

Author Your Life

Month by Month

Inspire
2019 Calendar

Compliments of



Our Guiding Principles

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

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

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

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

Our Mission

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

Our Pillars

Influenced by Christ

Innovation & Leadership

Resources & Support

Person-Centered &
Dignity-Enhancing Experiences

Engaged Lifestyle

Our Promise

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

Healthcare, Housing & Services for
Older Adults since 1906

1415 Almond Avenue | Saint Paul, MN 55108

www.lyngblomsten.org



ABOUT THIS CALENDAR

At Lyngblomsten, we encourage everyone to pursue their passions, achieve their goals, and dream big no matter where they are on life's journey. This philosophy for living well is something we've encouraged since we opened our doors more than a century ago. We've now named it **Author Your Life**, and it seeks to inspire people to live their best life and help others do the same.

Author Your Life is about aging vibrantly, living fully, having purpose, and being as well as possible in mind, body, and spirit—at every age. It's a philosophy meant for anyone connected with Lyngblomsten, including our residents, tenants, participants, family members, volunteers, donors, employees, and community partners.

We hope the quotes and questions in this calendar inspire you to achieve goals, learn new skills, discover new interests and talents, and pursue lifelong passions. Each quote reflects a word or phrase we've tied to Author Your Life, including ones like **purpose**, **meaning**, and **quality of life**. As you flip calendar pages and reflect on these words and phrases, we invite you to ask yourself:

- ≡ How are you authoring your life?
- ≡ How are you helping others to author theirs?
- ≡ How could a Lyngblomsten opportunity or connection help you author your life?

Each month has its own discussion question, which we hope will help you brainstorm creative, simple ways to Author Your Life no matter your circumstances.

With Lyngblomsten, we can all join together through Author Your Life to encourage each other to live the best life possible at any age—every day of the year!

engaged
best life possible
quality of life
purpose
discover
dream
grow
meaning
engaged
Lyngblomsten
Author Your Life
quality of life
dream
purpose
opportunities
meaning
discover
abundance

People
overestimate
what they can do in a year
but completely
underestimate
what they can do in a
lifetime.

—Unknown

What is one thing you want to accomplish yet in your lifetime? What step can you take this year?

JANUARY

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

Doing what you
love
is the cornerstone
of having
abundance
in your life.

—Wayne Dyer

What is it you love to do? How can you do more of it?

FEBRUARY

American Heart Month / Low Vision Awareness Month / National Senior Independence Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Groundhog Day
3	4 1854, Birthday of Anna Fergstad, Lyngblomsten's 1st President	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17 Lyngblomsten Incorporated in 1906	18 Presidents Day	19	20	21	22	23
24 Supporters Appreciation Event	25	26	27	28		

Every great dream begins with a

dreamer.

Always remember, you have within you

the strength,

the patience,

and the passion

to reach for the stars

to change the world.

—Unknown

*What is a dream you have that, if pursued,
could impact the world around you?*

MARCH

Spiritual Wellness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 Ash Wednesday	7	8	9
10 Daylight Saving Time begins	11	12	13	14	15	16
17 St. Patrick's Day	18	19	20 Spring begins	21	22	23
24	25	26	27	28	29	30
31						


Encouragement
is like
water to the soul;
it makes everything
grow.

—Chris Burkmenn

*How are you encouraging others to author their life—
to live their best life possible?*

APRIL

National Volunteer Appreciation Month / National Parkinson's Disease Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fools' Day	2	3	4	5	6
7	8	9	10	11	12	13
————— Lyngblomsten Volunteer Appreciation Week —————						
14 Palm Sunday	15	16	17	18	19 Good Friday	20
21 Easter	22 Earth Day	23	24	25	26  Lyngblomsten Foundation Spring Gala	27
28	29	30				

The only reason

I can't jump in and

engage in life

is that

I've told myself I can't.

Yet I can't help wondering

what would happen

if I told myself

I could?

—Craig D. Lounsborough



LYNGBLOMSTEN

What would you do if you told yourself you could?

MAY

Older Americans Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 May Day	2 National Day of Prayer	3	4
5	6	7 Lyngblomsten Annual Meeting	8	9	10	11
12	13	14	15	16	17	18
Mother's Day		Homes for the Aging Week				Syttende Mai
19	20	21 1979, Lyngblomsten Apartments is dedicated	22	23	24	25
26	27 Memorial Day	28	29	30	31	

All our
dreams
can come true
if we have the
courage
to pursue them.

—Walt Disney

*What dream of yours is being held back by fear?
How can you address the fear?*

JUNE

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


You will
enrich your life
immeasurably
if you approach it with
a sense of
wonder and discovery,
and always
challenge yourself
to try new things.

—Nate Berkus

If there were no limits, what new thing would you want to try?

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14 1994, Dedication of The Heritage at Lyngblomsten	15	16	17	18	19 Lyngblomsten Mid-Summer Festival	20
21	22	23	24	25	26	27
28	29	30	31			



You are
never too old
to set another
goal
or **dream a new**
dream.

—C.S. Lewis

The year is halfway complete. What goal do you want to achieve before the year's end?

AUGUST

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

Develop a passion for
learning.

If you do,

you will never
cease to grow.

—Anthony J. D'Angelo

What's one subject you've always wanted to learn about? How could you start learning about it now?

SEPTEMBER

Healthy Aging Month

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

Opportunities are like
sunrises.

If you wait too long,
you miss them.

—William Arthur Ward

What opportunity is presenting itself now?

OCTOBER

Clergy Appreciation Month / Mental Health Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 International Day of Older Persons	2	3 Lyngblomsten Literary Society first convenes in 1903	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15 1979, Community Services begins with opening of Senior Center	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

Life is
not always
easy to live,
but the opportunity
to do so is a
blessing
beyond
comprehension.

—L. Lionel Kendrick

What blessings have come to you during
challenging times?

NOVEMBER

National Family Caregivers Month

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

The purpose of life
is to
discover your gift.

The work of life
is to develop it.

The meaning of life
is to *give* your gift away.

—David Viscott

What is your special gift? How could you share it with others?

DECEMBER

Honor someone special with a gift to Lights for Lyngblomsten. www.lyngblomsten.org/donate

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Advent begins	2	3	4	5	6 St. Nicholas Day	7 Pearl Harbor Remembrance
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter begins
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Year's Eve				



Healthcare, Housing & Services for Older Adults since 1906
1415 Almond Avenue | Saint Paul, MN 55108
(651) 646-2941 | www.lyngblomsten.org

