



# Lyngblomsten Lifestyle

Spring 2020

**Care center  
renovation  
bringing joy  
to residents  
& families**

See page 3  
for a message  
regarding COVID-19



#### **STORIES OF LIFE:**

Art project brightens Lyngblomsten  
tunnels with natural scenery

#### **MORE IN THIS ISSUE:**

Auxiliary's legacy of giving  
lives on at Lyngblomsten

# Directory

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# Letter from the Editor

Saturday, March 27, 2020

Dear Readers,

In my backyard, I am blessed to have a pond with a marsh that extends beyond. I get excited every spring when ducks return to the pond. The more unusual ones—like the mergansers or goldeneyes—are just making a stop for a few days on their way farther north. Others come to stay for the summer.

The mourning doves have returned for the season. So, too, the red-winged blackbirds, the geese, the mallards.

Today as I write this letter, looking out to my backyard, the skies are gray. The air is heavy, teetering between mist and drizzle. The grayness envelops the day, like the coronavirus envelops our world.

The winged creatures returning for spring bring a certain calmness. A reminder of normalcy and routine.

This edition of Lifestyle is a bit like the comfort of springtime—stories of “normal” Lyngblomsten, with a bit of the grayness that hovers while our routines and calendars are turned upside down as we navigate current circumstances and await the full impact of COVID-19.

May you be well,

Patricia A. Montgomery | Editor

Vice President of Communications & Stewardship



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**Lyngblomsten Lifestyle can be found online at [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications).**

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**On the Cover:** Stanford Neighborhood resident Bill Ferdine admires the newly installed digital skylight in the neighborhood's living area.

# A MESSAGE FROM THE PRESIDENT



Dear Lyngblomsten Family,

It was late January when the first case of COVID-19 presented itself in the United States. Until then, it was widely considered “China’s” problem. Now, flash forward a couple months and what we are experiencing is something none of us has ever seen before. Almost overnight, this pandemic has changed the way we go about our day-to-day lives.

Here at Lyngblomsten, we’ve been forced to do the unthinkable: turn away family and friends, not allowing them to visit in-person with their loved ones. Volunteers, too, must stay away—not only from our campus but also from The Gathering community respite program. While that mandate is without question the right decision given what we know about the impact of COVID-19 on our frail and elderly population, it has nevertheless been heart-wrenching for everyone involved.

At the time this edition of *Lyngblomsten Lifestyle* is going to press, there are no coronavirus cases on our campus. However, with headlines of the virus having made its way into other facilities in Minnesota, there is a heaviness in the air and an unspoken understanding that this virus is knocking at our door. It is likely just a matter of time before it enters.

So that’s the troubling part of the story. Now for the comforting part. The residents and tenants of Lyngblomsten are in great hands. Across Lyngblomsten, every department is doing its part to keep your loved ones safe. Our staff are far more than your average caregivers. What’s remarkable is not their willingness to help but their eagerness to help. The concern staff show each day brings comfort and assurance that we WILL get through this.

While we cannot guarantee that COVID-19 won’t enter our buildings, if it does, it will not be for the lack of time and care put into establishing and maintaining appropriate precautions. Through mechanisms such as daily webinars and periodic consultations, we are keeping abreast of the latest developments and receiving guidance from local and national authorities. Everything that can be done to prevent illness is being done.

Much has been discussed regarding how to keep our residents and tenants from feeling isolated. While nothing can truly replace in-person visits from those one cares about most, we have implemented alternative ways for keeping families and friends connected to their loved ones. I’m extremely proud of how our staff has banded together to address this immense challenge of preventing isolation.

You can help, too. We know the power of prayer. Please keep the safety and well-being of all our residents, tenants, community participants, and staff in your prayers.

It’s not the same without our volunteers and families and program partners being an active part of daily life at Lyngblomsten. We look forward to welcoming the whole family back when life returns to normal. Till then, be well.

In Christ,

Jeff Heinecke, President & CEO

P.S. Visit our website for announcements, resources, and ideas for how to help Lyngblomsten during this challenging time: [www.lyngblomsten.org/COVID19](http://www.lyngblomsten.org/COVID19).



# Art project brightens Lyngblomsten tunnels with natural scenery

By Brandi Jewett

Visitors to Lyngblomsten’s campus can now take a trip around Minnesota’s outdoors from the comfort of the indoors.

Taking shape on campus is “Travel the Northern Minnesota Trail,” the first installment in a series of nature-focused art displays.

It's located in the tunnel that connects The Heritage at Lyngblomsten apartment building to the Lyngblomsten Care Center. It includes a mural designed by local teaching artists Michele Coppin and Holly Nelson, as well as paintings created by Heritage tenants, their family members, staff, and volunteers.

The mural features a sweeping northern Minnesota landscape of trees, hills, and water populated by familiar woodland creatures such as deer, rabbits, and fish.

Across the hallway, more wildlife, flowers, and even Paul Bunyan and Babe the Big Blue Ox greet viewers from canvases displayed on the wall.

“Additional artwork, including pottery pieces depicting butterflies and flowers made by Lyngblomsten staff, intergenerational groups, and tenants will be added to the mural



**Left:** Heritage tenant Richard Bartz paints a canvas for the exhibit. **Right:** A tree painted by Heritage tenants hangs in the tunnel gallery.

upon completion,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten.

The mural was developed as a result of a desire to create destination points for tenants, residents, and others traveling the underground tunnel system at Lyngblomsten.

This installation is the first of a series that will depict landscapes of Minnesota regions. Three additional tunnel hallway sections will be painted and will reflect central and southern Minnesota imagery, Lewandoski said. The remaining phases are expected to begin once renovations in the care center are completed. **L**



Before



After

The Lyngblomsten Care Center lobby is one area that received a facelift as part of the renovation. A fireplace is now the centerpiece of the gathering space, which also received new paint, flooring, lights, and furniture.

# Renovation transforming care center

New features and look bringing joy to residents and their families

By Brandi Jewett

The last six months have proved to be a busy time for construction crews renovating the Lyngblomsten Care Center. The lobby, kitchens, dining rooms, living rooms, corridors, nursing stations, and dozens of resident rooms have been remodeled or updated.

Much of that work was concentrated on the fourth floor, with the Ostrand and Stanford Neighborhoods being entirely renovated. Renovation of the Stanford Neighborhood included the installation of a digital skylight in the living area's ceiling that broadcasts imagery of sunny skies.

The imagery evokes memories of home for Sue Gore when she visits her mother, Betty Hugo, who lives on Stanford (Lyngblomsten's memory care unit). She's reminded of a screened-in porch attached to her parent's garage where her mother and father would sit and admire his garden.

"The new ceiling on the fourth floor is like sitting out on that porch again," Gore said.

"I'm sure my mom finds considerable peace in this outdoor oasis that Lyngblomsten has created with the artful ceiling panels. When she first saw it, she was absolutely delighted. This is truly the best thing of the whole remodel!"

In addition to the fourth floor, the care center's south building has seen substantial work with renovations sprucing up the Fergstad, Boss, Lund, Norway, Johnson, and Koller Neighborhoods.

Areas updated include corridors, kitchens, dining rooms, living rooms, and nursing stations. Each resident room also received a new coat of paint and new flooring.

In January, the renovation's focus shifted to the first floor, where the care center lobby and Lokensgard Transitional Care Unit (TCU) is located. The TCU's kitchen and dining room were remodeled in an earlier phase of the renovation. In this latest phase, resident rooms and hallways were updated.

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The care center lobby is being transformed as part of this phase as well. New lighting, carpet, paint, and, most noticeably, a fireplace were installed to bring new life and a more inviting look to one of the campus' busiest spaces.

“The most amazing thing is that nearly all the renovations made to date have been

universally well-received by residents, their loved ones, and staff alike,” Lyngblomsten Care Center Administrator Brenda Johnson said. “It feels so rewarding to see excited faces when construction areas are ‘opened up’ to use after being closed for renovations for a few months at a time.”

At this time, remaining renovation work is expected to wrap up in fall 2020. **L**

## An Exciting Transformation

*Change is occurring each day around the Lyngblomsten Care Center during the renovation. Here's a glimpse of progress that has been made in spaces throughout the building.*

**1 & 2:** A digital skylight broadcasting images of the sky was installed on the ceiling of the living area in the Stanford Neighborhood. The natural imagery helps promote relaxation and calm anxieties of viewers.

Stanford is Lyngblomsten's memory care unit, and staff hope to see the skylight help with sundown syndrome, a phenomenon that increases feelings of confusion, anxiety, and other dementia symptoms later in the day.

**3:** Newly remodeled nursing stations help staff work more efficiently.





**4 & 5:** The care center's Transitional Care Unit underwent remodeling. The process included applying a fresh coat of paint and installing new flooring, lights, and other fixtures.



**6:** Kitchen and dining spaces throughout the care center continue to be transformed as part of the renovation, receiving new cabinets, appliances, furniture, hospitality stations, lighting, and flooring.

## You can help enhance our residents' aging experience.

Renovation of the Lyngblomsten Care Center is made possible in part by generous people who have designated donations to the Lyngblomsten Foundation. The *Our Turn in History* Capital Campaign continues. You can be part of upgrading our physical environment and positively impact the experience of Lyngblomsten residents for years to come.

Make a donation to the Lyngblomsten Foundation today. There are many ways to contribute, including cash, pledge, DAF, IRA, and stock gifts.

Visit [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate) and select "Capital Campaign: Our Turn in History" to make a gift.

Or mail your donations to Lyngblomsten Foundation, ATTN: Capital Campaign,  
1415 Almond Avenue, St. Paul, MN 55108

# Zibells receive service award at President's Dinner

By Brandi Jewett

For more than three decades, Lu and Don Zibell have supported the mission of Lyngblomsten with their time, talent, and treasure. Their dedication was honored on November 3, 2019, when they were presented with the Anna Quale Fergstad Award for Distinguished Service at the Lyngblomsten President's Dinner. The award, named after Lyngblomsten's founder, recognizes those who have made a substantial impact on Lyngblomsten through giving generously of both their time and treasure in addition to service through other community organizations.

The Zibells' journey of service with Lyngblomsten began in the 1980s. Lu served on the very first Spring Rhapsody (Gala) Committee and reprised her role as a member each year for more than two decades. She also served on the Lyngblomsten Foundation Board and on two capital campaign committees. Don served for many years on the Finance Committee and Investment Committee.

Together, they have contributed financially to the Lyngblomsten Foundation and are members of the President's Club and Heritage Society.



Lu (left) and Don Zibell pose with Lyngblomsten President & CEO Jeff Heinecke (center).

The President's Club honors those who have given \$1,000 or more in the most recent fundraising year. The Heritage Society honors those who have designated the Lyngblomsten Foundation as a beneficiary of their will, trust, retirement plan, or life insurance policy.

Members of the President's Club, Heritage Society, and boards of directors attended the dinner and heard updates on Lyngblomsten initiatives. **L**

## Supporters Appreciation Event honors Lyngblomsten's givers

By Brandi Jewett

Lyngblomsten invited its supporters to take a bow during its star-studded appreciation event held on March 1 at North Heights Lutheran Church (a Lyngblomsten member congregation).

The Lyngblomsten Supporters Appreciation event honored the contributions of time, treasure, and talent given by donors, volunteers, and delegates to the organization during 2019.

Attendees enjoyed a performance from Alive & Kickin, a senior rock group with members aged

60 to 99+ whose mission is to redefine aging, honor seniors, and express a message through music that you're never too old to pursue your passion.

To view photos from the event, visit: [www.lyngblomsten.org/photos](http://www.lyngblomsten.org/photos).

You can view the *Difference Makers* report, which highlights supporters who have made an impact on Lyngblomsten through their gifts of time and treasure in 2019, online at: [www.lyngblomsten.org/publications](http://www.lyngblomsten.org/publications). **L**





## Auxiliary's legacy of giving lives on at Lyngblomsten

By Brandi Jewett

A set of patio furniture offering a comfortable gathering spot for visitors to the Lyngblomsten Community Center may seem unassuming on the surface, but it represents a legacy of giving that has spanned nearly six decades.

The furniture is a gift purchased with funds from the Lyngblomsten Auxiliary Legacy Endowment Fund. The fund is the legacy of the Lyngblomsten Auxiliary, a former fundraising group comprised mostly of women who sought to provide support for Lyngblomsten's residential programs and outreach services. The group dissolved in 2011 but lives on as a committee under the umbrella of the Lyngblomsten Foundation and the aforementioned endowment fund.

"The women recognized they were no longer able to do the things they used to do to be able to raise money," said Deb George, Chair of the Lyngblomsten Foundation Board of Directors. "The fact that they raised enough money to set up an endowment is incredible. Their legacy of giving will continue for generations."

The Auxiliary's legacy began in 1961 at a turning point in Lyngblomsten's history. Since its incorporation in 1906, Lyngblomsten was financially supported by branches of women volunteers, many of whom were descendants

of the original founding group. A changing landscape of tightening government regulations and more women joining the workforce compelled Lyngblomsten's all-volunteer leaders to transition the organization to a partnership model with what is now known as the ELCA (Evangelical Lutheran Church in America) in 1960.

In the wake of the change, the Lyngblomsten Auxiliary formed to replace the community branches. For the next 50 years, the Auxiliary garnered financial support for Lyngblomsten through various activities.

The money raised by the Auxiliary provided everything from small comforts such as the purchase of a saltwater aquarium for memory care residents in the Lyngblomsten Care Center to large impacts such as six-figure contributions to major fundraising campaigns.

In 2011, the next chapter of the Lyngblomsten Auxiliary began. Through the committee and the Lyngblomsten Auxiliary Legacy Endowment Fund, the group's work of enhancing the lives of older adults continues to this day. **L**

If you'd like to support the endowment fund, visit [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate) and select "Auxiliary Legacy" as your donation designation.



## 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 PROMISE:

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

## OUR PILLARS:

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

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

September 1, 2019, through March 26, 2020

## In Memory of

---

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## In Honor of

---

Alden and Karina Allen  
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*For more information about making a gift in honor or in memory of your loved one, please contact Patricia Montgomery at (651) 632-5322 or [pmontgomery@lyngblomsten.org](mailto:pmontgomery@lyngblomsten.org).*



### Explore Our Future Campus...



[www.MyLinoLakesHome.com](http://www.MyLinoLakesHome.com)

# LYNGBLOMSTEN VOLUNTEER OPPORTUNITIES & INFORMATION

Lyngblomsten is not able to have individual or group volunteers on campus while COVID-19 restrictions are in place. We're looking forward to welcoming volunteers back to campus when conditions allow.

## Lyngblomsten will need volunteers for Musical Class Support

If you like music and your heart sings when you help people, Lyngblomsten is the place for you and your giving ways. Multiple times each week, a number of professional music organizations lead music classes on campus. Help residents get to the class and enjoy the programs with them. After class, assist residents and tenants in getting back to their rooms.

## Upcoming New Volunteer Orientations:

- Tuesday May 19; 6–8 PM
- Saturday June 13; 10 AM–Noon
- Tuesday June 23; 6–8 PM

To learn more or to register for new volunteer orientation, contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org), or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer).

## A special thank you to the following groups who volunteer on our campus:

- Boy Scout Troop 31
- Breck Middle School
- Frogtown Sisters Missionary
- Hamline University
- Inver Hills College
- MSP Dance Community
- Roseville Girls Hockey Team
- St. Kate's Women's Basketball Team

## Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who gave of their time from September 2019 to March 2020:

- Crystal D Creations
- Meridian Services
- Optum
- Siteimprove
- Thomson Reuters
- UnitedHealthcare
- Wold Architects and Engineers

# Events

*As part of our response to COVID-19, all events on our St. Paul campus have been canceled indefinitely. They will resume when conditions allow. Visit our website for updates on campus events.*

## April is Parkinson's Disease Awareness Month & Volunteer Appreciation Month

### Friday, April 24

Lyngblomsten Foundation Spring Gala  
Event is being modified. Visit [www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala) for updates or call Margaret I. Winchell at (651) 632-5358.

## May is Older Americans Month

### Sunday, May 3

Husby Memorial Concert  
Postponed indefinitely.

### Tuesday, May 5

Lyngblomsten Corporate Annual Meeting  
Modified to a web-based event. Details will be mailed to delegates and board directors.



# Take a Bow Lyngblomsten Volunteers!

## You Are Superstars!

## We look forward to having you back on stage in the near future!

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



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## CHANGE SERVICE REQUESTED

# Lyngblomsten Foundation Spring Gala

FRIDAY,  
APRIL  
24  
2020

*Even if I knew that tomorrow the world would go to pieces,  
I would still plant my apple tree today.*

This quote from Martin Luther is well suited for the times we are in. Social distancing, isolation, self-quarantine...the world feels like it's going to pieces, and we can't wait for this to be over. But for many older adults, being alone or mostly confined to home is not unusual. Now the rest of us are getting a taste. You can help reduce isolation for older adults, including those with memory loss and their caregivers.

### Join us for the reconfigured Lyngblomsten Foundation Spring Gala!

**Same day:** Friday, April 24, 2020

**New time:** 7:00 PM

**New place:** Your own home, via the Internet

By joining the event online and making your gift, you will be supporting 2nd Half with Lyngblomsten life enrichment centers and provide essential funding for the programs and services that promote social engagement and reduce isolation for older adults living in the Twin Cities community.

Take action today by checking the details at  
[www.lyngblomsten.org/SpringGala](http://www.lyngblomsten.org/SpringGala)

Questions? Contact Margaret I. Winchell at  
(651) 632-5358 or [mwinchell@lyngblomsten.org](mailto:mwinchell@lyngblomsten.org).

## Thank You to Our Sponsors!

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