



Lyngblomsten Lifestyle

Fall-Winter
2021-2022



Construction begins for new campus!

ALSO IN THIS ISSUE:

2nd Half with Lyngblomsten Supports Caregivers
Sherwin Singsaas Receives Fergstad Award
Volunteers Make a Difference

Directory

MAIN NUMBER: (651) 646-2941
WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES Lyngblomsten Care Center



Care Center Admissions
(651) 632-5301
www.lyngblomsten.org/openings

Administrator
Trisha Gerleman: (651) 632-5302
tgerleman@lyngblomsten.org

Spiritual Care
Rev. Kelley Bergeson: (651) 632-5376
kbergeson@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul
Tammy Johnson: (651) 632-5423
tjohnson@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul
Mary Simon: (651) 632-5428
msimon@lyngblomsten.org

Lyngblomsten at Lino Lakes

www.MyLinoLakesHome.com
(651) 341-0483
LinoLakes@lyngblomsten.org

COMMUNITY SERVICES

2nd Half with Lyngblomsten

General Information
(651) 632-5330
2ndHalf@lyngblomsten.org

Caregiver Services
Lisa Brown, MSW, LISW
(651) 632-5320
caregiving@lyngblomsten.org

Wellness & Enrichment
Lynn Amon, MSW: (651) 301-9445
lamon@lyngblomsten.org

Resources to Churches
Carolyn Klaver, RN: (651) 414-5292
cklaver@lyngblomsten.org

HUMAN RESOURCES

Lindsey Hart: (651) 632-5387
lhart@lyngblomsten.org

LYNGBLOMSTEN FOUNDATION

Tim Overweg: (651) 632-5319
toverweg@lyngblomsten.org

VOLUNTEER SERVICES

Melanie Jagolino: (651) 632-5499
mjagolino@lyngblomsten.org

Letter from the Editor

Expectant hope.

Dear Readers,

At this time of year for Christians, we are waiting with expectant hope for the coming of our Savior Jesus. In our lives generally, we are waiting with expectant hope for the end of the pandemic. And as the Lyngblomsten family, we are waiting with expectant hope for the construction of our second campus.

Vision. Plans. Setbacks. New plans. More hurdles. No matter what took place during the years of planning for a second campus for Lyngblomsten, it was undergirded with hope. And now that hope is transforming into reality as construction of a second campus gets underway.

Although eleven decades separate the first resident being welcomed to our Como Park campus and the first resident to be welcomed to our Lino Lakes campus, those things that were hallmarks of Lyngblomsten more than a century ago—vision, tenacity, commitment to quality of life for older adults, volunteers, donors, collaboration—have transcended all these years and remain at the forefront.

Advent is a coming into place, view, or being. Nothing could be truer this Advent season with a special double meaning for Lyngblomsten.

On the cusp of a new year, may you be filled with expectant hope.

Patricia A. Montgomery | Editor

Vice President of Communications & Stewardship



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Patricia Montgomery Editor
Sam Patet Production Manager
Brenda Janisch-Hoban Designer

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Contents

Lino Lakes, Here We Come!.....	3
2nd Half with Lyngblomsten Supports Caregivers.....	5
A COVID-19 Update	8
Contributions Celebrated at President's Dinner	9
Volunteers Make a Difference!	10



LYNGBLOMSTEN
— AT —
LINO LAKES

Lino Lakes, here we come! Lyngblomsten breaks ground for a second campus

By Sam Patet

It's happening! After nearly a decade of planning, numerous meetings with stakeholders, and a delay due to the COVID-19 pandemic, Lyngblomsten has begun construction of a continuum-of-care senior living campus in Lino Lakes. By the summer of 2023, the site will have been transformed from an unused piece of property into a vibrant community featuring detached rental townhomes and a multi-level building with independent apartments and assisted living and memory care units. A plethora of amenities will feature a wellness center with pool, restaurants, walking trails, and more.

"We are beyond excited to be moving forward," said Lyngblomsten President & CEO Jeff Heinecke. "We're very grateful for the warm

welcome and support from many in Lino Lakes. It's a great city, and we look forward to being a great neighbor."

Pastor Marty Ericson, Chair of the Lyngblomsten Board of Directors, echoed Heinecke's enthusiasm.

"I think all of the [board] directors are happy and relieved and excited about the second campus," Pastor Ericson said. "It extends our mission beyond St. Paul and will strengthen the whole organization going forward."

Both Heinecke and Pastor Ericson were present at a November 9 groundbreaking ceremony for the project, which was held on the southeast corner of the site just off Hodgson Road and County Road J. Around 80 people

Continued on page 4

Continued from page 3

attended, including project representatives, city officials, board directors, and future residents who have already reserved a unit.

“You have been invited here for a reason, and that’s because of your contributions that you have made or that you will make getting this project in the ground,” Heinecke said during his remarks at groundbreaking. “Thank you for that.”



Jeff Heinecke (L) and Mayor Rob Rafferty connect before the groundbreaking.

Also in attendance was Lino Lakes Mayor Rob Rafferty, who noted during his remarks that the project is one of the city’s largest private investments in its history. “Our community of Lino Lakes couldn’t be prouder to be a partner,” he said. “Thank you so much for considering Lino Lakes and now putting it in the ground. We welcome you.”

Patience and persistence bear fruit

Getting to the groundbreaking milestone, however, was a long and sometimes challenging process.

When Heinecke began as CEO in 2013, one of the first projects he worked on with the Board of Directors was developing strategic priorities that would guide Lyngblomsten for the next five years. One priority that rose to the top and eventually was approved in late 2014 was to explore building a second campus. Expanding geographically is an important strategy for reducing the vulnerability that comes with being in only one location.

In the months that followed, a real estate developer was hired to help guide the project, work began on creating architectural plans, and a few potential sites were considered. In the fall of 2018, Lyngblomsten had identified a promising site in Lino Lakes, a suburb of around 21,000 located 12 miles northeast of Lyngblomsten’s Como Park campus.

After presenting its plans to the city and receiving multiple rounds of feedback from city officials and community members, Lyngblomsten purchased the 20-acre site in early 2019. With the land secured, detailed planning with the City of Lino Lakes and the Lyngblomsten Board of Directors commenced, along with exploring bond financing for the project. Pre-marketing of the new campus began in late 2019, and by early 2020, twenty units had been reserved.

Then, the COVID-19 pandemic swept across the world, causing Lyngblomsten to pause the project in mid-March 2020. The project team, however, faced this setback with determination and patience. Good management throughout the planning process, Pastor Ericson noted, helped ensure Lyngblomsten could continue.

“We actually talked at the outset about points at which it might be prudent to pull the plug on the project rather than go forward,” Pastor Ericson said. “But the project was so well managed from a cost standpoint that we were able to endure a number of setbacks without giving up hope or reaching a point where we couldn’t reasonably proceed.”

Conversations and planning continued with city officials throughout 2020, and by early 2021, a new financing plan was taking shape. Lyngblomsten had secured a mission-based equity partner—the Evangelical Lutheran Church of America (ELCA) through its Mission Investment Fund—for the project. With this

Continued on page 6

2nd Half with Lyngblomsten provides much-needed support for family caregivers

By Brenda Janisch-Hoban

November is National Family Caregivers Month, an opportunity to bring awareness to the important and often undervalued role that informal, family caregivers play in the lives of older adults. According to the National Alliance for Caregiving, an estimated 41.8 million Americans provided care to an adult age 50+ in 2020.

Oftentimes, people don't identify themselves as a caregiver. They may think, "I'm the wife and this is my role," or, "I'm just stepping in to help." These individuals, though, are caregivers, and their role comes in all shapes and sizes, from shopping for groceries to providing transportation to managing finances to assisting with dressing and bathing and more.

Many family caregivers don't look for additional help as they carry out their role. Doing so, though, can ensure they and the person they're caring for stay healthy—physically, emotionally, psychologically, and spiritually.

"It is important that caregivers get some extra support," said Lisa Brown, MSW, LISW, Caregiver Resource Specialist with 2nd Half with Lyngblomsten. "And Lyngblomsten is here to offer that support. We are available to help navigate resources that are available and to aid caregivers in connecting with them."

Lyngblomsten through its 2nd Half with Lyngblomsten community services offers many resources to caregivers. One that Brown highlighted is REACH, which stands for Resources for Enhancing Alzheimer's Caregiver Health. As part of REACH, 2nd Half with Lyngblomsten staff provide coaching

support to persons providing care to an adult experiencing any form of dementia. During one-on-one sessions, caregivers learn how to reduce stress, solve problems, and manage challenging behaviors the person with memory loss may display.

"The program is designed to help empower and support caregivers in a way that they can take back some control over what they are doing, and loved ones can continue to stay at home as long as possible," Brown said.

Other caregiver services provided by 2nd Half with Lyngblomsten include the following:

- **Education & Access to Resources**
- **Memory Loss Caregiver Support Groups**
- **The Gathering:** A stimulating in-person program for people living at home with memory loss that provides four hours of respite for their caregivers. Caregivers also have the opportunity to connect with staff for educational materials and support, as well as to form a support network with other caregivers.
- **Group eRespite:** Online program provides one hour of engaging, creative programming for persons experiencing memory loss and a break for their caregivers.

For more information about Lyngblomsten's resources for caregivers, contact us at caregiving@lyngblomsten.org or (651) 632-5320, or visit our website at www.lyngblomsten.org/caregiving. 



Continued from page 4

partnership, the project was eligible to be financed using bank debt (rather than bonds), considerably expanding financing options.

At its September 27, 2021, meeting, the Lyngblomsten Board of Directors gave final approval to move forward with the project, and a week later on October 5, financing closed. The \$65 million project is being financed primarily through Choice Bank and secondarily by the Mission Investment Fund of the ELCA.

Bright future in store for new community

At groundbreaking, Heinecke remarked that when the campus' townhomes open in 2022, it will have been 110 years since Lyngblomsten opened its first home for older adults. While we don't know exactly what the next century will bring, we're confident that with the continued support and excitement from many, Lyngblomsten will successfully extend its mission and impact older adults in Lino Lakes and its surrounding communities. **L**

Reservations are being taken for the townhomes (opening fall 2022) and independent apartments (opening late spring 2023).

For more info: www.MyLinoLakesHome.com (651) 341-0483 LinoLakes@Lyngblomsten.org



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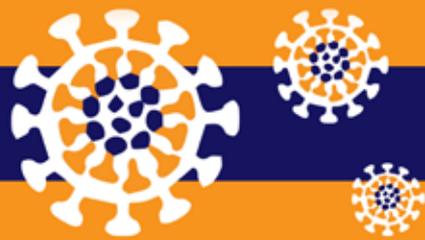


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- 1 Fifteen project representatives scoop the first shovelfuls of dirt at the groundbreaking ceremony.
- 2 Around 80 people attended the groundbreaking ceremony, which included remarks from President & CEO Jeff Heinecke, Mayor Rob Rafferty of Lino Lakes, and project representatives.
- 3 A group of future residents pose for a photo with Jeff Heinecke at groundbreaking. As of mid-November, 22 units have been reserved.
- 4 An aerial rendering of the Lino Lakes campus.





2021 marked by favorable developments in Lyngblomsten's COVID-19 journey

As 2021 comes to a close, the COVID-19 pandemic is still a part of daily life for the Lyngblomsten community. Thankfully, there have been many encouraging developments throughout the year, the most significant being campus-wide vaccine clinics that were held from December 2020 to March 2021. The vast majority of our residents, tenants, and employees are now fully vaccinated, which has contributed to a drastic reduction in the number of COVID cases on our campus. In 2020 (before vaccines were available), Lyngblomsten experienced 149 resident cases, 7 tenant cases, and 168 employee cases of the virus. In 2021 (from January 1 through

November 15), we identified 6 resident cases, 1 tenant case, and 18 employee cases.

It isn't just fewer cases, though, that has been cause for rejoicing. Group activities in the Newman-Benson Chapel have been occurring since May. Volunteers returned to campus in June. And after a 19-month hiatus, The Gathering—our in-person group respite program for persons with early- to mid-stage memory loss offered through 2nd Half with Lyngblomsten—relaunched in October at sites in St. Paul and White Bear Lake.

While we can't know how long our COVID journey will last, we're hopeful that 2022 will bring back even more elements of pre-pandemic life for our community. What we do know is with the support and prayers of many, we'll be able to face whatever may come. **L**

THANK YOU TO OUR 2021 CORPORATE SPONSORS!

The generosity of our corporate sponsors helps the Lyngblomsten Foundation fund programs and services for older adults, especially 2nd Half with Lyngblomsten community programs, as well as arts and lifelong learning opportunities.

www.lyngblomsten.org/sponsor

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Contributions Celebrated at President's Dinner

By Tim Overweg

On October 7, Lyngblomsten President & CEO Jeff Heinecke hosted the President's Dinner to honor those who have given \$1,000 or more to the Lyngblomsten Foundation in the past year. The dinner also celebrates our Heritage Society members—those who have established a future gift through an estate plan or endowment.

The highlight of the evening was the presentation of the Anna Quale Fergstad Award for Distinguished Service to Lyngblomsten. Named after Lyngblomsten's founder, the award is given to individuals who have served Lyngblomsten with both outstanding philanthropy and volunteerism. This year's recipient is longtime Lyngblomsten supporter Sherwin Singaas.

If one had to describe the life of Sherwin Singaas in one word, there is no doubt that "service" would be the word of choice. Sherwin became acquainted with Lyngblomsten through his church and began serving as a volunteer by helping residents at worship services on Sunday mornings on campus. That experience led Sherwin to take on other service opportunities with increased responsibilities. In 1997 he was elected to the Lyngblomsten Board where he served as Treasurer, Chair of the Finance Committee, and a member of the Executive Committee. He continued his service when, in 2005, he agreed to serve on the Foundation Board. His experience with both boards put him in the unique position of being well qualified to serve as Chair of the newly formed Investment Committee. Sherwin and Carolyn, his wife of 61 years, have been faithful financial supporters of the Lyngblomsten Foundation since their introduction to Lyngblomsten.



Jeff Heinecke (L) and Sherwin Singaas

Upon learning of this honor, Sherwin remarked, "Carolyn and I have found it a blessing to be associated with Lyngblomsten for many years. I have enjoyed working with people in such a Christ-oriented place. We are impressed with how well managed the organization is, and especially striking is their forward-thinking attitude."

Sherwin's service to others extends beyond Lyngblomsten. At Como Park Lutheran (a member congregation with Lyngblomsten), Sherwin served in leadership roles with the Church Council and Finance Committee.

Today, as members of Roseville Lutheran Church (also a member congregation), Sherwin and Carolyn support Lutheran Academy in Slovakia, including traveling there to help with a variety of hands-on projects.

Sherwin has always served by combining his affinity for finance and numbers and his concern for others, and Lyngblomsten and our community have been well served by those gifts. **L**

Sherwin Singaas joins the ranks of Lyngblomsten's previous Anna Quale Fergstad Award recipients:

- | | |
|--|--|
| 2001: Wallace R. Hauge † | 2009: Mary Dennis |
| 2002: Rev. Elder Bentley † | 2013: Paul Mikelson |
| 2003: Marvin Merrick † | 2015: Michael A. Santoro |
| 2004: June Husom & Rachel Husom † | 2017: Dr. Leslie Grant |
| 2005: Jack Boss † | 2018: James (Jim) Nash |
| 2006: Bill Lund | 2019: Don & Lu Zibell |
| 2007: Jeanette Severson † | 2020: Dr. Maynard & Elaine Jacobson |
| 2008: Mary Blanchard | 2021: Sherwin Singaas |

† Deceased

Volunteers Make a Difference!

We Need You!

By Brenda Janisch-Hoban

After a yearlong pause due to the COVID-19 pandemic, Lyngblomsten is excited to be welcoming volunteers back to its campus and beyond! "Volunteers are a hugely valuable part of our mission, which is to enhance the lives of the older adults," said Shelli Beck, Lyngblomsten's Director of Volunteer Services. "If you're looking to make a difference in the community while forming new friendships and learning some new skills, volunteering with Lyngblomsten would be a great fit."

Lyngblomsten has many positions available, and there's sure to be at least one opportunity that will fit your interests, talents, and time.

Current needs for volunteers are:

The Gathering: Spend quality time with older adults during The Gathering, Lyngblomsten's group respite program for persons experiencing memory loss. Assist with activities and engage participants in conversation.

Special Friend Visitor: Take residents for a walk around the block or sit, visit, and listen. Hear some new stories while making a special connection that can brighten someone's day.



Anna's café and gift shop: Visit with customers while operating the cash register, scooping ice cream, or assisting with purchases and food orders.

Resident Mobility: Transport residents to and from in-house appointments on campus, such as for physical therapy and the salon. Provide friendly conversation and encouragement along the way.

Art Activities: Help residents and tenants explore their creative selves while volunteering as an art activity assistant. Painting, ceramics, music, mixed media, and storytelling class assistants are needed.

Interested in helping? Contact Lyngblomsten Volunteer Services: Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org. 

The Heritage at Lyngblomsten now Assisted Living

With the new assisted living law that took effect August 1, 2021, The Heritage is now licensed as an assisted living facility. This is a new category of licensure for the State of Minnesota, combining the former housing with services registration with licensed home care services. Most of the change involved substantial paperwork and policy writing. Tenants continue receiving assistance with daily living as they had before the classification change. The biggest difference is that all assisted living facilities will now be surveyed by the Minnesota Department of Health.

"Although the process was intense, all the regulations in the end are to ensure the safety and well-being of our beloved residents," said Mary Simon, manager of The Heritage at Lyngblomsten. "And that is what we always have at the forefront of our minds." 

► *The Heritage at Lyngblomsten is the market-rate assisted living on our Como Park campus. Apartments are available. Contact Mary Simon, Manager, at (651) 632-5428 or msimon@lyngblomsten.org.*

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

January 1 through October 31, 2021

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Alden Allen	Ann Murphy
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Georgine Bellotti	Lois Ruhnow
Margie Betts	Geri Rutz
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May Mercil	Judy Witte
Donald S. Mielke	Helen M. Young

In Honor of

Josie Barnes
Fergstad Distinguished Service Award winners
Maynard & Elaine Jacobson
Carolyn Klaver, Care Resources & the Support Groups
Patricia Montgomery
Katie Purcell

For information about making a gift in honor or in memory of your loved one, please contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org.

www.lyngblomsten.org/donate

IMPORTANT DATES:

December 10

Donations/Gift cards due for Spirit of Giving which provides Christmas gifts for residents. Learn more at www.Lyngblomsten.org/SpiritOfGiving.

December 16

Candlelight Service, 4 PM, Newman-Benson Chapel. All are welcome, pending COVID conditions.

December 31

Last day to contribute to Lights of Lyngblomsten year-end appeal. Details at www.Lyngblomsten.org/Lights.

April 22

Lyngblomsten Foundation Spring Gala.



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, member 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
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www.lyngblomsten.org



1415 Almond Avenue
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Learn more about
Lights of Lyngblomsten at
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Lyngblomsten Foundation



Friday, April 22, 2022

SAVE THE DATE