



Lyngblomsten Lifestyle

Summer 2014



STORIES OF LIFE:

More Than A Job—What makes working at Lyngblomsten meaningful

MORE IN THIS ISSUE:

Creating A Legacy
Roseville ACT On Alzheimer's

Directory

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**To be added or removed from the
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MailingList@lyngblomsten.org.**

Letter from the Editor

***If you find it in your heart to care for
somebody else, you will have succeeded.***

Maya Angelou

1928-2014

Dear Readers,

Caring for others is the cornerstone of our organization's mission. Indeed there are many who would be deemed successful because of caring for others through their involvement with Lyngblomsten. Sad is the life of a person who spends years laboring at something they do not love or do not realize how what they do makes a difference. I am so pleased that in this edition, our feature story "More Than a Job," showcases examples of how our employees involve their hearts in their work. (We tried to do a feature story on our employees a couple years ago, and folks were so humble and shy we couldn't get anyone to agree to be interviewed!) I hope you are touched by the deep compassion and joy our employees bring to their work.

In May, the world lost two people who knew a lot about creating a legacy by caring for others: world-famous Maya Angelou and local role model Rev. Elder Bentley (see page 14). Beyond our employees, Lyngblomsten volunteers and donors engage their hearts in caring for the elderly whom we serve. Surely their loving care and concern would be classified as success.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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Lyngblomsten Lifestyle can be found online at www.lyngblomsten.org/publications.

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On the Cover: Lyngblomsten employee Alfonso Sanchez, TMA and care center resident Elfriede Freiseis visit and take a stroll on campus.



More Than A Job

What makes working at Lyngblomsten meaningful

by Christina Rhein, Marketing Communications Specialist

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

What do you do? This is a common question people ask when they meet someone for the first time. Our jobs can be a large part of our identity, and that's not surprising, considering most adults spend a majority of their waking hours at work. While our work does not necessarily define us, it can influence our lives outside of work and offer insight into our values, making it important to be able to find meaning in what we do. This can be illustrated with the help of the story of "The Three Bricklayers," an old tale that continues to be told because of its relevant messages:

Three bricklayers were hard at work. When asked what they were doing, the first bricklayer responded, "I'm putting one brick on top of another." The second replied, "I'm making six pence an hour." And the third said proudly, "I'm building a cathedral—a house of God."
—Author unknown

Each was able to identify something important out of what they were doing, but the last bricklayer could say that what he had done was meaningful. Meaningfulness is about the **why**—the ability to see the bigger

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picture and the end result, rather than just focusing on the immediate task. When we place our focus on the bigger picture, it provides motivation to continue and can inspire solutions to challenges.

Lyngblomsten is fortunate to be staffed with an entire organization of “cathedral builders” who carry out our mission of enhancing the lives of older adults. From nursing staff, to dietary, to administration, employees know how they contribute to the bigger picture. Using their strengths and passions, employees make an impact—an essential element of meaningful work.

A great way to tell the story of an organization is through its employees—after all, they are the ones who shape it on a daily basis. Meet seven Lyngblomsten employees, each with a different title, working in different departments, but who share the common bond of caring. What makes their work meaningful?



Alfonso Sanchez III, TMA

Alfonso (left) is a TMA (trained medication aide) and a relatively new employee, but already he exemplifies our mission as a compassionate caregiver and has found a home at Lyngblomsten among residents and staff alike.

“Being able to see the residents and make them happy” is what Alfonso said he finds most worthwhile about his job. “It’s more than a paycheck. I look forward to coming to work, and I’m happy to be here every day,” he said. Alfonso emphasized the importance of building relationships with the residents whom he serves and knows those relationships are integral to the culture of Lyngblomsten. “They’re our family. It’s like you have a bunch of grandmothers and grandfathers—this is their home and we get to be a part of it,” he expressed. For example, he has made a special connection with one resident, Elfriede Freiseis (pictured on the cover), who tells Alfonso stories of being born and raised in Austria during World War II. He enjoys learning about the variety of backgrounds of each resident and said that he learns something new from them every day. Alfonso also likes to share pieces of his own life with residents, like bringing in photos to show from his fishing trips. Most importantly, and what makes his work meaningful, Alfonso shared is, “It’s not just about doing what you’re

supposed to and completing your work. It’s more than that. It’s about spending that extra time with residents and sitting down and talking with them. If you just come here to do your job and do what you’re supposed to do, there’s not much satisfaction in it. It’s when you really go that extra mile—the more you give, the more you get in return.”

While Alfonso has taken the time to develop relationships with residents, he also noted the special culture of relationships with co-workers. “From the nurses and aides, to management, and the housekeepers, all the staff greet you with compliments and smiling faces. That’s what makes working here so great—everyone’s a family.” Lastly, Alfonso pointed out the sense of teamwork at Lyngblomsten, and that no matter what title an employee has, they all work together for the same goal: “to make sure the residents are happy, taken care of, safe, and have everything they need.” It is apparent that Alfonso has found meaning in his work which not only provides personal fulfillment, but also goes beyond himself, resonating with residents, co-workers and the organization as a whole.

Carolyn Klaver, RN, Coordinator & Lisa Brown, MSW: The Gathering

Both Carolyn and Lisa are involved with Lyngblomsten’s The Gathering, a community-based program serving those with memory loss and their caregivers. In addition to their professional backgrounds, they each have experience being caregivers in their personal lives. Last year, their expertise was sought by two agencies—Metropolitan Area Agency on Aging and the Minnesota Board on Aging—and they were invited to take part in training to be a part of family memory care consulting as a service to offer through Lyngblomsten and The Gathering. This was an opportunity they couldn’t pass up.



Carolyn (L) & Lisa (R)

“Our concern, bottom line, is helping the caregiver,” Carolyn stated. Last September, both completed the intensive training for this program on top of their busy workload but felt passionate about what this program would offer to caregivers.

Carolyn expressed that by taking advantage of this opportunity, it would strengthen the support that we currently have in place for caregivers. “It’s good to have options,” she said. “Not everyone will fit the model of support groups, of caregiver coaching, of family memory care. To offer a menu allows for a more appropriate, customized fit.” Always with the best interest of the caregiver in mind, Carolyn and Lisa were able to use their expertise and talents to identify and take advantage of an opportunity that not only promoted Lyngblomsten’s mission, but encouraged career development and personal achievement as well. To learn more about the Family Memory Care program, see page 8.



Scott & Newton training for the Medtronic Twin Cities Marathon

**Scott Stauffacher,
Director of IT &
Newton Momanyi,
RN House Supervisor**

Scott and Newton work in two very different departments at Lyngblomsten, but they have something in common: running marathons. They run half marathons and full marathons to help

raise money and awareness for clean water in Africa through the organization World Vision. They are a part of Team Lyngblomsten, which currently includes two other employees as well. Scott and Newton are role models for other employees—promoting the employee wellness initiative. While their efforts do not directly impact the residents and tenants at Lyngblomsten, many of our employees have family in Africa. They have taken our mission of compassionate care to another level by supporting a cause beyond Lyngblomsten that they are passionate about and inspiring others to join them. “Whether you work here or somewhere else, I think that we should all be compassionate towards other people and look for those opportunities,” Scott reflected. Newton added, “It makes a difference to these children [in Africa], knowing that there’s someone somewhere who cares.” It is exciting to see two employees who have taken Lyngblomsten’s mission to heart and spread those values beyond our own campus and community—and across the world.

Alice Adeola, Baker/Cook

Alice works as a baker and cook and has given 27 years of service to Lyngblomsten, starting in nursing before

moving to the dietary department. She came to the United States from Nigeria with her family when she was 17 years old. Her father worked in nursing at Lyngblomsten. As a long-time employee, her knowledge of the organization and its history is greatly valued. What



Alice singing in the kitchen

has made her stay here all these years? “The residents; I love the residents!” she exclaimed without hesitation. “They are like my mom, my dad, my grandparents—and they love me like their own grandchild.” Alice also values the Christian foundation of Lyngblomsten, and she celebrates this through singing praises. She can often be heard singing out loud in the kitchen and around campus and feels comfort knowing this is a place where she can express her faith. “No one ever says, ‘Alice, stop praising God!’” she laughed. “This is a good place to work—it’s a real Christian home,” she said.

Jenny Farr, TR Coordinator

Jenny is a Therapeutic Recreation Coordinator and has been with Lyngblomsten for three years. Her mission is simple: “My goal each day is to come in with a bright



Jenny with some members of the Garden Club

smile. I have energy to bring to the residents, and I want to make their day go by—and make it one that was enjoyable.” Similar to Alfonso, Jenny places importance on building relationships with residents by getting to know them well, and knowing their special care needs

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and personal preferences. “Learning the stories behind each face—that’s my biggest thing with each individual. Everybody’s life and journey has been different, and each person has a little something special to share,” she said. Jenny also shared that her job continually requires her to be creative to be able to meet the many different needs of residents. It is important to always be looking for new ideas and new things to connect and talk about with residents. For example, Jenny coordinates the Garden Club on the third floor of the care center. When she started at Lyngblomsten she had never gardened before. Now she helps residents care for an indoor garden flourishing with houseplants and flowers. “They taught me that,” she said. “They have taught me all of the gardening. And now I do it here and at home!” Like Alfonso, Jenny has found that going above and beyond the “assigned” job yields more in return—both in self-fulfillment and in the quality of work and care being given to residents.

While these seven employees only represent a handful of Lyngblomsten’s 443 total staff, they are a few shining examples of how employees at this organization—no matter what their title or the work that they do—experience the same motivation and sense of duty to carry out Lyngblomsten’s mission.

In addition to perspectives from our own employees about the meaningful work at Lyngblomsten, our organization was recognized by our industry peers when in February 2013 we received the *Excellence in the Workplace Award* from Aging Services of Minnesota.

The award honored an older adult services organization as an employer of choice for progressive practices that enhance employee satisfaction and retention, promote careers in the field of senior services and invest in its employees. Trisha Hall, Director of Human Resources, commented on one aspect of these criteria of which is especially impressive. “With a retention rate of nearly 86% among all staff, our organization is well above the industry average,” Trisha emphasized. If this number doesn’t speak for itself, it is also supported by a 4.56/5 overall average score for reported employee satisfaction.

“We believe that our high retention rate is reflective of the hiring process we use to select our employees,” Trisha said confidently. Before interviews, prospective employees watch a short video highlighting Lyngblomsten’s mission, guiding principles and pillars (see these on page 18). “It is important that employees can identify with our mission and values, and this screening process makes it possible to select the right people for the right jobs,” she concluded.

Lyngblomsten is an organization focused on people—and with employees who are motivated by the common bond of caring for and about people—we are able to give the best service possible to residents and tenants, their families, and the community. Not only does this make us successful in accomplishing our primary mission, but also in creating an environment which allows our employees to experience fulfillment. Working at Lyngblomsten is truly more than a job. 

“Employee Reflections Why did you choose to work with older adults? What do you love about working at Lyngblomsten?”

"Being able to go and visit with residents is a bonus of any day at work. That is really the best "pay" an employee could have."

—Shelli Beck, Volunteer Services

"I want to bring happiness into their [older adults] lives."

—Than Than Aye Bo, Dietary

"I respect older adults, understand them, and LOVE being their extended family, friend, and caregiver."

—Margaret Lackner, TMA

"It seems God had a call on my life, even as a child, to have a heart of compassion for, and a desire to befriend older adults. Compassion is a gift from God and each day gives me opportunities to share this gift with others."

—Harry Stephenson, Chaplain, Spiritual Care

"I have been given the opportunity to use my talents and abilities in creative and productive ways which fulfills my desires to share in providing a good home for our residents."

—John Maidl, LPN, Boss Neighborhood Clinical Lead

What's new?

Artful Living with Lyngblomsten™



In May, Lyngblomsten was awarded the first-ever COMPAS Arts and Innovation Award (left), in recognition of our outstanding commitment to using new and innovative strategies to connect people with art. As one of our arts partners, COMPAS has played a vital role in the creation and development of the *Artful Living with Lyngblomsten* program. We are honored to have received this award and give many thanks to all of our arts partners who continue to help us achieve our goals.

Volunteer Opportunities with Artful Living

Volunteers are needed to assist local teaching artists and class participants in multiple ways. It might be by turning a page in a music book, getting fresh water for painters, or by getting supplies ready for a clay class. The talent that is required to help with these classes is really a desire to enhance the lives of the older adults.

You do NOT need any experience in the specific art form. Examples of some classes you may help:

- Watercolor and acrylic painting
- Music and singing
- Clay classes
- Concerts each 2nd Sunday of the month
- Memoir writing, and many more

Most classes meet during the week and are held on the Lyngblomsten campus at 1415 Almond Ave, St. Paul.

To learn more about Artful Living, or to get involved:

Contact Allyson Goettsch at (651) 632-5357 or agoettsch@lyngblomsten.org, or visit www.lyngblomsten.org/ArtfulLiving

Summer Highlights:

July 10—Music Appreciation Class

July 23—Jewelry Making with Polymer Clay

August 10—*Broadway Songbook: The First 100 Years of Broadway* at the Ordway Center

August 13—Flower Beads in Polymer Clay

For complete details and to learn about other upcoming programs, visit www.lyngblomsten.org/calendar.



Roseville community receives grant to advance dementia-friendly work

Roseville

This spring the Roseville community was awarded an \$8,000 grant through ACT on Alzheimer's to help make Roseville a more welcoming community for people with dementia.

A group of Roseville community members, organizations, municipal staff and ISD 623 school district personnel have been working since last September to help the growing number of residents with dementia. This group, called the Roseville Alzheimer's and Dementia Community Action Team, applied for the ACT on Alzheimer's grant as one important vehicle to achieve their goal.

Since forming, this group has made presentations to key community sectors, initiated Alzheimer's Foundation memory screening events, developed and conducted a caregiver assessment survey, supported the opening of a second memory café in Roseville, and is currently surveying the community, social services, and caregiver support sectors.

Team lead Kitty Gogins noted, "The power of our team lies in building awareness and providing education. Long term, we are aiming for a community that is aware of the signs of dementia, respectful of people with dementia, and knows about the resources available to those living with dementia."

ACT on Alzheimer's is a volunteer-driven, statewide collaboration of more than 60 organizations preparing Minnesota for the personal, social and financial impacts of Alzheimer's. **Learn more at www.actonalz.org.**

Roseville's grant is funded through Blue Plus, a subsidiary of Blue Cross Blue Shield of Minnesota, the Medica Foundation, and Greater Twin Cities United Way. Lyngblomsten Services, Inc. serves as the lead organization and fiscal agent.

You can get involved by attending a community event this fall to help determine the ACTION the Roseville community will take to become more dementia friendly. SAVE THE DATE:

WHEN: Tuesday, October 21 | 2:30–4:30 PM

WHERE: Fairview Community Center, Roseville, MN

CONTACT: Janell Wampler at (651) 604-3522 or janell.wampler@isd623.org for more info.

Creating a Legacy

by Melanie Davis, Chief Development Officer

It is true that you don't have to be rich to create an estate plan that includes legacy gifts. Passing along values, beliefs, stories, heirlooms, and financial gifts are possible gifts to share with those whom we care most about. Estate planning can include any or all of these aspects. Becky Palmgren, Regional Gift Planner for the ELCA serving the Minneapolis and St. Paul area, said, "Quite often when people hear about someone offering to meet with them for estate planning, charitable or gift planning, they think that their estate isn't large enough, but giving is not about the size of the gift, it is about being willing to give."

Another reason that people may not consider a planned charitable gift is their first priority is to give to their children or grandchildren, and they don't believe that they will have enough to also give to their church or other beloved charities. With the help of a planned giving advisor, many individuals and families are surprised to realize that with the right tools and tax laws they can leave the majority, if not all, of their estate to their children and also leave a gift to ministry. "Most people are not aware of the options that are available to them, but once they see the opportunities to give, they are willing to leave a gift to their favorite ministries after being sure they have taken care of their family first," said Palmgren.

An example of a legacy gift that is making a significant impact at Lyngblomsten was an estate gift from Adine Aurelius, a portion of which was designated to support the Lyngblomsten Auxiliary. For years, the Auxiliary raised about \$20,000 annually to pay for many of the unbudgeted extras that enhance the lives of those we serve. As the Auxiliary members have aged, despite

their spirit of service, they can no longer conduct the rummage sales and cookies sales of the past that generated this income. Adine's endowment gift, since being invested in 2012, has generated an additional \$25,000 for the Auxiliary Legacy Fund and will continue to do so into perpetuity, ensuring that a portion of the giving that the Auxiliary has provided for over 50 years will continue for decades to come.

Each of us has unique circumstances and varying gifts and resources to share. We at Lyngblomsten believe that every gift of time or money is valued and important, regardless of its size. It is our goal to assist persons to holistically plan for the legacy that they want to leave. In the months to come, we invite you to join us for free informational sessions on a variety of topics from leaving a spiritual legacy to preparing a will or trust. For more details, visit www.lyngblomsten.org/calendar. We are thankful for Thrivent Financial, a long-term sponsor of Lyngblomsten, who is graciously underwriting the cost of these events. 

Legacy Planning Assistance

Lyngblomsten is participating with other Twin Cities Lutheran institutions in an ELCA Planned Giving Partnership. As a result, Becky Palmgren, Regional Gift Planner for the ELCA, is available to meet with any Lyngblomsten constituent.

If you are interested in learning more about developing a will or trust or other planned gift and would like to request a confidential meeting with Becky Palmgren, please contact her at (763) 757-9302 or rebecca.palmgren@elca.org. *There is no charge for services and no products will be sold.*

Family Memory Care

Help for you & your family dealing with memory loss

Family Memory Care is a **service for caregivers** living with a family member who has memory loss. Without support, caring for someone with memory loss can be challenging. Family Memory Care can **reduce caregiver stress and increase the support** caregivers receive from their family.

Family memory care consultants will:

- **Assess your situation** & discuss concerns
- Help you and your family **understand memory loss** & how the disease progresses
- Work with you and your family to **develop a plan** that best supports you
- **Discuss strategies** for coping with changes in personality & behavior
- Assist you in **finding resources** & helpful services

To find out if Family Memory Care would be a fit for you, contact: Carolyn Klaver, RN at (952) 261-5235 or cklaver@lyngblomsten.org. Download a brochure at www.lyngblomsten.org/caregivers.

Join us for the

18th Annual



Lyngblomsten Charity GOLF CLASSIC

Monday, August 4, 2014

Midland Hills Country Club



Golf Scramble | Silent Auction | Dinner

Please join us on August 4 for a day of fun at Midland Hills Country Club. The day will include a Demo Day by Second Swing, a golf clinic, lunch, golf scramble tournament, silent auction, and more. **Proceeds raised will support programming for persons with memory loss and their caregivers.**

Golf Classic Sponsors

(confirmed as of 6-2-14)

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Merwin LTC Pharmacy

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ProRehab

Silver/Par (\$1,000+)

Bill Lund

CFS Interiors & Flooring

Delta Dental of Minnesota

Joel Poeschl

Thrivent Financial

Details and online registration at

www.lyngblomsten.org/Golf2014

Memory Loss Caregivers Support Groups

Family and friends who have a loved one experiencing Alzheimer's or a related dementia are welcome to attend. All groups are open to the community. Come as often as you are able. Support group facilitators are trained through the Alzheimer's Association.

Current locations include:

- Calvary Lutheran Church, Golden Valley
10 AM | 2nd Thursday each month
Contact: Becky Clifford at (612) 670-0296
- First Presbyterian Church, White Bear Lake
10 AM | 1st Thursday each month
Contact: Joan McGrath at (651) 429-5218
- Augustana Lutheran Church, West St. Paul
10 AM | 1st Tuesday each month
Contact: Sherry Simpson at (651) 739-2114

New locations starting this summer:

- Woodbury Baptist Church, Woodbury
10 AM | 4th Monday in June, July & August
4th Tuesday each month from
September–December
Contact: Mary Hafner, Faith Community Nurse
(651) 738-7700 | office@woodburybaptist.org
- Centennial United Methodist Church, Roseville
10 AM | 2nd Tuesday each month beginning
August 12
Contact: Esther Tatley at (651) 490-5850

Six additional groups will be starting around the Twin Cities later this year, including a group for deaf caregivers. Check for new groups as well as other caregiver resources at www.lyngblomsten.org/caregivers.

Coordinated by: Lyngblomsten's The Gathering & the Alzheimer's Association.

For general questions about the support groups or if interested in becoming a co-facilitator for a group, please contact: Dorthea Doty, LSW at (651) 632-5333 or ddoty@lyngblomsten.org.

Memory Loss Caregivers Support Groups are funded in part by the Lyngblomsten Foundation and the Older American Act Title III-E National Family Caregiver Support Program, and in partnership with the Metropolitan Area Agency on Aging and the Alzheimer's Association.

LYNGBLOMSTEN SCRAPBOOK



Women's Legacy Tea

Generations of women gathered to enjoy tea, treats and a show at the Lyngblomsten Women's Legacy Tea in May. The event raised \$2,752 for the Lyngblomsten Auxiliary Legacy Fund. Pictured left: Four generations of women (from L to R)—Susan Bosshardt (granddaughter of Elsie), Elsie Trapp, Rosemary Johnson (daughter of Elsie), and Kelsey Bosshardt (great granddaughter of Elsie). Pictured right: Elaine Ogren pours tea for guests. At the event, she was recognized for her 50-year legacy of service to older adults.



Vintage Wedding Dress

"Celebrating the 1940s" was this year's theme for Homes for the Aging Week (May 12-16) at Lyngblomsten. Apartments tenant Dorothy Mechura poses with her beautiful wedding dress from 1943.



Husby Memorial Concert

Vocal tenor Andrew Barrett and pianist Megan Crosby performed at the Annual Husby Memorial Concert in May. This free concert was made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.



Chuck Norton, Dr. Carol Pletcher, Jeff Heinecke, Charleen Prill



Jeff Heinecke, Karen Veninga, Chuck Norton

Partnership Milestone and Retiring Board Member Recognized

At the Corporate Annual Meeting in May, Falcon Heights United Church of Christ (left) was recognized for their 15-Year Partnership Milestone, and Karen Veninga (right), retiring board member, was presented with a Norwegian rosemaled keepsake box. Thank you for your service!

FUN FOR ALL AGES!



LYNGBLOMSTEN MID-SUMMER FESTIVAL

Arts | Music | Food | Games

part of Como Neighborhood Days

Saturday, July 12
11 AM - 6 PM

1415 Almond Ave., St. Paul, MN 55108

JOIN US at the Lyngblomsten Mid-Summer Festival!

From food, games, and live performances to artist demonstrations and hands-on creative activities, there's something for everyone!

All festivities for this family-friendly, budget-friendly event will take place on the Lyngblomsten campus at 1415 Almond Avenue in the Midway-Como area of St. Paul. All are welcome! Join the fun through this festival of arts for ALL ages.

- 5 stages of entertainment, music, & dance representing many cultures
- Over 100 Minnesota artists & entertainers
- Arts activities for all ages
- Food from local vendors including Grand Ole Creamery, Nelson Cheese & Deli, and Cravin' Pie
- Entertainment & art from these organizations (and more): Barbary Coast Dixieland Band, Red Rock Swing Band, Minnesota Opera, Weaver's Guild, MU Performing Arts, History Theatre
- Wheelchair accessible & ASL interpreters provided



This activity is made possible in part by a grant provided by the Minnesota State Arts Board through an appropriation by the Minnesota state legislature and by a grant from the National Endowment for the Arts.

Sponsors (as of 6/6/14)

Blick Art Materials

FastSigns

Hermes Floral

Piche & Associates Real Estate, LLC

More details and REGISTER TO WIN (cash prizes!) at:

www.lyngblomsten.org/festival



Lyngblomsten Corporate Board of Directors

2014-2015

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Bill Sanden – Vice Chair
Community Representative

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Gustavus Adolphus Lutheran

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St. Anthony Park Lutheran

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Rev. Pam Stofferahn
Redeemer Lutheran – White Bear Lake



— Stay updated and engaged —
www.lyngblomsten.org

Visit Lyngblomsten online to stay updated on current news, to browse the calendar of events and opportunities, or to find resources for a support group or senior ministry (and much more!). You can also find us on Facebook and Twitter:

 [facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten)

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Older Adult
ministry network
Where Faith Still Grows

Looking for more inspiration, ideas, or how-to's for developing or enhancing your congregation's older adult ministries? Check out the Older Adult Ministry Network.

Free weekly podcasts (digital audio recordings) cover a variety of topics impacting older adults in the church.

Listen online or download at
www.agelessfaith.org



*Do not cast me away when I am old;
do not forsake me when my strength is gone.*

-Psalm 71:9 NIV

Aging in Place and the Implication for Churches

by Patricia Montgomery, Director of Church Relations & Marketing Communications

Having more generations than ever before in the pews—chronological diversity—is making the ministry needs of congregations more diverse than ever. This presents significant challenges, but the needs cannot be ignored forever. The facts exist. The number of older adults is growing exponentially. Older adults desire to remain living in the homes where they have been living, no matter what. This trend has been named “Aging in Place.”

Here are a few statistics for you to consider:

- Nearly 90% of people over age 65 indicate they want and intend to stay in their home permanently, and four of five in that age bracket believe their current home is where they will always live.¹
- 70% of Americans aged 65 and older live in single-family detached homes.² This means they are out in the communities around churches.
- By 2020 in Minnesota, there will be more people over the age of 65 than school-aged children.³

Not only will we have more people over the age of 65 in our communities by sheer population, but there will be more seniors living alone if their preferences of staying in their own home can be met. This will impact your congregation.

Historically, most churches are comfortable providing social programming for seniors, such as a monthly luncheon gathering and offering visitation ministry in homes. Today some churches are beginning to embrace the demographic statistics and look more intentionally at “second half” ministries. Exploring things like purposeful retirement workshops is one example. If you think of the second half of life being ages 50 to 100, consider the wide variety of needs and issues of people in a 50-year span of life. A one-size-fits-all older adult ministry won't work. If the senior services industry (and funding for it) can actually pull off true aging-in-place services and older adults, in fact, stay in the home of their choice no matter how much their health needs change, how might this impact churches?

There are many implications. Churches will need to shift resources to ministries for the elderly, such as implementing programs like Parish Nurse Ministry and Care Team Ministry. They'll need to create new outreach efforts to connect homebound seniors with parish life; there'll be a lot more homebound seniors than there are now. Frailer people will be living in the communities around congregations. Transportation for those who cannot drive will become an even bigger issue than it is today. For those who can still get to church by themselves or with a driver, church facilities and worship services themselves will need to be accessible. Doing this isn't always a major undertaking. For example, putting out a basket of magnifying glasses or reserving extra parking spaces for the elderly sends a clear message that your congregation is welcoming and accommodating to this demographic. Eventually, these older adults will die. There will be a greater number of funerals. Bereavement ministries will likely need to grow, and the funeral lunch conundrum will need to be solved. No doubt you can think of additional ways churches will be impacted.

Perhaps one of the biggest challenges for congregations is to stop thinking of older adults as receivers only. Instead, encourage and enable contributions of older persons. Expand your view of the capabilities of the homebound. Most are homebound because they cannot drive, but they would be very able to provide peer-to-peer ministry, visitation, or other support via telephone or email or perhaps even participate as a worship lector or committee member via Skype.

The size of the age wave is known. Call the statistics trends, or call them realities. It doesn't matter. Churches must be called to action. **L**

Sources:

¹ *Home and Community Preferences of the 45+ Population*, Teresa A. Keenan, Ph.D., (Washington, D.C.: AARP, 2010), 4.

² *Independent for Life: Homes and Neighborhoods for an Aging America*, 2012 by Stanford Center on Longevity, p. 10.

³ Minnesota State Demographer, 2010.

Faithful Stewards...Lasting Impact

by Melanie Davis, Chief Development Officer

The older I get, the more I begin to consider the legacy that I will leave. When I am gone, what difference will I have made? What legacy will I create for the future in how I have lived my life today?

From the legacy of our founding women whose forward-thinking vision left us with our first home for older adults and land to create what has become an expansive community, to the Auxiliary members who carried on both the fundraising and service traditions of the Lyngblomsten branches (Elaine Ogren is on her 50th year of service!), to numerous individuals who continue to share their time and financial resources to sustain our services, I am keenly aware of how Lyngblomsten is the beneficiary of numerous legacies.



Rev. Elder Bentley (left), who passed away May 26, 2014, exemplified a person who, through his love of God and passion for service, left a legacy for Lyngblomsten. In 1964, Elder began serving as pastor of Immanuel Lutheran Church, one of our corporate congregations. Soon after, Elder became active with Lyngblomsten, serving on both the Corporate Board of Directors and later the Foundation Board of Directors. Elder was an advocate for Lyngblomsten and supported Immanuel's active participation and fundraising efforts with

Lyngblomsten over the decades, so much so that people often referred to Lyngblomsten as "Immanuel North." In 2002, Elder was awarded the Anna Quale Fergstad Award for Distinguished Service from Lyngblomsten. Elder not only generously shared his time and leadership, he and his beloved wife Esther faithfully shared their financial resources as well. Elder was a member of the Lyngblomsten President's Club and also a member of the Lyngblomsten Heritage Society. In addition, Elder shared his love of Lyngblomsten with his family. As a result, we are blessed today to have many of his children and grandchildren creating their own legacy of giving and volunteering with Lyngblomsten.

If you asked these "saints" if they thought they were extraordinary, my guess is that they would see themselves as ordinary folks who just did what they could to help. While we may not see ourselves as an Anna Quale Fergstad or Elaine Ogren or an Elder Bentley, each of us is called to our own legacy, to live God's love to the world by sharing our gifts and time right where we are with those with whom we come in contact. In doing so, we each have the opportunity to create a legacy of love, generosity and service—legacy gifts that are truly transformational and endure more than a lifetime. Thank you for all the ways that you give and share your time to support older adults today and in the years to come. *Together, we are creating a legacy.* 

2014 Lyngblomsten Foundation Benefit

A Toast to Lyngblomsten: Wrap Up

The 2014 Foundation Spring Benefit, *A Toast to Lyngblomsten: Innovating for a New Age*, raised around \$80,000 to help support Lyngblomsten services and programs. Thank you to everyone involved who helped make the evening a success!



photo by Jim Nash

Guests having fun disco dancing to DJ Matt Kotefka's music selections.

Event Sponsors

Gold (\$2,500+)



Silver (\$1,000+)

CliftonLarsonAllen
McGough Construction

Bronze (\$500+)
Bremer Bank

Touching Lives

by Shannon Parker, Manager of Corporate Engagement

What a difference a day makes—or even a couple hours when volunteering with older adults. When it comes to listing the expected outcomes of volunteering, it can be natural to consider the recipient as the primary beneficiary of the act of goodwill. However, sometimes the result can be unexpected. “I thought in my short amount of time here I was able to make an impact on many, but not nearly as much of one as they made on me,” said a 2014 Target volunteer who assisted with a beach party in the Lyngblomsten Apartments. When the wheels of service are put in motion, the door is left wide open to touch lives for good—oftentimes our own. Volunteering can also be a catalyst for increasing awareness and building compassion for residents and tenants on campus and older adults in the community. After helping with casino day for care center residents, one UnitedHealthcare volunteer remarked, “It puts me in touch again [reminder] with the needs for aging populations.” Where might this reminder lead? Will the impact be shared? The answer may remain unknown, but another life has been touched and a seed planted. 



Apartments tenant Don Lindberg hula hooping with a Target volunteer for Beach Day.

Upcoming Corporate Volunteer Opportunities

Pre-determined Volunteering Dates

Minnesota State Fair

Join us for the Great Minnesota Get-Together! On August 21, spend a fun-filled morning at the fair with our residents. Lyngblomsten is a short walk to the fairgrounds; volunteers will be placed in smaller groups and accompanied by staff. Two morning shift options.

Halloween Bingo Extravaganza

Costumes, games, treats—what could be better? Come join the festivities with our residents on October 31 for a spooky holiday celebration. 1–4 PM.

Flexible Volunteering Dates

Celebrate Holidays Year Round

An upcoming holiday? Join us for a festive activity, craft, or game and social. 1–4 PM.

Big Bingo

Spend an afternoon calling numbers, handing out prizes, or joining the tenants in the game. In-kind donations of \$1 prizes are welcome. 1–4 PM.

Polymer Clay Class

Engage with a resident and work with polymer clay, a fun art medium to create inspired designs. Instructions provided. 1–4 PM.

Strolls to Como Park Zoo

Accompany residents on a stroll through nearby Como Park and Como Zoo throughout the summer—a great way to spend a morning or afternoon.

Outdoor Socials

Come set up, serve, and socialize in the courtyard (1:30–4 PM) with our tenants and residents this summer at one of the following events:

- Wine & Cheese Social
- BBQ/Lawn games

For more information about corporate volunteering, please contact Shannon Parker at

(651) 632-5358 or sparker@lyngblomsten.org.

Interested in engaging further? Please inquire about sponsorship, donation, and learning opportunities.

2014 Corporate Group YTD Stats:

Total Volunteers: 33

Total Hours: 89

Thank you:

Peoples Bank of Commerce, Target and UnitedHealthcare

Corporate Connection:

Celebrating how Lyngblomsten supporters can extend visibility in the community



Target Volunteer and Radio Disney employee KellyJo Mitchell says: “I grew up in a small town, so community

is something I value. Lyngblomsten provides a sense of place and community to everyone. Whether you are a volunteer, staff or resident, you really feel like you are at home. This is one of many reasons I have organized

volunteer outings with groups to visit Lyngblomsten and why I featured the organization on Radio Disney Twin Cities’ *News You Can Use* Sunday-morning public awareness show.”

News You Can Use is a weekly Sunday morning 30-minute pre-recorded show on Radio Disney AM1440 that highlights different local non-profits and organizations whose main focus relates to kids and family.

■ Openings for Care Team Ministry Start-Ups



Is your church looking for ways to strengthen outreach and services to older adults and church members who are experiencing losses and life changes? Care Team Ministry is a program that responds, free of charge, to the non-medical quality of life needs of church members, with a focus on older adults, but also serving any age member or family who is going through life changes or losses.

Church volunteers are trained and educated so they can provide a faith relationship and services to help the individual or family stay as independent as possible in their present situation. The following are examples of some of the services Care Teams provide:

- ongoing friendly visits
- light yardwork or household chores
- shopping assistance
- transportation
- respite support for caregivers

There are currently openings for Care Team Ministry start-ups. All churches are eligible (you don't need to be a Lyngblomsten corporate congregation).

If interested in the possibility of a Care Team Ministry at your church, contact Dorthea Doty, LSW, Coordinator at (651) 632-5333 or ddoty@lyngblomsten.org.

More at www.lyngblomsten.org/CareTeamMinistry

■ Caregiver Resources



Our directory of caregiver resources is now available online at: **www.lyngblomsten.org/caregivers**. Download our Caregiver Resource Booklet (shown left), and learn more about our caregiver support and services including:

- Support groups
- Caregiver Coaching
- Family Memory Care Consultation
- Inpatient respite, and more.

You can also learn more by contacting Julie Pfab, Director of Home- and Community-Based Services at (651) 632-5331 or jpfab@lyngblomsten.org.

■ Lyngblomsten Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support.

Benefits of joining the group include:

- Small group networking and support with other parish nurses (including monthly meetings)
- CEU programs
- Annual opportunity to apply for grant money from the Lyngblomsten Foundation for programming that focuses on older adults (visit website for application, deadline, and more details)
- Consultation and support from Lyngblomsten's Parish Nurse Coordinator

If interested in exploring parish nurse ministry in your faith community, please contact:

Mary Nordtvedt, RN, Parish Nurse Coordinator at (651) 999-2592 or mnordtvedt@lyngblomsten.org. Cost: \$125 annually per faith community (join at any time)

More at www.lyngblomsten.org/parishnurse

■ 5-5-1 Club Community Center Survey



We want to hear from YOU! It is important for us to know how the 5-5-1 Club is making a difference in your life. Please take some time to share your thoughts about the programs and services we offer by completing our short survey. We are interested in knowing your ideas as we continue to look at ways to make this your community center—a place where you can Thrive, Learn, Explore and Belong!

You can complete the survey online at

www.551club.com. Hard copies of the survey are also available in the July & August 5-5-1 Club program booklet (available in lobbies around the Lyngblomsten campus).

Questions or additional comments can be directed to Julie Pfab, Director of Home- and Community-Based Services at (651) 632-5331 or jpfab@lyngblomsten.org.

For a calendar of upcoming 5-5-1 Club programs and trips, visit www.551club.com, call (651) 632-5330 to request a program booklet, or see page 18 for a few summer highlights.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

March 1 through May 31, 2014



In Memory of

Margaret Auge	Bette Peterson
Rev. Elder Bentley	Maxine Pierre
Herbert Bergman	Charles Purcell
Ethel Boudah	Patricia Reardon
Edna Carlson	Melita Rosenthal
Lillian Forsberg	Ho Son
Letha Gulbrandson	Dorothy Spooner
Doris Heidorn	Anne Stegmeir
Patricia Hencir	Ruth Strafelda
Gene Louderman	Swanhild Thompson
Lavonne Malloy	Jane Whitney Fisher
Margaret McTeague	Dee Wright
Lois Oftedahl	Serge Yermakoff

In Honor of

Mildred Wolff's 102nd birthday
Carol May Heed Sather

The Remembrance Tree is a way to make a permanent remembrance of your loved one with a gold, silver, or bronze leaf. For further information or if you have questions about this list, call (651) 632-5324.

Lyngblomsten Volunteer Team Opportunities

- **Popcorn Popping Team:** One Thursday each month (at least one volunteer must be 18 years old)
- **Anna's Café & Gifts Team:** One Saturday or Sunday of each month
- **Treat Trolley Team:** Deliver evening snacks one evening each week
- **Fancy Fingers Team (paint fingernails):** Friday mornings each week

Many more team opportunities are available. For details and other volunteer opportunities with Lyngblomsten, call Lana Western at (651) 632-5324 or email the office at volunteer@lyngblomsten.org.

First Quarter Volunteer Stats

January • February • March

Volunteer Hours

6,708 hours

Number of Volunteers

424 unique volunteers



Need a place to rest your head while visiting a loved one at Lyngblomsten?

Stay the night in the guest room at The Heritage at Lyngblomsten—available for rental by family and friends of tenants and residents at Lyngblomsten.

Room amenities include:

- 2 twin single beds + pull-out single bed
- Private bathroom with walk-in shower
- Flat screen TV (with cable)
- Telephone
- Small refrigerator and microwave
- Free breakfast Monday–Friday
- Wi-Fi (computer also available for use in library)
- Use of laundry facilities

Rate: \$55/night

Location: 1440 Midway Parkway, St. Paul

Reservations: Call (651) 632-5429



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 PILLARS:

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

5.5.1 Summer CLUB Highlights

A community center proudly sponsored by Lyngblomsten, promoting wellness and fun through social, cultural, and educational programs for people age 55+ working or living near the 551 zip code areas.

- **July 14: Upper St. Anthony Falls Lock & Dam Tour**
FREE; \$4 transportation + lunch expense
Register by July 10
- **July 23: Jewelry Making with Polymer Clay**
2-5 PM at the 5-5-1 Club, cost is \$35
Register by July 16
- **August 10: Ordway Center presents—Broadway Songbook: The First 100 Years of Broadway**
\$55 includes ticket, charter bus & dinner
Register by August 1
- **August 26: Light Rail to Target Field Tour**
\$35 includes bus, light rail, tour & lunch
Register by August 15
- **August 31: Gymanfa Ganu [Ge mahn va gan ee]**
A Welsh song gathering of sacred hymns at the North American Festival of Wales in Minneapolis
\$22 (includes transportation) + dinner expense
Register by August 8

To register: (651) 632-5330 or
551club@lyngblomsten.org

Complete details and additional programming at www.551club.com. Download a program booklet online or call (651) 632-5330 to request a paper copy.

Join Team
Lyngblomsten
for the 2014



Twin Cities Walk to End Alzheimer's

Saturday, September 27

Target Field | 1 Twins Way, Minneapolis, MN
Route Length: 3 miles or 1 mile shortcut

Join Team Lyngblomsten in the fight against Alzheimer's by walking with us or making a donation to the team's fundraising page. To register for the walk or donate, visit www.lyngblomsten.org/alzwalk.

Questions? Contact Jackie Hesse at (651) 632-5120 or jhesse@lyngblomsten.org.

Events Calendar

For updates and more events, visit
www.lyngblomsten.org/calendar

Unless noted otherwise, all events (including the 5-5-1 Club) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Saturday, July 12

Lyngblomsten Mid-Summer Festival

11 AM–6 PM on the Lyngblomsten Campus

See page 11 for details.

Wednesday, July 16

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

See volunteer opportunities on page 17.

Monday, July 28

Lyngblomsten Blood Drive through the American Red Cross

10 AM–4 PM at the 5-5-1 Club

To schedule an appointment: (651) 646-2941 or receptionist@lyngblomsten.org.

Monday, August 4

18th Annual Lyngblomsten Charity Golf Classic

Location: Midland Hills Country Club.

Details on page 9.

Sunday, August 10

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten

Featuring Jim ten Bensel, jazz music on trombone.

2–3 PM in the Newman-Benson Chapel at Lyngblomsten. FREE; open to the public.

Tuesday, August 12

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

See volunteer opportunities on page 17.

Sunday, August 31

Gymanfa Ganu [Ge mahn va gan ee]

2:30–4:30 PM. Hymn sing at the North American

Festival of Wales in Minneapolis. Cost: \$22. Register at (651) 632-5330 or 551club@lyngblomsten.org, by 8/8. More details at www.551club.com.

Sunday, September 14

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten Performer TBD; check online at www.551club.com. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. FREE; open to the public.

Thursday, September 18

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

See volunteer opportunities on page 17.

Friday, September 26

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten

Jana Nyberg Trio performing jazz music. Light refreshments will be provided. FREE; open to the community. Questions? Call (651) 632-5357.

Saturday, September 27

2014 Twin Cities Walk to End Alzheimer's

Target Field, Minneapolis, MN

Register to walk with or donate to Team Lyngblomsten at www.lyngblomsten.org/alzwalk. Questions? Jackie Hesse at (651) 632-5120 or jhesse@lyngblomsten.org.

Save-the-Date: Tuesday, October 21

Roseville Alzheimer's & Dementia Community Action Team Community Event

Fairview Community Center, Roseville, MN

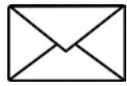
Help determine the next steps in making Roseville a dementia-friendly community. Learn more on page 7 or visit www.lyngblomsten.org/calendar for more details as they become available.

MINNESOTA STATE FAIR NOTE:

During the week of the Minnesota State Fair, August 21–September 1, parking around the Lyngblomsten campus is very limited. Please plan accordingly.



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1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org



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**CHANGE SERVICE
REQUESTED**

Lyngblomsten Mid-Summer Festival

Saturday, July 12, 2014 | 11 AM–6 PM

Fun for all ages!

See page 11
for details!



**LYNGBLOMSTEN
MID-SUMMER
FESTIVAL**
Arts | Music | Food | Games
part of Como Neighborhood Days



Visit www.lyngblomsten.org/festival for more details.