

# Spring 2020 Catalog

April, May, & June



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

A Center for Enriching Lives after 50

**Engage.  
Discover.  
Thrive.**

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 an 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 giving a donation to the Lyngblomsten Foundation at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).

## 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)



### 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) 301-9445  
[lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org)

### Mary Deaner, Site Coordinator— Como Park

(651) 414-5293  
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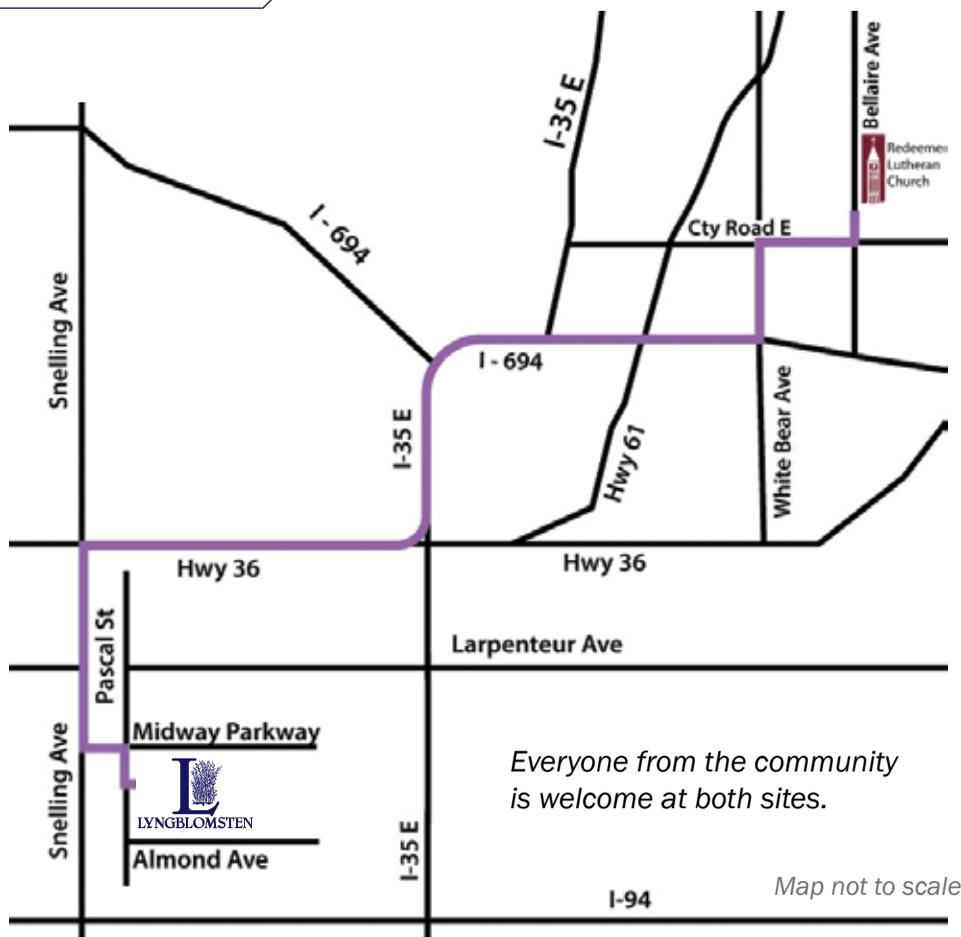
### Registration

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



## You Can Take Control of Your Life Through Evidence-Based Programs

*Powerful Tools for Caregivers, Stay Active and Independent for Life, A Matter of Balance, HealthRHYTHMS Drumming, Living Well with Chronic Conditions*

What are these phrases, and what do they have to do with me?

They're titles of evidence-based classes offered through 2nd Half with Lyngblomsten that can help you take control of your health and well-being!

Eighty percent of people over the age of 65 live with at least one chronic condition, and 60 percent live with two or more chronic conditions. The most common chronic conditions are arthritis, diabetes, heart disease, hypertension, depression and anxiety disorders, cancer, Alzheimer's disease, and chronic pain.

According to the Minnesota Department of Health, professional healthcare is only a minor aspect of managing chronic conditions and living well. How you live each day is the biggest determinant of how you will live with your chronic condition. This may seem like a heavy burden, or it could be freeing and empowering. **YOU** have much of the control in managing your chronic conditions and well-being.

The evidence-based classes we offer through 2nd Half with Lyngblomsten are proven to make a positive difference in quality of life measures, such as feeling more in control, feeling less stressed, and being able to do more of what makes you feel well. Through our relationship with Juniper and other community partners, we're able to offer classes to help you live well, get fit, prevent falls, and manage caregiving.

Take a look through our catalog, in particular the "Health, Wellness, & Spirituality" and "Resources & Support" sections. There, you'll find a variety of opportunities to help you manage your chronic conditions and live your best life. Sign up for one, and feel free to call me at (651) 632-5335 for more information.



Becky Hulden, RN  
Faith Community Nurse



*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.*

## Grab a bite!

### Anna's is open

Monday–Friday from 9 AM–4 PM  
Saturday & Sunday from Noon–4 PM

Hot entrée combos available  
Monday–Thursday, 11 AM–1 PM.  
Salad bar available Monday–Thursday,  
10:30 AM–2 PM.

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).

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## NAVIGATING AGING

[www.lyngblomsten.org/blog](http://www.lyngblomsten.org/blog)

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

- CAREGIVING
- FAITH & INSPIRATION
- HEALTH & WELLNESS
- RESOURCES
- RETIREMENT
- TECHNOLOGY

The 2nd Half with Lyngblomsten catalog is published quarterly.

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

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

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**Location Key:** CP = Como Park WBL = White Bear Lake

### Armchair Traveler: Ancient Kingdoms and Modern Cities in Southeast Asia

Thursday, April 23

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

Jack and Judy Schulukebier traveled to Thailand, Laos, and Cambodia, stopping in the modern cities of Hong Kong, Bangkok, and Phnom Penh, and several small villages. Hong Kong is an ultramodern city with 7.5 million people and more than 8,000 skyscrapers, while Bangkok has more than 8 million people but is not as modern. In the villages, they met a woman who hunts and sells tarantulas, a Hmong shaman, and visited the elementary school and women's weaving center.

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

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

Program #423ea

### Armchair Traveler: Visit to a Ugandan Village

Tuesday, May 12

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

Mike and Sylvia Lovett traveled to see a close friend who had returned to her home village in Uganda, where they experienced warm hospitality and important lessons about family and community.

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

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

Program #512ea

### Armchair Traveler: Islands in the Sky, Arizona

Thursday, May 28

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

In southeastern Arizona, 57 pine-and-oak-studded mountain islands arise above the desert and grassland seas providing diversified habitats for many animals, including migrating birds. We will concentrate on the largest island, the Chiricahua Mountains, and briefly tour other regions of Arizona on our way there. *Presenter: Jay Frazier.*

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

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

Program #528ea

### Armchair Traveler: Where the West Begins—Medora, North Dakota

Thursday, June 25

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

Janet Byrnes, Lyngblomsten Assistant Administrator, will share the stories of her road trip to Medora, ND, where she and her family took in all that Medora has to offer. Their adventure included hiking and driving through Theodore Roosevelt National Park, trying local restaurants, and enjoying the famous Medora Musical. This relaxing vacation was filled with amazing sites in often-overlooked North Dakota.

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

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

Program #625ea

## Books-Cheese-Wine with Author Nora Murphy

### *White Birch, Red Hawthorn*

Thursday, April 9

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

Murphy tells the story of her Irish-American ancestors' maple grove that, long before they arrived, was home to three native tribes: the Dakota, Ojibway, and Ho-Chunk. That her dispossessed ancestors' homestead was built upon another, far more brutal, dispossession is the hard truth underlying Murphy's search for the deeper connections between this contested land and the communities who call it home. This book is a personal investigation into the multigenerational cost of immigration and genocide in the American heartland.

**Fee:** \$8

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

Program #49ea

## Books-Cheese-Wine with Author Edward Sellner

### *Our Dog Red: A Small Token of Remembrance*

Thursday, May 14

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

This memoir discusses helpful practices and rituals that can facilitate healing for those grieving the death of a pet. It is the story of a father and son whose pet, Red, died on Good Friday in the week Christians call "Holy." It shows how Red's death drew them closer together and led them into new awareness.

**Fee:** \$8

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

Program #514ea

## Books-Cheese-Wine with Author Gloria VanDemmeltraad

### *Darkness in Paradise*

Thursday, June 11

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

*Darkness in Paradise* captures the horrors and humor of the author's husband's early life in World War II-ravaged Indonesia. Inspiring both tears and laughter throughout, the book reveals layers of human compassion during the awful times of World War II and gives a sense of the diverse cultures of the country.

**Fee:** \$8

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

Program #611ea

## Exploring Art

Tuesdays

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

Exploring Art is a series that focuses on a historical or current artist, his or her impact on society, artistic style, time period, artistic influences, and carryover for today's art. Participants will create visual art projects using the artist's style. Sessions are all designed to allow for a meaningful learning experience for both new and repeat participants. *Teaching artists: Art with Heart instructors Debbie Lyon and Renee Des Jarlais.*

- **April 7–28: Eric Carle** has created brilliantly illustrated picture books for young children, including *The Very Hungry Caterpillar*. Participants will create their own cheerful images using Carle's collage technique.

**Fee:** \$40; includes supplies.

**Registration required** by April 3.

Program #47ea

(cont'd on p. 10)

- **May 5 & 12: Vincent van Gogh** was a Dutch Post-Impressionist painter. His work is noted for bold colors and dramatic, impulsive, and expressive brushwork—characteristics that contributed to the foundations of modern art. This two-week series will include an art project inspired by van Gogh.

**Fee:** \$20; includes supplies.

**Registration required** by May 1.

Program #55ea

- **June 2 & 9: Minnesota Public Art Sculptures.** Take a virtual tour of unique local sculptures in Minnesota. For each sculpture, we will learn where it is located, who the artist was, whether it was commissioned, the materials used to create it, and the significance to the area. You will be invited to create a sculpture with choice of materials.

**Fee:** \$20; includes supplies.

**Registration required** by May 29.

Program #62ea

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### Friday Night Live Music & Dance

Friday, April 17

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

Join us for Lyngblomsten's Friday Night Live Music & Dance featuring the MacPhail Jazz Band and dance enthusiast Christopher Yaeger. Light refreshments served.

**FREE** No registration required.

### History Theatre Presents: Cabaret Performance Workshop— Telling Your Story, Thru Song!

Mondays, April 20–June 15

(no session on May 25)

1–2:30 PM at Redeemer Lutheran Church, Choir Room

In this cabaret workshop, participants will learn how to craft a personal story from their lives into a performance. Instruction will be given in storytelling, choosing songs, singing, microphone technique, and interacting with your audience. Participants will each craft an 8–10 minute “set” of songs and spoken words with a personalized message that will be part of a series of performances in intimate, cabaret-style venues. Two community performances will be scheduled.

**Fee:** \$14

**Registration required** by April 13.

Program #420ea

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### Lyngblomsten Community Sage Singers

**A MacPhail Sing for Life Partnership**

Wednesdays (spring session held April 1–June 24; no rehearsals April 15 & May 27)

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

Come make a joyful noise with the Lyngblomsten Community Sage Singers, led by MacPhail teaching artist Paula Lammers. Classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. New members welcome! Choir rehearsals lead up to the Summer Concert on June 14.

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

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

Program #41ea

## Lyngblomsten Community Sage Singers: Summer Concert

Sunday, June 14  
2–3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Join the Lyngblomsten Community Sage Singers for their Summer Concert. This concert is FREE and features variety show acts led by Paula Lammers from MacPhail Center for Music. Light refreshments served after. Please consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten's Music & Memory program.

**FREE** No registration required.

## Meet a University of Minnesota Scientist

**Science: Not Just For Scientists Anymore**

Wednesday, April 29  
1–2 PM on the Lyngblomsten campus,  
Community Room (lower level)

Around the world, amateur scientists are contributing to scientific research under the guidance of professional scientists to mutual benefit. This is the essence of “public participation in scientific research,” or citizen science. From uploading nature observations, to pinning GPS locations of potholes, to helping transcribe historical medical records, citizen scientists are collecting and analyzing vast bodies of information. Come find out how YOU, regardless of your science background, can help answer real science questions. This presentation will leave you curious and excited to learn more and get involved! *Presenter: Andrea Lorek Strauss, M.S.Ed., Extension Educator/Extension Professor at the University of Minnesota.*

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

Program #429ea

## Minnesota Opera presents the Story and Music of *Don Giovanni*

Tuesdays, March 17–April 28,  
& Friday, May 1  
1:30–2:30 PM at the Lyngblomsten  
Apartments (1455 Almond Avenue,  
St. Paul), Dining Room

Minnesota Opera presents the story and music of *Don Giovanni*. Don Giovanni is an egotistical and infamous womanizer, brazen in his shameless seductions. But his betrayals soon catch up to him when divine retribution exacts the ultimate price. From the world's most well-known composer, Mozart's opera seamlessly blends dark comedy with biting social commentary in this smart and otherworldly story of a man who dares to defy hell itself. Participants will have the opportunity to attend a performance of *Don Giovanni* at The Ordway Center on Thursday, April 30 (details will be given in class). *Teaching Artists: Pablo Siqueiros and Marcia Aubineau.*

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

Program #317ea



**“My Intent” Bracelet Making**

Thursday, April 30

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

What’s your “word” that inspires you to become your best self, ignites your passion, propels you toward your goals, or is simply a reminder of what’s most important to you? Stamp your word into your own My Intent bracelet to wear as a reminder throughout the year. Lyngblomsten is sponsoring this activity as part of its Author Your Life culture, which encourages everyone to dream big and live the best life possible. All supplies are included, and staff will be on hand to help you discover your word if you are undecided. Space is limited to 30 participants, one bracelet per person.

**FREE**

Registration required by April 27.  
Program #430ea

**OboeBass! presents****Pages of Music**

1st Friday each month (Upcoming:  
May 1 & June 5; no session on April 3)  
10:30–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for music education performances by OboeBass! duo Carrie Vecchione and Rolf Erdahl. Enjoy the energetic and engaging music of the world’s only professional oboe/bass duo. Rolf and Carrie play music, tell stories, and educate on various musical genres and musicians.

**FREE** No registration required.**Paint Night:****Fireflies and Starlit Skies**

Thursday, May 7

6–8 PM at Redeemer Lutheran Church, Fellowship Hall

Come get inspired by the beauty of early summer in Minnesota. Each participant will create his/her own one-of-a-kind canvas masterpiece “Fireflies and Starlit Skies.” Instructor Jan Gunderson will guide you and give step-by-step painting instructions. Join us for painting, fun, and fellowship!

**Fee:** \$26; includes supplies.

**Registration required** by May 4.  
Program #57ea

**Redeemer Primetime:****Climate Change, Reality, & Hope**

Thursday, April 16

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

Rita Erickson recently participated in leadership training in Minneapolis through the Climate Reality Project. She holds a PhD in cultural anthropology and has written a series of published articles on climate change. Her book is based on research comparing household energy use, environmental awareness, and consumerism between towns in Minnesota and Sweden. She will present about global and Minnesotan climate trends and share reasons for a grounded hopefulness about the future. Coffee and treats served at 9:30 AM, with devotions and program starting at 10 AM.

**Fee:** Freewill offering.

**Special Registration:** Sign up at the Redeemer Lutheran Church Welcome Desk or call the church office at (651) 429-5411 between March 30 and April 12. Walk-ins welcome.

## Writing Through the Decades

Thursdays, April 2–May 14

1:30–3 PM at Redeemer Lutheran Church, Library

Join longtime community journalist Margie O’Loughlin to explore the art of writing your own memoir, working each week from a prompt. At the close of the series, each student will have, at

*(cont’d in next column)*

a minimum, an introduction, closing chapter, and chapters looking back at their childhood, teens, twenties, thirties, forties, fifties, and sixties—one memory at a time. Writers will be encouraged (but not required) to share what they have written. Bring a notepad and pen.

**Fee:** \$45

**Registration required** by March 30.

Program #42ea

## 500 Card Group

Tuesdays

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 #47so

- **June 5: Grilled lunch.** We’ll have burgers, potato salad, beans, corn on the cob, and watermelon. A great way to celebrate summer!

**Registration required** by June 3.

Program #65so

**Fee:** \$9.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

## 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.

- **April 3: Pizza lunch.** We’ll serve pizza, salad, and dessert.  
**Registration required** by April 1.  
Program #43so
- **May 1: 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 April 29.  
Program #51so

*(cont’d in next column)*

## Cards & Socializing for Senior Deaf Community

3rd Friday each month (Upcoming: April 17 & May 15; no meeting in June)  
1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

**FREE**

**Learn more:** Contact Marlys Carlson at [marlysmcarlson@gmail.com](mailto:marlysmcarlson@gmail.com).



**Coach Bus Trip: On the Wing**

Thursday, April 16

8:30 AM–4:45 PM at the National Eagle Center in Wabasha, MN

Out of another Minnesota winter, the majestic eagles congregate for fishing and mating in Wabasha, and the National Eagle Center brings us up close and personal to their lives. We'll get a presentation and meet a rescued bird before heading across the bridge to Nelson, WI, to enjoy a home-cooked lunch of baked chicken or roast beef at Beth's Twin Bluffs Cafe, followed by a visit to the little cottage boutique next door. We'll cross back over to the Chocolate Escape candy store to learn about this sweet, addictive morsel and taste different kinds.

**Bus site pickups:**

8:30 AM from the Lyngblomsten campus, Community Room (lower level)

8:45 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

**Fee:** \$71; includes coach bus, tours, lunch, and tip for the driver.**Registration and payment required** by March 26.

Program #416so

**Coach Bus Trip: Blooming Ideas**

Wednesday, May 20

9 AM–4:15 PM at the Munsinger Gardens in St. Cloud, MN

A much-requested Coach Bus Trip destination gets some action as we visit the Munsinger Gardens in St. Cloud. Wander through the paths and walkways and experience phenomenal blooms, smells, fountains, and statues. It will be like visiting some of the famous gardens in Europe, only we'll be in central Minnesota! After filling our eyes and noses with the sights and scents of the garden, we'll

*(cont'd in next column)*

head to Waite Park to fill our stomachs with the delicious food at Anton's.

**Bus site pick-ups:**

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

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

**Fee:** \$52; includes coach bus, lunch, and tip for the driver.**Registration and payment required** by April 29.

Program #520so

**Coach Bus Trip: A Little Taste of the Garden of Eden**

Thursday, June 18

10:30 AM–4:30 PM in Lindstrom and Scandia, MN

The Panola Valley Gardens in Lindstrom is a family-owned paradise of flora and fauna tucked away in the farm fields of Minnesota. We'll stroll around the grounds and enjoy a delicious lunch served outdoors under a large gazebo. After, we'll head over to the Gammelgården Immigrant Heritage Museum in Scandia to see early Swedish settlers' homes and Minnesota's earliest church building. The gift shop has many Scandinavian memorabilia available. A "välkommen" day awaits.

**Bus site pick-ups:**

10:30 AM from the Lyngblomsten campus, Community Room (lower level)

10:45 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

**Fee:** \$65; includes coach bus, lunch, tour, and tip for the driver.**Registration and payment required** by May 28.

Program #618so

## Laugh 'N Chat

Tuesdays

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.**

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## Out & About:

### Minnesota Opera Center

Friday, April 17

1–2 PM at the Minnesota Opera Center  
(620 North 1st Street, Minneapolis)

Come and see where opera comes alive in Minnesota! Housed in an award-winning refurbished historical building, the Minnesota Opera Center is located in the warehouse district of Minneapolis. In one building, you can see where costumes and sets are constructed and the artists rehearse for the upcoming production of *Don Giovanni*. Get a unique behind-the-scenes look at the world of opera!

#### Bus site pick-ups:

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

12:15 PM from Applewood Pointe of  
Roseville (1480 Applewood Court W,  
Roseville)

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

**Registration required** by April 15.  
Program #417so

## Out & About:

### Paul and Sheila Wellstone Center for Community Building

Wednesday, May 27

10–11 AM at the Paul and Sheila  
Wellstone Center for Community  
Building/Neighborhood House  
(179 Robie Street E, St. Paul)

The Paul and Sheila Wellstone Center for Community Building is a living tribute to the late senator and his wife, celebrating their love for all people, especially those facing challenges. It is a place to gather, share, learn, and find help. The Wellstone Center is the home base for Neighborhood House, a 123-year-old social service agency. Neighborhood House has always been based on St. Paul's historic west side, but today offers services and programs at 12 sites throughout the city and serves more than 15,000 people each year. We will visit the historic and cultural art and artifacts housed throughout the building, as well as learn about the services and programs offered by Neighborhood House and the City of St. Paul. Please note: While the building is named after the late senator and his wife, it is not affiliated in any way with the work of the senator or the continuation of his work.

#### Bus site pick-ups:

9:15 AM from the Lyngblomsten

campus, Community Room (lower level)

9:30 AM from Applewood Pointe of  
Roseville (1480 Applewood Court W,  
Roseville)

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

**Registration required** by May 22.  
Program #527so

**Out & About: Allianz Field**

Thursday, June 25

10–11:15 AM at Allianz Field  
(400 Snelling Avenue N, St. Paul)

Allianz Field is a soccer stadium home to Minnesota United FC. On your guided walking tour, you will see the Brew Hall, roof deck, concourse, suite level, home team locker room, and midfield tunnel. Please note: This is a walking tour with places to sit along the way. Free parking on site.

**Bus site pick-ups:**

9:15 AM from the Lyngblomsten campus, Community Room (lower level)  
9:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$10 for the tour. \$7 for transportation; please pay the transportation fee the day of the event.

**Registration and tour payment required** by June 4.

Program #625so

**Out to Lunch: Mon Petit Cheri**

Wednesday, April 22

11 AM–2 PM at Mon Petit Cheri  
(310 Main Street, Stillwater)

At Mon Petit Cheri Bakery & Kitchen, they believe in building community through food. The menu is focused on a few well-made breakfast items, sandwiches, salads, and soup, and they have a fantastic bakery counter.

**Bus site pick-ups:**

10:15 AM from the Lyngblomsten campus, Community Room (lower level)  
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

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

**Registration required** by April 20.

Program #422so

**Out to Lunch: Tillie's Farmhouse**

Friday, May 15

11 AM–2 PM at Tillie's Farmhouse  
(232 North Cleveland Avenue, St. Paul)

Food made the way it was on the farm: simple, ultra fresh, and seasonal. Tillie's has salads, tacos, burgers, and weekly specials on the menu. Oh, and did I mention desserts? Join us!

**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 transportation fee the day of the event. Lunch expense is on your own.

**Registration required** by May 13.

Program #515so

**Out to Lunch: Rose Street Cafe**

Friday, June 19

11 AM–2 PM at Rose Street Cafe  
(882 West 7th Street, St. Paul)

The latest addition to the renovated Schmidt Brewery complex, Rose Street Cafe is located near what is now the Keg & Case Market and has been loved by St. Paul and Minneapolis food critics alike. At this quaint counter service cafe, you can choose from breakfast and lunch items that include quiche, omelettes, croissant sandwiches, and more.

**Bus site pick-ups:**

10:15 AM from the Lyngblomsten campus, Community Room (lower level)  
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

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

**Registration required** by June 17.

Program #619so

## The Prohibition Era: 100-Year Reminisce Walking Tour

Tuesday, May 19

3–4:30 PM at the White Bear Lake Armory (2228 4th Street, White Bear Lake)

Stroll downtown White Bear Lake, visiting historic establishments and discovering their stories. Our guide from the White Bear Area Historical Society will share tales of proprietors past, prohibition, and local lore while you have the opportunity to sample the goods of their trades. Tour will cover a four-block radius with rest stops in at least two locations. Meet the tour guide at the White Bear Lake Armory. Rain or shine!

**Fee:** \$12. Cost for beverages is on your own.

**Registration required** by May 15.  
Program #519so



## Redeemer Primetime: Buddhas, Burgers, and Byways

Thursday, May 21

9 AM–4 PM

Hidden in the hills and farm fields of Dakota County looms the beauty of the Watt Munisotaram, the largest Cambodian Buddhist Temple in the U.S. The campus includes the old temple, which now serves as the residence of monks and priests, an outdoor shrine, a stupa, and the main temple. After our tour, we'll head to Miesville to enjoy a feast at Kings Place restaurant and conclude with a quick stop in Hastings for ice cream. Meet the bus at Redeemer Lutheran Church at 8:45 AM. Bus leaves promptly at 9 AM and returns to Redeemer at about 4 PM.

**Fee:** \$50; includes coach bus, tour, and lunch. Ice cream is on your own.

**Special Registration:** Sign up at the Redeemer Lutheran Church Welcome Desk or call the church office at (651) 429-5411 between April 28 and May 17. Your check to Redeemer Primetime will be your reservation.

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## Sudoku For Fun

Thursdays, June 11–July 23

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

Some say solving puzzles can help reduce the impact of intellectual aging. Jay will teach Sudoku solving fundamentals and his Sudoku solving technique that will allow you to solve medium to hard Sudoku puzzles. Books will be provided at no charge.  
*Presenter: Jay Frazier.*

**FREE**

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

Program #611so

**Ageless Grace Exercise Class**

Fridays

1:30–2 PM on the Lyngblomsten campus, Apartments Dining Room

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic. Classes provide chair exercise and cognitive and social benefits. *Teacher: Pola Rest.*

**Fee:** \$1/class**Registration preferred;** walk-ins welcome.

Program #43hws

**Cultivating Spiritual Qualities For Well-Being: Patience/Equanimity and Joy**

Wednesday, May 6

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

The great wisdom traditions teach us that in order to grow in wisdom, be at peace with ourselves and the world, and reach our fullest spiritual maturity, it is beneficial to develop certain spiritual qualities. These qualities are remarkably consistent across different traditions. In this second of two workshops, we will address the qualities of patience/equanimity and joy from the perspective of different spiritual traditions, how we can develop these qualities, and what spiritual practices we can do to cultivate them. The workshop will include presentation, videos, and discussion among participants. *Presenter: Ed Colón.*

**Fee:** \$12.50**Registration preferred;** walk-ins welcome.

Program #56hws

**HealthRHYTHMS Drumming**

2nd Monday each month

(Upcoming: April 13, May 11, & June 8)  
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 required. *Teacher: Cheri Bunker.*

**Fee:** \$8/class**Registration preferred;** walk-ins welcome.

Program #413hws

**The Healthy Brain****Session #1:** Thursday, April 166:30–8:30 PM at The Grove United Methodist Church (7465 Steepleview Road, Woodbury)  
Program #416hws**Session #2:** Wednesday, May 1310 AM–Noon at St. John in the Wilderness Episcopal Church (2175 1st Street, White Bear Lake)  
Program #513hws1

Can your brain-span match your lifespan? Discover strategies to help ensure a healthier brain based on four things you can do for mental fitness. This will be an engaging and educational, possibly life-altering, event with time for questions. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.*

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

## Living Well with Chronic Conditions

Thursdays, April 16–May 21  
9–11:30 AM on the Lyngblomsten  
campus, Community Room (lower level)

This workshop helps those with chronic conditions learn how to eat healthy and be active; communicate with family, friends, and their healthcare team; reduce stress and increase relaxation; address issues like depression and isolation; and receive support from other participants. Open to adults of all ages with chronic conditions, as well as their family members and caregivers. *Instructor: Melissa Gibbs, Wilder Foundation.*

**Fee:** \$15; includes a copy of the book *Living a Healthy Life with Chronic Conditions*.

**Registration required** by April 14.

**Special Registration:** Register online at [www.yourjuniper.org/Classes/Register/1891](http://www.yourjuniper.org/Classes/Register/1891) or call Becky Hulden at (651) 632-5335.

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## A Matter of Balance A Falls Prevention Class

Thursdays, April 9–May 28  
1–3 PM at Redeemer Lutheran Church,  
Atrium

This class emphasizes practical strategies to reduce your fear of falling and increase your activity levels. Participants will learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce risk factors, and exercise to increase strength and balance. *Instructors: Ferial Abraham and Jane Schroeher.*

**Fee:** \$15 for eight classes

**Registration required** by April 9.

**Special Registration:** Register online at [www.yourjuniper.org/Classes/Register/1851](http://www.yourjuniper.org/Classes/Register/1851) or call Becky Hulden at (651) 632-5335.

## Morning Talks

*A monthly health education series  
for the community  
(formerly Market Place Morning Talks)*

2nd Wednesday each month  
9–10 AM (please note time change)  
at Cardigan Ridge Senior Living  
(3300 Rice Street, Little Canada)

- **April 8: Christians and Jews: Shared Beliefs.** *Presenter: Jewish Family Services.*  
**Registration required** by April 7.  
Program #48hws
- **May 13: Gardening with a Master Gardener.** A Master Gardener from the University of Minnesota will join us as we focus on gardening with limited space and container gardening.  
**Registration required** by May 12.  
Program #513hws2
- **June 10: Act Up for the Health of It!** Start the summer off with an upbeat presentation that provides healthful benefits. *Presenter: Retired physician Dale Anderson.*  
**Registration required** by June 9.  
Program #610hws

*Complimentary coffee and treats provided.  
Co-sponsors: 2nd Half with Lyngblomsten,  
Roseville Area Senior Program, City of Little  
Canada Parks and Recreation, The Estates of  
Roseville, and Cardigan Ridge.*

**FREE**

## 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 Redeemer Lutheran Church in White Bear Lake or on the Lyngblomsten campus in St. Paul.

### FREE

**Schedule an appointment:**

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

## Yogadevotion

Tuesdays, April 28–June 16

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

This 8-week series begins with a Scripture-based devotion that speaks to a practice of faith during breath work. The class includes core strengthening, standing, balance, floor, and restorative poses. Class ends with time for reflection and thanksgiving for God's presence. This multi-level class offers modifications for poses to meet individual needs. Please bring your own yoga mat. *Teacher: Jean Auger*

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

**Registration required** by April 27.

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

## Caregiver Services

### Caregiver Resource & Referral Service

For caregivers or care partners looking for ideas, suggestions, education, and support. 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 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.

*(cont'd in next column)*

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

### FREE

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

### Caregiver Support Group

3rd Wednesday each month

(Upcoming: April 15, May 20, & June 17)

1–2:30 PM on the Lyngblomsten campus, The Heritage 2nd Floor Lounge

Support group 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: April 2, May 7, & June 4)  
10–11:30 AM at Redeemer Lutheran Church, Library

Benefit from ongoing mutual support through prayer, sharing experiences, and learning from one another.

**FREE** No registration required.

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

## Dementia Caring & Coping Series

2nd Thursday each month  
1–3 PM at Ramsey County Library—  
Roseville (2180 North Hamline Avenue,  
Roseville), Community Room

Monthly speaker series that focuses on topics related to memory loss.

- **April 9: Your Legal Team.** Elder law attorney Brenna Galvin will talk about building and empowering your legal team and legal tools that can help.
- **May 14: Avoiding Power Struggles with Your Person Living With Dementia.** Deb Nygaard will present on effective communication, including how to work together with the person living with dementia and how to avoid reactions from common triggers that may challenge caregivers.
- **June 11: Resources to Remain Independent. NEW LOCATION:** Roseville Skating Center (2661 Civic Center Drive, Roseville), Rose Room  
Discover products and services to help you live your best life.

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

**FREE** No registration required.

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

## Former Dementia Caregiver Support Group

3rd Tuesday each month  
(Upcoming: April 21, May 19, & June 16)  
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue 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 2nd Half with Lyngblomsten, Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.*

**FREE** No registration required.

**Learn more:** Call (651) 791-5316.

## Memory Loss Caregivers Support Groups

Tuesdays or Thursdays from  
10–11:30 AM 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.

*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** No registration required.

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

## Powerful Tools for Caregivers

Wednesdays, April 22–May 27  
4–6 PM on the Lyngblomsten campus,  
Community Room (lower level)

This evidence-based educational program gives you the skills to take care of yourself while caring for someone else. Participants are given *The Caregiver Helpbook* to accompany the class and provide additional resources. Whether you are helping a parent, spouse, friend, or someone who lives far away, you will benefit from this class. *Class leaders: Lyngblomsten employees Mary Vang, LSW, TCU Social Worker; and Jeanne Schuller, MSW, Caregiver Services Program Manager.*

*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:** \$40 for the six-week series (sliding scale fee upon request)

**Registration required** by April 17.

**Learn more:** Contact Jeanne Schuller, MSW, at (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org).  
Program #422rs

## Care Ministry Network

An online platform that provides standardized training for volunteers and volunteer leaders of congregational care ministries for older adults

Learn More at  
[www.CareMinistryNetwork.net](http://www.CareMinistryNetwork.net)

*The Care Ministry Network is offered through 2nd Half with Lyngblomsten and is supported, in part, by the Lyngblomsten Foundation and a grant from the Lutheran Services for Elderly Endowment at the ELCA Foundation.*

## 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. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants. One volunteer is paired with every participant.

*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).

## 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 Jeanne Schuller, MSW, at (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

## Resources for Churches

### Dementia Friendly Faith Communities Coffee Chat Network

Friday, May 8  
10–11:30 AM on the Lyngblomsten  
campus, Community Room (lower level)

Share insights and tips with other congregations working to become Dementia Friendly Faith Communities. This networking meeting is held three times a year.

**FREE** No registration required.

**Learn more:** Contact Carolyn Klaver at (952) 261-5235 or [cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org).

### Older Adult Ministry Forum: Elders Rising—The Promise and Peril of Elderhood

Friday, May 29  
10 AM–Noon on the Lyngblomsten  
campus, Newman-Benson Chapel

Out of the huge changes in older adulthood created by the Age Wave, a new life cycle stage is emerging. Understanding and addressing the challenges of this older adult life stage is crucial to the quality of life for all generations. We'll explore the promise and peril of this massive life disruption for families, churches, communities, and society. *Presenter: Dr. Roland Martinson, Professor and Academic Dean Emeritus at Luther Seminary.*

**Fee:** \$12

**Registration preferred** by May 27; walk-ins welcome.

**Learn more:** Contact Becky Hulden, RN, at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).  
Program #529rs

### Parish Nurse Ministry Resource Group

2nd Monday each month  
Noon–1:30 PM

- **April 13** on the Lyngblomsten campus, Care Center Conference Room
- **May 11** at Centennial United Methodist Church (1524 West County Road C2, Roseville), Lounge
- **June 8** at Como Park Labyrinth (St. Paul)

Parish nurses are invited to attend a monthly gathering sponsored by 2nd Half with Lyngblomsten. Most months, we will gather for a brown bag lunch, mutual support, and resource sharing, with guest speakers joining us occasionally. You make this group a rich experience for your colleagues.

**FREE**

**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: April 9, May 14, & June 11)  
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.

## Parkinson's Disease Support Group

1st Thursday each month  
(Upcoming: April 2, May 7, & June 4)  
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.

**FREE** No registration required.

**Learn more:** Contact Jay Haukom at (651) 632-5391 or [jhaukom@lyngblomsten.org](mailto:jhaukom@lyngblomsten.org).

## Twin Cities Support Group for Persons with Lewy Body Dementia

1st Wednesday each month  
(Upcoming: April 1, May 6, & June 3)  
10–11:30 AM at Centennial United Methodist Church (1524 West County Road C2, Roseville), Asbury Room

Support group for persons in the early stages of Lewy body dementia. Our goal is to provide mutual support and companionship as we share experiences and resources. Caregivers are also invited, and those who may need assistance during the meeting should be accompanied by a caregiver.  
*Facilitator: Paula Biever, Co-Facilitator of the MN E Metro LBD Caregiver Support Group.*

*Co-sponsored by 2nd Half with Lyngblomsten, the Lewy Body Dementia Association, and Centennial United Methodist Church.*

**FREE** No registration required.

**Learn more:** Contact Paula Biever at (651) 308-9003 or [paula.biever@gmail.com](mailto:paula.biever@gmail.com).

## Vision Loss Support Group

2nd Wednesday each month  
(Upcoming: April 8, May 13, & June 10)  
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. New members welcome.  
*Facilitator: Sue Bauer, Vision Loss Resources Community Service Specialist.*

**FREE** No registration required.

**Learn more:** Contact Becky Hulden at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

## Other

### Aphasia Conversation Group

Mondays (Summer session June 8–July 27)  
2–3:30 PM on the Lyngblomsten campus, Community Room (lower level)

**Fee:** \$160 for all 8 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.

### 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, May 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 Church 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. 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 May 4.  
Program #518sop1 (morning shift),  
and #518sop2 (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 below. 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!

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.

### Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of programs and classes feel welcome and comfortable. Volunteers will help with setup, attendance, welcoming, and cleanup. Opportunities are available at St. Paul and White Bear Lake locations.
- **Respite volunteer:** Respite is short-term relief that allows caregivers to attend to matters other than caregiving. Respite volunteers are matched with individuals experiencing memory loss. They can serve in a group setting (day planned by a Lead Volunteer) or in a one-on-one setting (spend time with a participant in his/her home for a 2–3 hour visit). In-depth training, supervision, and support are provided.

To learn more about any of these volunteer opportunities, please contact Melanie Jagolino at [mjagolino@lyngblomsten.org](mailto:mjagolino@lyngblomsten.org) or (651) 632-5499.

## Registration Information

The following registration, payment information, and policies apply **ONLY** to program registrations taken through Lyngblomsten. Some programs indicate special registration instructions through a partner organization.

### 3 ways to register:

#### **1. Complete a Registration Form.**

found on page 27 or download/print at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf). Submit your Registration Form and payment through the mail or by dropping them off at either 2nd Half with Lyngblomsten program site.

#### **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

#### **2. Register online** at

[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)  
(select “Online Registration”).

**3. Register on the phone** by calling (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.

#### **Payment**

We accept cash, check, and credit card.

- Make checks payable to “Lyngblomsten Services,” unless noted otherwise.
- Payment by credit card is only available for online registration.

## 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 will receive a full refund minus a \$7 per program processing fee. No refunds will be given after a program has started. Supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless noted otherwise).

### **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.

### **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.

### **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"/> _____

\* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

**TOTAL PAYMENT ENCLOSED** \$ \_\_\_\_\_

*All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to “Lyngblomsten Services”).*

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 26.



**LYNGBLOMSTEN**  
Community Services

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

Nonprofit  
Organization  
US Postage  
PAID  
Twin Cities MN  
Permit #2376

**CHANGE SERVICE  
REQUESTED**

FRIDAY  
APRIL  
**24**  
2020

Lyngblomsten Foundation  
*Spring Gala*

Friday, April 24, 2020 | Vadnais Heights Commons  
For complete event details and to RSVP, visit  
[www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

**JOIN US TO SUPPORT**  
2ND HALF WITH LYNGBLOMSTEN

Did you know the Lyngblomsten Foundation is the primary funder of 2nd Half with Lyngblomsten? **Most opportunities in this catalog**—including art programs, coach bus trips, wellness classes like A Matter of Balance, The Gathering (group respite), support groups and caregiver coaching, and more—are subsidized by the Foundation.

Join us in making a difference for 2nd Half with Lyngblomsten by attending the **Lyngblomsten Foundation Spring Gala on April 24**. It will be a wonderful evening filled with food, friends, festivities, exciting live and silent auction items, and more! Karla Hult from KARE 11 News will join us again as our emcee!

Your generosity will ensure that the supportive programs and services you love remain available and affordable for hundreds of older adults in the Twin Cities. Reserve your spot today at [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala).

**SPONSORS** (as of 2/7/2020):

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