

Summer 2010

LYNGBLOMSTEN

Lifestyle



STORIES OF LIFE:
From the Heart:
A Family's Collaborative
Approach to Caregiving

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Arts Grant Awarded
to Lyngblomsten

Our Partnership:
Partnership Milestones

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES



Lyngblomsten Care Center

Short-term rehab, long-term care & Alzheimer's care

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Administrator

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snewgren@lyngblomsten.org

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LYNGBLOMSTEN FOUNDATION

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thall@lyngblomsten.org

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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.

Lyngblomsten's Four Values 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, and corporate congregations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

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On the Cover:

(L to R) Patsy Sipple, Eileen Cardwell and Carol Hess with their beloved mother, Ethel Richter (center). See their story on page 3.



LYNGBLOMSTEN LIFESTYLE

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Lyngblomsten Lifestyle can be found online at www.lyngblomsten.org. Click on "News & Events."

Would you like to be added to or removed from our mailing list? Have a change of address? Please let us know.

"Lyngblomsten Lifestyle Mailing List"

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From the Heart:

A Family's Collaborative Approach to Caregiving

by Jessica A. Johnson

*For our participants' **families**, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.*

— One of Lyngblomsten's Four Values Principles



This is just one family's story of working together as they travel the journey of dementia with a loved one. Sisters Carol Hess and Eileen Cardwell, along with their husbands Jerry and Dennis and sister-in-law Patsy Sipple, have been lovingly tending to their mother, Ethel Richter, for several years. Together they have successfully learned to voice their individual thoughts and come to consensus on caring for their mom. Two years ago they adopted Lyngblomsten's program, The Gathering, as a resource for their family. This story was gathered during an interview with the whole family, so several quotes are attributed to the whole family as they agreed on many comments that were shared.



"There is love here." Those were the first words Ethel spoke to Patsy as they walked into The Gathering for the first time. The Gathering is a program within Lyngblomsten's Home- and Community-Based Services, serving hundreds of people experiencing early- or mid-stage stage memory loss and giving respite to caregivers who desire a break. Patsy and Carol described the Gathering as "positively transformational," and said, "It is like walking into a different world and part of Mom is awakened again." It's the little details that can make a big difference for participants at The Gathering. Patsy explained that one of the lead volunteers at The Gathering Ethel attends will greet her in German, which surrounds Ethel with immediate comfort as she replies, "Guten Tag!"

Eileen fondly remarked that her mother has always been a very bright, articulate, multi-talented, and exceedingly resilient individual. "[Dementia] is just not something anybody's prepared for," she added. "It's important to be patient," Dennis surmised, "Not only with the person who has dementia, but also with one another and with yourself."

"It just isn't useful to think about what's not possible anymore," shared Eileen. The family said that some things they thought were going to be really difficult, weren't. "We didn't have to go through some battles because she [Ethel] knew herself that change was needed. She eased out of driving, for example," Jerry explained.

This close-knit family has tapped many resources and taken initiative to self-educate. "We all have our antennas up—the resources are out there, you just have to find them," encouraged Carol. For those living in a small or rural community, Eileen suggested it would just take someone to be the "spark plug." "People may think they don't know enough to lead, but once someone is willing to put words to a need, others will join," she reasoned.

"It just isn't useful to think about what's not possible anymore."

Proximity is also a favorable factor for their family. Living near Ethel has allowed them to all share in visiting her at least once a day. "We have a really great and complementary skill set, and Mom needs all of them," Eileen explained. Jerry added that, for Ethel, having the peace of mind that her finances are being handled and feeling comfortable in her residence and at The Gathering have made a world of difference.

Undoubtedly, caring for someone with memory loss brings change, challenges, and learning; but it also brings opportunity for growth. "Once a mom, always a mom," is a sentiment that is frequently expressed throughout their family. "With that spirit, she is still giving us opportunities to learn, to develop skills, and to grow closer together as a family. Even now she still teaches us things," Eileen remarked.

continued on page 4

Their family relishes their simple, joyful traditions and makes an effort to maintain them. Whether it is going to Dairy Queen with Dennis for a chocolate ice cream cone and then driving around a lake, participating in a family “gorilla hug,” or attending Mass together, they have made it a priority and a commitment to stay active in each other’s lives and to incorporate the traditions.

“Many times life can get quite routine. That’s why we’ve decided as a family to be organized and involved,” Carol shared. One thing they tried was posting a large office planner to write when each was coming to be with their mom. Now they make use of a notebook to record their schedules and experiences, such as what they did that day and how the day went. It helps the siblings stay connected and informed. That’s especially important when, as they shared, “What’s normal [for Ethel] is constantly being redefined.”

All of the family involved in Ethel’s life affirmed what a great support and lifeline the support group for caregivers at The Gathering has been. For Jerry, it was finding camaraderie in fellow group members, learning about dementia and gaining practical tools and resources to deal with the issues they were encountering. “It’s a source of strength and a very effective tool for a family,” Carol added. “Altogether, The Gathering has been a big piece of us feeling not so overwhelmed—by having people who understand.”

The Gathering program is organized and supported by three Lyngblomsten staff and run by a total of almost 200 volunteers through collaborative partnerships with churches that provide the facilities and host The Gathering. “Their [the volunteers’] hearts are definitely there; they anticipate issues and they are so genuine,” said Carol. The friendships formed between caregivers, participants and volunteers can be life-changing. “I’ve really become friends with the volunteers, they’ve been so great,” she added. “The Gathering serves so many

purposes beyond what they intended,” Patsy reflected. “The participants feel safe—there is somebody right there with them the whole time,” Carol stated.

With thorough and continuing training, the volunteers are adequately prepared to work with and care for participants experiencing early- or mid-stage memory loss. They are able to meet the participants where they are at and to stimulate their thinking by respectfully and lovingly engaging them in creative and intentional programming.



Surrounding Ethel with a family tradition, a “Gorilla Hug.”

The family shared that Ethel often asks, “Can I do anything else for you? Do you have enough food? Is your car running okay?” and they reassure her that everything is fine and say, “I love you, Mom.” Ethel will reply, “I know you do, or you wouldn’t be here all the time.”

Never underestimate the value of the time, the love and the care given to a loved one—it is a language spoken from the heart, rewarded with intangible blessings that need no translation. **L**



To learn more about The Gathering, visit www.lyngblomsten.org. To volunteer for or participate in The Gathering, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

To learn about support groups offered in your area visit: www.alzmdak.org/gethelpandinfo/supportgroups

“No matter what you’ve done for yourself or for humanity, if you can’t look back on having given love and attention to your own family, what have you really accomplished?”

— Elbert Hubbard
(American editor, writer, publisher 1856–1915)

Arts Grant Awarded to Lyngblomsten

by Rebecca Schwartz

Lyngblomsten was recently awarded a *Partners in Arts Participation Grant* through Legacy Dollars (state funding) and the Minnesota State Arts Board. This grant will give Lyngblomsten the funding to introduce and integrate various fine arts – theatre, music, and museum trips, just to name a few, to inspire, educate, and nurture our Lyngblomsten community members.

Melanie Davis, the Director of Volunteer Services and Corporate Engagement for Lyngblomsten, heard about the grant through COMPAS Executive Director, Bob Olsen (they go to church together), who thought this would be a great opportunity for Lyngblomsten. Melanie explained, “They were looking for a new, fresh idea to get arts into the community to an underserved population, and Lyngblomsten seemed to fit the criteria for the grant perfectly. Through partnerships with COMPAS and Pat Samples, Coordinator for Minnesota Creative Arts and Aging Network, we held a series of dialogues with tenants, residents, staff, family, and friends to brainstorm the wants and needs regarding an arts program.”

The new program, called *Artful Living at Lyngblomsten: Arts for Every Season of Life*, will not only have a focus on resident and tenant participation, but will also involve family, friends, and intergenerational volunteers. The first activity will be trips to the Minneapolis Institute of Arts to see the “Collecting the New” exhibit July 29 and July 30. There will be a presentation before the trip to educate and familiarize participants with the exhibit, and then a bus will transport them to the museum (100 people are expected to participate).

If you are interested in the arts and want to serve on the Arts Leadership Group, or if you have any ideas or connections, please contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org. 



Senior-Friendly Summer Activities

by Jessica A. Johnson

How many days do Minnesotans spend bundled up indoors just longing for days like these? Summer is the perfect excuse to venture outdoors with an older loved one. Create lasting memories with these local summer activities.



Outdoor Activities

- See “Oliver” performed by the Rosetown Playhouse at Lake Como Theatre Pavilion. Show dates are July 8-10 and 15-17.
Visit: <http://rosetownplayhouse.org/home/>
Call: 651-792-7414 x2
- St. Paul is offering FREE outdoor music concerts at local parks throughout the summer.
Visit: <http://www.stpaul.gov/DocumentView.aspx?DID=12736>
- Want to enjoy the cool summer nights, visit some local paths and meet new people? See the Friday Night Hikes ad on page 14.
Visit: http://www.lyngblomsten.org/551_club/newsletter.php
Call: (651) 632-5320
- Miss the days of packing a blanket, a picnic and heading to the movies? You still can! FREE movies on an outdoor big screen are offered all summer, several nights a week.
Visit: <http://www.mplsmusicandmovies.com/>
Call: (612) 230-6484
- Of course, your summer adventures must include attending the 5-5-1 Club & Café’s Annual Community Ice Cream Social on Thursday, July 8, from 2–7 PM. See page 10 for more details.
Visit: www.lyngblomsten.org for more information
Call: (651) 632-5320 or email gmrutz@lyngblomsten.org.

Indoor Activities

- Target Arts and Wonder presents a FREE family concert on Saturday, July 17, at 2:00 PM, held at Orchestra Hall.
Visit: <http://www.minnesotaorchestra.org/>
Call: (612) 371-5600
- Husby Memorial Concert on September 19 (see page 15 for info).
- If it’s too hot to be outdoors, gather up some grandchildren, neighbors, or kids from your church and check out a local art class, workshop, or theater.
Visit: <http://www.grandparents.com/gp/events/mineapolis.html?category=classesworkshops>
<http://www.stpaul.gov/index.aspx?NID=58>
Call: Phone numbers listed on website for locations
- St. Paul Public Schools offers adult education classes in a variety of subject areas including cooking!
Visit: https://ssl.dwebsite.com/secure2/ce_SPPS/php/public.php?action=listCategories&programId=7&from=catalog
Call: (651) 767-8248

Need a speaker for an upcoming gathering? Make use of the
LYNGBLOMSTEN

Speakers Bureau



The Lyngblomsten Speakers Bureau provides educational and informative presentations on topics pertinent to older adults and those who care about them. Churches, groups and clubs, companies, and other

organizations can access the presentations. Utilizing Lyngblomsten's century of experience serving older adults and their families, we specialize in topics that emphasize preventative care and wellness as well as help to navigate the resources available in the Twin Cities area for older adults and their families.

Things to Know:

- All presentations will be one hour in length unless noted.
- Presentations are generally available Monday through Friday, day or evening. Occasionally we can accommodate presentations on weekends.
- To help cover our costs, we ask for a fee of \$100 for a one-hour presentation; this includes materials and mileage. Presentations are given at no charge for Lyngblomsten corporate congregations.

The Speakers Bureau is coordinated by:



To inquire about a presentation, contact:
Cindy Albing
Community Education Coordinator
(651) 414-5292
calbing@lyngblomsten.org

Everyone in the community is invited to this **FREE** concert

featuring a performance of Balkan dance music by

Orkestar Bez Ime



13th Annual

Husby Memorial Concert

Sunday, September 19, at 3:00 PM

Newman-Benson Chapel at Lyngblomsten
1415 Almond Ave., St. Paul (651) 646-2941

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

www.lyngblomsten.org

Encouraging the Journey of Faith

This devotion is by Pam Stofferahn, Senior Pastor at Redeemer Lutheran Church



Train children in the right way, and when old, they will not stray. Proverbs 22:6

As we struggled through our teen years, I imagine that most of our parents clung to this verse, hoping that their investments in our faith upbringing would see us through our rocky teen years and bring us back to the church as faithful adults. They invested time and energy throughout our childhood to encourage us in the faith.

REFLECTIONS

As we witness the aging of those faithful parents of ours, I wonder if we might now be able to make a similar investment in encouraging them in the journey of faith even though they have traveled farther along that road than we have.

Mike Foss, in his book *Real Faith for Real Life*, makes suggestions for rediscovering the faith center of family life that I think might serve us well as we walk with our parents through the later years of their faith and life journeys. His suggestions will be posted on the Lyngblomsten website in the newsletters section.

Let us Pray: Gracious God, we thank you for the parents and families that have nurtured us in faith. We pray that you will help us to find ways to continue the nurture of faith in our families—through the ministry of presence, through prayer, and through the study of your word. Help us to become encouragers of faith in others—and help us to strengthen the relationships in our families through the regular practice of our faith. Amen. **L**



Partnership

1960–2010:

Celebrating 50 Years of Corporate Congregations

Partnership Profile: Redeemer Lutheran

by Jessica A. Johnson

Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten



Redeemer Lutheran Church, located in White Bear Lake, has been in partnership with Lyngblomsten as a corporate congregation for 50 years. Established in 1958, this neighborhood church has journeyed with

its congregants through many stages of life. With a congregation of almost 800, nearly half of the congregation is age 60 or better.

“Seniors are the lifeblood of our congregation,” shared Pastor Pam Stofferahn, who has been the Senior Pastor for the past two years. “They have a passion for this community and it’s by the labors of our seniors that Redeemer is a vibrant community.”

One way in which Redeemer Lutheran Church is seeking to actively engage with and meet the needs of seniors in their congregation is through a ministry called “Prime Time.” Geared towards those who have retired, this group meets monthly at church and enjoys outings to the theater and other local attractions, as well as gatherings and presentations at church (including guests from Lyngblomsten’s Speakers Bureau, see ad on page 6). In partnership with Lyngblomsten, Redeemer has established the Senior Ministry

“Dream Team”—with the intent to “engage seniors in relational, faith-building and service-oriented ministries,” Pastor Pam added.

“This is the most welcoming congregation I have ever been a part of. People tend to feel connected the moment they walk in the door; we have a very loving, prayerful congregation,” she shared. That love is embodied through the quilters who gift their creations to graduating seniors, babies in the hospital and all throughout the world. Every Wednesday night is “Redeemer Night Out,” providing a home-cooked meal for anyone in the church, followed by an educational offering. This has proven to be a special delight to seniors who typically dine alone.

The partnership with Lyngblomsten has brought participation in Care Team Ministry, The Gathering, lay visitation and senior ministry planning. In many of these programs seniors are ministering to their peers. “We value the partnership and passion for seniors in Lyngblomsten staff. They are marvelous at heightening our awareness of seniors’ needs. It’s obvious that the mission of Lyngblomsten is lived out beyond its walls.”

In a world of constant change and strong individuality, Redeemer Lutheran Church seeks to live out their faith in their neighborhood—embracing an intergenerational approach to community as the body of Christ. **L**

Partnership Milestones

At our annual meeting held May 4, we celebrated the milestone anniversaries of partnerships with our corporate congregations as follows:

50 Years

Como Park Lutheran
Immanuel Lutheran
Lakeview Lutheran
Redeemer Lutheran
St. Anthony Park Lutheran

25 Years

Gloria Dei Lutheran

20 Years

Incarnation Lutheran

15 Years

Jehovah Lutheran

45 Years

Salem Lutheran

35 Years

North Heights Lutheran
Roseville Lutheran

10 Years

Centennial United Methodist

Attend the 2010 Ministry Conference and
Make a Difference at Your Church

Generation Junction:

Where Youth & Family Ministry Meets Senior Ministry

A one-day conference to equip church staff and lay persons for enhancing ministries with old and young alike through an intergenerational approach

Thurs., September 30
9:00 AM - 3:30 PM

Details will be posted at
www.lyngblomsten.org
or call (651) 632-5322



Lyngblomsten Scrapbook

Cinco de Mayo, 5-5-1 Club Style!

5-5-1 Club & Café guests, Audrey Kraus and Ted Stringy, sipped some non-alcoholic margaritas at the Cinco de Boomerang lunch promoting the kick-off of the Boomerang fundraiser.



Mahalo, Volunteers!

Over 200 Lyngblomsten volunteers were celebrated at a Luau-themed recognition in May. Our volunteers gave 35,302 hours in 2009! Thank you, volunteers, for all the ways you bring joy to those Lyngblomsten serves!



A Visit to the New Stadium

Lyngblomsten tenant, Edna Carlson of the Fergstad Neighborhood (pictured in front row, far left), was granted her "Purple Wish" to go to a Twins game with some friends. Go, Twins!



Thank you, Board

At the Annual Meeting (shown far left) received a gift (left to right) Karen and Carol Kelsey.



Celebrating Heritage with Song

Lyngblomsten celebrated Syttende Mai with a concert featuring the Norwegian Glee Club of Minneapolis. We also had residents talking with people from Norway on May 17 via Skype.



Making New Friends

Residents, families, the community and employees enjoyed an afternoon outdoors with a traveling petting zoo, surrounded by everything from turkeys to llamas!



Goodbye, Sandi!

Director of Home- and Community-Based Services, Sandi Krohn, retired from Lyngblomsten after 12 years of service. Thank you for your service and best wishes!



Members

Lyngblomsten President/CEO Paul Mikelson recognized retiring board members John Veninga, Julie Antolak, Bob Cooley, and Julie Antolak. Thank you for your years of service!

Board Profile

Corporate



Ginger Fischer

by Jessica A. Johnson

Many members of the Lyngblomsten Corporate Board have joined because of a loved one's experience with Lyngblomsten. New board member, Ginger Fischer, is no exception. Her mother-in-law, Beulah Fischer, lived at Lyngblomsten for nearly ten years. "She really enjoyed the activities here; the nurses were so gracious and caring. Lyngblomsten is a great place for people to receive a continuum of care."

The opportunity to become involved with Lyngblomsten is timely for Ginger; she will be retiring at the end of July after 38 years in the nursing field. Over the years her career has included working in an ICU and CCU and administering dialysis. Currently, she is employed

by the Minnesota Gastroenterology Physician Association as an Infusion RN (serving people with Crohn's Disease and Colitis).

She also spent almost five years of her career working at Lyngblomsten as the Employee Health Nurse (in the early 1990's). "I've always had a soft spot for Lyngblomsten," she mentioned, "The people here are very, very nice; I think it's a great place to be. People who come here receive the best care." She was also on the Wellness Committee at Lyngblomsten, the board for the Block Nurse Program and the board for her church, Como Park Lutheran church, a Lyngblomsten corporate congregation. It was through Lyngblomsten board member and fellow church member Carol Kelsey that Ginger was invited to join the board.

Ginger is a mother of two college-age boys, Ryan and Daniel, and wife of Patrick, who works as a Research Chemist for HP Fuller. She fills her free time with their dog, Patch, church activities, and hobbies including knitting and crocheting. 

ADD A LITTLE G'DAY TO YOUR DAY

at the

5-5-1 Club and Café's Annual Community

Ice Cream Social

Goes "Down Under"



Thursday, July 8

2 PM – 7 PM

Courtyard at Lyngblomsten
1415 Almond Ave., St. Paul MN

- Delicious Food
- Live Music (Gary Tyson & Friends!)
- Australian Animal Show
- Jump House
- "Fishing" Pond
- Temporary Tattoos
- Gift Shop Clearance Sale
- Hymn Sing at 7 PM
- Movies in an air-conditioned space
- Fun for the whole family!

Questions? Call (651) 632-5320
www.lyngblomsten.org



Participants Needed

for a U of MN Study on the Effects of Aerobic Exercise on Dementia/Alzheimer's Disease

Eligibility Criteria: If you have Alzheimer's disease and are ≥ 60 years old, you might be able to take part in an exercise program. A fitness trainer will train you to cycle on a stationary cycle or walk/jog 3 times a week for 6-months. The trainer will monitor your responses to exercise. If you cannot cycle, other exercises will be used.

Study Procedures: Participants will be screened first to make sure aerobic exercise is safe. The exercise group will meet 3 times a week at Lyngblomsten, and exercise will be individually prescribed. Your cognition and physical function will be assessed before, during, and after the exercise program. Participants will be monitored by an exercise trainer.

Participants will receive compensation for participating in the study.

For more information, contact:

Dr. Fang Yu at (612) 624-5435
or Christine Peterson at (612) 626-9669

Jennifer Veitenheimer – (651) 632-5428

Creating a Legacy of Engagement

by Dale M. Fagre, Chief Development Officer

For our **participants' families**, Lyngblomsten supports their needs through careful listening and traveling alongside them as they walk the journey with their loved ones. For our **donors and volunteers**, the Lyngblomsten Foundation supports their needs through careful listening, traveling alongside them as they walk the journey of stewardship — of giving their gifts and time to support the needs of older adults. As families, donors and volunteers provide support in various ways, they are **creating a legacy of engagement in supporting our older adults** through their ongoing actions of caring, listening, traveling alongside, volunteering and giving.

A donor who intentionally plans today for a gift that is **providing a vision of hope for the future** is creating a legacy of engagement that reaches far into the future. A legacy gift ensures future older adults will also receive support as they walk the journey of aging.

Please consider engaging today by creating a legacy gift for the older adults Lyngblomsten will serve in the future. It's as easy as naming Lyngblomsten Foundation in your will or as a beneficiary on a life insurance policy. Perhaps you would like to receive lifetime income? Then a charitable gift annuity is something we invite you to consider. For more information, please contact Dale M. Fagre (651.632.5319 or dfagre@lyngblomsten.org) at the Lyngblomsten Foundation located on the lower level of our campus in the corporate office across from the 5-5-1 Club & Café. 

Boiling it DOWN ... it's UP to you!

by Patricia A. Montgomery, Director of Marketing Communications & Ambassador Champion

Describing all that an organization does in under 30 seconds can be a daunting task. For organizations like Lyngblomsten that offer a plethora of services, sometimes we give up and boil it down to a couple words that only tell part of the story of how the organization lives out its mission. Oftentimes I hear people shorten the description of Lyngblomsten to "It's a nursing home." We definitely have a fine nursing home; however, it's only a sliver of how we serve older adults and their families.

One of the best ways to understand what an organization is all about is by hearing the stories of how lives have been affected and what programs or services were tapped. That's part of how we choose our feature stories each quarter for *Lyngblomsten Lifestyle* magazine. We focus on one of our four Values Principles (see pg. 2; sometimes referred to as the Ambassador Principles) and then tell people's stories related to that focus. An even more important way that people learn what Lyngblomsten is all about is by asking questions of people connected with Lyngblomsten or by telling about the experiences they've had through their own interaction with the people of the organization. The way people express their experiences and understandings of what Lyngblomsten offers greatly influences other people's understanding of how Lyngblomsten could be a resource for them or affects their decisions to get involved in our mission.

In the Marketing Communications Department, we can produce all sorts of good-looking and accurate materials to tell what Lyngblomsten is all about. But it's YOU who really tell the story of Lyngblomsten – through your actions, your responses to questions, and your stories. Your role as **ambassadors** for Lyngblomsten is vital to making our mission known. So, boiling it down, how the story of Lyngblomsten is told, is up to you!

That's why we've created the *Lyngblomsten Ambassador Showcase*, an event to celebrate telling the stories of Lyngblomsten and to recognize a few people who do an outstanding job of sharing the mission of Lyngblomsten with others. The 2010 *Lyngblomsten Ambassador Showcase* will be held the evening of November 4. As details become available, we will post them online at www.lyngblomsten.org and in other Lyngblomsten publications. 

Back to the '50s!

Spring Rhapsody 2010 Wrap-Up

On April 30, 2010, Lyngblomsten went Back to the '50s with our annual gala event to benefit the 5-5-1 Club & Café. Donning jeans, poodle skirts, and bobby socks, guests rushed the dance floor to enjoy the Rockin' Hollywoods, got their photos taken in a '50s photobooth, and perused classic cars from the era.

An estimated \$40,000 was raised through ticket sales, sponsorships, a live auction, and a fund-in-need to support the 5-5-1 Club & Café's goal of providing seniors in the 5-5-1 zip codes with services and activities to interact, build community, stay active, learn and thrive.

The Lyngblomsten Foundation thanks all of the guests, volunteers, committee members, sponsors, and staff who made the evening so memorable! **L**

Roller girl and co-chair of the evening, Cindy Vilks, posing with one of the classic cars that were displayed at Spring Rhapsody.



The Swing Cats entertained the guests with their energetic and playful dance numbers. Thanks, Swing Cats!

THANK YOU, SPONSORS

Platinum Sponsors

\$2,500+



Gold Sponsors

\$1,000+

Bremer Bank
Johnson McCann Benefits, LLC
LarsonAllen LLP

Silver Sponsors

\$500+

Berthel Schutter LLC
McKesson Medical Surgical
Rodney D. Anderson Law Offices

Board Profile

Foundation



Jason Seifert

by Rebecca Schwartz

It was just a little over one year ago when Jason Seifert was approached by Melanie Davis (Director of Volunteer Services and

Corporate Engagement at Lyngblomsten) and was asked to join the Lyngblomsten Foundation Board. Jason and Melanie knew each other from working together at Goodwill/Easter Seals MN, where Jason currently serves as the Vice President of Finance and CFO. The board was looking for another member with financial experience and Jason seemed to fit perfectly. "Melanie approached me about joining the board, and because I strongly believe in Lyngblomsten's mission, and I wanted to give back to an organization that assists with

making lives better for older adults, I decided to join the board," he stated.

Because of his financial background (he has a BS degree in accounting from the University of Wisconsin—River Falls, and a CPA and CMA certification), Jason participates on the finance committee and investment committee in addition to the Foundation board. Jason explained, "I know how hard budgets and audits can be – they are tough to manage – so I am happy to be able to give my financial expertise to the board. I would like to see Lyngblomsten remain financially stable while still giving the quality care that it is known for."

When Jason isn't working or crunching numbers, he enjoys spending time with his wife, Wendy, his son (13), and his twin daughters (11). They live in Prior Lake and attend church at Shepherd of the Lake Lutheran Church where they sing in the choir. Jason values spending time with his family, and they do many outdoor activities together such as swimming, baseball, and playing with their dog, Buster. **L**

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

IN MEMORY OF

Naomi A. Anderson
Pete Peterson

IN MEMORY OF

Phyllis C. Anderson
Marjorie Bohn and
Jennie Kratzer
David and Susan Brostrom
Phillip and Carolyn Brunelle
David and Michelle Christianson
John and Dana Ehrhart
Paul and Lynnette Ellefson
Marvin and Margaret Fabyanske
Christina Lotarski
Dorothy Pedersen
Phyllis Straughn

IN MEMORY OF

Adine Aurelius
Theodore and Evelyne Anderson
Mr. Paul J. Aurelius and
Rev. Marjorie B. Aurelius
Mr. and Mrs. D. W. Bricher
Mary Cox
Betty Hammersten
Marion Hastings
George and Kay Hedblum
Kate Johnson
Helen Klask
Rosemund Marks
David and Annette Merry
Lois Obrestad
Ruthann Ryberg
Jeanette Severson
Dorothy Stach
Swanhild Thompson

IN MEMORY OF

Norma Bartlett
Ronald and Nancy Scheel

IN MEMORY OF

Norma Bayard
Ruthann Ryberg

IN HONOR OF

Kelley Bergerson's Ordination
Carol Meyer

IN MEMORY OF

Geraldine Dominski
Dorothy Stach

IN MEMORY OF

Jean Fleming
Terri Parker

IN MEMORY OF

Eliel Firtz
Marion Fritz
Dave and Beverly Mooney

IN MEMORY OF

Marjorie A. Gregory
Rev. Richard Gregory

IN MEMORY OF

Dorothy Hagen
Rev. Dorothy Sandahl

IN MEMORY OF

Joy Hanson
William and Arlene Gall
Lawrence Hanson
Terry and Delores Hanson

IN MEMORY OF

Lucille Hofmeister
Ruthann Ryberg

IN MEMORY OF

Jeannette "Jane" Johnson
Barbara Bailey
Richard O'Brien

IN MEMORY OF

Stella Karels
Ernest and Andrea Brodtmann
Elaine and Richard Kennedy
Valborg A. Negaard

IN MEMORY OF

Agnes Kosel
Teresa Borkan
Paul Carter
David and Elizabeth Colwell
Rita and Mark Dillon
Ronald and Susan Hornbaker
Steven and Kathryn Karel
Becky A. Koehler
Mary and Kevin Kosel
Steve and Mary Kosel
Craig Miller
Judith and Leo Samuelson

IN MEMORY OF

Pam Kreyer
Dorothy Mechura
Mary Venne

IN MEMORY OF

Annella Langer
Donna and Robert Jarosch

IN MEMORY OF

Norman Magnuson
Marion Hastings
Dave and Tami Nesheim
Dorothy Stach

IN MEMORY OF

Mary Ann McJilton
Jeanne Forbes
Martin and Hollis Levine
Charles and Mary Kay McJilton
Mildred Moore
Robert and Delores Nelson
William and Eileen Thompson
Marjorie Young

IN HONOR OF

Don Mielke's Birthday
Randall and Jane McGregor
John and Sharon Mielke
Rich and Barbara Mielke
Don and Jeanne Murphy
Dennis and Maureen Peterson
Pat and Jane Thiags

IN MEMORY OF

Myrtle Noss
Marion Glasow
Bob and Elaine Ogren
Jeanette Severson

IN MEMORY OF

Zachary Novitt
Jon Novitt

IN MEMORY OF

Harold Nyquist
Doris Nyquist

IN MEMORY OF

Evelyn O'Leary
Pete Peterson
Ruthann Ryberg

IN MEMORY OF

LaVerne Panek
Don and Angela Anderson
Judy Edstrom
Carol Gustafson
Joel and Myrna Hadrits
Marilyn Hobbs
Elmer, Elaine, and Chuck Nelson
Gregg J. Panek
Robert and Lila Panek
William and Onalee Panek
Thomas and Kathleen Roan
Dorothy Stach
Ron and Marlene Stoerzinger
William and Caryl Thoele
Arliene Tourville

IN MEMORY OF

Jean Pearson
Dorothy Kirsebom

IN MEMORY OF

Florence Pierce
Ariel Ronning

IN MEMORY OF

Addie Pittelkow
Shirley Dingman
Robert and Shirley Olson

IN MEMORY OF

Bob Pooler
Shirley Dingman
Mathew and Patricia Montgomery

IN MEMORY OF

Terry F. Rath
Dorothy Stach
Mary Venne

IN MEMORY OF

Marion Roan
Richard and Rosalie Pinomaki

IN MEMORY OF

Neva Steven
Pete Peterson

IN MEMORY OF

Carol Stone
Ruthann Ryberg

IN MEMORY OF

Jessie Swenson
Mitch and Marge Fink
Sally Keep
George Rivers and
Elaine Nestegard

IN MEMORY OF

Edna Torgeson
COPT
Randall and Cheryl Griffin
Pete Peterson

IN MEMORY OF

Laurel Jean Turinia
Mary Jean T. Anderson
Pete Peterson

continued on page 14

(Remembrance Fund, cont.)

IN MEMORY OF

Karhleen L. Veum

Mark and Amanda Allen
Todd Arnhold
Dianne Bertelsen
Elizabeth Chisholm
Sandra Christenson
Ronald and Gloria Engelken
Mary Jo Erickson
Dick and Lynn Fagnant
Julie Fagnant
Thomas and Mary Genz
John and Deborah Griebenow
Mabel Hassinger
James and Nancy Hendrickson
Douglas and Cheryl Hocking
Gary and Susan Houghton
Jane Huso
Rachel Husom
Harvey and Elaine Jaeger
Byron and Beverly Jessup
James and Eleanor Kieger
Gene and Mary Kirsch
Pam Masson
Clara Mayer
Rev. Katie J. Nelson
Sharon Nelson
Richard and Beverly Niessen
Marilyn Piersdorf
Jeanette Severson
Charles and Linda Skarphol
Paul Stoffer
Jack and Beverly Stueber
Janet Thorson
Gregory and Nancy Todd
James and Cindy Veum
Roger and Eileen Veum
Wayne Veum
David and Wanda Wall
Krista Wall

IN MEMORY OF

Leona Waage

Robert and Lucille Brown
Richard and Barbara Miller
Eugene Richter
Irene Waage
Bernard and Averiele Wazlawik

IN MEMORY OF

Eunice Woolliscroft

Anonymous
Sharyn Olson
Ariel Ronning
Diana Schwab

IN MEMORY OF

Mary Zoukos

Rosemary and Lee Aldridge
Kelley and Steve Bergeson
Bonita Faude
Carol Pearson
Sandra Torkelson
Rose Zoukos



The Lyngblomsten Foundation recognizes donors who have made gifts to the Lyngblomsten Remembrance Fund in memory of loved ones and in honor of friends and associates. This listing reflects gifts received from:

February 1, 2010 – May 31, 2010*

**Includes memorial donations to the Lyngblomsten Auxiliary.*

If you have questions about this list, please contact the Foundation at (651) 632-5324 or mgrupa@lyngblomsten.org.



Looking for a way to get some **EXERCISE**, explore **NEW PLACES** and have **FUN** with others?



Friday Night Hikes

may be your solution!

- What:** A summertime walking group and socialization.
Note: Wear your walking shoes as we may walk for up to an hour before we head to a restaurant, local pub, or coffee shop for some rest and a little fun.
- Who:** Everybody is welcome!
- Where:** 7/23: Silverwood Park in St. Anthony (just north of where Apache Plaza used to be—2500 Cty. Road E., Mpls.)
8/13: White Bear Lake Memorial Beach (North end of the lake)
8/27: Snail Lake Park (Shoreview)
- When:** Meet at the appointed location at 6:00 PM; look for a dark blue Saturn Vue with an American flag on it.
- RSVP:** Please call (651) 632-5330 to let us know you're coming. We want to be able to contact you in case of any weather problems or changes in plans.

Questions? Call Geri Rutz at (651) 632-5320 or email gmrutz@lyngblomsten.org.



Join us for the

14th Annual
Lyngblomsten Foundation's

GOLF CLASSIC



Midland Hills Country Club
Monday, August 2, 2010
Golf Scramble • Silent Auction • Dinner

Lyngblomsten Cup

This special competition is open to members of Lyngblomsten corporate congregations. Put a foursome together today!

Funds raised go to Lyngblomsten's 5-5-1 Club & Café community center.

For more information about the Golf Classic, please contact Emily Sieber at (651) 632-5323 or eseiber@lyngblomsten.org.

Download the brochure at www.lyngblomsten.org

Events Calendar

Visit www.lyngblomsten.org for updates

Thursday, July 8

Annual Community Ice Cream Social

Join neighbors, friends and family anytime between 2 PM and 7 PM in the Lyngblomsten campus courtyard (Midway Parkway & Pascal Street, St. Paul) for this annual summer celebration. Enjoy music and an Australian animal exhibit for free, games and food at old-fashioned prices... there's fun for everyone! Hosted by the 5-5-1 Club & Café. July 8th is also the final day to purchase a Boomerang ticket! Questions? Contact Geri Rutz at (651) 632-5320 or gmrutz@lyngblomsten.org.

Thursday, July 8

Lyngblomsten Gift Shop's Sidewalk Sale

Shop the Lyngblomsten Gift Shop's clearance event, with "Christmas in July" to find great bargains on unique gifts for everyone (or yourself!). Sale hours: 12:30–7:00 PM, located in the Newman-Benson Chapel at Lyngblomsten, across the hall from the gift shop.

Fridays, July 23, August 13 & 27

Friday Night Hikes

Looking for a way to get some exercise, explore new places and have fun with others? Everybody is welcome to join this summertime walking group. Walk locations will be Silverwood Park in St. Anthony (July 23), White Bear Memorial Beach in White Bear Lake (August 13), and Snail Lake Park in Shoreview (August 27). Meet at the American flag on a dark blue Saturn Vue at 6:00 PM at the designated walk location. Following the walk we'll socialize at a café, pub, or coffee shop. Visit www.551club.com and check out our newsletter, LimeLight, for details. Call (651) 632-5330 to RSVP or ask questions.

Monday, July 26

Lunch Cruise

Looking for a fun summer outing without the planning? Join the 5-5-1 Club for lunch and a cruise on Lake Minnetonka on Monday, July 26. Cost is only \$34 and includes transportation from Lyngblomsten, cruise and lunch. The group will leave the club at 10:15 AM and return around 3:00 PM. Call (651) 632-5330 for reservations.

Monday, August 2

Lyngblomsten Foundation's Golf Classic

Enjoy an afternoon of golfing at Midland Hills Country Club followed by a silent auction and sumptuous dinner. See ad on page 14. Proceeds benefit the 5-5-1 Club & Café. For more information, visit www.lyngblomsten.org or contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org

Tuesday, September 7

Lyngblomsten Auxiliary General Meeting

For details check the calendar at www.lyngblomsten.org or contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org.

Thursday, September 16

Annual Wellness Conference

5:00–8:30 PM. This year's mini conference sponsored by Lyngblomsten Community Wellness & Education will focus on nutrition. Enjoy healthy foods, exhibits, and a keynote presentation entitled, "Foods for Great Energy." See ad on page 16. Details will be announced at www.lyngblomsten.org, or contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

Sunday, September 19

Husby Memorial Concert

3:00 PM at the Newman-Benson Chapel at Lyngblomsten. Join us for a delightful concert featuring a performance by Orkestar Bez Ime, a musical group with a love for eastern European folk music. FREE, thanks to the Gertrude Husby & Ingebor Husby-Smith Memorial Endowment. Learn more about Orkestar Bez Ime at <http://www.rogaria.com/about.html>.

Thursday, September 30

3rd Annual Senior Ministry Conference

Join us September 30 for the 2010 Lyngblomsten Senior Ministry Conference, Generation Junction: Where Youth & Family Ministry Meets Senior Ministry. Questions? Call (651) 632-5322 or email pmontgomery@lyngblomsten.org. Visit www.lyngblomsten.org for details and registration information.

Tuesday, October 5

President's Club Dinner

This special dinner honors donors who contribute \$1,000+ during the 2009-2010 fundraising year. Invitations will be mailed.

Tuesday, October 5

Driving for Others: A Workshop for Volunteer Drivers

6:30–8:30 PM at the 5-5-1 Club & Café (located below the Newman-Benson Chapel, on the Lyngblomsten campus). Training open to anyone over 18 interested in learning to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. \$10 per person (or \$25 for a group of 3 or more). FREE for members of Lyngblomsten's corporate congregations. To register: dseverson@lyngblomsten.org or (651) 632-5330. Hosted by Lyngblomsten's Home- & Community-Based Services.

Wednesday–Friday, October 6-8

Lyngblomsten Auxiliary's Fall Rummage Sale

Wednesday, 10/6: 9 AM–7 PM

Thursday, 10/7: 9 AM–4 PM

Friday, 10/8: 9 AM–NOON (\$3 bag day!)

Donations will be accepted September 29–October 4. Clean out your closets; one person's "trash" may be someone else's "treasure"!

Thursday, October 21

Autumn of Your Life (formerly Meet Lyngblomsten)

Join us for a one-hour cocktail/social hour program at the St. Paul Hotel to learn how Lyngblomsten programs are impacting lives and how you can support our mission. For more information contact Emily Seiber at (651) 632-5323 or eseiber@lyngblomsten.org.

Monday, November 8

Heritage Society Luncheon

This luncheon is for those who have established a planned gift to Lyngblomsten and those who would like to learn more about establishing a gift. Reservations are required and invitations will be mailed. Contact Dale Fagre at (651) 632-5319 or dfagre@lyngblomsten.org for more information about planned giving.

Thursday, November 4

Ambassador Showcase

All those who help tell the story of Lyngblomsten (especially delegates, volunteers, donors, program participants, residents and tenants and their families, and employees) will be invited to this evening event to celebrate and encourage telling the stories of how Lyngblomsten enhances the lives of older adults. Invitations will be mailed. See related story on page 11.



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LYNGBLOMSTEN'S 3RD ANNUAL WELLNESS CONFERENCE SEPTEMBER 16, 2010



Keynote presentation at 7:00 PM: Foods for Great Energy

Presented by Cassie Weness, Registered & Licensed Dietician; counselor and nutrition educator at Nutritional Weight and Wellness in St. Paul.

Struggling with energy? Do you wake up tired or have energy slumps? Foods for Great Energy explains how nutrition can take you from fatigue to vitality in five steps. Learn the role protein plays in energy production and how a simple mineral, magnesium, can help you sleep through the night so you wake refreshed. Discover how caffeine and sugar actually deplete energy. Powerful nutrition creates powerful energy.


LYNGBLOMSTEN
www.lyngblomsten.org

When: Thursday, September 16, 2010, 5:00-8:30 PM

Where: Centennial United Methodist Church (1524 West County Road C2, Roseville, MN)

Cost: \$10.⁰⁰ if registered by 9/7; \$15.⁰⁰ at the door (includes a healthy supper)

Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

*CEUs, childcare, and transportation (for a fee) available

Registration information and details on exhibitors and activities can be found at www.lyngblomsten.org