



Lyngblomsten Lifestyle

Summer 2013



STORIES OF LIFE:

***Advocate for Alzheimer's—
One Man's Journey with Memory Loss***

MORE IN THIS ISSUE:

***New Café & Gift Shop Opens on Campus
The Art of Volunteering***

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Letter from the Editor

April 25, 2013

Dear Readers,

As we finally emerge from the winter that would not end, looking ahead to the sultry days of summer seems even sweeter. One sweet summer day you won't want to miss is July 18. That is when the Lyngblomsten campus will be transformed for the Mid-Summer Festival, a day to celebrate summer and the arts. We're expecting about 2,000 attendees. There's a great line-up of entertainers, artists, games, and food—truly something for everyone (more info on page 11). This year is particularly special because we're celebrating the 100th anniversary of the festival. Although it's taken various forms over the past century, the roots of the Mid-Summer Festival began in 1913 as an event to pay tribute to the founder and first president of Lyngblomsten, Anna Quale Fergstad. Coincidentally, on page 7, you'll see that our coffee and gift shop renovation has been completed, and the new name, Anna's, was chosen to honor our founder.

We continue our series highlighting the pillars of Lyngblomsten, this time focusing on the pillar of "Engaged Lifestyle." I hope you enjoy the important story of Jerry Parks (beginning on page 3) and see how he is engaging in life in ways he hadn't expected. He's chosen to embrace a game-changing diagnosis. May his courage inspire you.

Happy Summer!

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: *The Gathering* participant Jerry Parks and *The Gathering* volunteer Linda Strand reading *If We Forget ... Wisdom and Reflections from Those Living with Memory Loss*. To read about Jerry's journey with memory loss, see page 3.

ADVOCATE FOR ALZHEIMER'S

ONE MAN'S JOURNEY WITH MEMORY LOSS

by Christina Rhein

*This article highlights **ENGAGED LIFESTYLE**—one of Lyngblomsten's pillars. Living an engaged lifestyle is finding daily purpose while both servicing and savoring the world, and living to be all that you can be for the longest, happiest and most fulfilled life possible.*



Jerry Parks with his service dog, Lucy.

In 2006, Jerry Parks was diagnosed with younger-onset Alzheimer's disease at the age of 56. He was the breadwinner for his family of six. Jerry's wife, Karen, was a stay-at-home mom, and at the time, they had two children in high school and two in college. With his diagnosis, their life changed dramatically. Jerry and Karen took on role reversals—

Karen went back to work

full time as a teacher, and Jerry became the house husband running their home. Throughout Jerry's journey so far, he has been driven to give voice to let people know that he and others with Alzheimer's can be productive, engaged, and influential contributors to society.

"Karen and I decided that we would face this disease head-on and learn all that we could about it," Jerry stated. This has included Jerry's participation in a research drug trial for three years through Mayo Clinic. Jerry recently finished this trial, and after memory assessments throughout the testing, it was determined that he has mild cognitive impairment (a stage before early-stage Alzheimer's), affecting mostly his short-term memory. He keeps a positive outlook as he continues to retrain and exercise his brain with memory-enhancing activities.

Jerry has also been willing to get out and raise his voice about the disease. He and Karen have been to Washington, D.C., six times advocating for more funding for research and to push for a national plan to address the impact Alzheimer's disease is going to have on the nation in years to come. He has attended conferences in Chicago as well, and spoke at an Alzheimer's forum held by Senator Amy Klobuchar in Minneapolis.

Locally, Jerry and Karen have worked with other couples who have been diagnosed with younger-onset Alzheimer's disease to find support groups for caregivers as well as activities and opportunities for those who have the disease. "In our search, we were blessed when we learned about *The Gathering*," said Jerry.

The Gathering is a program offered through Lyngblomsten's Home- and Community-Based Services, serving people experiencing memory loss and giving respite to caregivers who desire a break. The program is offered in collaborative partnerships with churches who provide the facilities and host *The Gathering*.

ALZHEIMER'S QUICK FACTS



Today, over 5 million Americans are living with Alzheimer's disease, including an estimated 200,000 **under the age of 65.**



Every 68 seconds another American develops Alzheimer's disease.



Deaths from Alzheimer's **increased by 68%** between 2000 and 2010, while death from other major diseases decreased.

Source: Alzheimer's Association | www.alz.org

Jerry was passionate when he shared what *The Gathering* has meant to him and so many others. When Jerry joined *The Gathering* at the Oak Knoll Lutheran site, the focus of the program was geared toward those in middle stages of the disease.

continued on page 4

In his initial experience, he and several others found the program difficult to attend when they were newly diagnosed, still active, and resented being asked to do things that didn't assess their full skill levels. "We wanted and needed a place to go where we would be accepted with our limitations, but also, and more importantly, be recognized as individuals with the capabilities we still had," Jerry explained. "We needed to still be challenged."



Jerry and Sister Jeremy, a volunteer, working together on a project at a Gathering day. In 2012, volunteers across all Gathering locations gave 14,675 hours of service!

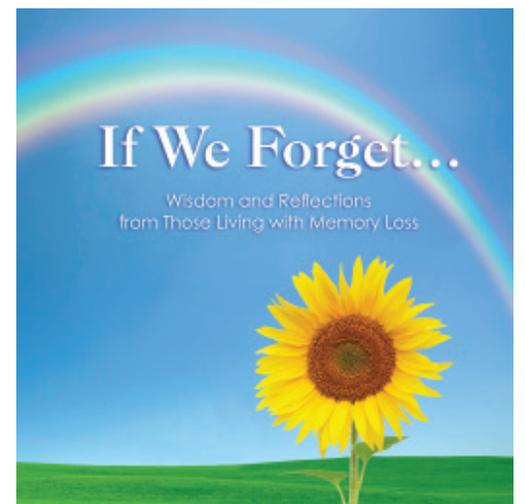
Jerry, several other participants, and some volunteers soon began to recognize that there were changes that needed to be made to better address the younger group of participants in earlier stages of the disease. Carolyn Klaver, *The Gathering* Coordinator and the lead volunteers at Oak Knoll Lutheran were instrumental in designing these changes. "Jerry and the other early-stage participants made a real impression on me because of how positive they were," Carolyn Klaver expressed. "They were going to take an active part to figure out how to live the best they could today."

The program has evolved and Jerry has now been a participant of *The Gathering* for five years. "They [Lyngblomsten staff] listened to us and worked hard to re-envision a Gathering that gives all of the participants a safe environment where we engage in stimulating

conversations and interesting activities." Carolyn proudly chimed in, "They advocated for what they needed. It was a learning curve, and it was a change from what we were, but it has been a win-win for all of us."

Jerry also joined a second Gathering site at Calvary Lutheran Church in Golden Valley. "The Oak Knoll and Calvary Lutheran sites now have a higher percentage of early-stage memory loss participants—probably partly because Jerry refers so many people," Carolyn chuckled. Each Gathering meets twice per month, so by joining at a second site, Jerry has the opportunity to attend *The Gathering* each week. "The only time I miss it is if I'm sick or traveling!" Jerry made sure to point out.

One project that Jerry is proud to be a part of with *The Gathering* is a book he helped produce with Lyngblomsten and *The Gathering* participants at Oak Knoll Lutheran Church. The book compiled the voices of the participants, sharing what they wanted others



to know about people living with memory loss. Their insightful comments illustrate how important it is to listen with our ears, hearts, and minds, and uses their words to help us better understand the world of those experiencing memory loss. The book (above) is titled, *If We Forget ... Wisdom and Reflections from Those Living with Memory Loss*, and can be purchased online at Amazon or by contacting Oak Knoll Lutheran Church (see page 5 for more details). This is just one more example of how Jerry and other Gathering participants are courageous advocates and teachers for Alzheimer's and early memory loss work.

Outside of *The Gathering*, Jerry stays engaged with hobbies, activities, and taking care of his home. Jerry shared that he does all of the cooking, grocery shopping and laundry. His hobbies include his woodworking shop in his basement and golfing in the summer. "I like to do a lot of things, but I have to allow myself some downtime too," he said. Adequate rest is proven to help the brain and cognition. "I can tend to overdo it and then get burned out for a couple of days!" Because mild cognitive impairment does not affect all areas of memory—such as executive functions—Jerry is able to stay mobile and active and continues to drive with the aid of his GPS. He has also learned how to use a smartphone to organize his schedules and reminders.

Jerry continues to forge ahead on his journey with family and friends, with a positive attitude and willingness to make a difference. “He is incredibly open to learn about what’s ahead,” Carolyn admired. Through Jerry’s research study participation, his involvement in advocating for Alzheimer’s disease and funding, participating in *The Gathering*, and his dedication to staying engaged in learning and life—it is clear that Jerry is not only a powerful advocate for Alzheimer’s disease but also an inspiring advocate for living life to its fullest, no matter what challenge may come along the way. 

If you are interested in purchasing the *If We Forget ...* book (on page 4) for yourself or a loved one, there are 3 ways to order:

1. Online: Search the book title on Amazon.com OR order at www.createspace.com/3809351. \$10 each.
2. Pick up a copy at Oak Knoll Lutheran Church, located at 600 Hopkins Crossroad, Minnetonka, MN. \$10 each. Office Hours: M–Thurs 9 AM–4 PM, Fridays 9 AM–noon
3. Send a check (address above) made out to Oak Knoll Lutheran Church \$13 (\$10 plus \$3 for shipping and handling).

Questions about this project or how to order a book?
Call (763) 546-4630.

See below to learn more about *The Gathering*, or visit www.lyngblomsten.org/thegathering.

TESTIMONIALS FROM OTHERS INVOLVED WITH *THE GATHERING*:

Helen Z., Caregiver

“I treasure a day to let go of the caregiving role. The 24/7 responsibility is so exhausting and almost impossible.”

Bruce E., Participant

“My Gathering day is important to me—I hate to miss any of the fun, foods, and conversations with my new friends. We all know we have Alzheimer’s but that isn’t who we are; we are just a great bunch of friends having a good time.”

Volunteers

“The Gathering is the most rewarding and fulfilling volunteer experience I have ever had!”

“Volunteering at The Gathering is another extension of God’s purpose for me.”

Rev. Bryce Johnson, White Bear Lake United Methodist Church

“As a service to the community, The Gathering utilizes volunteers. I am impressed with the outstanding dedication of these volunteers. I see The Gathering as one of the best services we have been involved in.”

A new consortium of churches for *The Gathering* in St. Paul



The Gathering is in need of volunteers and congregations who are interested in working on a fast growing problem in our society—memory loss. There is a need to overcome the social stigma of memory loss—to train our congregations about dementias, to learn how to work with caregivers and people with dementia, and to show that our congregations and communities are looking out for caregivers and ways to support them.

Currently, there is a need for 36 more volunteers for *The Gathering*. Training is held each second Monday of the month from 8:30 AM–12:30 PM at Lyngblomsten. There is also a growing need for an additional site to host *The Gathering* each first and third Tuesday of the month.

You are invited to join *The Gathering* for their St. Paul consortium meetings to learn more about how you can become part of their valuable ministry. They are looking for churches of any denomination, and individuals from these congregations or from the community-at-large.

St. Paul Consortium Meetings

When: 2:00–3:30 PM each 1st Tuesday of the month

Where: Lyngblomsten (1415 Almond Ave., St. Paul)

For more information or to RSVP to a meeting:

Contact Carolyn Klaver, *The Gathering* Coordinator, at (952) 261-5235 or cklaver@lyngblomsten.org.

What is *The Gathering*?

The Gathering is a group respite program for people experiencing early- to mid-stage memory loss, offering them cognitive and social stimulation while their caregivers receive a break. The Gathering has been coordinated by Lyngblomsten’s Home- and Community-Based Services for over 13 years.

Learn more at: www.lyngblomsten.org/thegathering

It is like the seed put in the soil—the more one sows, the greater the harvest.

—Orison Swett Marden

Lyngblomsten Wins 2013 Award for Workplace Excellence

On February 8, Lyngblomsten received the 2013 Excellence in the Workplace Award from Aging Services of Minnesota. The Workplace Award honors 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. The Aging Services awards are among the highest honors for aging services organizations and professionals in Minnesota.

Paul Mikelson, President/CEO, accepted the award for Lyngblomsten in front of an audience of 1,500 aging services professionals who gathered in Minneapolis for the annual Aging Services Institute.

Learn more about the award and view a two-minute video tribute celebrating Lyngblomsten at www.lyngblomsten.org/excellence.



2013 Aging Services Institute • February 8, 2013

Pictured (L to R): Jon Riewer, Aging Services Board Chair; Paul Mikelson, Lyngblomsten President/CEO; Jodi Speicher, Awards & Recognition Committee Chair; & Gayle Kvenvold, Aging Services of MN President & CEO.

Resource Roundtable

What will you do to *Unleash the Power of Age?*

Older Americans Month 2013

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. Acknowledging the value that older adults bring to our communities, this year's Older Americans Month theme is "Unleash the Power of Age!"

Every older adult has a wealth of talents, experiences, and interests worth celebrating. Find a way to unleash the power of your age! Look for opportunities to show the vibrant life that you and your fellow older Americans lead. Need ideas? Contact your local Area Agency on Aging office at www.eldercare.gov or 1 (800) 677-1116 to find ongoing opportunities to celebrate and support older Americans.

Did You Know?

- 52% of older Americans volunteer their time through unpaid community service.
- Older adults who use their talents, skills, time, and energy to get involved, foster social interactions, and create meaningful experiences are more likely to have better physical and mental health.
- 33% of adults ages 55–79 participate in some kind of formal learning such as credential programs, work-related courses, or courses for personal interest.

Get Involved: Check out our Facebook page for Older Americans Month resources and ideas and to share what you are doing to *unleash the power of age*. Visit us at:

 facebook.com/Lyngblomsten

Source: Administration on Aging • www.OlderAmericansMonth.org

DONE! New café and gift shop now open



Welcome to Anna's! In early 2012, plans were in the works for a re-envisioned Lyngblomsten Gift & Coffee Shop. After much planning, tweaking, and remodeling, the conversion of the old gift and coffee shop to a new, expanded café with gift shop is finally complete!

Stop by Anna's to shop or grab a bite to eat when you come to visit a loved one, volunteer, or attend a class or event. Seating at the café is open 24/7. For updates or to learn more, visit: www.lyngblomsten.org/annas.

Hours

Deli Items and Gifts

Monday–Friday: 9 AM–4 PM

Saturday & Sunday: 12 NOON–4 PM

Café Lunch Specials & Salad Bar

Monday–Friday: 10:30 AM–1 PM

The café menu will be rolled out in phases, expanding to items such as a featured entrée of the day.

Food: Salad bar, *Grab-n-Go* items, sandwiches, cookies, soup, pizza, hot entrées, ice cream

Gifts: Inspirational, cards, jewelry, accessories, baby items, books, seasonal, personal care

Location: Lyngblomsten campus at 1415 Almond Ave., St. Paul, MN 55108

Contact: (651) 632-5385 or mamann@lyngblomsten.org

The Namesake of Anna's



The name of Lyngblomsten's café and gift shop honors Anna Quale Fergstad (left), the woman who conceived the idea of a Christian home for the elderly more than a century ago and who led others to turn this vision into a reality.

The Ambiance of Anna's



The ambiance of Anna's is an updated expression of Lyngblomsten's Norwegian heritage. In the spirit of the founding women who, in 1906, honored their home country by naming their new organization after lyng, then the national flower of Norway, we honor our Norwegian roots in the décor of Anna's café and gift shop.

Eat, shop, linger; you're welcome here!

Grand
Opening!

Monday, May 13 – Friday, May 24

Join us during the Grand Opening for special desserts, promotions and door prizes!

ART@HAND: Creative Aging with Clay

By Christina Rhein, Marketing Communications Specialist

Participants from Lyngblomsten's 5-5-1 Club clay classes were recently featured in a tptMN video co-produced with Northern Clay Center in Minneapolis. In this special half-hour documentary called "ART@HAND: Creative Aging with Clay," Northern Clay Center shares its journey to promote creativity in aging adults. Through hands-on clay programs with community organizations (such as the 5-5-1 Club), hospitals and long-term care facilities, ART@HAND provides therapeutic, social and community benefits for older adults.

A free public screening of the video will be held at Northern Clay Center's Library (2424 E Franklin Avenue, Minneapolis) on Thursday, July 11, from 6–7 PM. Please reserve your seat by calling (612) 339-8007.

The video will also be aired on tptMN Channel 2.2 at the following times: Sunday, May 19 at 6:30 PM and Sunday, May 26 at 12:30 AM, 6:30 AM, and 12:30 PM.

Watch a short preview of the video at www.lyngblomsten.org/551club, and look for some 5-5-1 Club participants you might know! See page 10 to learn more about the 5-5-1 Club and their upcoming programming. **L**



PHOTO: 5-5-1 Club participant, Diane Thomas, at Northern Clay Center.

During an 8-session Introduction to Clay class participants had the opportunity to create multiple finished clay projects in classes led by a professional teaching artist.

Mind • Body • Spirit

The Lyngblomsten Parish Nurse Ministry Resource Group is a resource and networking group for nurses serving in faith communities. The resource group supports nurses who are serving their faith communities in ways that promote whole-person health, including spiritual care. The roles of the parish nurse—each woven with spirituality—may include:

- Health Educator
- Health Counselor
- Advocate
- Resource Liaison
- Developer of Support Groups
- Coordinator of Volunteers
- Integrator of Spirituality and Health

Here are just two examples of ways that parish nurses are making a difference in their faith communities:

Parish nurse Deb Houtkooper, Beaver Lake Lutheran Church, recently received a phone call from a doctor thanking her for her care of his patient and her parishioner. The doctor shared, "I do not know much about the practice of parish nursing, but I believe that you were in the right place at the right time to provide support and care to

this gentleman in his home. I believe that God used you to save this man's life." Deb served her client through the roles of health counselor, health educator, advocate, resource liaison and integrator of spirituality and health.

Parish nurse Louise Nesdahl, Salem Lutheran Church, West St. Paul, coordinated two interactive healthy eating classes as part of a grant project funded through the Parish Nurse Ministry Resource Group. The classes were facilitated by a dietician from *HealthEast*. Parents and their children learned new healthy recipes and prepared and shared a meal together. One very busy young mother and son left one evening with the recipes in-hand and the belief that they could use the ideas and tips to eat healthy foods at home. Louise shared that besides the evenings being educational, there was much laughter and joy.

If you are interested in exploring parish nurse ministry in your faith community, please contact Mary Nordtvedt RN, Parish Nurse Coordinator, at mnordtvedt@lyngblomsten.org or (651) 632-5380.

More info at www.lyngblomsten.org/parishnurse.

Ministry for Life's "Second Half"

By Patricia Montgomery, Director of Marketing Communications & Church Relations

Ask yourself: If Boomers have been raising questions and changing every system since they entered kindergarten five or six decades ago, why would they stop changing systems now in their later years? Why, when the world around us is constantly changing, would we think that the way we minister wouldn't also change over time?

While many churches have visitation ministries for the homebound and social activities for its seniors, few have stepped boldly into embracing the needs and opportunities the influx of older adults the Age Wave is bringing. One church that is working to get ahead of the "new old" is Redeemer Lutheran in White Bear Lake.

With a mix of boomers and older congregants on the team, Redeemer's Second Half Ministries Committee hosted a focus group on a Sunday evening in February. Nine Boomers plus the committee attended. Held at the home of a committee member, the evening began with a social time and a meal provided by the committee. Then Rev. Pam Stofferahn, senior pastor at Redeemer, led the conversation, covering questions involving concerns, fears, and anxieties about retirement as well as hopes and dreams for this new phase of life. Participants were asked to describe what they felt the role of the church could be prior to and after retirement, including specific questions about interest in affinity groups (such as mission trips, travel, biking), service/outreach opportunities, and retirement mentors/coaches. There was significant interest in helping people identify their strengths and community service opportunities where passions, strengths, and needs could be matched. As for concerns, facing the "unknowns" of retirement received significant discussion, and the idea of periodic small group conversations with a panel of "successfully retired" people was appealing to this audience. The committee is reviewing the input from the focus group and beginning to create a plan for exploring new ministries with the younger old in their congregation and community.

Lyngblomsten supports congregations looking to enhance ministries with older adults. Coming this fall, Lyngblomsten will host another Senior Ministry Conference and launch a new online ministry resource network.

Visit www.lyngblomsten.org/seniorministry for updates. 

Two Openings for Care Team Ministry Start-Ups in 2013

Is your church looking for ways to strengthen outreach and services to older adults and church members who are experiencing losses and life changes? Or are you thinking of reorganizing how you provide support to members in need and could use some help training church members to provide a "friendship and faith" ministry?

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 that 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 Team provide:

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

Friendships develop, reducing loneliness and isolation.



A Care Team Ministry volunteer helps with some light yard work.

There are currently two openings for Care Team Ministry start-ups in 2013. All churches are eligible (you don't need to be a Lyngblomsten corporate congregation).

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



Learn more about at:
lyngblomsten.org/CareTeamMinistry.

Wellness for Life: Education & Resources

You Can Take Control: YMCA's Diabetes Prevention

This program helps those at high risk adopt and maintain healthy lifestyles and reduce the risk of developing type 2 diabetes.

In a group setting, participants learn to change their lifestyle by learning about healthy eating, physical activity and other behavior changes. Topics include:

- Healthy eating
- Getting started with physical activity
- Overcoming stress
- Staying motivated, and more.

Tuesdays, May 28–September 17 (16 sessions)

No class August 27

3:00–4:00 PM at the 5-5-1 Club

Lower level of the Lyngblomsten campus at
1415 Almond Ave., St. Paul 55108

Cost: Qualifying Medicare beneficiaries may be able to participate in the program at NO COST. Cost for a full year access (financial assistance available):

- \$249 Y members (approx. \$10 per class)
- \$320 Non-members (approx. \$13 per class)

For more information, participation qualifications, and registration:

Contact Sheryl Grover, YMCA, at (612) 465-0489 or Sheryl.Grover@ymcatwincities.org.

Wellness for Life Health Talks

Health talks are held from 2:00–3:00 PM at the 5-5-1 Club located on the lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul 55108.

Fee is \$2 at the door.

Upcoming talks:

Thursday, May 16: Hearing Health

Presenter: Dr. Carly Busch, Amdahl Hearing

Thursday, June 20: Stroke Awareness

Presenter: University of Minnesota College of Pharmacy, *Operation Heart*

Thursday, July 11:* Advanced Care Planning

Presenter: Deb Bowman, RN, MSN, Lyngblomsten
(*2nd Thursday of the month instead of the 3rd)

Thursday, August 15: Hospice

Presenter: Deb Lane, RN, CHPN, Community Liaison for Our Lady of Peace Hospice & Home Care

To learn more about what each health talk will cover, visit www.lyngblomsten.org/calendar.

For questions or to learn about additional wellness services through Lyngblomsten:

Contact Deb Bowman, RN at (651) 632-5335 or dbowman@lyngblomsten.org, or visit www.lyngblomsten.org/wellness



Community, Education, Wellness & Fun for Life

The 5-5-1 Club is a program 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. **Everyone from the community is welcome!**

Check out the new booklet of May & June 2013 programs and events, presented by the 5-5-1 Club. Download the booklet at www.551club.com/booklet, or call (651) 632-5320 to request a paper copy. The July & August booklet will be posted approximately June 3.

Opportunities Preview:

- Bug-a-Boo Bay & Winery Tour
- Mill City Museum
- Cooking for One
- Create Your Own Storybook
- Cake Decorating Class
- books • cheese • wine
- Jewelry-Making: Fused Glass
- Wii Bowling League



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

Online: www.551club.com • www.facebook.com/551club



Lyngblomsten Mid-Summer Festival

July 18, 2013 | 2–9 PM

Rain date: July 19, 2013 from 2–9 PM

Fun for all ages!

Join us as we celebrate a 100-year tradition on the Lyngblomsten campus!

With growth to over 1,500 attendees last year, this year's Mid-Summer Festival promises to be even bigger. There will be outstanding entertainment, exhibiting and roving artists, arts activities, games, food and fun for ALL ages and mobilities. More than 80 entertainers/artists and 15 of Minnesota's finest arts organizations will be joining us.

Invite your family, friends and neighbors. Plan to come early and stay late. Admission is free. Food, games and creative activities are priced for affordable fun, not for profit! (Donations to the Artful Living program are welcomed, of course!)



Performing & Roving Groups

Ticket to Brasil

Ross and Mackenzie

Teddy Bear Band

Sounds of Hope

Park Square Theatre

MN Opera

In the Heart of the Beast

1st Things 1st



Artist Booths (2012)
Photo by Jim Nash

Arts Organizations

Polymer Clay Guild of Minnesota

Northern Clay Center

Kidcreate Studio

COMPAS

ArtStart

Arts-Stop



Sounds of Hope Performance (2012) Photo by Jim Nash

Food & Treats

Hot dogs and brats

Corn on the cob

Ice cream treats

Pizza

Pulled pork

sandwiches

Mini donuts

Cupcakes

Popcorn

Soda and water

Coffee and tea from

*The Coffee Grounds
and Java Train*

Sponsors (as of 4/25/13)



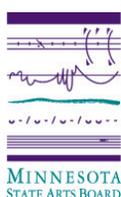
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For more details, please visit www.lyngblomsten.org/MSF2013.

A detailed event guide will be available in early July.



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.

Team Building Through Volunteering

By Shannon Parker, Corporate Engagement Specialist

Need some time to stretch and enjoy the fresh air? Is your team feeling the same way? Look no farther. Explore the opportunities Lyngblomsten offers to corporate volunteers that provide a change of pace from the office while positively impacting the life of older adult. A chance to renew team unity, spend time outdoors, and make a difference in the community may be just the ticket. Whether considering a one-time opportunity or an ongoing relationship, let us work with you to find the right fit. Please contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358. Planning ahead? Holiday volunteer opportunities are also available.



Target volunteers accompany residents for an afternoon at Como Zoo. Corporate volunteering is a great way to get involved. (Photo by Jim Nash)

Pre-Set Dates

Mid-Summer Festival

Come enjoy a great team building and community building event on July 18. Assist with the setup or run the game zone or food zone. Shift options range from early afternoon through evening. It is a must-do Lyngblomsten summer tradition!

State Fair

Join us for the Great Minnesota Get-Together! On August 22, spend a fun-filled morning at the fair with our residents. Lyngblomsten is a short walk to the fairgrounds; give older adults a fun morning at the fair by pushing their wheelchairs to and around the fairgrounds. Volunteers will be placed in smaller groups and accompanied by staff. Two morning shift options.

Flexible Dates

Strolls to Como Zoo: Accompany residents on a stroll through nearby Como Park and Como Zoo early Spring (May 15) through Summer.

Outdoor Socials: Set up, serve, and socialize in the courtyard (1:30–4 PM) with our tenants at one of the following events:

- **Wine & Cheese Social**
Sip a cool drink (alcoholic & nonalcoholic), munch hors d'oeuvres, and visit with residents.
- **BBQ & Lawn games**
Grill, eat, and enjoy the fresh air and a round of shuffleboard and other lawn games.

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.

Stay updated and engaged on www.lyngblomsten.org

Visit Lyngblomsten online to stay updated on current news, to browse the calendar of events for a concert or class, 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)



Follow us @Lyngblomsten_US

Seeking Youth Volunteers for the Summer

By Shelli Beck, Lead Volunteer Coordinator

After piloting the team volunteer opportunity for youth the past few summers, we're planning for an equally as "fun" summer, but with shorter opportunities (one or two hours) that better match their talents. Youth volunteers will come to Lyngblomsten for a service opportunity and will be supervised by the staff of the department in which the opportunity is hosted.

This summer we will have a few different opportunities, such as "Big Bingo" morning in the Chapel, an extra walking group, an opportunity to make special treats with tenants and then visit while enjoying the fruits of their labor as well as special board and active game times. There are many other opportunities; please indicate on the Summer Youth Registration Form (mailed to current youth volunteers) your preference, and alternatives.

First preference for volunteer opportunities will be given to the registration forms received by May 15, second preference to those received by May 29 and no guarantees for an opportunity for those received after the 29, but you will be placed on a substitution list.

The official Summer Youth Volunteer program is from June 10 to August 30. If you are not a registered youth volunteer at Lyngblomsten, but would like to be involved, please contact Shelli Beck at (651) 414-5297 to find out about the application process, orientation dates and opportunities availability. You can also e-mail volunteer@lyngblomsten.org.

Seeking Volunteers to Serve Up Fun on July 18

By Shelli Beck, Lead Volunteer Coordinator

On Thursday, July 18, Lyngblomsten will host our annual Mid-Summer Festival, and many volunteers are needed. Last year we doubled the size of this fun social event to include two stages with live entertainment and many artist booths and activities. We estimate that over 1,500 people enjoyed this event last year and over 150 volunteers helped with the success. This year we will have three stages, more food, games and even more art activities! A successful festival is only possible with many, many volunteers to staff the event. Festival volunteers receive a Lyngblomsten volunteer t-shirt and tickets to use at the event. If you can help, please call Toni at (651) 632-5359 to schedule a shift. 

Volunteer Opportunities

- **Lyngblomsten bus driver** (no special license required)
- **In-house mail delivery** (afternoon, one day each week)
- **Help residents shop at Target** (Target in Roseville, monthly)
- **Popcorn poppers** (Thursday afternoons, once a month)
- **Mid-Summer Festival help**—great for youth groups, social groups or team building
- **Evening Library Cart** (weekly)
- **In-house transport to on campus doctor appointments** (once a month)
- **Bingo helper** (weekly)
- **Bowling helper** (weekly)

For more details and other opportunities, call Lana Western at (651) 632-5357 or email the office at volunteer@lyngblomsten.org.

Fundraising Update

The Lyngblomsten Foundation reports that during the current fundraising year which began October 1, 2012 through April 15, \$323,732 has been raised. We are grateful for the 770 donors who have generously given 1,029 gifts so far.

Thanks to everyone who has supported Lyngblomsten's programs and services to older adults!

Volunteer Hours

January • February • March:
6,710 hours

Number of Volunteers

January • February • March:
453 volunteers

The Art in Volunteering

By Melanie Davis, Director of Volunteer Services & Corporate Engagement

Lyngblomsten is one of the most fortunate organizations I know because of our volunteers! Each year, more than 1,600 active volunteers (ongoing/registered and one-time/group volunteers) give of their time and talents in support of our community members and our mission to enhance lives. These volunteers represent a spectrum of ages, ethnicities, skills and experiences. Like symphony musicians, they come together, each playing their unique parts in creating beautiful music. They are “the key piece” in making so many programs possible.

Artful Living with Lyngblomsten (ALWL) is one example of a program that could not happen without our volunteers. Started in 2010, *Artful Living* is an initiative to more fully integrate the fine arts into our community life. By partnering with some of Minnesota’s finest arts organizations, participants are able to attend professional performances and exhibits, develop a greater appreciation of the arts through education, and learn new artistic skills by participating in art classes led by resident artists. These programs would not be possible without volunteers to accompany participants on outings, transport them to activities, assist participants and art instructors in the classroom or serve on the Arts Leadership Group, which guides the efforts and activities of ALWL. Growing at a rate of 20% each year, 265 persons participated in one or more *Artful Living* activities in 2012. Several participated in multiple events and classes. In addition, more than 1,500 people attended Lyngblomsten’s Mid-Summer Festival with its new emphasis on the arts. More than 200 volunteers have made these activities possible!

Working together, this program has made an impact in the lives of participants. One of the goals of ALWL is to provide opportunities to experience the arts as a community, which includes opportunities for participation together with families, friends, volunteers, staff and the greater community. In program evaluation, 94% of participants reported that participating in ALWL strengthened their sense of community. 94% also reported that the activities

are enhancing their lives. In addition, 98% reported that they would recommend ALWL activities to others. While statistics provide some data regarding impact, one only has to observe the art that participants create, the pride that they have in what they have learned and accomplished, and the joy of new friendships to see the success of the program. Our volunteers are a vital part of creating that success. COMPAS resident artist Anne Krocak said, “They help me as a teaching artist reach more people and support the amazing programming of *Artful Living* by all the large and small things they do.”



Volunteer Deb George assisted participants in a polymer clay class in March. Deb also serves on the Arts Leadership Group. (Photo by Jim Nash)

As ALWL continues to expand, most notably through our Home- and Community-Based Services, we invite others to join us in “the art in volunteering!” No artistic experience is required. It is a great way to serve, to build friendships, and experience the arts in community.

Please contact Melanie Davis for more information:
(651) 632-5356 or mdavis@lyngblomsten.org. 



Lyngblomsten accepts online donations at:
www.lyngblomsten.org/donate

Donations for the Lyngblomsten Foundation can be gifted to a general fund or a specific Lyngblomsten program or service. Contact Mary Grupa at (651) 632-5324 with questions or to explore other opportunities to give.

Thank you for sharing your gifts and making a difference!

Lyngblomsten Foundation Board Members

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President, Johnson-McCann Benefits

VICE CHAIR: Jaime M. Hansen

Financial Advisor

Morgan Stanley Smith Barney

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Retired, Director of Environmental, Health, Safety and Regulatory Affairs, 3M

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MA – Social Work & Gerontology
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CFO, *Lyngblomsten* (Asst. Treasurer of the Foundation)

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Jeanette Severson

Retired/Lyngblomsten Volunteer

William (Bill) Sullivan

EVP & COO, *The Institute for Basic and Applied Research In Surgery*

“The best way to spend a day!”



Lyngblomsten Foundation's 17th Annual

Golf Classic

Monday, August 5, 2013
Midland Hills Country Club

Please join us on August 5 for a day of fun and camaraderie at Midland Hills Country Club. Brochures will be available in June. The committee has been working hard, and we already have nearly \$15,000 in sponsorships. We'll have our bagpiper back, along with a morning 3-hole shootout with prizes, in addition to the traditional 18-hole scramble, social hour, silent auction, dinner and program. Corporate congregation members can participate in the Lyngblomsten Cup contest. Come and join us! Contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org for details.

Golf Classic Sponsors

as confirmed by 04/15/13

Co-Presenting Sponsors

**Birdie Sponsor (\$2,500+)**

Bremer Bank
CliftonLarsonAllen
Merwin LTC Pharmacy
and
Merwin Home Medical

Par Sponsor (\$1,000+)

Delta Dental
Elimcare/ProRehab
Bill & Lorraine Lund
North American
Banking Company
Joel & Jeanne Poeschl



www.lyngblomsten.org/Golf2013

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

December 1, 2012 through March 31, 2013



In Memory of

Mary Alexander
Barbara Arndt
Edward and Beulah Beebe
Edward and Bernice Brink
Helen Christensen
Geraldine Coleman
Marylyn Deneen
Hugh Enzler
Rolsy A. Folland
Lorene Geheren
Eileen Greeman
Henry Hansen and
Hannah Hansen
Marge Hess
Sylvia Coltvvet Holmen
Lydia Hurd
Robert Hurlbut
William Hydukovich
Blanche Jensen
Betty Johnson
Hazel M. Johnston

Nora A. Knusden
Stephen Lang
Mary Ellen Larsen
Patricia Gibson Lee
Bert O. Lund, Jr.
Mae and Andy Margl
Mary Kay Martin
Delores Melby
Don Mielke
Keith Mortensen
Barbara Murphy
Erwin Nordeen
Florence Preus
Lorraine Robey
Ariel Ronning
Edith Samuelson
Mabel Schustedt
Margaret Skooglun
Lena Spescha
Betty Sundheim
Marion Swanson

Eunice Taney
Alice and Howard Thoreson
Shirley Tretsven

In Honor of

Mavis Anderson
Herb Bergman
Janet Daniels
Alice Hydukovich
Ray Martin
Aileen Melbostad
Paul Mikelson's Retirement
Thelma Pedersen's 95th birthday
Mary Venne

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, contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.

Living An Engaged Lifestyle

Dale M. Fagre, Chief Development Officer

In my seven years of service with Lyngblomsten, the one word that stands out for me is “engaged.” The dictionary suggests the word “engage” means *to occupy oneself; become involved*. This is exactly what happens at Lyngblomsten. The staff and volunteers intentionally and strategically work to engage the older adults they serve. There are so many ways to become engaged through Lyngblomsten such as *Artful Living with Lyngblomsten™* in which nearly 300 individuals are engaged in many art forms including music, painting, clay, dance and much more.

In addition, many Lyngblomsten tenants and residents have connected with loved ones through Skype, as well as having a smorgasbord of activities, programs, trips, games, concerts, volunteering, and much more. This engaged lifestyle is exactly what the doctor ordered, because by engaging older adults in a variety of things, their quality of life is enhanced, and they outwardly become more active and happy.



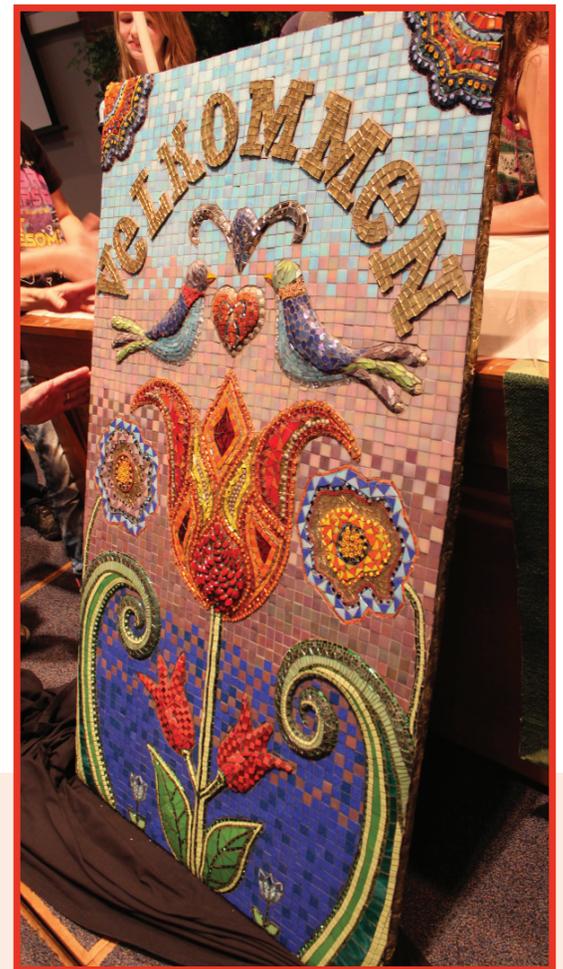
Finally, the community engagement team is also reaching out beyond the Lyngblomsten campus and is actively inviting the community-at-large, churches and corporate partners to engage with Lyngblomsten through employee volunteerism and sponsorships to support an engaged lifestyle for older adults. Living an engaged lifestyle is for all ages. There does not need to be an age limit. Isn't this what we all want for our loved ones as well as for ourselves? **L**

Lyngblomsten to offer Intergenerational Public Arts Day Camp

By Melanie Davis, Director of Volunteer Services & Corporate Engagement

For a second summer, Lyngblomsten is partnering with COMPAS and our resident artist Anne Krocak, this time to offer our first intergenerational arts day camp! Aimed at bringing together multiple generations, youth and adults ages 10 and up are invited to participate five mornings over a two-week period. This would be a wonderful creative activity for grandparents/great grandparents to do with grandchildren/great grandchildren; however, the camp is not limited to family members. Volunteers, friends and community members are also invited to participate.

Youth and adults will be paired for a portion of the camp to exchange stories and learn together as Anne Krocak introduces the power of expression and storytelling through the creation of clay tile mosaics. No experience is required. Participants will make individual works of art as well as collaborate to create an amazing public art mural that will culminate at Lyngblomsten's Mid-Summer Festival on July 18. In addition, students will learn about the process of creating public art as well as visit various works of public art around town.



Come learn and have fun together! Creativity has no age limit!

Choose one session:

Session 1 – July 8, 10, 12, 15, 17
Session 2 – July 9, 11, 16, 18, 19

Registration:

Fee is \$60. Contact Cindy Albing at (651) 414-5292 to register.

Time: 9 AM – Noon each class day

Learn more at:

www.lyngblomsten.org/ArtfulLiving

Location:

5-5-1 Club on the lower level of the Lyngblomsten campus at 1415 Almond Avenue, St. Paul 55108

Actual cost of the camp is \$300/person. Tuition is being subsidized through donations, sponsorships and grants to Lyngblomsten's Artful Living program.

ABOVE: This beautiful stained glass mosaic public art piece was created last summer with COMPAS' ArtsWork program on our campus. Community members joined youth artist apprentices and resident artist Sharra Frank.

Foundation Spring Benefit 2013

An Evening in the Emerald City: Wrap Up

More than 250 guests attended the 2013 Lyngblomsten Foundation Spring Benefit on April 26 at the Town and Country Club. Guests arrived by walking up the yellow brick road to the registration table. Everyone was treated to music provided by The Classic Big Band and the Nostalgics Vocal Quartet. It is estimated the event raised a net of \$85,000–\$90,000 with proceeds to support Lyngblomsten's Home- and Community-Based Services and *Artful Living with Lyngblomsten*.



Guests mingling and bidding on silent auction items (left); Entertainment by The Classic Big Band (below)



Event Sponsors

\$50,000 Matching Sponsorship

from a loyal anonymous donor

Platinum (\$5,000+)



Gold (\$2,500+)

Griffith
PRINTING, INC.

Silver (\$1,000+)

Bremer Bank
CliftonLarsonAllen
McGough Construction

Visit us at [facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten) to view the Spring Benefit video and photos.



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

Events Calendar

Visit www.lyngblomsten.org for updates

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

Tuesday, May 7

Lyngblomsten Corporate Annual Meeting
6 PM dinner; 7 PM meeting. Details have been mailed to delegates, boards, and committees.

Sunday, May 12

The MacPhail Music Hour presented by Artful Living with Lyngblomsten: An Afternoon at the Opera
2–3 PM in the Newman-Benson Chapel at Lyngblomsten. FREE; open to the public. Performance details at www.lyngblomsten.org/artfulliving or contact Allyson at (651) 632-5357.

Monday, May 13 – Friday, May 24

Grand Opening of Anna's
Join us during the Grand Opening of the new café and gift shop for special desserts, promotions and door prizes! Located on the Lyngblomsten campus near the Newman-Benson Chapel. See page 7 for more details or visit www.lyngblomsten.org/annas.

Wednesday, May 15

Early Bird Deadline for Summer Youth Registration
Youth who submit their registration forms by May 15 will get first choice of summer volunteer opportunities. Send form via email to volunteer@lyngblomsten.org, or deliver or mail to Shelli Beck in Volunteer Services, 1415 Almond Ave., St. Paul 55108. Questions? Call (651) 414-5297.

Friday, May 17

Syttende Mai Concert
3 PM. Newman-Benson Chapel at Lyngblomsten. Celebrate Lyngblomsten's Norwegian heritage by attending a FREE concert by the Twin Cities Hardingfelelag—traditional Norwegian Hardanger fiddle music—in honor of Syttende Mai (Norway's Constitution Day). Everyone is welcome.

Saturday, May 18

New Volunteer Orientation
10 AM–Noon. Registration required: (651) 632-5357 or lwestern@lyngblomsten.org.

Sunday, May 19

Husby Memorial Concert
3:00 PM. See ad on page 19 for details.

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

Tuesdays, May 28 – September 17

You Can Take Control: YMCA's Diabetes Prevention Program
16 sessions (no class August 27), 3–4 PM at the 5-5-1
Club. See page 10 for details.

Wednesday, May 29

Summer Youth Registration Deadline

Last day to submit forms for summer youth volunteer
opportunities. Send form via email to volunteer@lyngblomsten.org, or deliver or mail to Shelli Beck in Volunteer
Services, 1415 Almond Ave., St. Paul 55108. Questions?
Call (651) 414-5297.

Thursday, June 6

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5357 or
lwestern@lyngblomsten.org.

Sunday, June 9

The MacPhail Music Hour presented by Artful Living with
Lyngblomsten: Journey to Finland
2–3 PM in the Newman-Benson Chapel at Lyngblomsten.
FREE; open to the public. Performance details at
www.lyngblomsten.org/artfulliving or contact Allyson at
(651) 632-5357.

Wednesday, June 12

New Volunteer Orientation

1–3 PM. Registration required: (651) 632-5357 or
lwestern@lyngblomsten.org.

Monday, July 8 – Friday, July 20

Intergenerational Public Arts Day Camp

This intermittent five-day creative, intergenerational day
camp is offered through Artful Living with Lyngblomsten.
Participants will share stories and produce beautiful clay
tiles that reflect stories of their life journeys, and work
together to create a public art piece for the Lyngblomsten
campus. See page 17 for more details, or visit
www.lyngblomsten.org/artfulliving.

Wednesday, July 10

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5357 or
lwestern@lyngblomsten.org.

Thursday, July 11

Public screening of “Art@Hand: Creative Aging with Clay”
A tptMN and Northern Clay Center video production
featuring some of Lyngblomsten's 5-5-1 Club participants.
6–7 PM at Northern Clay Center's Library (2424 East
Franklin Avenue, Minneapolis). More details on page 8.

Thursday, July 18

Lyngblomsten Mid-Summer Festival

Arts | Music | Food | Games

2–9 PM; Games 2 – 8 PM. Join us as we celebrate
summer! Fun for all ages! Details on page 11 or visit
www.lyngblomsten.org/MSF2013.

Monday, August 5

Lyngblomsten Foundation's Annual Golf Classic

Save the date for this annual fundraiser at Midland Hills
Country Club. Details and registration available at
www.lyngblomsten.org/golf2013 or contact Mary Grupa
at (651) 632-5324 or mgrupa@lyngblomsten.org.

Sunday, August 11

The MacPhail Music Hour presented by Artful Living with
Lyngblomsten: Café Mélange featuring Brian & Sheralyn
Barnes playing an eclectic mix of café music from around
the world! 2–3 PM in the Newman-Benson Chapel at
Lyngblomsten. FREE; open to the public. Performance
details at www.lyngblomsten.org/artfulliving or contact
Allyson at (651) 632-5357.

Thursday, August 15

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5357 or
lwestern@lyngblomsten.org.

Thursday, November 14

Annual Supporters Recognition Dinner

Our supporters are the “Key Piece.” This event honors
Lyngblomsten volunteers, donors, and corporate sponsors.
Ramada Plaza. Invitations will be mailed.

Everyone in the community is invited to this
FREE concert featuring a performance by:

**Roseville Lutheran
Church Jazz Ensemble**

**Husby Memorial Concert
Sunday, May 19 at 3:00 PM**

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul

*This FREE concert is made possible through the Gertrude Husby
& Ingebor Husby Smith Memorial Endowment.*

www.lyngblomsten.org | (651) 646-2941



LYNGBLOMSTEN

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www.lyngblomsten.org

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**CHANGE SERVICE
REQUESTED**

Lyngblomsten Mid-Summer Festival

July 18, 2013 | 2–9 PM

Rain date: July 19, 2013 from 2–9 PM

Fun for all ages!

See page 11
for details!



For more details, please visit www.lyngblomsten.org/MSF2013.
A detailed event guide will be available in early July.