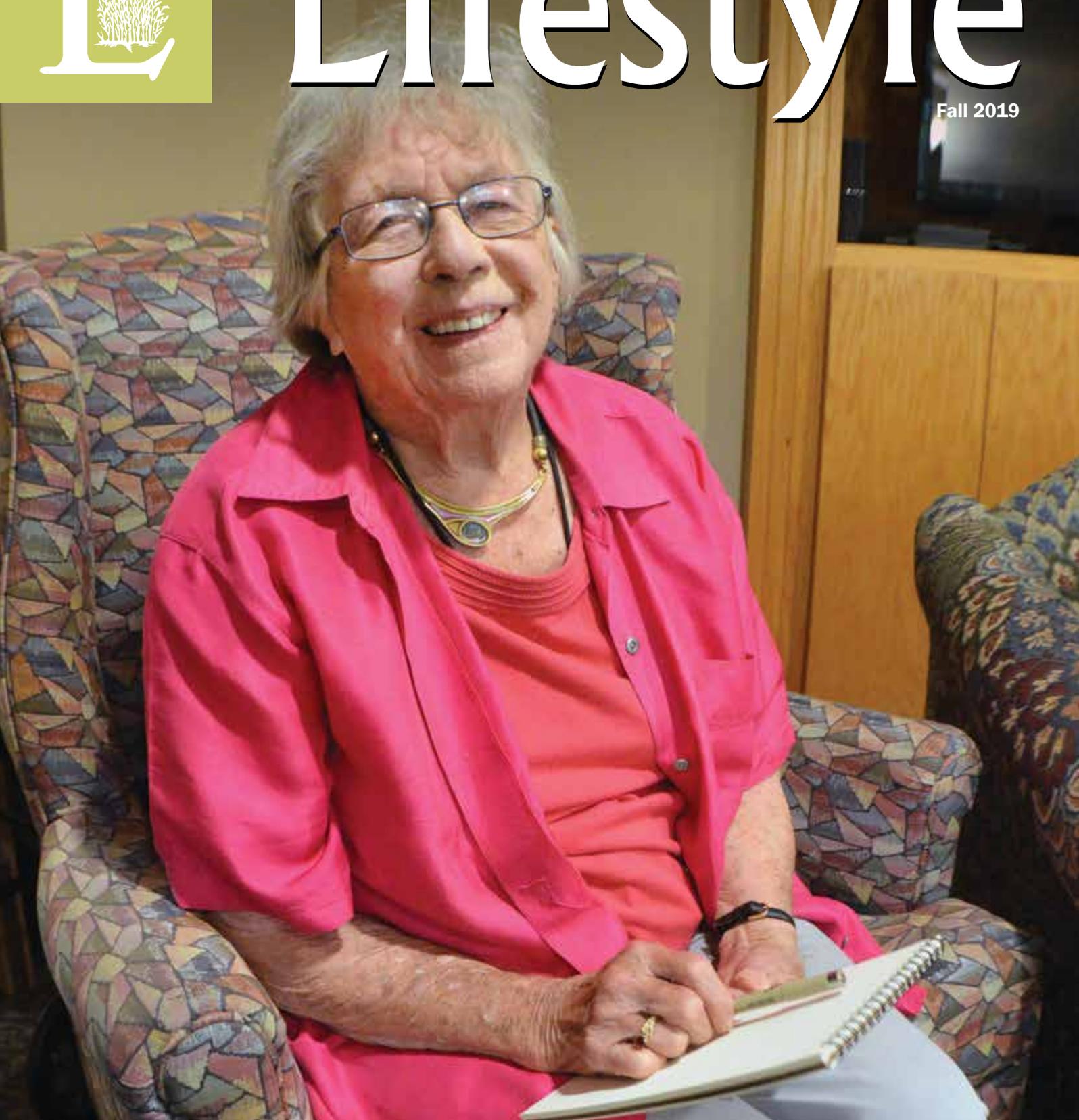




Lyngblomsten Lifestyle

Fall 2019



STORIES OF LIFE:

Longtime Minnesota artist
living vibrantly at Lyngblomsten

MORE IN THIS ISSUE:

Almost there! Lino Lakes project
enters final planning stage

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Letter from the Editor

Dear Readers,

As I reflect on the topics and stories in this edition and think ahead to the winter edition, I am struck by the orchestration required to make all these things possible. As we enter a season traditionally marked by counting our blessings, I offer a Lyngblomsten Prayer of Thanksgiving:

Gracious God,

We thank you for blessing us with:

VISION to prepare for the future,

CHALLENGES that strengthen us,

and COURAGE to step into the unknown.

OLDER ADULTS to serve through our mission

and the FAMILIES who travel alongside their journey.

EMPLOYEES who feel called to this work,

SUPPORTERS who share their time, talent, and treasure,

and PARTNERS who join our effort to make the

best life possible for those entrusted to our care.

May all we do be pleasing to you and honor your holy name. Amen.

Don't just live; leave a legacy!



Patricia A. Montgomery | Editor

Vice President of Communications & Stewardship



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www.lyngblomsten.org/publications.

To be added or removed from the Lyngblomsten Lifestyle mailing list, call (651) 632-5326 or email MailingList@lyngblomsten.org.

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On the Cover: Bettye Olson, professional artist and tenant of The Heritage at Lyngblomsten.



LONGTIME MINNESOTA ARTIST *living vibrantly* AT LYNGBLOMSTEN

By Brandi Jewett

1

WHEN YOU WALK UP to the entrance of The Heritage at Lyngblomsten, there's a chance you'll catch a glimpse of Bettye Olson.

She often can be found on a nearby bench, a pen or brush in hand and a scene unfolding on the paper in her hands. Sometimes it's the flowers in bloom around the Lyngblomsten campus or trees lining the boulevards of the Como Park neighborhood.

Each brush and pen stroke continues an art career in expressionist painting and etching that has spanned more than 70 years—one Olson, who is 96, doesn't plan to retire from anytime soon.

"I need the experience, and I miss it if I don't do it," Olson said. "I love being outside, and I try to get out as often as I can."

Landscapes and florals have long been the subject of Olson's work, several pieces of which are displayed around the Lyngblomsten campus. More can be found in her apartment and in a studio she has maintained for 40 years.

1 : Artist Bettye Olson sketches on
: a bench outside The Heritage at
: Lyngblomsten.

Her life journey has brought her to Lyngblomsten, an organization that celebrates arts and lifelong learning of all types and encourages its community members to live their best life possible. Olson is a natural fit in a place abundant with art classes, concerts, performing arts courses, and other creative opportunities.

Before moving to The Heritage nearly a year ago, Olson had connections to Lyngblomsten. Her husband, Howard, spent five months living in the Lyngblomsten Care Center before his passing in 2010. Olson also can recall her mother's uncle living in the original Lyngblomsten Home for the Aged, which was built in 1912 and demolished in 1993 to make way for The Heritage.

The Heritage has a waiting list, so when Olson found herself with the chance to call it home last year, she seized it. Now settled in, she hasn't slowed down. Once a week, transportation arranged by Heritage staff takes her to her studio in St. Paul, where she continues to create pieces and reminisce on decades of work.

continued on page 4

“I go there and feel my identity as an artist thoroughly,” Olson said. “I’m still connected to the artists there even though they’re changing all the time.”

She’s brought those decades of experience to the care center’s artist speakers series and pops into art programs held at The Heritage, offering tips to participants. Olson led a class of her own in September that gave participants a chance to try their hand at contour drawing. “I do enjoy teaching,” she said.

The role of teacher is a familiar one for her. As part of her career, Olson has taught art courses at several schools in the Twin Cities, including the University of Minnesota, Concordia University, and Augsburg University. She’s also worked at the Walker Art Museum in Minneapolis and served as an artist in residence at Holden Village in Chelan, Washington.

Her work has been showcased in venues around the Twin Cities and across the world. You can spot it in local galleries or in the sanctuary of Gloria Dei Lutheran Church in St. Paul, a Lyngblomsten member congregation of which Olson is a member. A 14-foot tall painting called “Love Expanding” shines from behind the church’s altar.

Wherever she travels, Olson always makes time to paint and sketch. Her work has taken her across the United States and over an ocean to Finland, Italy, and Sweden. She sticks closer to home now, staying with friends near Lake Superior or taking walks through Como Park.

No matter how much change the years have brought to her, she lives her best life possible by spending each day living vibrantly through her creativity.

“And I’m just glad I get to keep doing it,” she said. 



2 : Bettye Olson watches Heritage tenant Ellen Agre sketch a lily during a contour drawing class led by Olson.

3 : Olson holds a watercolor painting she has created of flowers on the Lyngblomsten campus.

4 : A flip through her sketchbook shows a number of ink drawings Olson has made.



ALMOST THERE!

Lino Lakes project enters final planning stage

By Patricia Montgomery

What began as a vision nearly six years ago for a second campus for Lyngblomsten is inching closer to reality. The strategic priorities set forth by the Lyngblomsten Board of Directors in late 2014 called for expanding beyond Lyngblomsten's campus nestled in the Como Park neighborhood of St. Paul since 1912.

"All along the way, the Lyngblomsten Board of Directors has been carefully considering all the factors involved in such a large undertaking," Lyngblomsten President & CEO Jeff Heinecke said. "They are committed to preparing for the future while safeguarding the longstanding financial stability of the organization."

Land for a second campus was purchased earlier this year in Lino Lakes, MN. The nearly 20-acre proposed market-rate development will be home to a continuum-of-care community encompassing detached rental townhomes, independent living apartments, assisted living apartments, memory care units, adult day, and community services complemented by a plethora of campus amenities. A future phase is anticipated to bring a skilled nursing facility and clubhouse.

Lyngblomsten's development team for this project includes Grand Real Estate Advisors, Wold Architects and Engineers, Weis Builders, Henricksen (interior design), Colberg|Tews (landscaping), and Northland Securities.

Another important player in this project is the City of Lino Lakes.

"The City Council has a clear vision for its community and is excited for Lyngblomsten to bring a senior living campus to the underutilized corner of Hodgson Road and County Road J," said Judd Fenlon, development consultant with Grand Real Estate Advisors. "The city has been great to work with, and the community has been very welcoming."

Reservations for the townhomes and independent apartments kicked off September 5 at an information session held at Living Waters Lutheran Church in Lino Lakes. About 130 people attended, and five units were reserved that evening.

The project anticipates a bond issue for financing in early December and groundbreaking by year-end. The townhomes are expected to open in Fall 2020, with the remaining areas to open in Summer 2021.

A website for the project has been set up at www.MyLinoLakesHome.com. 

Reservations are underway for townhome and independent living apartments. A \$5,000 refundable deposit is required with your reservation.

Questions? Call (651) 341-0483 or email LinoLakes@lyngblomsten.org.

Dementia-friendly communion service offers support to people with memory loss, caregivers

By Brandi Jewett

The absence of people with memory loss and their caregivers in church pews is a trend observed across the country, but parishes such as St. Odilia Catholic Church in Shoreview are hoping to see that change.

St. Odilia held its first dementia-friendly communion service on August 8 thanks to support and encouragement it received from staff at 2nd Half with Lyngblomsten. Parishioners who helped organize it say it was embraced by 10 people with memory loss and their caregivers who attended.

“All who attended felt it was very successful and meaningful,” parishioner Tom Hayes said. “And we’re now discussing plans for future services.”

The church’s journey to become dementia friendly was sparked several years ago by attendance at a senior ministry conference offered by Lyngblomsten and later fueled by a visit from Community Dementia Care Specialist Carolyn Klaver. Since then, St. Odilia representatives have attended Lyngblomsten’s Older Adult Ministry Forums, Dementia-Friendly Faith Communities Coffee Chats, and other programs to help guide their path toward becoming a dementia-friendly faith community.

Using information from these resources and help from Klaver, Deacon Jim Saumweber and parishioners Tom Hayes, Becky Hayes, and Michael Bronk worked alongside the parish’s Pastoral Care Council to develop and facilitate a dementia-friendly worship service.

“I am so very pleased to see that a dementia-friendly faith service has come to fruition as a result of our education,” Klaver said. “Being a witness at the service affirmed the need for these different offerings for people with dementia and their families. The social gathering afterward added another dimension of support whereas many families experience isolation. I was very moved to be there for this!”

During the August service, church staff and volunteers provided extra support to help those in attendance navigate the Communion Rite and other parts of the service. For these types of services, dementia experts recommend faith communities offer short and simple services that feature traditional songs and scriptures that people with memory loss may recall from earlier years in their lives.

“We hope this service gave them a safe place to come,” Becky Hayes said. “If they need to get up and move around, if they have to use the restroom, whatever they need, that it is totally okay, and there are people there to help them and direct them.”

St. Odilia has more than 11,000 registered parishioners, and the church’s membership data shows about 22 percent of them are ages 60 and older. In a recent survey of parishioners, more than half of respondents said they knew someone whose life was in some way affected by dementia.

The Alzheimer’s Association predicts diagnoses of Alzheimer’s disease and other forms of dementia will continue to rise, creating a growing need for faith communities to adopt dementia-friendly services and programs.



Left: St. Odilia Deacon Jim Saumweber
Right: Carolyn Klaver, Community Dementia Care Specialist for Lyngblomsten

For those at St. Odilia, it all comes down to their mission of serving people at all stages of life.

“We have programs for young children, we have programs for people with developmental disabilities, and our mission is to reach out to all of our populations,” Becky Hayes said. “We felt people with memory loss and those caring for them were part of an unseen population that were sometimes not feeling comfortable coming to church anymore.”

For other churches considering becoming dementia friendly, Saumweber suggests starting small.

“Do what you can, and don’t try to do everything. Leverage partnerships when possible,” he said, adding Lyngblomsten and other dementia awareness programs in the Roseville area have been very valuable to St. Odilia’s efforts. 

For more information on Older Adult Ministry Forums, including “Becoming a Dementia-Friendly Faith Community” that Lyngblomsten is hosting October 18 at St. Odilia’s, see page 11.

Learn, discover, and thrive with 2nd Half with Lyngblomsten



A Center for Enriching Lives after 50

This fall, discover new opportunities to learn and grow through 2nd Half with Lyngblomsten.

Here’s a sampling of great programs and services being offered:

- **October 2: The Psychology and Spirituality of Wise Aging**
- **October 23: Out & About with Lunch: St. Paul Curling Club**
- **November 7: Today’s Veterans: Challenges and Benefits**
- **November 12 & 20: In-Home Respite Companion Training for Family & Friends**
- **November 25: Art History (George Morrison)**
- **December 5: Meet the Minnesota State Climatologist**
- **December 20: Out to Lunch: Jax Cafe**

For more information and to view all 2nd Half with Lyngblomsten opportunities, pick up a catalog or visit www.lyngblomsten.org/2ndHalf.

Role changes create enhanced experience for Gathering volunteers

By Brandi Jewett

Author Your Life is our philosophy on living well that's meant for anyone connected with the Lyngblomsten family. In each edition of Lyngblomsten Lifestyle, we're profiling individuals who are authoring their lives. This edition, we're highlighting Cindy Lukas and Joy Johnson, volunteers for The Gathering group respite program.

It's a Monday afternoon, which means Rev. Joy Johnson and Cindy Lukas are busy planning for the week ahead. Both serve as volunteers for 2nd Half with Lyngblomsten's group respite program, The Gathering.

The Gathering provides a day of brain-stimulating activities for people with memory loss and a break for their caregivers. Hosted at church sites throughout the east metro, the program is staffed by dedicated volunteers who are trained by Lyngblomsten staff. One-on-one volunteers are partnered with participants and help guide them through the day's activities, while lead volunteers select and plan the activities.

Johnson and Lukas have volunteered together at Centennial United Methodist Church (a Lyngblomsten member congregation) in Roseville for over a year, planning themed days of brain-stimulating activities for their Gathering participants. For an August session, the pair brought the Minnesota State Fair to the participants through food, reminiscing, and special guest speakers

"We try to come up with themes that prompt memories from earlier in their lives," Lukas said. "And we have fun! And the other volunteers are having fun, too."

Cindy Lukas (left) and Joy Johnson, co-lead volunteers for The Gathering site at Centennial United Methodist Church, meet to plan a day of activities.



Lukas began volunteering with Lyngblomsten in the spring of 2018, training as a one-on-one volunteer. She had retired early from her job as a human resources consultant with the State of Minnesota and sought to find a meaningful way to fill her now open schedule.

She learned of The Gathering and its special mission, and she was inspired to volunteer. Her own father had lived with dementia and passed away about four years ago.

Through The Gathering, she met Johnson, a Lyngblomsten board director and retired pastor who served at Bethlehem Lutheran Church in St. Paul (a Lyngblomsten member congregation) for nearly 31 years.

During her time as a pastor, Johnson had walked beside many congregation members as they aged and encountered new challenges, such as isolation and memory loss. Following her retirement in 2018, she also desired to volunteer with The Gathering.

"I knew I wanted to stay active," Johnson said. "I knew that volunteering, which has always been something I've promoted at the church level, is a way to keep our minds active as well as keep our interests."

Johnson trained to become a lead volunteer for the site at Centennial United Methodist, but with a busy schedule that included volunteering with other organizations, she found herself needing to step back.

Lukas also was looking to make a role change. Being a one-on-one volunteer at the Centennial site wasn't a comfortable fit for her.

Lyngblomsten staff recruited Lukas to serve as a co-lead volunteer with Johnson, and she has fallen in love with the position. Johnson, too, has found joy in planning activities with another person.

Lukas said she has learned a lot as lead. As an HR consultant, she often would work on projects independently. Now, she oversees a group of volunteers and experiences the importance of teamwork.

"I'm learning to share," Lukas said with a laugh. "But I could never do this alone."

Together, Lukas and Johnson embody the philosophy of Author Your Life by living their best life through service and helping others do the same by facilitating The Gathering.

"Caregivers know their loved ones have a place for the day that is safe and that they love coming to," Johnson said. "When they're here, we're not just sitting. We're one on one, we're having conversations, and there's laughter." **L**

To learn more about The Gathering, visit www.lyngblomsten.org/TheGathering.

Want to make a difference in the lives of people experiencing early- to mid-stage memory loss? Consider becoming a volunteer for The Gathering. Volunteers receive comprehensive training so they are able to plan the day's activities and promote socialization for their participants. **To learn more about volunteering with The Gathering, contact:** Jeanne Schuller (651) 632-5320 | jschuller@lyngblomsten.org

A Special Giving Opportunity: Christmas Gift Collection for Residents & Tenants of Lyngblomsten

The Spirit of Giving program strives to provide a personalized gift for each of the 225 residents of the Lyngblomsten Care Center and to the 165 tenants who also live on the Lyngblomsten campus. Your gifts have become a wonderful part of the holiday traditions for our residents and tenants.

How to participate: Monetary donations and gift cards are being collected (staff purchase the gift items). For monetary donations, please make checks payable to "Lyngblomsten Foundation."

Bring or mail donations and gift cards to:
Spirit of Giving, c/o Leigh Emmerich
Lyngblomsten Care Center
1415 Almond Avenue, St. Paul, MN 55108

Suggested stores for gift cards:

* Amazon * Target * JCPenney * Visa * Kohl's

Monetary donations and gift cards due to Lyngblomsten by **Monday, December 9, 2019.**

Questions? Contact Leigh Emmerich at (651) 632-5370 or spiritofgiving@lyngblomsten.org.

Life is Sweet

when you work at Lyngblomsten

HELP SPREAD THE WORD: Lyngblomsten is hiring for positions in nursing, dietary, maintenance, and more!

Why work at
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- 1 Family-like Work Environment
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(651) 632-5303
mbean@lyngblomsten.org

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

-One of Lyngblomsten's Guiding Principles

Care Ministry Network launches, brings online volunteer training tools to churches

By Brandi Jewett



Lyngblomsten's next chapter in partnering with congregations to serve older adults in their communities launched in May 2019 in the form of the Care Ministry Network.

Care Ministry Network is an online platform that provides standardized training for volunteers and volunteer leaders of congregational care ministries for older adults. Its goal is to equip congregations with the tools they need to support their unique ministry.

"We're trying to empower churches to carry out a ministry style that their people need the most and that fits who they are as a congregation," said Becky Hulden, a faith community nurse for 2nd Half with Lyngblomsten who oversees the network. "We've given them a lot of tools, and they can use those tools in a way that is best for them."

Care Ministry Network is offered to congregations on a yearly subscription basis through 2nd Half with Lyngblomsten life enrichment centers. Membership includes access to online training modules and other resources that are available anytime, anywhere. These materials include videos, how-to guides, templates, and more, and they address a variety of topics, such as volunteer recruitment, risk management, communication strategies, and volunteer driver training.

Congregations can customize their caring ministries' volunteer training curriculum by picking and choosing what materials to use. And they're able to connect in person with others using the network at quarterly meetings in the Twin Cities.

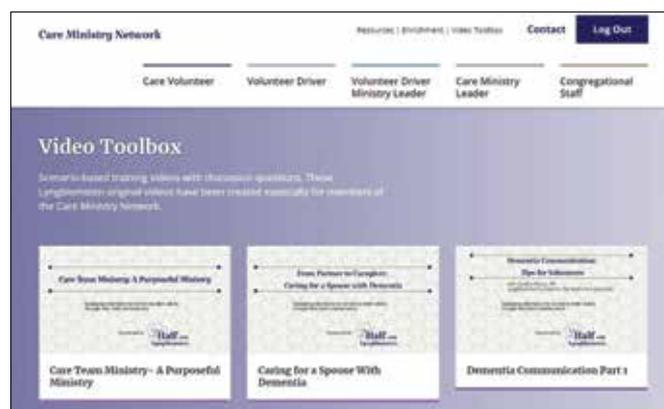
Spring 2019 marked the soft launch of the online platform and, as of September, it had

eight member churches. Hulden said she hopes to see that number grow as recruitment and promotion efforts ramp up.

Care Ministry Network continues Lyngblomsten's commitment to provide resources to church partners that allow them to support older adults in their congregations.

Starting in 1998, this commitment took the form of the Care Team Ministry program. Care Team Ministry was a church-based program that responded, free of charge, to the non-medical "quality-of-life" needs of individuals and families living in the community.

To serve congregations and their older adult ministries better, Lyngblomsten sought to create a new model—an online training platform that could be accessed 24/7. In early 2018, Lyngblomsten received a three-year grant totaling \$75,000 from the Lutheran Services for the Elderly Endowment at the ELCA Foundation to establish the Care Ministry Network.



Screenshot of the Care Ministry Network website.

To learn more about Care Ministry Network, visit www.CareMinistryNetwork.net or email CMNetwork@lyngblomsten.org. Becky Hulden can be reached at (651) 632-5335. 

VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS

Lyngblomsten is currently in need of volunteers for the following activities:

- **Sunday Church Transporters:** Help is needed on Sunday mornings to transport Lyngblomsten Care Center residents to worship services in the Newman-Benson Chapel at Lyngblomsten. Residents come down on the elevators to go to church in the chapel, and they appreciate having a volunteer in the lobby to push their wheelchair. Volunteers are welcome to attend the service or wait at the tables outside of the chapel. When the service ends, residents are pushed back to the elevator and sent back up to their floor where staff will assist them.
- **Host for Community Programming:** 2nd Half with Lyngblomsten offers many programs in the Como Park neighborhood and in the White Bear Lake area. Attendees appreciate having a friendly face and welcoming word as they arrive to these activities. Volunteer hosts greet people, check them in, and, in some cases, provide a nametag. Prior to guest arrival, there may be refreshments to set up and chairs/tables to arrange. Duties depend on the activity, and volunteers get to choose which activities they host. Activities range from local author book talks to art and exercise classes.

In June, July, and August, a total of **353 volunteers** (including volunteers for The Gathering and group volunteers) gave **5,994 hours of service.**



Upcoming New Volunteer Orientations:

- Saturday, October 5; 10 AM–Noon
- Saturday, November 9; 10 AM–Noon
- Saturday, January 11, 2020; 10 AM–Noon

To learn more or to register for new volunteer orientation, contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who gave of their time during June, July, and August 2019:

- Api Group
- Crystal D Creations
- Meridian Services
- Optum
- UnitedHealthcare Underwriting
- UnitedHealthcare Medicare & Retirement
- U.S. Bank
- Wells Fargo

Older Adult Ministry Forum

Call (651) 632-5330 or visit www.lyngblomsten.org/2ndHalf to register.

Becoming a Dementia-Friendly Faith Community

Friday, October 18 | 10 AM–Noon at St. Odilia Catholic Church (3495 North Victoria Street, Shoreview)
Attend this forum to receive information, tips, and resources for becoming a dementia-friendly faith community. Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist. Fee: \$ 10 per person; registration required by October 16.

Managing Today's Volunteers in Your Faith Community

Tuesday, November 5 | 10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel
Come learn about key concepts of ongoing monitoring, what volunteers need in order to be attracted to your faith community's needs, and what keeps them volunteering. Presenters: Shelli Beck, Director of Volunteer Services for Lyngblomsten, and Travis Salisbury, Coordinator of Liturgical Celebrations for The Basilica of Saint Mary. Fee: \$10 per person; registration required by November 4.

Hundreds celebrate arts and lifelong learning during Mid-Summer Festival

By Brandi Jewett

More than 750 people of all ages beat the heat and celebrated arts and lifelong learning during the annual Lyngblomsten Mid-Summer Festival on July 19.

“We succeeded in our goal of offering an event to the community which celebrates the variety of life-enriching experiences that promote artistic exploration, wellness, and lifelong learning for all ages,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten and lead organizer of the festival.

This year’s festival featured a collaboration with professional artist Anne Krocak to offer a community art project called “Stepping Together.” The project invited community members to help create a set of mosaic stepping stones highlighting different aspects of Lyngblomsten. A variety of mosaic themes were developed, and festival guests’ ideas were added to the designs.

Working alongside Lyngblomsten staff were 117 volunteers who gave more than 880 hours of service to make the day a success. 

Thank you to our festival sponsors:

Presenting (\$3,000):  **SourceGroup**

Music & Entertainment (\$1,000):



Arts Showcase (\$750):

- * Northland Securities

Make & Take (\$500):

- * Advanced Capital Group
- * Hermes Floral
- * Pathways Team with Thrivent Financial

Games & Activities (\$500):

- * Custom Medical Solutions
- * Piché & Associates Real Estate

In-Kind Support (\$500):

- * FastSigns (Roseville)
- * Hermes Floral

**Save
the Date:
July 31,
2020**

Progress continues on Lyngblomsten Care Center renovation

Construction work continues around the Lyngblomsten Care Center as part of a multi-year renovation project.

The remodel of common areas and resident rooms in several neighborhoods are part of this stage of construction. A new power generator also was installed as part of the ongoing work.

The renovation is expected to be completed in 2020.



Demolition work began this summer on the Dorothea Neighborhood and will bring an updated look to its nursing station, hallways, and resident rooms.



We've been voted the 2019 Best Long-Term Care Community by Lillie News readers!



Seasons

By Tim Overweg

“To everything there is a season, and a time to every purpose under the heavens: a time to be born, and a time to die...a time to break down, and a time to build up...a time to mourn, and a time to dance.”

Some of us know these words as coming from the biblical book of Ecclesiastes, while others know them as lyrics from the song “Turn, Turn, Turn” made famous by the American folk group the Byrds.

In either case, this truth is not lost on any of us. We are well aware of the changes and seasons of life. Life moves from the play and security of childhood to the anticipation and growing freedoms of being a teenager. Then we fall in love, marry, maybe raise some children, and find our way into a career, or at least, some meaningful work. Our children leave; we gush over grandchildren and then send them back to their parents. We pay off a mortgage, save a bit of money, and take a trip or two. We prepare a will. We learn to value things less and people more. We find ourselves in the 7th or 8th decade of life while the 7th or 8th grade feels like yesterday. We move into and out of the seasons of life. Some of the seasons we love, and others we simply endure.

Organizations take the same journey through seasons. These may be based on economics, expansion, contraction, or changing leadership.



The Lyngblomsten Foundation is entering a season of planning for the future along with a renewed commitment to pairing the passions and dreams of our supporters with the mission and work of Lyngblomsten. I myself am entering a new season with Lyngblomsten in a new role with the Foundation: Director of Donor Engagement, focusing on building relationships. I would love to meet you and hear about what drives your interest in older adult issues and how your passion may align with the areas the Lyngblomsten Foundation supports.

We have before us a season of great and growing need, and a great opportunity. We want to lead the way in caring for those who have navigated a lifetime of seasons, and provide them with continued purpose and quality of life.

Your support in the past has brought us to today. Your support today will take us in to the future. Into seasons of life, of expansion, and celebration.

Let's Connect!

Tim Overweg

Director of Donor Engagement

(651) 632-5319

toverweg@lyngblomsten.org

Lights for Lyngblomsten

The Joy of Giving

This holiday season, feel the joy of giving by making a gift to Lights for Lyngblomsten. Honor someone who has brightened your days, or make a donation as an alternative Christmas gift for someone special on your shopping list.

Your tax-deductible donation will enhance the quality of life for older adults in our community.

Learn more about

Lights for Lyngblomsten at

www.lyngblomsten.org/JoyOfGiving



Save the Date

LYNGBLOMSTEN FOUNDATION

SPRING GALA

Friday April 24, 2020

Vadnais Heights Commons

Don't miss an evening of celebration, great auction items, inspiring speakers, and community that supports Lyngblomsten's mission of compassionate care and innovative services to older adults.

If you have questions, contact Margaret I. Winchell, Events Manager, at mwinchell@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.

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 PROMISE

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

OUR PILLARS:

- Influenced by Christ
- Innovation & Leadership
- Resources & Support
- Person-Centered & Dignity-Enhancing Experiences
- Engaged Lifestyle

Gifts to the Remembrance Fund In Memory or Honor of a Loved One

June 1, 2019, through August 31, 2019

In Memory of

- | | |
|---------------------------|-----------------------|
| Shirley M. Brekke | Kathryn U. Moen |
| Henry Gimble | Everett W. Nordin |
| Alvin Gohl | Kenneth F. Quick, Sr. |
| Alice and Bill Hydukovich | Bernice L. Romie |
| Mickie Jawish | James Starling |
| Lyle P. Lackner | |

In Honor of

Julie and Rich Omland

For more information about making a gift in honor or in memory of your loved one, please contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Prepare the Way!

Welcoming the Season of Advent at Lyngblomsten

Sunday, December 1, at 10 AM

Newman-Benson Chapel at Lyngblomsten

Everyone is invited to join us for a special ceremony of prayer, music, and treats as we light the Advent wreath and the chapel Christmas tree.

10:30 Sunday Worship follows the Advent lighting ceremony.

Each week during Advent, continue your preparation for the birth of Christ by visiting the Advent display by the Newman-Benson Chapel for resources and activities.

For more information, contact Rev. Kelley Bergeson at (651) 632-5376 or kbergeson@lyngblomsten.org.



Events Calendar

Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

November is National Family Caregivers Month

Monday, October 14

Fall Delegate Meeting

6:45 PM Refreshments; 7 PM Meeting

All delegates should attend. Invitations have been mailed. Questions? (651) 632-5321.

Sunday, November 3

President's Dinner

5 PM social hour; 6 PM dinner at 7 Vines Vineyard in Dellwood

A special evening with Lyngblomsten President & CEO Jeff Heinecke for donors in the President's Club and Heritage Society. Invitations will be mailed.

Monday, November 11

Lyngblomsten Veterans Day Celebration

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

Join us to pay tribute to U.S. veterans who are connected with Lyngblomsten. The celebration will include patriotic music, a recitation of a veteran's poem and story, and the recognition of resident, tenant, and community veterans. All are welcome; no reservation required.

Tuesday, November 19

Merry & Bright: Holiday Open House

10 AM-3 PM at Anna's café & gifts on the Lyngblomsten campus

Holiday games, holiday music, hot chocolate and cookies, and drawings for prizes and discounts!

Thursday, November 28

Thanksgiving Worship Service

10:30 AM, Newman-Benson Chapel at Lyngblomsten

Thursday, December 19

Candlelight Service

4 PM, Newman-Benson Chapel at Lyngblomsten

NOTE: The Care Center Resident and Family Christmas Meal follows the service.

Tuesday, December 24

Christmas Eve Worship Service

10:30 AM, Newman-Benson Chapel

Tuesday, December 31

Year-end gifts due to the Lyngblomsten Foundation.

Your help is needed to support the best life possible for the older adults Lyngblomsten serves. Visit www.lyngblomsten.org/donate to learn more and give a year-end gift.

New Volunteer Orientation

- Saturday, November 9, 2019
- Saturday, January 11, 2020

10 AM-Noon. Held on the Lyngblomsten campus, Care Center Classroom. Registration required.

Contact Lyngblomsten Volunteer Services at (651) 632-5406 or pcerrito@lyngblomsten.org.

Respite Q&A Sessions

Learn more about becoming a respite volunteer for Lyngblomsten. Each Respite Q&A Session lasts from 10-11:30 AM. Upcoming dates and locations are the following:

- Tuesday, November 19 at Centennial United Methodist Church in Roseville
- Tuesday, December 10 at Salem Lutheran Church in West St. Paul

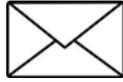
Registration required. Contact Jeanne Schuller at (651) 632-5320 or jschuller@lyngblomsten.org.

In-Home Respite Companion Training for Family & Friends

This FREE training will help friends, family members, neighbors, volunteers, and faith community members feel empowered and prepared to offer their assistance by visiting an older adult with memory loss in his or her home. Sessions run from 10 AM-2 PM and are held:

- Tuesday, November 12 at Redeemer Lutheran Church in White Bear Lake
- Wednesday, November 20 on the Lyngblomsten campus, Community Room (lower level)

Registration required by November 8 for the first session and by November 15 for the second. To register or for more information, contact Jeanne Schuller at (651) 632-5320 or jschuller@lyngblomsten.org.



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**CHANGE SERVICE
REQUESTED**



Supporting the best life possible
for older adults



Making a Difference Together

The Lyngblomsten Foundation brings together generous individuals, faith communities, and other community partners to fund the work and mission of Lyngblomsten.

Your generosity supports the best life possible for older adults. As you remember your blessings this holiday season, we invite you to include the Lyngblomsten Foundation in your charitable giving. Your year-end gift makes a difference in the lives of the older adults we serve through our community-based programs (2nd Half with Lyngblomsten), lifelong learning and the arts opportunities, spiritual care services, and more.

In the coming weeks, we'll be inviting you to participate in one of our giving opportunities, including our annual Lights for Lyngblomsten campaign and Giving Tuesday on December 3 (a day of online fundraising held the Tuesday after Thanksgiving).

To make a gift

- Mail in your donation using the envelope enclosed with this edition of *Lyngblomsten Lifestyle*.
- Visit www.lyngblomsten.org/donate.

For more information about how you can make a difference

- Visit www.lyngblomsten.org/foundation.
- Contact Tim Overweg, Director of Donor Engagement, at (651) 632-5319 or toverweg@lyngblomsten.org.

