

Fall 2018 Catalog

October, November, & December



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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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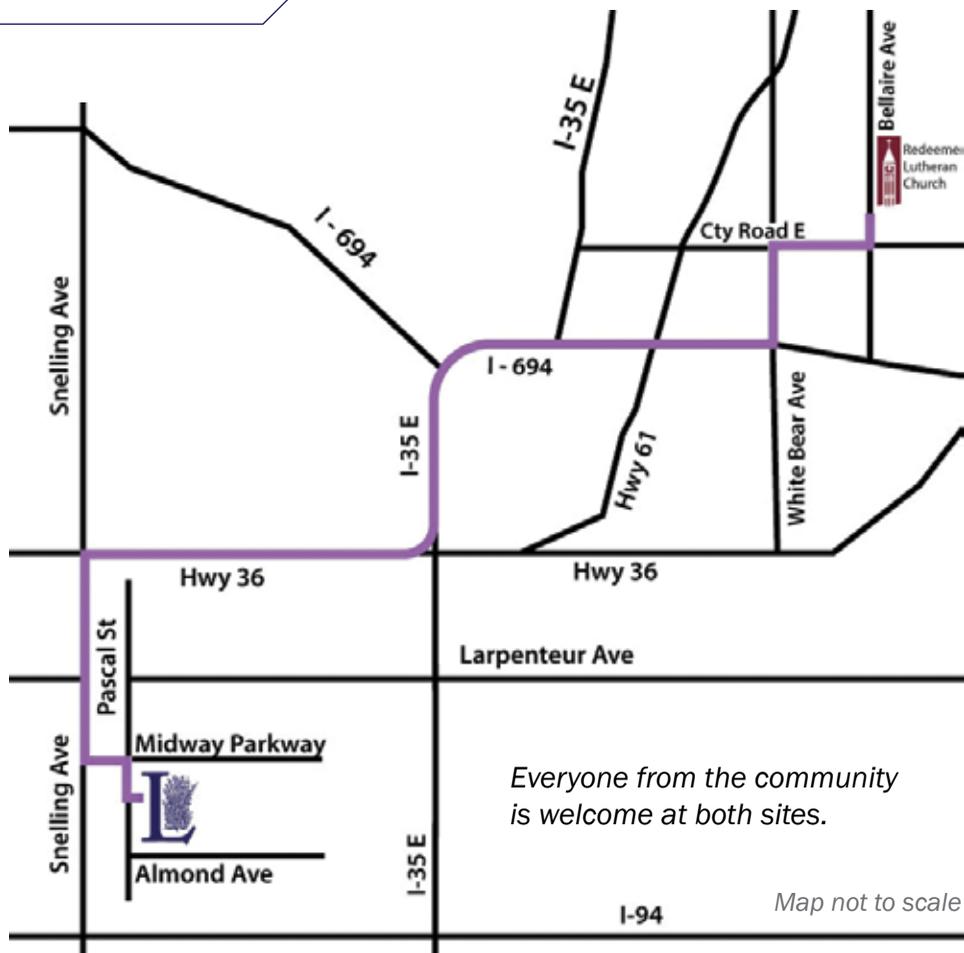
Registration

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

Connect with Us!

- facebook.com/Lyngblomsten
- @Lyngblomsten_US
- Lyngblomsten

Map & Directions



Introducing Carolyn Healy, 2nd Half with Lyngblomsten Volunteer Coordinator



As the 2nd Half with Lyngblomsten Volunteer Coordinator, I am glad to be asked to introduce myself. With less than a year of employment, I am relatively new to Lyngblomsten. However, before being hired, I volunteered for a couple of years for the Music & Memory program at The Gathering and facilitated a “Brain Games” activity group at The Heritage at Lyngblomsten (apartments). As Volunteer Coordinator, I spend most of my time connecting volunteers with opportunities that use their skills and interests to support our respite programs. You might be thinking, “What is respite?” *Respite gives a family caregiver a short break, a time of relief or rest from caregiving.* It can be as simple as making a friendly visit to a neighbor who lives with memory loss so the spouse (caregiver) can take some time to enjoy gardening.

My labor of love starts with educating people about what respite is and why it is needed. Once people understand this need, it is often a short step for them to want to help by volunteering in one of our respite programs—The Gathering or in-home respite program. I can tell you from experience that there is nothing like the joy of getting to know the caregivers and participants of these respite programs on a personal level! We are blessed to have volunteers who understand the importance of focusing on “all that remains” in people with memory loss instead of what has been lost. In this catalog, you will find a number of supportive services for family caregivers, including new arts programming just for caregivers. Take time to learn more about these services and volunteer opportunities for yourself or for a friend!

As summer comes to an end, we are wrapped in the reflective beauty of a Minnesota fall. I encourage you to take the opportunity to reflect on the many opportunities and experiences available to enhance your life and the lives of others through participation in 2nd Half with Lyngblomsten.

Carolyn Healy
2nd Half with Lyngblomsten Volunteer Coordinator

MERRY & BRIGHT: HOLIDAY OPEN HOUSE

Wednesday, November 28
10 AM–3 PM at Anna's café & gifts
on the Lyngblomsten campus.

Holiday games, hot chocolate, cookies, and drawings for discounts (10, 20, 30, 40, and 50% off!).

Stop by Anna's throughout the holiday season for a selection of festive gifts, or drop by for lunch or a snack when you're on campus: Monday–Friday, 9 AM–4 PM, and Saturday and Sunday, Noon–4 PM.

Age Boldly with Lyngblomsten Luncheon

Thursday, November 15 | 11:30 AM–1 PM

White Bear Lake Country Inn
(4940 State Hwy 61, White Bear Lake)

Join us for the Age Boldly with Lyngblomsten fundraising luncheon to support 2nd Half with Lyngblomsten. For complete event details and to RSVP, visit www.lyngblomsten.org/AgeBoldlyLunch.

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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

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Location Key:

CP = Como Park site

WBL = White Bear Lake site

Armchair Traveler:**Exploring Greece on a Cruise Ship**

Thursday, October 25

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

This European cruise visited four ports in Greece (Katakolon, Santorini, Piraeus, and Corfu); Brindisi, Italy; and Kotor, Montenegro. Visiting Greece is a history lesson in itself—from the original site of the Olympics and archeological sites like the Acropolis, to the beauty of Santorini.

Presenter: Janet Byrnes, Assistant Administrator, Lyngblomsten

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

Registration preferred; walk-ins welcome.
Program #1025ea

Armchair Traveler: China

Tuesday, November 6

1–2:30 PM at Redeemer Lutheran Church

Marv and Jeannie Spears spent 10 days in Beijing, China, in 2014 and explored nearby areas such as the Great Wall and visited traditional crafters and artists. They will show some of their souvenirs and photos.

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

Registration preferred; walk-ins welcome.
Program #116ea

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:**Rome & Sicily—At the Crossroads**

Thursday, November 29

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

Rome and Sicily conjure up such marvelous images of food, art, and innovation that it's challenging to comprehend the complex multicultural history that formed these two areas. Absorb the 2,800-year history of the area, literally the crossroads of the Mediterranean, that includes Phoenician, Greek, Roman, Arab, Norman, and Spanish influences. See the fascinating food, archeological sites, scenic vistas, architecture, and people. *Presenters: Gus & Pat Fenton*

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

Registration preferred; walk-ins welcome.
Program #1129ea

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.

- **October 29:** Explore the life and art of Impressionist painter **Berthe Morisot**. **Registration required** by October 26. Program #1029ea
- **November 26:** Discuss the life and modern paintings of **Mark Rothko**. **Registration required** by November 21. Program #1126ea
- **December 31:** Explore the amazing life and work of **Judy Chicago** and how she opened doors for many women. **Registration required** by December 28. Program #1231ea

Fee: \$12/class; scholarships available.

Artist Speaker Series

Presented by Wet Paint

1st Friday each month

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

- October 5:** Christine Mitzuk will share about her career journey as an artist, the process she uses to create visual narratives, the balancing act of structure and creativity, and some suggestions on how you might find creativity in your own life.
Program #105ea
- November 2:** Debra Korluka presents on *Byzantine Orthodox Iconography: History & Technique*, discussing historical facts and technical details, her experience and philosophy, and the significance of icons she has painted for churches in the Twin Cities.
Program #112ea
- December 7:** Julie Anderson presents on *Painted Folk Art*. Explore the decorative painting origins of several countries and their influence to this day, including Norwegian Rosemaling, Swedish Dalarning/Kurbits, and German Bauernmalerei.
Program #127ea

FREE

Registration preferred; walk-ins welcome.

Beginning Spanish

Tuesdays, October 2–23

6:30–7:30 PM on the Lyngblomsten campus, Community Room (lower level)

Learn to speak basic Spanish, including pronunciation and some commonly used verbs. Practice by repeating and replying to greetings and simple questions. Each class will include review and some added material. It'll be fun, not tedious, and no tests! *Teacher: Mary Kay Kersting, who has 16 years of experience as a Bilingual Educational Assistant*

Fee: \$25; includes materials.

Registration required by October 1.

Program #102ea

Books-Cheese-Wine with

Author John Wingate

Lost Boys of Hannibal: Inside America's Largest Cave Search

Thursday, October 11

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

One of the most vexing mysteries of 20th-century America took place in May 1967 when three boys, two of whom were friends of the author, vanished while exploring a vast, newly discovered cave network below Hannibal, MO. The boys were never found. The book is the most comprehensive coverage of this historic event that made news headlines worldwide.

Fee: \$6

Registration preferred; walk-ins welcome.

Program #1011ea

Books-Cheese-Wine with

Author Lucy Rose Fischer

I'm New at Being Old: Close Encounters with the Third Age

Thursday, November 8

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

There has been a dramatic increase in longevity and many of us remain relatively healthy until very old age. The Third Age, our post-retirement years, can be a major part of our lives. How should we manage this gift of time? This presentation offers insights, research, stories, and colorful art.

Fee: \$6

Registration preferred; walk-ins welcome.

Program #118ea



Books-Cheese-Wine with Authors Cecelia MacDonald and Kathryn MacDonald Schneeman *Running the Cobblestones*

Thursday, December 13

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

The novel by this mother-daughter team is about a young American widow who cobles together a fresh start in Ireland where she buys an old inn. Suspense mounts when a stalker with a stun gun targets her and the young gardener. Kirkus Reviews calls it “a breezily funny story of heartache and romantic opportunity.”

Fee: \$6

Registration preferred; walk-ins welcome. Program #1213ea

Cocoa & Canvas: Walk in the Woods

Thursday, November 1

6–8 PM at Redeemer Lutheran Church, Fellowship Hall

Jan Gunderson will give you step-by-step instructions to create your own one-of-a-kind painting on 11”x14” canvas. Paint, brushes, and fun are all included, along with tips, tricks, and techniques.

Fee: \$25; includes supplies.

Scholarships available.

Registration required by October 30.

Program #111ea

Creative Writing: From Prompts to Paper

Thursdays, October 4–November 15

1:30–3 PM on the Lyngblomsten campus, Apartments Dining Room

Longtime community news reporter Margie O’Loughlin will offer creative writing classes to give participants a chance to write from a prompt and share with classmates. Sharpen your writing skills, encourage memory recall, and make new friends!

Registration required by October 3.

Fee: \$21; FREE for Lyngblomsten tenants and residents. Scholarships available.

Program #104ea

Exploring Art

Tuesdays

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. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

- **October 2–23:** American painter, sculptor, and printmaker **Jasper Johns** takes everyday objects and works them into rich and layered works of art. **Registration required** by September 28. **Fee:** \$30; includes supplies. Scholarships available. Program #102ea2
- **November 13 & 20:** **Paul Klee** was a musician for most of his life and saw similarities between music and visual art. He used paint, stamps, cardboard, burlap, and other everyday materials. **Registration required** by November 9. **Fee:** \$15; includes supplies. Scholarships available. Program #1113ea
- **December 4 & 11:** First session will cover **Andrew Wyeth**, a 20th-century painter known for his realism in portraiture and pastorals. Second session will cover **Norman Rockwell**, a 20th-century American author, painter, and illustrator. His works enjoy a broad popular appeal for their reflection of American culture. **Registration required** by November 30. **Fee:** \$15; includes supplies. Scholarships available. Program #124ea

Fourth Friday Live Music & Dance

Friday, October 26

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.

Lyngblomsten Community

Sage Singers

A MacPhail Music for Life Partnership

Wednesdays (not meeting November 21 or December 26)

9–10 AM on the Lyngblomsten campus,
The Heritage Dining Room

Join MacPhail teaching artist Paula Lammers as we begin preparing a set of American music for our Veterans Day Concert on November 11. Classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. New members always welcome!

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

Registration required for new members.
Program #103ea

Lyngblomsten Community Sage Singers Veterans Day Concert

Sunday, November 11

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

Join the Lyngblomsten Community Sage Singers for their Veterans Day Concert featuring patriotic music. Please consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten's Music & Memory program.

FREE No registration required.

Meet Senator John Marty

Wednesday, December 5

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

Come meet our Senator John Marty. He will reflect on the results of the 2018 elections and what they mean for Minnesota politics going forward. Sen. Marty, a leading advocate of universal healthcare in Minnesota, will discuss the problems of our current system and explain how we can make real change to achieve accessible and affordable healthcare for all.

FREE

Registration preferred; walk-ins welcome.
Program #125ea

Redeemer Primetime: Cruising the Great Loop—A Unique Adventure

Thursday, October 18

9:30 AM coffee and doughnuts;

10 AM devotion and program at Redeemer Lutheran Church

Joe and Pam Hallberg received their BaccaLOOPerate Degree, given by America's Great Loop Association for completing a 6,000-mile adventure around America's Great Loop, the continuous waterway that travels the Atlantic through Gulf Intracoastal Waterways, Great Lakes, Canadian Heritage Canals, and America's inland rivers. Learn about their amazing adventures through pictures and stories.

Fee: Freewill offering.

Registration required between
September 20–October 14.

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

Redeemer Primetime: Christmas Atmosphere—Celebrating Sounds of the Season Around the Piano

Thursday, December 20
9:30 AM Christmas brunch;
10:15 AM program at Redeemer Lutheran Church, Atrium

Join us for an uplifting program of Christmas music and a lovely Christmas brunch. Our guest, Rebecca Kaup, has a long list of credits to her musical expertise in both the Twin Cities and Los Angeles areas. She has worked with beginners in the industry as well as professionals such as Sally Struthers, Mike Gallagher, Paul Sorvino, and more. Our program will end with a traditional Christmas sing-a-long!

Fee: \$7 donation requested.

Registration required between November 16–December 13.

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
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.

- **October 14:** Paula Lammers
- **November 11:** Lyngblomsten Community Sage Singers Veterans Day Concert (see p. 11)
- **December 9:** OboeBass performing the story of *The Nutcracker* and favorite holiday music

FREE No registration required.

Storytelling: From the Page to the Stage

Presented by Park Square Theatre
Wednesdays, September 19–November 14
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 #919ea

Transitions in Real Estate

Wednesday, October 17
10–11:30 AM on the Lyngblomsten campus,
Community Room (lower level)

Dealing with an estate can feel overwhelming. This presentation will demystify the process, provide updates on the local real estate market, discuss approaches to selling property, and offer practical tips for going through “stuff.” **Presenter:** Wendy Noble, Realtor, Piché & Associates Real Estate; Two Dames & Friends

FREE

Registration preferred; walk-ins welcome.
Program #1017ea



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 #102so

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. Volunteer treats are brought and coffee is always provided!

FREE No registration required.

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

Bingo & Lunch

1st Friday each month

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

Lunch is served at noon and Bingo starts
around 1 PM. Prizes for every game.

- **October 5:** Chicken, mashed potatoes and gravy, coleslaw, and biscuits from **KFC**, plus dessert. Finger lickin' good!
Registration required by October 3.
Program #105so
- **November 2:** **Pizza**, salad, and dessert.
Registration required by October 31.
Program #112so
- **December 7:** Egg rolls, sweet and sour pork, chicken sub gum chow-mein, chicken fried rice, oriental salad, and dessert from **House of Wong**.
Registration required by December 5.
Program #127so

Fee: \$8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming: October 19, November 16,
& December 21)

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

FREE

Learn more: Contact Marlys Carlson at
marlysmcarlson@gmail.com.
Program #1019so

Coach Bus Trip:

Du Bist Willkommen to New Ulm

Wednesday, October 24

The city of New Ulm will welcome us with a small reception at the visitors center. Hermann the German sits on his hilltop awaiting visitors to his realm. On our tour of this lovely city, we will see lots of interesting sites and learn the history, topping it off with the Glockenspiel performance before our Kaiserhoff lunch. There will be a short time to explore the town on foot before we head off to the Schell's Brewery for some beer tasting (bring photo ID).

Bus site pick-ups:

7:45 AM from Gustavus Adolphus Church
(1669 Arcade Street, St. Paul)

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

Return time: Approximately 6:30 PM

Fee: \$78; includes transportation, tours, lunch, and tips. Snacks available for purchase.

Registration required by October 3.
Program #1024so



Coach Bus Trip: Fall Blessings

Wednesday, November 14

The Shrine of Our Lady of Guadalupe in La Crosse, WI, is a beautiful and peaceful place of prayer and pilgrimage for any faith and to experience the wonder of divine providence. There will be a video and guides as you walk the grounds. Free golf carts available for those requiring assistance throughout the 70-acre campus. Lunch will be served in the Culina Mariana Café with time for visiting many devotional areas and the gift shop. All are welcome.

Bus site pickups:

7:40 AM from the Lyngblomsten campus, Community Room (lower level)

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

Return time: Approximately 6:45 PM

Fee: \$68 includes transportation, lunch, and tips. Bring your own snacks for the ride home.

Registration required by October 24.
Program #1114so

Laugh 'N Chat

Tuesdays

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

**On November 6, meet in Anna's café on the Lyngblomsten campus.*

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:**Minnesota Masonic Heritage Center**

Tuesday, October 9

10–11 AM at the Minnesota Masonic Heritage Center (11411 Masonic Home Dr, Bloomington)

This multifaceted community gathering spot consists of a museum, reference library, Masonic Lodge room, auditorium, and banquet rooms. The heart of the center is education and the museum offers an in-depth study of the Masonic fraternity, its beginnings in Europe, and how Masonic principles have impacted the development of our state and nation.

Bus site pick-ups:

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

9:15 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately Noon

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

Registration required by October 4.
Program #109so

Out & About: Bell Museum

Thursday, November 15

1:30–4 PM at the Bell Museum (2088 Larpenteur Aven W, St. Paul)

We will explore connections between nature and the universe through the lens of world-renowned dioramas. Then, journey through space and time in the planetarium as we ask some of the big questions astronomy is trying to answer.

Bus site pick-ups:

12:45 PM from the Lyngblomsten campus, Community Room (lower level)

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

Return time: Approximately 4:30 PM

Fee: \$18 for tour (please pay tour fee at time of registration). \$7 for transportation (please pay transportation fee on the day of the event).

Registration required by October 23.
Program #1115so

Out & About:

Westminster Presbyterian Gallery

Wednesday, December 12

1–2:15 PM at Westminster Presbyterian Church (1200 Marquette Ave, Minneapolis)

Take a guided tour through the Martha Spencer Rogers Creche Collection, which includes nearly 200 creches from around the world and a growing collection of Noah's Arks. What a great way to get in the Christmas spirit!

Bus site pick-ups:

Noon from the Lyngblomsten campus, Community Room (lower level)

12:15 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 December 10.
Program #1212so

Out to Lunch: Holman's Table

Friday, October 26

11 AM–2 PM at Holman's Table (644 Bayfield Street, St. Paul)

Locally sourced and worldly inspired, Holman's Table is a dining experience that celebrates the spirit of travel, encouraging guests to relax and embark from the everyday. Diners can expect fresh, modern, sophisticated dishes complimented by a beautifully classic bar and wine list.

Bus site pick-ups:

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

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation (please pay day of the event). Lunch expense is on your own.

Registration required by October 24.
Program #1026so

Out to Lunch:

Seward Co-op Creamery Café

Friday, November 30

11 AM at Seward Co-op Creamery Café (2601 E Franklin Ave, Minneapolis)

Let's cross the river for lunch. All day brunch, soup, salads, sandwiches, and even Sonny's ice cream for dessert! The menu is seasonal, local, and fresh. No tips; no math. The creamery pays a living wage to all employees.

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 expense is on your own.

Registration required by November 28.
Program #1130so

Out to Lunch: Lowell Inn

Friday, December 21

11 AM–2 PM at Lowell Inn (102 2nd Street N, Stillwater)

We have the George Washington room booked for lunch. The room will be decorated for the holidays and the food will be tasty. The best part? Enjoying a good meal with friends!

Bus pick up times:

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

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation (please pay day of the event). Lunch expense is on your own.

Registration required by December 12.
Program #1221so

**Redeemer Primetime:
Nordic Holiday Rooms Jul Tour at
the American Swedish Institute**

Thursday, November 15

9 AM bus loading; 9:15 bus leaves from
Redeemer Lutheran Church

Experience one of Minneapolis' most talked about holiday destinations—the American Swedish Institute's Nordic Christmas Rooms. It's a celebratory exploration of Nordic holiday traditions and customs practiced in homes across Sweden, Denmark, Iceland, and Finland all

(cont'd in next column)

under one elaborately decorated roof—the Turnblad Mansion. After the tour, a typical Swedish lunch will be served in Paulson Hall. Time will be allotted for visiting the holiday gift shop and additional mansion touring.

Fee: \$35; includes transportation, museum admission, and lunch.

Registration required between October 18–November 4.

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 on the Lyngblomsten campus, Apartments 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 #105hws

**Ancient Oils, Modern Healing:
Essential Oils Across the Millennia**

White Bear Lake: Thursday, November 1
1–2 PM at Redeemer Lutheran Church

Registration required by October 29.

Program #111hws

Como Park: Thursday, November 8
1–2 PM on the Lyngblomsten campus,
Community Room (lower level)

Registration required by November 5.

Program #118hws

Learn about the historic use of oils in the Bible and explore their scientific and prophetic implications. Visits with a Faith Community Nurse available afterward (see p. 18 for details). *Teacher: Paula Sevenich, Certified Wellness coach*

Fee: \$10; includes roller bottle of an oil.

Exploring Psalm 139

Thursdays, October 11 & 25, and
November 8

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

Reflect on Psalm 139 and what it tells us about our day-to-day living. We will discuss our responses to it and represent them through artistic creations made during our time together, including painting, collage, quilting, or other fiber art. Visits with a Faith Community Nurse available afterward (see p. 18 for details). *Spiritual Leader: Kate Brady. Artistic Leader: TBD.*

FREE

Registration required by October 8.

Program #1011hws

Fitness Class Sampler

Tuesdays, October 16 & 30, and
November 13

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

It's easier than ever to live a healthy, active lifestyle at any age. The SilverSneakers FLEX® program brings fitness, fun, and friends right to your neighborhood! Come and sample three classes this fall.

Teacher: Jeanne LaBore

FREE No registration required.

Healthy Aging Forum

Thursday, October 18

10 AM–2:30 PM at Fairview Community Center (1910 County Road B West, Roseville)

Join us for a variety of mini-sessions offered during each segment in which participants can choose which topic they'd like to learn more about.

Possible topics include: brain health, heart health, sitting exercise, diabetes, and scam and fraud prevention.

Sponsored by Roseville Area Senior Program, AARP in the Twin Cities, Ramsey County Commissioner Mary Jo McGuire, Saint Paul–Ramsey County Public Health, Roseville Fire Department, 2nd Half with Lyngblomsten, and the Metropolitan Area Agency on Aging.

FREE

Learn more: (651) 632-5330.

HealthRHYTHMS Drumming

White Bear Lake: 2nd Monday each month (Upcoming: October 8, November 12, & December 10)

10–11 AM at Redeemer Lutheran Church, Fellowship Hall
Program #108hws

Como Park: 3rd Monday each month (Upcoming: October 15, November 19, & December 17)

9:30–10:30 AM on the Lyngblomsten campus, The Heritage Dining Room
Program #1015hws

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.

The Healthy Brain:

Maintaining Mental Fitness

Option #1: Wednesday, November 14
6:30–8 PM at Gladstone Community Center (1945 Manton Street, Maplewood)
Program #1114hws

Option #2: Friday, November 16
10–11:30 AM at Mahtomedi Community Education Center (1520 Mahtomedi Ave, Mahtomedi), Room 106
Program #1116hws

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

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

FREE

Registration preferred; walk-ins welcome.

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)

- **October 10: Emergency Preparedness.**
Presenter: Dan Smiley, Little Canada Fire Chief
Registration required by October 9.
Program #1010hws
- **November 14: Holiday Party.**
Entertainment by Ole & Lena.
Registration required by November 13.
Program #1114hws2

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

Visit with a Faith Community Nurse

Available after the following programs:

- **What's New for Medicare (next column)**
Thursday, October 4: 9:30–11 AM at Redeemer Lutheran Church
Thursday, October 4: 1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)
- **Ancient Oils, Modern Healing (p. 16)**
Thursday, November 1: 1–2 PM at Redeemer Lutheran Church
Thursday, November 8: 1–2 PM on the Lyngblomsten campus, Community Room (lower level)
- **Exploring Psalm 139 (p. 16)**
October 11 & 25, and November 8: 10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Visit one-on-one with Lyngblomsten Faith Community Nurse Becky Hulden, which may include discussion of a health concern, education and advice, blood pressure and pulse assessments, help navigating the healthcare system, referrals to community resources, and spiritual support. Visits are also available by appointment: (651) 632-5335 or bhulden@lyngblomsten.org.

FREE No registration required.

Vulnerabilities of Aging: Hunger and Risks for Homelessness

Wednesday, October 3
 6–7:30 PM at Redeemer Lutheran Church

Learn about the risks of hunger and homelessness facing many seniors and their families. *Presenter: White Bear Area Emergency Food Shelf*

FREE No registration required.

What's New for Medicare

White Bear Lake: Thursday, October 4
 9:30–11 AM at Redeemer Lutheran Church, Classroom 126–128
 Program #104hws

Como Park: Thursday, October 4
 1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)
 Program #104hws2

It's important to review your Medicare prescription drug plan each year during the Open Enrollment period (October 15–December 7). Our presentation will explain how Part D works, including the impact of the Affordable Care Act on the donut hole, the new 5-star plans, and Extra Help, a program for people with lower incomes that may reduce prescription drug costs. Copies of the Health Care Choices booklet will be provided. Visits with a Faith Community Nurse will be available after the program (see left column for details).

FREE

Registration required by October 1.

Yogadevotion

Tuesdays, October 30–December 18
 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: \$64; please pay on first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Yogadevotion" on memo line).

Registration required by October 29.

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

Yogadevotion Soma Yoga

Thursdays, October 25–December 13
(not meeting on November 22)
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.

(cont'd in next column)

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 Schroeber*

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

Registration required by October 22.

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.

Caregiver Support Group

3rd Wednesday each month
(Upcoming: October 17, November 21,
& December 19)
1–2:30 PM on the Lyngblomsten
campus, The Heritage 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 healthcare issue or disease.

FREE No registration required.

Learn more: Contact Jeanne Schuller, MSW, at (651) 632-5320 or jschuller@lyngblomsten.org.

Caregiver Support Series Open House

White Bear Lake: Tuesday, October 2
3–4 PM at Redeemer Lutheran Church

Como Park: Thursday, October 4
6:30–7:30 PM on the Lyngblomsten
campus, Community Room (lower level)

Meet our knowledgeable instructors who will be leading the Caregiver Support Series this fall. They will be on hand to answer questions and guide you through the creative components of self-care in their classes. Learn about the research-based creative caregiving opportunities available to help you and your care partner flourish.

FREE No registration required.

November is
National Family
Caregivers Month!

Caregiver Support Series: Essential Oils for the Mind, Body, & Spirit

White Bear Lake: Tuesday, October 16
10:30 AM–Noon at Redeemer Lutheran Church, Classroom
Program #1016rs

Como Park: Tuesday, October 23
10:30 AM–Noon at Centennial United Methodist Church (1524 County Rd C2 W, Roseville)
Program #1023rs

Care for your mind, body, and spirit by using essential oils and aromatherapy to help with personal needs, including increasing energy, getting more restful sleep, calming down, or uplifting your spirit. You will learn how to safely use essential oils in your care routines to support the emotional and physical needs of your family members and yourself. You may make your choice of rollerball recipes based on your needs.

FREE

Registration preferred; walk-ins welcome.

Caregiver Support Series: HealthRHYTHMS Drumming

White Bear Lake: Monday, October 29
6–7:30 PM at Redeemer Lutheran Church, Fellowship Hall
Program #1029rs

Como Park: Thursday, November 1
2–3:30 PM on the Lyngblomsten campus, Community Room (lower level)
Program #111rs

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. No experience required. Instruments provided. Learn techniques to use for your own self-care as well as with your care partner.

FREE

Registration preferred; walk-ins welcome.

Caregiver Support Series: Healing Circle

Tuesday, November 6
10:30 AM–Noon at Centennial United Methodist Church (1524 County Rd C2 W, Roseville)

Relax and refresh as you are guided through breathing exercises and reflections to help restore your energy and reconnect to your support system and spiritual source.
Facilitator: Emily Jarrett-Hughes

FREE

Registration preferred; walk-ins welcome.
Program #116rs

Caregiver Support Series: Caring Wellspring

Wednesday, November 14
1–2:30 PM at Redeemer Lutheran Church, Fellowship Hall

Cultivate your inner wellspring for caring through this creative, playful class. Learn simple exercises and gentle movements to sustain and inspire your generous heart.
Facilitator: Emily Jarrett-Hughes

FREE

Registration preferred; walk-ins welcome.
Program #1114rs

Coffee and Conversation for Caregivers

1st Thursday of each month
(Upcoming: October 4, November 1, & December 6)
10–11:30 AM at Redeemer Lutheran Church

Through prayer, sharing experiences, and learning from one another, this group will benefit from ongoing mutual support.
Leader: Pastor Candee Moser

FREE No registration required.

Learn more: Contact Pastor Candee Moser at (651) 429-5411, ext. 12.

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 25 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.

Dementia Caregiver Re-Entry Group

3rd Tuesday each month

(Upcoming: October 16, November 20, & December 18)

1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Ave W, Roseville), Heritage Room

Move past grief and loss to reclaim the “new you” after caregiving and create a meaningful life beyond your former role. Share with others who have had a similar journey.

Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.

FREE No registration required.

Learn more: Call (612) 791-5316.

Dementia Caring and Coping: After the Diagnosis

Thursday, October 11

1–3 PM at Ramsey County Library—Roseville (2180 N Hamline Ave, Roseville)

Dr. Joe Gaugler will address practical things caregivers and care recipients can do after receiving a diagnosis of dementia or cognitive impairment.

Sponsored by Roseville Alzheimer's and Dementia Community Action Team (includes 2nd Half with Lyngblomsten).

FREE No registration required.

Learn more: Call Carolyn Klaver, RN, Community Dementia Care Specialist, at (952) 261-5235.

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

(cont'd on p. 22)

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.

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.

Powerful Tools for Caregivers

Wednesdays, October 3–November 7
1–3 PM on the Lyngblomsten campus,
The Heritage 1st Floor Lounge

This class provides caregivers with the tools they need to take care of themselves and strategies to better handle the caregiver challenges they face by helping: reduce stress, improve self-confidence, communicate feelings, make tough decisions, and locate helpful resources.
Presenter: Wilder Caregiver Services

Co-sponsored by Wilder Caregiver Services and Lyngblomsten. Funded under contract with the Metropolitan Area Agencies on Aging, Inc., as part of the Older Americans Act Program.

Fee: Sliding scale to be determined at the time of registration.

Registration required by September 26.
Special registration: Call Wilder Caregiver Services at (651) 280-CARE (2273).

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
(cont'd in next column)

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.

Resources for Churches

CLASS Caregiver Resources

Friday, December 14
10 AM–Noon at Redeemer Lutheran
Church, Atrium

Do you know a caregiver or care partner looking for resources and support? Come explore how caregiver coaching, day respite, and caregiver support groups may be right for you. *Presenter: 2nd Half with Lyngblomsten*

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

FREE

Registration preferred; walk-ins welcome.
Special registration: Call (651) 407-2024.

Dementia-Friendly Faith Community Coffee Chat Network

Friday, November 9
10–11:30 AM on the Lyngblomsten
campus, Community Room (lower level)

Meet with other faith communities to learn what steps they have taken to become a more dementia-friendly faith community.

FREE No registration required.

Learn more: Call Carolyn Klaver, RN, Community Dementia Care Specialist at (952) 261-5235.

Older Adult Ministry Forum: Becoming a Dementia-Friendly Faith Community

Friday, October 12

10 AM–Noon at Redeemer Lutheran Church

With the challenges posed by dementia, faith communities want to be welcoming places where people who are living with dementia, and their caregivers, can continue to nurture and grow their faith. Learn ways to meaningfully engage those with dementia and their caregivers, so that they continue to feel loved, valued, and welcomed. *Presenters: Lisa Brown, MSW, LISW, Caregiver Social Worker; and Becky Hulden, RN, BSN, Faith Community Nurse; 2nd Half with Lyngblomsten*

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. If you are signing up as a group, please do so at one time.

Registration required by October 10.

Program #1012rs

Older Adult Ministry Forum: Supporting Older Adults in the Midst of Multiple Losses

Tuesday, November 6

9:30 AM registration; 10 AM–Noon program on the Lyngblomsten campus, Newman-Benson Chapel

Loss accumulation and loss overload are all too common for many older adults: death of friends or family members; health adjustments; and postponement of long-held dreams because of budget, safety, or ability levels. It's crucial that volunteer and professional helpers be alert to such losses and assist individuals and families in facing these challenges. *Presenter: Ted Bowman*

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. If you are signing up as a group, please do so at one time.

Registration preferred; walk-ins admitted if space allows.

Program #116rs2

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.

Transportation Essentials for Congregational Volunteer Drivers

Thursday, October 11

6–8 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.

Registration required by October 8.
Program #1011rs

Support Groups

Caregiver Support Groups

See pages 19 & 21.

Grief Support Group

2nd Thursday each month
(Upcoming: October 11 & November 8;
not meeting in December)
1–2:30 PM on the Lyngblomsten campus,
Newman-Benson Chapel

For those experiencing the loss of a loved one to join with others learning to cope with grief, offer mutual support, and share information with time for reflection and prayer. *Leader: Kelley Bergeson, Lyngblomsten Director of Spiritual Care*

FREE No registration required.

Lewy Body Dementia Support Group

1st Wednesday each month
(Upcoming: October 3, November 7,
& December 5)
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*

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: October 4, November 1,
& December 6)
1–3 PM on the Lyngblomsten campus,
The Heritage 2nd Floor Lounge

For those living with Parkinson's disease or other movement disorders and their caregivers 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.

Vision Loss Support Group

2nd Wednesday each month
(Upcoming: October 10, November 14,
& December 12)
1–2 PM on the Lyngblomsten campus,
The Heritage 1st Floor Lounge

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.

Other

Aphasia Conversation Group

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

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.

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.

Wings of Nutrition Bread Program—Free Bread

Tuesdays
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.

Service Activities

Volunteer at Open Hands Midway

Monday, December 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 December 3.

Program #1217sop1 (morning shift),
or #1217sop2 (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.

A Timeless Love Film Screening

Friday, October 5

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

A Timeless Love is the story of Harvey and his wife Mary, who has early-onset Alzheimer's disease. The film shows the effects of the disease on Mary, her entire family, and the community. Followed by a Q&A session with executive producer Helen Grace Caldwell.

Sponsored by Lyngblomsten Volunteer Services.

FREE

Learn more: (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

Help a family as a
**Lyngblomsten
In-Home Respite
Companion**



*Volunteer to give a short break to a family caregiver
of someone living with memory loss.*

2nd Half with Lyngblomsten is seeking volunteers to provide in-home respite to caregivers living in Ramsey County. As a Respite Companion, you'll spend two to three hours visiting with an older adult with memory loss in his or her home.

To register or for more information, contact Lyngblomsten Volunteer Services at (651) 632-5406 or volunteer@lyngblomsten.org.
www.lyngblomsten.org/individualvolunteer/#RestCompanion

This program is supported by a Live Well at Home grant from the Minnesota Department of Human Services and the Lyngblomsten Foundation.