

# Winter 2019 Catalog

January, February, & March

1979

CELEBRATING  
*40 years*  
of Lyngblomsten Community Services

2019

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

**Engage.  
Discover.  
Thrive.**

A Center for Enriching Lives after 50

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

## About 2nd Half with Lyngblomsten



### Engage | Discover | Thrive

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 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 with Lyngblomsten enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

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

## All Are Welcome!

## About Lyngblomsten



Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- **Community Services:** Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- **Senior Housing:** Lyngblomsten offers market-rate and low-income apartments with assisted living services available.
- **Healthcare:** Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer's disease and other dementias, Parkinson's disease, and palliative care.

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

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

## Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. In all 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](http://www.lyngblomsten.org/get-involved).

## Locations

2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. **Everyone from the community is welcome at both sites.**



### 2nd Half with Lyngblomsten— Como Park

Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108  
(651) 414-5293 | [www.lyngblomsten.org](http://www.lyngblomsten.org)



REDEEMER  
LUTHERAN  
CHURCH

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

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

## Directory

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

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

### Mary Deaner, Site Coordinator— Como Park

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

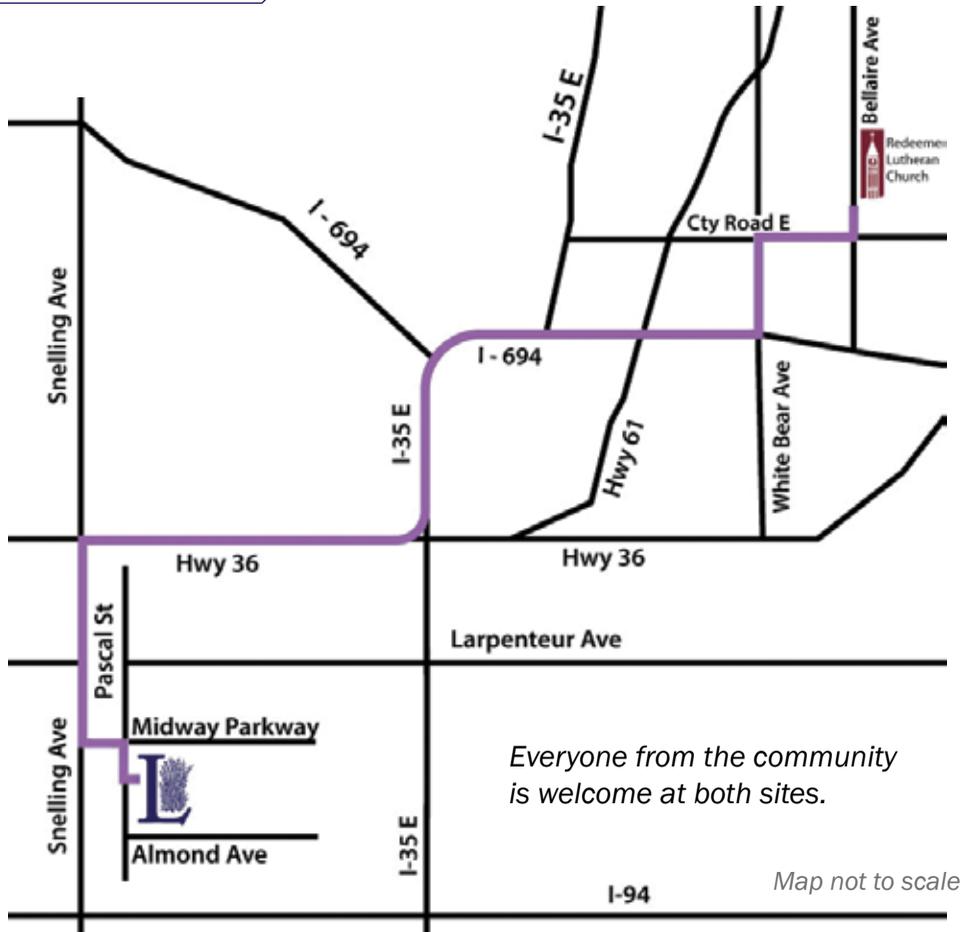
### Registration

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

## Connect with Us!

- [facebook.com/Lyngblomsten](https://facebook.com/Lyngblomsten)
- [@Lyngblomsten\\_US](https://twitter.com/Lyngblomsten_US)
- [Lyngblomsten](https://www.linkedin.com/company/lyngblomsten)

## Map & Directions



*Everyone from the community is welcome at both sites.*

## You Bring the Enrichment!

2nd Half with Lyngblomsten is entering its third year of being “A Center for Enriching Lives after 50.” It’s our third year of inviting you to engage, discover, and thrive.

Staff plan opportunities, develop the catalog and distribute it at community sites, and make the catalog available through our online registration website (check it out at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)).

And then, after all that hard work, comes the best part. You arrive.

You arrive and discover something new about yourself, your neighbors, or the world around you! We see you engaged and thriving, enjoying life to the fullest!

None of what 2nd Half with Lyngblomsten has to offer is worth anything without you! **You bring the enrichment!** Think about it.

- You create the art in an Exploring Art class.
- You dance the night away at a Fourth Friday Live Music and Dance.
- You deal the cards and keep the conversation lively during a game of 500.
- You study the scriptures at Bibles and Bagels.
- You volunteer at a session of The Gathering or at Open Hands Midway.
- And you do much more!

So if enrichment happens, it’s because **you bring it with you** when you walk in the door.

And you not only are participating in classes, trips, and other events but also are bringing your voice to our planning and visioning. Some of you have served on one of our advisory groups, participated in our focus groups, and given us feedback about scheduling and your needs. From all of us on staff, thank you for sharing your perspectives!

This couldn’t be “A Center for Enriching Lives after 50” without all the ways that **you bring the enrichment!** We are grateful to be your partners!



Becky Hulden, RN  
Faith Community Nurse

## Have you heard? We’re online!

If you haven’t done so already, check out our online registration system for 2nd Half with Lyngblomsten ([www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)). The website contains every opportunity that you’ll find in the print version of our catalog.

Registering online has many benefits:

- Register whenever you want.
- 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).*
- And much more!

We will continue to accept registrations by mail, phone, or drop off (see page 26 for details).



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## Navigating Aging

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

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

The 2nd Half with Lyngblomsten catalog is published quarterly.

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

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

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### Location Key:

CP = Como Park

WBL = White Bear Lake

## Aging with Gusto: Igniting More Positive Views of Aging

Thursdays, February 14, 21, & 28  
3:30–5:30 PM at St. Andrew’s Lutheran Church–Sanctuary Building (Room 204)  
(900 Stillwater Road, Mahtomedi)

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

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

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

**FREE**

**Registration required** by February 11.

**Special registration:** Visit <https://tinyurl.com/ycbx9y4m> or call Caroline Schultz at: (612) 964-4016.

## Armchair Traveler: Florida Keys

Thursday, January 24  
1–2:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

We will take a visual tour of the Florida Keys from the southernmost point to the Truman Complex, starting in Key Largo to Key West. *Presenter: Gil Dignen, photographer and retired Northwest Airlines pilot.*

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

**Registration preferred;** walk-ins welcome.  
Program #124ea

## Armchair Traveler: Pearl Harbor Memorial, Hawaii

Tuesday, February 5  
1–2:30 PM at Redeemer Lutheran Church,  
Library

Hill-Murray School Band & Orchestra performed at the 2018 Pearl Harbor Memorial Parade and several island tributes commemorating the anniversary of WWII. Learn about these events through the lens of a Minnesota 12-year-old honoring those impacted with the sounds of her viola. The trip included touring the Pearl Harbor Museum and USS Arizona and Missouri memorials as well as Diamond Head, Dole Plantation, and several beaches. *Presenters: Lynn Amon, 2nd Half with Lyngblomsten Site Coordinator in White Bear Lake, and her daughter, Lilah Amon.*

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

**Registration preferred;** walk-ins welcome.  
Program #25ea

## 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](mailto:jwampler@lyngblomsten.org).

## Armchair Traveler: Palm Springs, California

Thursday, February 28

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

You'll want to book your trip to Palm Springs after you see all the fun this oasis in the desert offers! A spectacular view of the valley from the mountain tram, a lively Thursday night street fair, a luscious palm garden, hiking along the San Andreas fault, a military air museum, and a variety of gorgeous golf courses await! *Presenter: Betsy Hoffman, 2nd Half with Lyngblomsten Community Services Team Coordinator.*

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

**Registration preferred;** walk-ins welcome. Program #228ea

## Armchair Traveler: Zambia, Africa—A New Country

Thursday, March 28

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

This presentation will include the history and politics of Zambia, located in Southern Africa and founded in 1964. Pictures will feature the capital city of Lusaka, transportation, people, the economy, and housing, as well as video of Victoria Falls, one of the wonders of the world, and African animals on safari. *Presenter: Lyle Schwarzkopf, lifelong traveler.*

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

**Registration preferred;** walk-ins welcome. Program #328ea

## Art History

Last Monday each month

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

Join local artist Angie Renee who will lead a group discussion about famous artists in history and the artist's impact on the world.

- **January 28: Norman Rockwell**

Come learn about Norman Rockwell, an American author, painter, and illustrator. His works have a broad popular appeal in the United States for their reflection of American culture.

Program #128ea

- **February 25: Lois Mailou Jones**

Learn about the African American artist who started in textile design before moving into fine arts.

Program #225ea

- **March 25: Edgar Degas**

Let's explore featured artist Edgar Degas, a French painter and sculptor who was one of the founders of Impressionism.

Program #325ea

**Fee:** \$12/class; scholarships available.

### Books-Cheese-Wine with Author Marcie Rendon

#### *Murder on the Red River*

Thursday, January 17

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

This debut novel by Marcie Rendon has 19-year-old Cash and Sheriff Wheaton working together to discover who killed the Native American man found lying dead in a Red River Valley field. This book has been described as a murder mystery, a coming of age story, and an insightful look into the policies that impacted Native lives in the '50s and '60s. Rendon is an accomplished playwright, poet, and author of books for children.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.  
Program #117ea

### Books-Cheese-Wine with Author Jon Lurie

#### *Canoeing with Jose*

Thursday, February 14

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

Lurie's memoir recounts a 2,000-mile canoe trip from Breckenridge, MN, to the Hudson Bay with a former student, Jose Perez. This book is both an adventure narrative and a meditation on race, heritage, and class. Lurie, an educator and journalist, has worked in the Minneapolis Native American community and written numerous publications.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.  
Program #214ea2

### Books-Cheese-Wine with Author Laura H. Gilbert

#### *The Stories We Leave Behind*

Thursday, March 14

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

*The Stories We Leave Behind* is a creative, self-empowering approach to preserving your favorite stories—the essence of you—among a lifetime's worth of things. In this interactive presentation, Gilbert will share ideas to select and preserve cherished items that tell a story, clear away distractors, and reclaim space, time, and energy for new stories today. The book was written when Gilbert, a long-distance caregiver of “saver” parents, decided she wanted a less stressful experience in her own encore years and, in the end, for her loved ones.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.  
Program #314ea



## Exploring Art

Tuesdays

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

Exploring Art is a series that focuses on an historical or current artist, his or her impact on society, artistic style, time period, artistic influences, and carryover for today's art. Create a visual art project each week based on the artist's style.

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

- **January 15–22:** George Morrison was an American landscape painter and sculptor who grew up along the shores of Lake Superior in Chippewa City, MN.

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

Scholarships available.

**Registration required** by January 11.

Program #115ea

- **February 5–26:** Andy Warhol was an American artist, director and producer, and leading figure in the visual art movement known as pop art.

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

Scholarships available.

**Registration required** by February 1.

Program #25ea2

- **March 5–26:** Georgia O'Keeffe was an American artist best known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes.

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

Scholarships available.

**Registration required** by March 1.

Program #35ea

## Fourth Friday Live Music and Dance

Friday, January 25

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

Join us for free live music and dance featuring the MacPhail Jazz Band and dance enthusiast Christopher Yaeger. Light refreshments served.

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

**FREE**

Program #125ea



# Grab a bite!

*Before or after your class at  
Lyngblomsten, grab a bite to eat at  
Anna's café and gifts.*

*Located near the chapel on the main floor.*

**Anna's is open**

Monday–Friday from 9 AM–4 PM

Saturday–Sunday from Noon–4 PM

**Hot entrée combos and salad bar  
available Monday–Thursday.**

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

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

**Giving Voice Chorus—St. Paul**

Mondays, beginning February 4–May 20  
10 AM–Noon on the Lyngblomsten  
campus, Newman-Benson Chapel

This unique and joy-filled choral experience is for people living with Alzheimer's and their care partners. Sing old and new songs, learn vocal technique and ensemble skills, and share musical memories together. No vocal experience is required, just a love of singing. Each registration requires a partner. For more information about the Giving Voice Chorus visit: [www.givingvoicechorus.org](http://www.givingvoicechorus.org)

**Fee:** \$75

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

**Lyngblomsten Community Sage Singers****A MacPhail Sing for Life Partnership**

Wednesdays beginning January 9  
9–10 AM at The Heritage at Lyngblomsten  
(1440 Midway Parkway, St. Paul), Dining  
Room

Come make a joyful noise with the Lyngblomsten Community Sage Singers! Join MacPhail teaching artist Paula Lammers for weekly Sing for Life choir rehearsals. 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.

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

Registration required for new members.  
Program #19ea

**Minnesota Opera presents the Story and Music of *La Traviata***

Tuesdays, March 19–April 23  
1:30–2:30 PM at the Lyngblomsten  
Apartments (1455 Almond Avenue, St.  
Paul), Dining Room

The Minnesota Opera presents the Story and Music of *La Traviata*. Verdi's depiction of tragic love has made *La Traviata* an undeniable favorite for generations. Violetta, a glamorous courtesan, gives up everything for her devoted lover Alfredo—an idyllic affair shattered by the stern demands of Alfredo's father. No singing required. There will be an opportunity to attend a performance of *La Traviata* at the Ordway Center on May 2 (details will be given in class).

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

**Fee:** \$12/series; FREE to Lyngblomsten residents and tenants.  
Program #319ea



**OboeBass! presents Pages of Music**

1st Friday each month

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

Join us for performances by Carrie Vecchione and Rolf Erdahl of OboeBass!

- **January 4:** The Remarkable Music Machine, introducing the orchestra
- **February 1:** The Spirit Sings, celebrating Black History Month
- **March 1:** Bach's Journey to Glory, highlighting composer Johann Sebastian Bach

**FREE** No registration required.**Paint & Wine: Northwoods Watercolor Wash**

Tuesday, March 26

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

Instructor/artist Jan Gunderson will give you step-by-step painting instructions to create your own one-of-a kind canvas masterpiece. Paint, brushes, fun, and fellowship, and two glasses of wine are all included!

**Fee:** \$20; scholarships available.

Program #326ea

**Redeemer Primetime: Charles Lindbergh: Triumph, Tragedy, and Controversy**

Thursday, February 21

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

Learn about the life of aviator Charles Lindbergh from local presenter David Jones.

**Fee:** Freewill offering**Registration required** between January 20–February 17.**Special registration:** Sign up at the Redeemer Welcome Center, or call the church office at (651) 429-5411.**Second Sunday Concerts with MacPhail**

2nd Sunday each month (Upcoming: January 13, February 10, & March 10)  
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 musicians. Light refreshments served following the concert.

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.

### 500 Card Group

Tuesdays (not meeting January 1)  
1–4 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 #18so

### 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.

- **January 4:** KFC lunch. We'll order chicken, mashed potatoes and gravy, coleslaw, and biscuits from Kentucky Fried Chicken and top it off with dessert. Finger lickin' good!  
**Registration required** by January 2.  
Program #14so
- **February 1:** Pizza. We'll serve pizza, salad, and dessert at noon.  
**Registration required** by January 30.  
Program #21so
- **March 1:** House of Wong. We'll serve egg rolls, sweet and sour pork, chicken sub gum chow mein, chicken fried rice, Oriental salad, and dessert.  
**Registration required** by February 27.  
Program #31so

**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: January 18, February 15, & March 15)  
1–4:30 PM on the Lyngblomsten campus,  
Community Room (lower level)

**FREE**

**Learn more:** Contact Marlys Carlson at marlysmcarlson@gmail.com.  
Program #118so

### Coach Bus Trip: Sidekick Theatre at the Ives

Wednesday, March 27

The Ives Auditorium is located inside the Minnesota Masonic Heritage Center in Bloomington. After a wonderful luncheon buffet in this lovely setting, we will be entertained by *Red Herring*, a comedy by Michael Hollinger. A murder mystery, three love stories, and a nuclear espionage plot converge in this comedy about marriage and other explosive devices. It's a sharp-eyed look at love and tying (and untying, and retying) the knot.

**Bus site pickups:**

10:15 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)  
10:30 AM from the Lyngblomsten campus, Community Room (lower level)

**Fee:** \$80.50 includes coach bus transportation, lunch, tip, and the show.  
**Registration and payment required** by March 6.

Program #327so



## Laugh 'N Chat

Tuesdays (not meeting January 1)  
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: Church Basement Ladies in *You Smell Barn*

Thursday, February 7  
Noon–4:30 PM at The Ames Center  
(12600 Nicollet Avenue, Burnsville)

Your beloved Church Basement Ladies are back and getting busy with life outside the kitchen at the Ames Center in Burnsville. *You Smell Barn* celebrates rural life in the 1950s with plenty of crazy antics, loads of fresh laughs, and new original songs! This musical is inspired by the book of Janet Letnes Martin, a Books-Cheese-Wine presenter here at 2nd Half with Lyngblomsten in July 2018. Only 13 tickets available, which are sure to go fast!

### Bus site pick-up:

Noon from the Lyngblomsten campus,  
Community Room (lower level)  
Return time: Approximately 4:30 PM

**Fee:** \$34.25 includes transportation and your ticket to the performance.

**Registration and payment required** by January 3.

Program #27so

## Out & About: St. Mary's Orthodox Cathedral

Friday, January 18  
10–11 AM at St. Mary's Orthodox  
Cathedral (1701 5th Street NE,  
Minneapolis)

St. Mary's Orthodox Cathedral has been in its present location since 1887. Come join us as Fr. Andrew Morbey gives us a tour, during which we will take in all the outstanding Russian icons and stained glass. The icons represent Christ, the Virgin Mary, saints, stories from scripture, and more. After the tour, we will have the chance to purchase homemade Perohi/Pierogi, which are eastern European dumplings. These frozen delights are \$5 for a pack of six.

### 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 12:30 PM

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

**Registration required** by January 16.  
Program #118so2

## Out to Lunch: The Good Earth

Friday, January 25  
11 AM at The Good Earth (1901 Highway  
36 W, Roseville)

Let's start the new year off right with soups, salads, sandwiches, smoothies, and all other kinds of treats that are locally sourced, sustainable, and grass-fed. Good for the earth, good for you.

### 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 event). Lunch expense is on your own.

**Registration required** by January 23.  
Program #125so

**Out to Lunch: Keg and Case Market**

Friday, February 22

11 AM at Keg and Case West 7th Market  
(928 West 7th Street, St. Paul)

We will start with a short presentation/ orientation about the market. From there we will get a chance to explore, picking up lunch along the way. We will sit together and enjoy our food in a private seating area just for us. Let's see what they've done to the old Schmidt brewery! We will meet by the East doors (main entrance) near Five Watt Coffee.

**Bus site pick-ups:**

10:15 AM from the Lynblommsten 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 February 20.  
Program #222so**Out to Lunch: Bungalow Inn**

Friday, March 22

11 AM at The Bungalow Inn  
(1151 Rivercrest Road N, Lakeland, MN)

How about a supper club for lunch? We will choose from a select menu that will be sure to please from this old-school restaurant. Its motto? "Stop, Relax & Enjoy Life."

**Bus site pick-ups:**

10 AM from the Lyngblommsten campus, Community Room (lower level)

10:15 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 March 20.  
Program #322so**Redeemer Primetime: Day Tour to the National Eagle Center in Wabasha, MN**

Thursday, March 21

8:30 AM–4:30 PM at the National Eagle Center

Join us at the best time of year for eagle watching. Travel down the Great River Road to Wabasha to the National Eagle Center, keeping an eye out for migrating and nesting eagles. Don't forget your binocs! We will have a short bathroom/ coffee stop at McDonald's in Red Wing and then have time to see the eagle center museum and check the river for perching eagles before we start our program at noon. Lunch (on your own) may be at any of the local restaurants or we may have a reservation at one particular restaurant. On the way home on the Wisconsin side of the river, we will make a quick stop at the Nelson Creamery where you may get a scoop of ice cream or some cheese to take home.

**Bus site pick-ups:**

8:30 AM Bus leaves from Redeemer Lutheran Church, 3770 Bellaire Avenue, White Bear Lake

**Fee:** \$35 for bus, museum program, and admission. Lunch and snacks on your own.**Registration required** between February 21 and March 17.**Special registration:** Sign up at the Redeemer Lutheran Welcome Center or call the church office at (651) 429-5411.

### Ageless Grace Exercise Class

Fridays beginning January 4  
1:30–2 PM at 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 #14hws

### Bibles and Bagels

Tuesdays beginning January 2  
8:15–9:30 AM at Redeemer Lutheran  
Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but treats are brought and coffee is always provided.

**FREE** No registration required.

### Celebrate Heart Healthy Month

Tuesday, February 5  
9:30–10:30 AM at Redeemer Lutheran  
Church  
Wednesday, February 6  
1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Get healthy for good with the American Heart Association's new revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. Learn easy and practical tips to keep your heart healthy. Stay and get your blood pressure checked.  
*Teacher: Becky Hulden, RN, Faith Community Nurse.*

**FREE** No registration required.

### Fit and Strong

Mondays & Wednesdays for 12 weeks,  
beginning Wednesday, January 9  
10–11:30 AM on the Lyngblomsten  
campus, Community Room (lower level)

Fit & Strong! is a physical activity self-management program for persons with mobility concerns and challenges. It meets two times per week for 12 weeks (24 total sessions). Each session lasts 90 minutes. The first 60 minutes are devoted to physical activity, including flexibility, low-impact aerobics, strength training, and balance exercises focusing on lower body function. The remaining 30 minutes address health education and problem solving using a structured 24-session curriculum. Participants meet individually with instructors to develop personalized action plans to maintain physical activity over time. *Instructors: Volunteers of America.*

**Fee:** \$15 for 24 sessions

**Registration required.**  
Program #19hws

### HealthRHYTHMS Drumming

2nd Monday each month  
(Upcoming: January 14, February 11, &  
March 11)  
10–11 AM at Redeemer Lutheran Church,  
Fellowship Hall

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. The session will be filled with fun and laughter. All drum and percussion instruments will be provided. Join us for one hour of drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience is required. Walk-ins welcome.  
*Teacher: Cheri Bunker.*

**Fee:** \$5/class

**Registration ongoing;** walk-ins welcome.  
Program #114hws

## 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)

- **January 9: Living on a Limited Budget.**  
**Registration required by January 8.**  
Program #19hws2
- **February 13: The Healthy Brain: Maintaining Mental Fitness**  
*Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, 2nd Half with Lyngblomsten*  
Learn strategies you can take to help ensure a healthier brain based on the four things you can do now for mental fitness.  
**Registration required by February 12.**  
Program #213hws
- **March 13: Sleep Deprivation/Obstruction**  
**Registration required by March 12.**  
Program #313hws

*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

### **Redeemer Primetime: Organ Transplant: Navigating a Transplant**

Thursday, January 17

9:30–11 AM at Redeemer Lutheran Church, Atrium

Do you have questions about organ transplants? Who can be a donor? How does it work? How long does a recipient usually have to wait? Is there an age cut-off? These are just a few questions that will be answered by Kevin Maijala as he tells us his personal experience of navigating a transplant.

*(cont'd in next column)*

Kevin received a new kidney in 2014. Come hear him tell how his family navigated a complex system, what support a person may need, and what he now faces with insurance, medication, and general health risks post-transplant.

*Coffee and donuts at 9:30 AM, with program starting at 10 AM at the Redeemer Welcome Center.*

**Fee:** Free-will offering covers program  
**Special registration:** Sign up between January 1–13 by calling the church office at (651) 429-5411.

### **The Healthy Brain**

Wednesday, March 20

5:30–7:30 PM at White Bear Lake High School, South Campus (3551 McKnight Road, White Bear Lake)

Learn strategies you can take to help ensure a healthier brain based on the 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!

The presenter is Carolyn Klaver, RN, who serves as Community Dementia Care Specialist for 2nd Half with Lyngblomsten. She has many years of experience working with individuals who have early- to mid-stage memory loss, their caregivers,, and trained volunteers who serve at The Gathering group respite. There will be time for questions.

**FREE** All are welcome.

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

**Special registration:** Call Michelle Hubbard at the White Bear Lake Senior Center at (651) 653-3121.

## Theology on Tap

Sunday, January 20

5–7 PM at Roma Restaurant (310 Stillwater Road, Willernie, MN)

The Redeemer Lutheran Church 2nd Half Ministry Team is hosting a Theology on Tap. We will discuss the topic, “Where is God?” Do we live in a three-storied universe, with heaven up above, hell down below, and all of us hanging out in the middle? Is God in the bread and wine at Eucharist? Is Jesus in my heart? Is God in that mountain, or in the flowers that come up in the spring? There are many ideas about where God is; let’s find out what you think!

Theology on Tap will be facilitated by Rev. Holly Johnson, the pastor at Spirit Garage in South Minneapolis.

**Fee:** Event is free. Cost of dinner and beverages is on your own.

**Registration required** by January 13.

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

Transportation will be on your own unless you need a ride. Call Myrna Carlson at (651) 429-0902.

## Visit with a Faith Community Nurse

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 available by referral or by appointment at either 2nd Half with Lyngblomsten life enrichment center (Como Park or White Bear Lake).

**FREE**

Schedule an appointment: Call (651) 632-5335 or email [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

## Yogadevotion

Tuesdays, January 8–February 26

4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins with a scripturally based devotion that speaks to a practice of faith during breath work. The class includes core strengthening, standing, balance, and floor poses. Class ends with a restorative yoga pose that allows time for reflection and thanksgiving for God’s presence. This multi-level class offers modifications for all poses. Please bring your own yoga mat.

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

**Registration required** by January 7.

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



## Caregiver Services

### Caregiver Resource & Referral Program

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

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

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

#### **FREE**

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

### Caregiver Support Group

3rd Wednesday each month  
(Upcoming: January 16, February 20, & March 20)  
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](mailto:jschuller@lyngblomsten.org).

### Coffee and Conversation for Caregivers

1st Thursday each month  
(Upcoming: January 3, February 7, & March 7)  
10–11:30 AM at Redeemer Lutheran Church, Library

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.

### Dementia Caregiver Re-Entry Group

3rd Tuesday each month  
(Upcoming: January 15, February 19, & March 19)  
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.

### Memory Loss Caregivers

## Group Respite (The Gathering)

Visit [lyngblomsten.org/TheGathering](http://lyngblomsten.org/TheGathering) for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is offered through Lyngblomsten Community Services and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment.

### A day at The Gathering:

- The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 24 to learn about volunteering with The Gathering).
- Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
- Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

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

**Contribution:** Sliding scale

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

## Dementia Caring and Coping

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

Dementia Caring and Coping is a monthly speaker series that focuses on topics related to memory loss. Upcoming sessions include the following:

- **January 10:** Healthy Brain: Exercise, Nutrition, Sensitivities
- **February 14:** Normal Aging or Dementia?
- **March 14:** How to pay for care: leveraging benefits and assets

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

**FREE** No registration required.

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

## Support Groups

10 AM on Tuesdays or Thursdays at:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

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

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

**FREE** No registration required.

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

## 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 exhibited by the person with dementia, feel confident in the care provided, and improve their ability to cope. Four one-hour sessions to be scheduled by caregiver and counselor.

*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](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

## 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](mailto:bhulden@lyngblomsten.org).

## Support Groups

### Caregiver Support Groups

See pages 20–21.

### Grief Support Group

2nd Thursday each month

(Upcoming: January 10, February 14, & March 14)

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: January 2, February 6, & March 6)

10–11:30 AM at Centennial United Methodist Church (1524 W County Road County C2, Roseville), Asbury Room (new location)

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](mailto:cklaver@lyngblomsten.org).

### Parkinson’s Disease Support Group

1st Thursday each month

(Upcoming: January 3, February 7, & March 7)

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. Facilitated by social workers; not a therapy group or class.

**FREE** No registration required.

## Vision Loss Support Group

2nd Wednesday each month  
(Upcoming: January 9, February 13, & March 13)  
1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Come for 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 at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org)

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## Other

### AARP Tax Assistance

Tuesdays & Thursdays, February 7–April 11  
9 AM–1 PM on the Lyngblomsten campus,  
Community Room (lower level)

This is a FREE service provided by AARP volunteers who will help you file your tax returns. You will need to bring your:

- W-2s, 1099 forms, and 2017 tax return
- Information relating to sales of stocks, bonds, real estate, etc.
- Valid government-issued photo ID
- Social Security card for yourself and any dependents
- Property Tax Statement (to complete your property tax refund papers)
- For those who have a Health Savings Account (HSA), bring your 2018 Form 1099-SA and, if available, your Form 5498-SA from the HSA trustee.

**FREE**

**Appointments required:**

Call (651) 999-2499. Messages will be picked up by an AARP volunteer who will return your call to schedule your appointment.

*Messages will not be picked up until the last week in January, so please do not expect any calls before that time. This message box gets very full at times, so please be patient while waiting for a return call throughout the tax season. The AARP volunteers are working very hard to accommodate you.*

## Aphasia Conversation Group

Mondays, January 21–April 8  
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](mailto:julia@mncan.org) or call (612) 524-8802. Inclusion is subject to space availability and intake qualifications.

## Becoming a Dementia Friend

Tuesday, January 15  
10:30–11:30 AM at the White Bear Lake Senior Center (2484 County Road F, White Bear Lake)

Learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding into action that supports living with dementia. This offering is through CLASS (Consortium of Lake Area Senior Services).

**FREE** Registration required.

**Special registration:** Call (651) 653-3121.

## 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, March 18 at Open Hands Midway  
(436 Roy Street N, St. Paul)

#### Choose from 2 shifts:

9:30–11 AM (meal preparation), or

11:30 AM–2:15 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 2:30 PM

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

**Registration required** by March 4.

Program #318sop1 (morning shift),  
and #318sop2 (afternoon shift)

## Volunteering

As a Lyngblomsten volunteer you will be part of a community that strives to provide growth, socialization, and dignity to everyone involved. We list a few of the opportunities for volunteering on these pages. If you have a gift or talent that you want to bring to 2nd Half with Lyngblomsten, please do not hesitate tell us about it!

*(cont'd in next column)*

A general orientation is held each month and is the start to your volunteer journey with Lyngblomsten. After orientation, we will work to place you in a position that fits your desires. Specific training for your role varies in length depending on what you choose. We ensure that all volunteers are fully trained and work diligently to make sure that you are comfortable in your role.

**To learn more about any of these volunteer opportunities,** please contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org).

### Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of programs and classes feel welcome and comfortable. Volunteers will help with set up, attendance, welcoming, and clean up.
- **The Gathering:** In a group setting, work one on one with a person with memory loss. The day is planned by a Lead Volunteer. Volunteer as a lead or as a one-on-one volunteer. A volunteer said it best: “Volunteering at The Gathering is being on life’s journey with a person for a day.”
- **In-Home Respite:** Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved one. As an In-Home Respite Companion you will spend two to three hours visiting with an older adult with memory loss in his or her home.

## Thank You

to our sponsors at the Age Boldly  
with Lyngblomsten Luncheon on  
November 15, which raised funds  
for 2nd Half with Lyngblomsten.

 **SourceGroup**

**Northland Securities**

## Continuing Education for Lyngblomsten Volunteers

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

### • Music & Movement

Wednesday, February 6

9–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel

Learn about the use of music and movement when volunteering with Lyngblomsten. Volunteers will walk away from this session with new tools, skills, resources, and a support system of Lyngblomsten volunteers who are interested in arts and lifelong learning topics. Attending this session counts as three hours of service.

### • Gray Matters—Depression in Older Adults

Friday, March 8

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

Depression is not a normal part of aging. Join NAMI Minnesota to discuss risk factors and warning signs for depression in older adults, as well as treatment options, recovery, resources, and how you can help. Attending this session counts as two hours of service.

**FREE**

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

## Respite Q&A Sessions

Come and learn more about our group and in-home respite programs by attending a Respite Q&A Session with Lyngblomsten staff. The visits are open to anyone in the community and will include: a brief overview of respite and volunteer opportunities available through 2nd Half with Lyngblomsten, a chance to observe The Gathering (our group respite program) in action, and a time to ask questions.

Sessions are from 10–11:30 AM.

Upcoming trainings include:

- **January 17** at First Presbyterian Church in White Bear Lake
- **February 26** at Salem Lutheran Church in West St. Paul
- **March 12** at Centennial United Methodist Church in Roseville

**FREE**

**Special registration:** Contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

## In-Home Respite Volunteer Training

Wednesday, February 27

9:00 AM–3:30 PM on the Lyngblomsten campus, Care Center Classroom

Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. After attending this training, you'll be able to serve as an In-Home Respite Volunteer with Lyngblomsten (see page 24) or provide respite care to someone in your life. All participants will be trained using REST (Respite Education & Support Tools), an evidenced-supported program that provides individuals with the education and tools they need to be confident Companions. Lunch provided.

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

**Learn more:** Contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

## Registration Information

The following registration, payment information, and policies apply ONLY to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

### 4 ways to register:

Registration form on page 27, or download/print a form at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

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

**Online** at [www.lyngblomsten.org/2ndHalf](http://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](http://www.lyngblomsten.org/2ndHalf) for the most current updates. You will be notified if a program or class is canceled.

### Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change:  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

### Photos

Participant pictures may be taken during activities and be included in Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

### Scholarships

For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

### All Are Welcome

2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.

# Registration Form

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



A Center for Enriching Lives after 50

**Please complete form and mail to:**

2nd Half with Lyngblomsten—Registration  
1415 Almond Avenue, St. Paul, MN 55108

**Name** \_\_\_\_\_

**Phone** ( \_\_\_\_\_ ) \_\_\_\_\_

**Address** \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Email** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

**Age**     Under 55 yrs     55–69 yrs     70–84 yrs     85+ yrs

I would like to register for the following programs:

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

**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.



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Twin Cities MN  
Permit #2376

1415 Almond Avenue  
St. Paul, MN 55108  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

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**It's that simple!**

Plus, by using our online registration system, you'll be able to sign up for opportunities immediately and have the option to pay by credit card (see page 4 for all the benefits).

We strive to be good stewards of our resources, and making the catalog available electronically is one way we can do this.

To unsubscribe from our print mailing list, **call (651) 632-5330**. After you sign up for an opportunity online, you'll automatically be added to an email list that will receive notifications when new opportunities are available online.

