith during the breath work. The class combines standing, balance, and floor poses, closing with restorative yoga—a practice of calm alertness that allows time of reflection and thanksgiving for God’s presence. This multi-level class offers modifications for all poses. Please bring your own yoga mat. *Teacher: Jean Auger*

Fee: \$72; please pay on first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Yogadevotion” on memo line).

Registration required by August 31.

Special registration: Contact Sue Johnson at suejohns3@gmail.com or (651) 387-3443.

Yogadevotion Soma Yoga

Thursdays, September 6–October 18
2–3 PM at Redeemer Lutheran Church,
Library

With the same faith-based class structure as Yogadevotion classes, soma yoga uses slow, subtle movements to reeducate the brain how to move tense muscles. It 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 may be practiced on a mat, chair, or standing at the wall. Please bring your own yoga mat and blanket. *Teacher: Jane Schroeher*

Fee: \$56; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Soma Yoga” on memo line).

Registration required by September 3.

Special registration: Contact Jane Schroeher 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.

Caregiver Support Group

3rd Wednesday each month
(Upcoming: July 18, August 15, & September 19)
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) 632-5320 or jschuller@lyngblomsten.org.

Dementia Caregiver Re-Entry Group

Former & late-stage dementia caregivers:

1st Wednesday each month

(Upcoming: August 1 & September 5;

not meeting in July)

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:

July 17, August 21, & September 18)

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.*

Find the “new you” after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you,” and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate.

FREE No registration required.

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.

(cont’d in next column)

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. 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.

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.

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.

Fee: Sliding scale

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org, or visit www.lyngblomsten.org/caregivers.

White Bear Area Senior Program Community Open House

Tuesday, September 18

9–11 AM at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

Join us for a tour of the Senior Program and enjoy some treats. Explore and learn about the many activities, groups, services, volunteer opportunities, and local community resources serving seniors.

FREE No registration required.

Learn more: Call (651) 653-3121.

Group Respite (The Gathering)

Visit 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.

Resources for Churches

Parish Nurse Ministry

Resource Group

A 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 for new Parish Nurse Ministry programs, 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 Becky Hulden, RN, at (651) 632-5335 or bhulden@lyngblomsten.org.

Support Groups

Caregiver Support Groups

See pages 20–21.

Lewy Body Dementia Support Group

1st Wednesday each month

(Upcoming: July 11—due to holiday, August 1, & September 5)

10:30 AM–Noon 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.

Parkinson's Disease Support Group

1st Thursday each month
(Upcoming: July 5, August 2, & September 6)

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. Visit www.lyngblomsten.org/parkinsons for more information about Parkinson's care at Lyngblomsten.

Vision Loss Support Group

2nd Wednesday each month
(Upcoming: September 12;
not meeting in July or August)

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

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.

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.

Other

Aphasia Conversation Group

Mondays, September 10–November 26
2–3:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Minnesota Connect Aphasia Now (MnCAN) is a nonprofit that provides services and support to people who are living with the impact of aphasia. MnCAN helps participants relearn and practice conversational speech skills and strategies, develop supportive relationships, and challenge each other to set new goals to participate in their communities and activities. Participants must have a medical diagnosis of aphasia. *Facilitated by: Speech Language Pathologist*

Fee: \$240 for all 12 sessions; partial scholarship opportunities available.

Special registration: To complete an intake form, email julia@mncan.org or call (612) 524-8802. Inclusion is subject to space availability and intake qualifications.

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.

Service Activities

Red Cross Blood Drive

Wednesday, July 25

10:30 AM–3:30 PM on the Lyngblomsten campus, Community Room (lower level)

Lyngblomsten is hosting its biannual Red Cross Blood Drive. There is no deadline for sign-up.

Register to donate: Call the Lyngblomsten receptionist at (651) 646-2941.

Volunteer at Open Hands Midway

Monday, September 17 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 September 3.
Program #917sop1 (morning shift),
or #917sop2 (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. 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 & 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!



Wellness—Strengthening the Mind & Body, including Music & Movement

Continuing Education for Lyngblomsten Volunteers

Monday, September 24

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

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."

Join us to learn about the many uses and benefits of wellness, including music and movement, when volunteering with Lyngblomsten. Wellness advocate and Wisdom Dance teaching artist Emily Jarrett-Hughes will be on-hand to provide inspiration, resources, and techniques to empower and equip you in using creative dance for health and the Seven Dimensions of Wellness.

FREE

Registration required.

Special registration: Contact Shelli Beck at (651) 414-5297 or 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.

Cash or checks accepted. Make checks payable to "Lyngblomsten Services," unless noted otherwise.

Online at www.lyngblomsten.org/2ndHalf and select "online registration."

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

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 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.

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 or register online at 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"/> _____

I would like to make a donation** \$ _____

* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.
 ** All donations help keep programming affordable for all (see “Funding & Support” on p. 2).

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.



LYNGBLOMSTEN
Community Services

1415 Almond Avenue
St. Paul, MN 55108

www.lyngblomsten.org

Nonprofit
Organization
US Postage
PAID
Twin Cities MN
Permit #2376

LYNGBLOMSTEN MID-SUMMER FESTIVAL

A Celebration of Arts & Lifelong Learning



Friday
JULY 20
2018

2-8 PM:

- * Arts Showcase featuring works by older adults
- * Hands-on art activities for all ages
- * Live music, dance, and theatrical stage performances
- * Wellness demos & activities
- * Food
- * Games for kids

Proudly Part of ComoFest



On the Lyngblomsten
campus at:
1415 Almond Avenue,
St. Paul, MN 55108

Invite your family, friends, and neighbors!
Admission is FREE, and creative activities,
food, and games are priced for affordable fun.

Music & Entertainment Sponsors (\$1,000):



Visit www.CelebrateMSF.com for more details.