

Winter 2018 Catalog

January, February, & March

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2nd Half with
Lyngblomsten

**Engage.
Discover.
Thrive.**

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake
www.lyngblomsten.org/2ndHalf

About 2nd Half with Lyngblomsten



Engage | Discover | Thrive

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:



The 2nd Half enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

Learn more at www.lyngblomsten.org/2ndHalf.

About Lyngblomsten



Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- **Community Services:** Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- **Senior Housing:** Lyngblomsten offers market-rate and low-income apartments with assisted living services available.
- **Healthcare:** Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer's disease and other dementias, Parkinson's disease, and palliative care.

Learn more at www.lyngblomsten.org.

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.*

Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. Some classes and offerings are provided with additional grants and funding through community partners and are noted in the program descriptions. Learn more about the Foundation at www.lyngblomsten.org/get-involved.

Locations

2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. **Everyone from the community is welcome at both sites.**



2nd Half with Lyngblomsten— Como Park

Located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108 (651) 414-5293 | www.lyngblomsten.org



2nd Half with Lyngblomsten— White Bear Lake

Located at Redeemer Lutheran Church at 3770 Bellaire Avenue, White Bear Lake, MN 55110 (612) 559-3646 | www.rlc-wbl.org

Directory

Lisa Brown, Site Coordinator— White Bear Lake

(612) 559-3646
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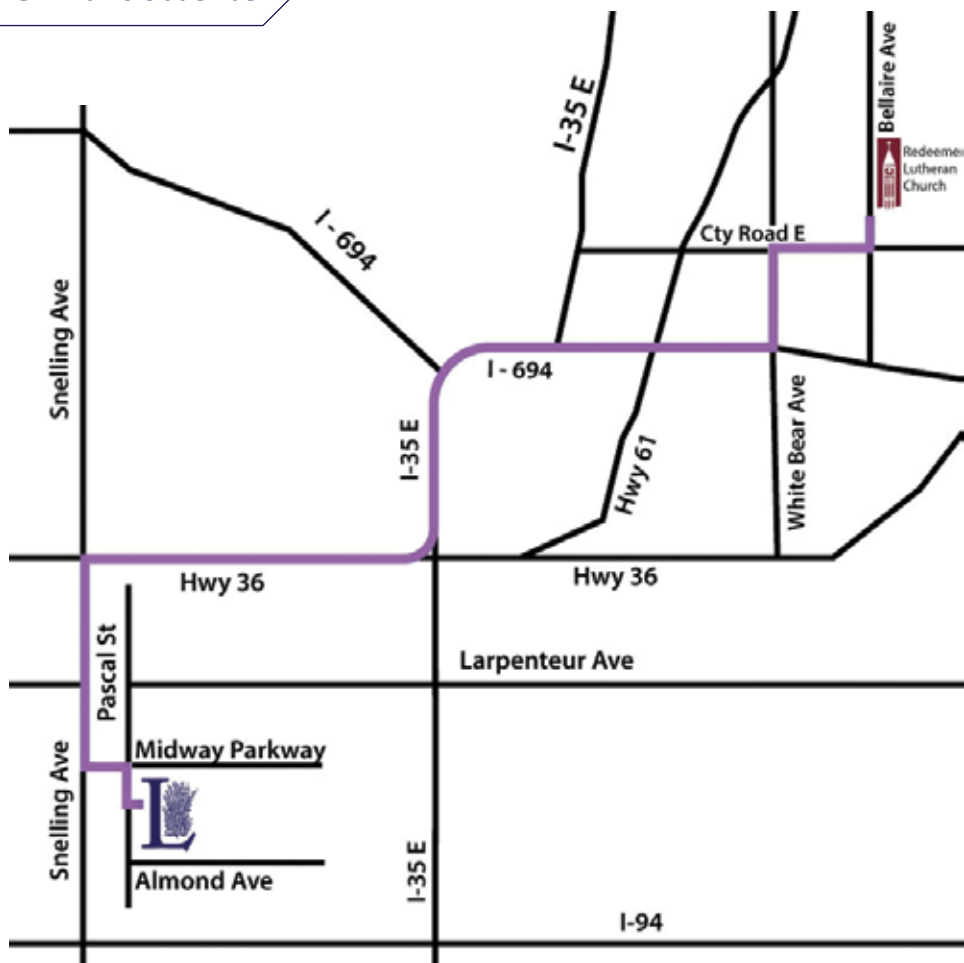
Registration

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

Connect with Us!

facebook.com/Lyngblomsten
 [@Lyngblomsten_US](https://twitter.com/Lyngblomsten_US)

Map & Directions



Map not to scale

The Gift of Wholeness in the New Year

We humans love the New Year! We love the notion that we can begin again—that we might be able to make a fresh start. In computer lingo, the New Year lets us “reset” our lives. We love to examine every aspect and see where we might need to make some changes. After the decadence of the holidays, both in physical consumption and in social overload, we look forward to the quiet days of January where we can contemplate just where we stand in life. From this contemplation and examination come those pesky New Year’s resolutions! Sometimes those resolutions are made with hope and expectation. Sometimes we make them with a big dose of “shoulds” for ourselves. This New Year, I invite you to give yourself a gift. Offer yourself the gift of wellness and wholeness. Give yourself time to explore what wellness might feel like in many parts of your life.

Could I be more physically well?

- Check out Living Well with Chronic Conditions (p. 17)
- Learn about blood pressure and why we monitor it for good health (p. 18)
- Get the most out of your doctor appointments (p. 18)

Could I be more spiritually well?

- Join the Spirituality Reading Group (p. 17)
- Learn about spiritual direction (p. 18)

Could I be more socially well?

- Start your morning with Laugh ‘N Chat (p. 14)
- Enjoy a Bingo & Lunch gathering with others (p. 13)
- Make new friends on an Out & About trip (pp. 14–15)

Could I be more culturally and artistically well?

- Make your own masterpiece at an Exploring Art series (p. 10)
- Attend a Second Sunday Concert with MacPhail (p. 12)

Give yourself the gift of wholeness and wellness and enjoy the many gifts available through 2nd Half with Lyngblomsten! We look forward to growing with you in the New Year!



Becky Huldén, RN
 Faith Community Nurse
 2nd Half with Lyngblomsten

Grab a bite!

Before or after your class at Lyngblomsten, grab a bite to eat at Anna’s café and gifts. Located near the Chapel on main floor.

Anna’s is open

Monday–Friday 9 AM–4 PM
 Saturday–Sunday Noon–4 PM

Hot lunch special Monday–Thursday, 11 AM–1 PM

Salad bar Monday–Thursday, 10:30 AM–2 PM

Grab-n-go and quick cook options available every day during open hours.



The menu is posted online at www.lyngblomsten.org/annas.

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Navigating Aging

www.lyngblomsten.org/blog

Check out Lyngblomsten's blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- *Caregiving*
- *Faith & Inspiration*
- *Health & Wellness*
- *Resources*
- *Retirement*
- *Technology*

The 2nd Half with Lyngblomsten catalog is published quarterly.

Lyngblomsten Community Services
1415 Almond Avenue, St. Paul, MN 55108

www.lyngblomsten.org/2ndHalf

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Location Key: CP = Como Park site WBL = White Bear Lake site

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**Armchair Traveler:
Antarctica, Falkland Islands—
Penguins Everywhere!**

Thursday, January 25

1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Presenter Lyall Schwarzkopf will show pictures of five types of penguins and elephant and fur seals and explain the hunting of seals and whales in the South Atlantic. Do you know about the Antarctica Treaty and why no nation can make Antarctica a military base? Be part of the discussion about the war between England and Argentina over the Falkland Islands.

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.
Program #125ea

**Armchair Traveler:
Canadian Rockies, Banff, Jasper,
and Lake Louise**

Thursday, February 15

1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

This presentation will be about the Canadian National Parks including Banff, Jasper, and the Lake Louise areas. See photos of walking on a glacier, a glass sky-walk over a 1,000-foot valley, a gondola ride, and a boat cruise. *Presenter: Becky Hulden, Faith Community Nurse, Lyngblomsten*

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.
Program #215ea

**Armchair Traveler: Bruges,
Belgium—The Venice of the West
SPECIAL date and location!**

Wednesday, March 7

1–2:30 PM at Redeemer Lutheran Church,
Library

Enjoy photos of the beautiful medieval city of Bruges, Belgium, that was not touched by WWI or WWII. Therefore, the old 13th-century buildings are still standing along with canals that lead to the sea. Belgium is known for the “ABCDs”: art, beer, chocolate, and diamonds. *Presenter: Lyall Schwarzkopf*

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.
Program #37ea

**Armchair Traveler:
Easter Holiday Traditions and
Etruscan Ruins in Tuscany**

Thursday, March 22

1–2:30 PM on the Lyngblomsten campus,
Community Room (lower level)

Paula Latz will discuss her experience during her extended stay in Florence, Italy, in 2016. With pictures and narrative, she will describe Holy Week and Easter traditions in Florence and discuss various Etruscan sites she visited, including a brief history of the Etruscans in Tuscany. Paula has made several trips to Italy including two extended, immersion experiences.

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.
Program #322ea

Have you traveled somewhere interesting?

Would you be willing to share photos and information from your trip? We are always looking for volunteer presenters for Armchair Traveler, held the 4th Thursday of each month. Contact Janell Wampler for more details and to schedule a date: (651) 999-2597 or jwampler@lyngblomsten.org.

Art History

Last Monday of each month
10–11:30 AM at Redeemer Lutheran
Church, Library

Local artist Angie Renee will lead a group discussion about a famous artist in history and his or her impact on the world.

- **January 29:** Learn about the life of one of Mexico's greatest artists, **Frida Kahlo**. **Registration required** by January 26. Program #129ea
- **February 26:** Explore symbolism in the art of Austrian painter **Gustav Klimt**. **Registration required** by February 23. Program #226ea
- **March 26:** Delve into the work of activist, painter, and narrative quilter **Faith Ringgold**. **Registration required** by March 23. Program #326ea

Fee: \$12/class

Beginning Ukulele

MacPhail Center for Music

Tuesdays, February 20–May 8
2–3 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

This introductory course is for absolute beginners who want to have fun playing a stringed instrument that is accessible, portable, and easy to learn. Teaching is individualized. Simple chord charts and well-known songs are used to develop skills within a group, giving players an enjoyable and successful learning experience. This class is taught using a 4-string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.** *Teacher: Jean Seils, MacPhail Center for Music*

Fee: \$270 for all 12 sessions, plus a 5% discount for students 55+.

Special registration: Register online at www.macphail.org or call (651) 321-0100.

Beginning Ukulele Jam

MacPhail Center for Music

Tuesdays, February 20–May 8
1–2 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

This ensemble is for beginner to intermediate players looking to play in a group and take their ukulele skills beyond the basic I, IV, and V chords. Play familiar songs with others creating a great group sound while learning new chords, voicings, and exploring new picking and strumming patterns in a fun and welcoming environment. This group is taught using a 4 string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.** *Teacher: Jean Seils, MacPhail Center for Music*

Fee: \$270 for all 12 sessions, plus a 5% discount for students 55+.

Special registration: Register online at www.macphail.org or call (651) 321-0100.

Books-Cheese-Wine with

Author Denis Gardner

Our Minnesota State Capitol: From Groundbreaking through Restoration

Thursday, January 11

5:30–7 PM on the Lyngblomsten campus,
Community Room (lower level)

From gleaming marble to vibrant art, the Minnesota State Capitol's \$310 million renovation—the largest preservation effort since it opened in 1905—is complete and now offers more public space. The building's historic furniture, artwork, and decor has been restored to their 1905 appearance. Learn about the history and rehabilitation of this iconic building from Denis P. Gardner, Minnesota's National Register Historian and author of the recently released *Our Minnesota State Capitol: From Groundbreaking through Restoration*. We offer wine, non-alcoholic beverages, cheese, and crackers to enjoy.

Fee: \$6

Registration preferred; walk-ins welcome. Program #111ea

Books-Cheese-Wine with**Author Fred Amram*****We're in America Now: A Survivor's Stories***

Thursday, February 8

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Hear compelling stories from a riveting memoir that begins with the author's birth during the rise of Hitler in 1930s Germany. Fred Amram and his surviving family escaped to Holland and sailed to America where they encountered many challenges as immigrants in a new world. Amram, a retired University of Minnesota professor, witnessed Kristallnacht and the Gestapo invading his home. He watched British bombers from his balcony when Jews were banned from air raid shelters. The loss of many relatives has motivated him to share his experiences in hopes of ending genocide everywhere. We offer wine, non-alcoholic beverages, cheese, and crackers to enjoy.

Fee: \$6**Registration preferred;** walk-ins welcome. Program #28ea**Books-Cheese-Wine with****Author Doug Hoverson*****Land of Amber Waters***

Thursday, March 8

5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Hoverson's *Land of Amber Waters* is a comprehensive history of brewing in Minnesota from the earliest home brewers to the rise of modern microbreweries. His presentation will focus on how Minnesota became an important brewing center, survived Prohibition and industry consolidation, and became one of the leaders of the craft brewing movement. Two beers will be available for tasting along with the usual wine options. We offer wine, non-alcoholic beverages, cheese, and crackers to enjoy.

Fee: \$6**Registration preferred;** walk-ins welcome. Program #38ea**Cocoa & Canvas: Boat by the Sea**

Thursday, March 1

6–9 PM on the Lyngblomsten campus, Community Room (lower level)

Instructor/artist Jan Gunderson will give you step-by-step painting instructions to create your own one-of-a kind "Boat by the Sea" on 16"x20" canvas. Paint, brushes, fun, and fellowship are all included!

Fee: \$25; includes supplies.

Scholarships available.

Registration required by February 26. Program #31ea**Exploring Art**

Tuesdays

1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Each 4-week series focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. Create a visual art project each week based on the artist's style. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

- **January 9–30: Vincent van Gogh**, a Dutch Post-Impressionist painter, is considered one of the most famous and influential figures in the history of Western art. His work is most noted for bold colors and dramatic, impulsive, and expressive brushwork that, in the course of his short career, contributed to the foundations of modern art. **Registration required** by January 5. Program #19ea
- **February 6–27:** Before the age of 50, Spanish-born artist **Pablo Picasso** had developed a distinct style and eye for artistic creation. There had been no other artists prior to him who had such an impact on the art world, or had a mass following of fans and critics alike. **Registration required** by February 2. Program #26ea

(cont'd in next column)

- **March 6–27:** American artist **Georgia O’Keefe** was best known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes. She has been recognized as the “Mother of American Modernism.” **Registration required** by March 2. Program #36ea

Fee: \$30/series; includes supplies. Scholarships available.

Fourth Friday Live Music & Dance

Friday, January 26
6:30–8 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for free live music and dance featuring musical performers from the MacPhail Jazz Quartet and dance enthusiast Christopher Yaeger. Light refreshments served.

FREE No registration required.

Giving Voice Chorus—St. Paul

Mondays, February 5–June 11
(not meeting March 26, April 23, & May 28; Celebration on June 20)
10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel

This unique and joy-filled choral experience is for people living with Alzheimer’s and their care partners. Sing old and new songs, learn vocal techniques and ensemble skills, and share musical memories together. No experience required. Each registration requires a partner. Learn more at www.givingvoicechorus.org.
Teacher: Jeannie Brindley-Barnett

Fee: \$50/person

Registration required.

Special registration: Register online at www.macphail.org or call (612) 321-0100.

Lyngblomsten Community

Sage Singers

A MacPhail Music for Life Partnership

Wednesdays, starting January 17
9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room

Join MacPhail teaching artist Joey Clark for weekly *Sing for Life* choir rehearsals. Classes build on the tradition of choral singing with a focus on developing vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material.

Fee: \$20/quarter; FREE for Lyngblomsten residents and tenants).

Registration required for new members. Program #117ea

* Join us for a special **Valentine’s Concert** featuring the Lyngblomsten Community Sage Singers on February 11. See p. 12 (Second Sunday Concerts with MacPhail) for more details.

Meet the Editor of the St. Paul Pioneer Press

Thursday, March 29
1–3 PM on the Lyngblomsten campus, Community Room (lower level)

Mike Burbach has been Editor and Vice President of the St. Paul Pioneer Press since 2011. He is a 1982 graduate of the University of North Dakota, where he was editor of the student newspaper. In addition to working in a variety of newsrooms across the country, he has also been a paper boy, grocery boy, meat cutter, farm-hand, road construction laborer, house framer, waiter, bartender, rental car agent, and altar boy (although that was a long time ago). He is active in news-industry efforts related to openness in government and diversity.

FREE

Registration required by March 26. Program #329ea

Minnesota Opera presents the Story and Music of *Rigoletto*

Tuesdays, February 6–April 10
(not meeting February 13 & March 13)
1:30–2:30 PM at the Lyngblomsten
Apartments (1455 Almond Avenue,
St. Paul), Main Dining Room

Experience the immersive power of storytelling and music with artists from the Minnesota Opera. Take an interactive journey through Verdi's *Rigoletto*. This time-honored tale of seduction and bitter revenge is boldly imagined in this new production. Brimming with rich melodies and featuring the famous aria "La donna è mobile," *Rigoletto* tragically unfurls as it races toward its devastating conclusion. No singing required. There will be an opportunity for participants to attend a performance of *Rigoletto* at the Ordway Center (details will be given in class sessions). *Presenters: Pablo Siqueiros and Marcia Aubineau*

This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislature appropriation from the arts and cultural heritage fund.

FREE No registration required.

Redeemer Primetime: The Science and Compassion of Wildlife Medicine

Thursday, January 18
9:30 AM coffee; 10–11:30 AM program at
Redeemer Lutheran Church, Atrium

The Wildlife Rehabilitation Center (WRC) of Minnesota provides quality medical care and rehabilitation for injured, sick, and orphaned wild animals. From humble beginnings as a student club at the University of Minnesota, the WRC has grown into one of the nation's busiest wildlife hospitals, admitting more than 14,000 patients annually. Phil Jenni, Executive Director, will share the mission of the Center, the philosophy of compassion, and stories of wildlife that have been returned to the wilderness.

(cont'd in next column)

Fee: Freewill offerings help cover Primetime expenses.

Special registration: Sign up at the Redeemer Lutheran Welcome Center, or call the church office at (651) 429-5411.

Redeemer Primetime: Thinking on Your Feet

Thursday, February 15
9:30 AM coffee; 10 AM program at
Redeemer Lutheran Church, Atrium

Amy Stedman is an improv performer and trainer with Just Kidding Improv LLC. She enjoys teaching people of all abilities how to think on their feet and express their creativity. Have you ever watched *Whose Line Is It Anyway?*, Amy Poehler, or Tina Fey, and thought, "I wish I could do that"? Well, now's your chance! Whether you want to become an improv performer or just want to have fun and laugh, this is the perfect jumping-off point. Amy will teach us how to think on our feet, strengthen communication skills, listen without an agenda, and gain speaking confidence.

Fee: Freewill offerings help cover Primetime expenses.

Special registration: Sign up at the Redeemer Lutheran Welcome Center, or call the church office at (651) 429-5411.

Second Sunday Concerts with MacPhail

2nd Sunday each month
2–3 PM on the Lyngblomsten campus,
Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring different musical performances from MacPhail Center for Music. Light refreshments served afterwards.

- **January 14:** Mike Alexander and Gail Olszewski on French horn and piano.
- **February 11:** Lyngblomsten Community Sage Singers—Valentine's Concert
- **March 11:** Pinar Basgoze on piano

FREE No registration required.

500 Card Group

Tuesdays

1 PM on the Lyngblomsten campus,
Community Room (lower level)

February & March: Held on the
Lyngblomsten campus, Anna's café

Join us for a game of 500! Beginners
welcome.

FREE

Please register to reserve your spot.
Program #12so

Bibles & Bagels

Tuesdays

8:15–9:30 AM at Redeemer Lutheran
Church, Fellowship Hall

A Bible discussion group studies the
Narrative Lectionary text for the upcoming
Sunday. A facilitator will lead the discus-
sion. Disclaimer: We rarely have bagels,
but volunteer treats are brought, and
coffee is always provided!

FREE No registration required.

Learn more: Contact Barb Wojahn at
(651) 429-2557.

Bingo & KFC Lunch

Friday, January 5

Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

We'll order chicken, mashed potatoes
and gravy, coleslaw, and biscuits from
Kentucky Fried Chicken and top it off with
dessert. Finger lickin' good! Bingo starts
around 1 PM. Prizes for every game.

Fee: \$8.50 plus 50 cents for 2 Bingo
cards. Please pay for Bingo separately
when the games begin.

Registration required by January 3.
Program #15so

Bingo & Pizza Lunch

Friday, February 2

Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

We'll serve pizza, salad, and dessert at
noon. Bingo starts around 1 PM. Prizes
for every game.

Fee: \$8.50 plus 50 cents for 2 Bingo
cards. Please pay for Bingo separately
when the games begin.

Registration required by January 31.
Program #220so

Bingo & House of Wong Lunch

Friday, March 2

Noon–2 PM on the Lyngblomsten campus,
Community Room (lower level)

We'll serve egg rolls, sweet and sour pork,
chicken sub gum chow mein, chicken fried
rice, Oriental salad, and dessert. Bingo
starts around 1 PM. Prizes for every game.

Fee: \$8.50 plus 50 cents for 2 Bingo
cards. Please pay for Bingo separately
when the games begin.

Registration required by February 28.
Program #32so

Cards & Socializing for Senior Deaf Community

3rd Friday each month

(Upcoming: January 19, February 16,
& March 16)

1–4:30 PM on the Lyngblomsten campus,
Community Room (lower level)

FREE

Learn more: Contact Marlys Carlson at
marlysmcarlson@gmail.com.

Program #119so

Coach Bus Trip: Faribault

Wednesday, March 21

We'll tour and shop in the historic Faribault Woolen Mills before proceeding to lunch at the Cheese Cave Restaurant for soup and sandwiches. They are the only US cheese-maker that cures and ages blue cheese in the sandstone caves. After lunch, a brief tour of the city will point out the famous and infamous figures in its history. Fun, food, and facts are the ingredients to this adventure. Join us!

Bus site pick-ups:

8:15 AM from the Lyngblomsten campus, Community room (lower level)

8:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

Return time: Approximately 4:30 PM

Fee: \$64; includes coach bus and lunch.**Registration required** by February 28.

Program #321so

Laugh 'N Chat**(formerly Stitch 'N Chat)**

Tuesdays

9–11 AM on the Lyngblomsten campus, Community Room (lower level)

Anyone can join this group for sweet treats, coffee, chatting, and laughing. The conversation is enriching, enlightening, and sometimes hilarious. What a great way to start the day!

Fee: Coffee and treats provided for a small fee.**No registration required.****Out & About:****Alexander Ramsey House**

Thursday, January 11

1–2 PM at Alexander Ramsey House (265 S Exchange Street, St. Paul)

Explore the Alexander Ramsey House, a Victorian-era home built by Minnesota's first territorial governor, still filled with original family items and furnishings. The carriage house and the first floor of the mansion are handicap accessible, but stairs are required for the upper floors. A photo album is available to view by guests who are unable to manage the stairs.

Bus site pick-ups:

12:15 PM from the Lyngblomsten campus, Community Room (lower level)

12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Return time: Approximately 3 PM

Fee: \$8 for tour; \$7 for transportation.

Please pay day of the event for transportation. (NOTE: *Coupons, passes, and member discounts cannot be used for this tour.*)

Registration and tour payment (\$8)**required** by Wednesday, January 3.

Program #111so

Out & About: Basilica of Saint Mary

Thursday, February 8

1–2 PM at Basilica of Saint Mary (88 N 17th Street, Minneapolis)

Let's gather at America's first basilica to discover its rich history and marvel at its awe-inspiring art and architecture. We will meet our guide at the baptismal font at 1 PM for the tour.

Bus site pick-ups:

12 Noon from the Lyngblomsten campus, Community Room (lower level)

12:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation; please pay day of the event. Tour is free; a freewill offering of \$2 to the Basilica is suggested.

Registration required by February 5.

Program #28so

Out and About: Minnesota Opera Center

Thursday, March 8
1–2 PM at the Minnesota Opera Center
(620 N 1st Street, Minneapolis)

See where opera comes alive in Minnesota! Housed in an award-winning, refurbished historical building, the Minnesota Opera Center is located in the warehouse district of Minneapolis. In one building, you can see where costumes and sets are designed and constructed and where the artists rehearse. Get a unique behind-the-scenes look at the world of professional opera.

Bus site pick-ups:

12 Noon from the Lyngblomsten campus, Community Room (lower level)
12:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation; tour is free. Please pay day of the event.

Registration required by March 5.
Program #38so

Out to Lunch: The Little Oven

Friday, January 19
11 AM at The Little Oven
(1786 Minnehaha Ave. E, St. Paul)

Home of the biggest portions and the smallest prices since 1990, the Little Oven features Italian-American fare. It was the winner of WCCO's "Best of Minnesota" Lasagna. There is truly something for everyone.

Bus site pick-ups:

10:30 AM from the Lyngblomsten campus, Community Room (lower level)
10:45 AM from Applewood Pointe of Roseville (1480 Applewood Court W)

Fee: \$7 for transportation; please pay day of event. Lunch expense is on your own.

Registration required by January 17.
Program #119so

Out to Lunch: Keys Café & Bakery

Friday, February 16
11 AM at Keys Café & Bakery
(1682 Lexington Ave. N, Roseville)

Memorable service, good food, desserts created from scratch, and recipes "you grew up with." Join us for a lovely meal together.

Bus site pick-ups:

10:30 AM from the Lyngblomsten campus, Community Room (lower level)
10:45 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation; please pay day of event. Lunch expense is on your own.

Registration required by February 14.
Program #216so

Out to Lunch: Mim's Café

Friday, March 16
11 AM at Mim's Café
(1435 Cleveland Ave. N, St. Paul)

What better way to celebrate an early St. Patrick's Day than with Middle-Eastern/American food! Join us as we wander near the University of Minnesota's St. Paul campus for kabobs, tabbouleh salad, humus, and grilled fish (or a cheeseburger, Philly Steak Sub, or Rueben). It's a cozy place not too far away, yet the flavors of the food will transport us to exotic locales.

Bus site pick-ups:

10:30 AM from the Lyngblomsten campus, Community Room (lower level)
10:45 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation; please pay day of event. Lunch expense is on your own.

Registration required by March 14.
Program #316so

**Redeemer Primetime:
Hindu Mandir Temple**

Thursday, March 15

The Hindu Mandir Temple in Maple Grove is the new spiritual center for the Hindu population of the Twin Cities and nearby states. The 43,000-square-foot, \$12 million temple contains 21 mini shrines, all replicas of famous temples in India. On this one-hour tour, see the beautiful temple and learn more about the Hindu

(cont'd in next column)

religion. Afterward, we'll have lunch at 3 Squares Restaurant in Maple Grove.

Bus site pick-ups:

9 AM from Redeemer Lutheran Church

Fee: \$16; includes transportation and temple donation. Lunch expense is on your own; gluten-free options available.

Registration required between February 18–March 11.

Special registration: Sign up at the Redeemer Lutheran Welcome Center, or call the church office at (651) 429-5411.

Ageless Grace® Exercise Classes

Fridays

1:30–2:30 PM at Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic (and never the same twice). Classes provide excellent chair exercise, as well as cognitive and social benefits. *Teacher: Pola Rest*

Fee: \$2/class

No registration required.

HealthRHYTHMS Drumming

White Bear Lake:

2nd Mondays each month

(Upcoming: January 8, February 12, & March 12)

10–11 AM at Redeemer Lutheran Church, Fellowship Hall
Program #18hws

Como Park: 3rd Mondays each month

(Upcoming: January 15, February 19, & March 19)

9:30–10:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room
Program #115hws

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the

(cont'd in next column)

immune system. Join us for drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience required. Drums and percussion instruments are provided. *Teacher: Cheri Bunker*

Fee: \$5 (FREE for Lyngblomsten residents and tenants at the Como Park site).

Registration ongoing; walk-ins welcome.

Fit and Strong

Open House: Wednesday, February 21 10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Mondays & Wednesdays, March 5–June 13 (24 sessions; not meeting May 28) 10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Self-management program for those with mobility concerns and challenges. The first hour is devoted to physical activity, including flexibility, low-impact aerobics, strength training, and balance exercises. The remaining 30 minutes address health education and problem solving. Participants meet individually with instructors to develop personalized action plans to maintain physical activity over time. *Teachers: Retired professionals volunteering through Volunteers of America RSVP*

Fee: \$15

Registration required by March 5.
Program #35hws

Living Well with Chronic Conditions

Thursdays, January 11–February 15
10 AM–Noon on the Lyngblomsten campus, Community Room (lower level)

In this evidence-based, health promotion program developed by Stanford University, learn skills including pain management, effective communication, medication management, positive thinking, breathing techniques, and relaxation methods. Sessions are interactive with learning activities. Each participant receives a copy of the book *Living a Healthy Life with Chronic Conditions*. *Teacher: Melissa Gibbs, Health & Wellness Project Coordinator, Wilder Foundation*

Fee: \$15; includes books, snacks, and supplies. Scholarships available.
Registration required by January 9.
Program #111hws

Market Place Morning Talk

A monthly health education series for the community

2nd Wednesday each month
9:30–10:30 AM at Market Place Bingo Hall (2900 Rice Street, Little Canada)

- January 10: Senior LinkAge Line**
Get connected with chore help, meals, housing options, transportation, legal services, insurance, and more from this expansive service for older adults.
Presenter: Rachel Von Ruden, LSW Community Outreach Specialist MAAA
Registration required by January 9.
Program #110hws
- February 14: Heart Disease/ Happy Heart**
Registration required by February 13.
Program #214hws
- March 14: Healthy Mood, Healthy Body**
Presenter: Dr. Larry Lee, Chief Medical Officer, UCare
Registration required by March 13.
Program #314hws

Complimentary coffee and donuts provided.
Co-sponsors: 2nd Half with Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, and The Estates of Roseville.

Fee: \$1 at the door

Spirituality Reading Group

3rd Tuesday each month
(Upcoming: January 16, February 20, & March 20)
2–3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 1st Floor Lounge

Are you interested in spiritual growth and deepening introspection? Join this discussion group about the spirituality of everyday living by reading, learning, discussing, and exploring a variety of religious traditions. *Teacher: Kate Brady, Lyngblomsten volunteer, avid reader, and spiritual wayfarer*

FREE; you may be responsible for purchasing your own books.
Registration required by January 15.
Program #116hws

Wellness Checks

White Bear Lake: 1st Thursday each month
(Upcoming: January 4, February 1, & March 1)
9–11 AM at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

White Bear Lake: 3rd Tuesday each month
(Upcoming: January 16, February 20, & March 20)
10:30 AM–Noon at Redeemer Lutheran Church

Como Park: 1st Wednesday each month
(Upcoming: January 3, February 7, & March 7)
2–4 PM on the Lyngblomsten campus, Community Services Offices (lower level)

Talk with Lyngblomsten Faith Community Nurse Becky Hulden, RN, about health concerns and issues related to remaining independent as health needs change. Health screening services include blood pressure and pulse assessments.

FREE No appointment needed.

Wellness Talks—Como Park

1st Wednesday each month
1–2 PM on the Lyngblomsten campus,
Community Room (lower level)

- **January 3: Essential Oils and Your Immune System Health**
How to use essential oils to support your body through winter. *Presenter: Paula Sevenich, Certified Nutrition Coach, Certified Wellness Coach, and working on Clinical Aromatherapy Practitioner Certification*
Fee: \$10 for materials and samples.
Program #13hws
- **February 7: Why Get Your Blood Pressure Checked?**
Blood pressure checks are standard in faith/community nursing. Discuss with Becky Hulden, RN, Lyngblomsten’s Faith Community Nurse, the importance of regular blood pressure checks and stay to get yours checked.
Program #27hws
- **March 7: Getting Ready for Your Next Doctor’s Appointment**
Do you know what questions to ask at a doctor’s appointment and understand the answers? Learn how to prepare for and make the most of your next appointment. *Presenter: Becky Hulden, RN, Faith Community Nurse, Lyngblomsten*
Program #37hws

FREE; unless otherwise noted.
Registration preferred; walk-ins welcome.

Wellness Talks—White Bear Lake

3rd Tuesday each month
9:30–10:30 AM at Redeemer Lutheran Church

- **January 16: Essential Oils of the Bible**
Learn about the traditions, ceremonies, and healing uses of essential oils as referenced in the Bible. *Presenter: Paula Sevenich, Certified Nutrition Coach, Certified Wellness Coach, and working on Clinical Aromatherapy Practitioner Certification*
Fee: \$10 for materials and samples.
Program #116hws

(cont’d in next column)

- **February 20: Spiritual Direction—Benefits and Blessings**

Learn how to recognize the presence of God in your daily life through prayer, scripture, meditation, silence, and reflection. Experience a spiritual practice that you can incorporate into your daily prayer life. *Presenter: Pastor Candee Moser, MDiv, certified from the Christos Center for Spiritual Formation*
Program #220hws

- **March 20: Why Get Your Blood Pressure Checked?**

Blood pressure checks are standard in faith/community nursing. Discuss with Becky Hulden, RN, Lyngblomsten’s Faith Community Nurse, the importance of regular blood pressure checks and stay to get yours checked.
Program #320hws

FREE; unless otherwise noted.
Registration preferred; walk-ins welcome.

Yogadevotion

Tuesdays, January 9–February 27
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins in the breath in order to center in the Presence of God. We’ll start with devotions, opening with scripture that speaks to a practice of faith during the breath work. The class combines standing, balance, and floor poses, closing with restorative yoga—a practice of calm alertness that allows time of reflection and thanksgiving for God’s Presence. This multi-level class offers modifications for all poses. Please bring your own yoga mat. *Teacher: Jean Auger*

Fee: \$64; please pay on first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Yogadevotion” on memo line).

Registration required by January 1.
Special registration: Contact Sue Johnson at suejohns3@gmail.com or (651) 387-3443.

Yogadevotion Soma Yoga

1st session: Thursdays, January 4–February 22

2nd session: Thursdays, March 1–April 26 (not meeting March 29)

2–3 PM at Redeemer Lutheran Church, Library

Each 8-week series offers the same faith-based structure that Yogadevotion does. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles. Soma yoga incorporates mobility, strength, and stability into movements that are safe for **any body**

and helps with concentration and meditation. The class is for all levels, and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and blanket. *Teacher: Jane Schroeher*

Fee: \$64; please pay by the first day of class. Make checks payable to Redeemer Lutheran Church (indicate “Soma Yoga” on memo line).

Registration required by January 1 (for 1st session) or February 26 (for 2nd session).

Special registration: Contact Jane Schroeher at (651) 770-9543 or schroehergj@msn.com.

Caregiver Services

Caregiver Resource & Referral Program

Are you a caregiver or care partner looking for more ideas, suggestions, education, and support? Lyngblomsten’s staff of specially trained and experienced social workers and nurses will listen to your individual needs and help you formulate a plan by facilitating:

- **A brief needs assessment**—can often be completed over the phone or by email.
- **A personalized response**—lists of available resources, referrals to programs, and educational materials will be provided.
- **A follow-up call** to ensure you received the information and support needed.

Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

FREE

Learn More: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Caregiver Speaker Series

Thursdays, February 15 & March 15
1–2:30 PM at First Presbyterian Church
(4821 Bloom Ave, White Bear Lake)

Co-sponsored by the White Bear Area Senior Program, ComforCare, and 2nd Half with Lyngblomsten.

FREE No registration required.

Caregiver Support Group

3rd Wednesday each month
(Upcoming: January 17, February 21, & March 21)
1–2:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any health care issue or disease. New members always welcome; come as often as you are able.

FREE No registration required.

Learn more: Contact Jeanne Schuller, MSW, at (651) 285-9193 or jschuller@lyngblomsten.org.

Dementia Caregiver Re-Entry Group

For former & late-stage dementia

caregivers: 1st Wednesday each month
(Upcoming: January 3, February 7,
& March 7)

1–2:30 PM at Fairview Community Center
(1910 County Rd B, Roseville), Room 116A

Learn more: Call (651) 604-3520.

For former dementia caregivers:

3rd Tuesday each month

(Upcoming: January 16, February 20,
& March 20)

1–2:30 PM at New Life Presbyterian
Church (965 Larpenteur Ave W, Roseville),
Heritage Room

Learn more: Call (612) 791-5316.

*Sponsored by Roseville A/D Community Action
Team, City of Roseville, and Ramsey County
Libraries.*

In an informal setting, share with others who have had a similar caregiving journey. This is an opportunity to move past grief and loss to reclaim “you” and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate.

FREE No registration required.

Dementia Emergency

Department Devices

Roseville Fire and Police Departments

Thursday, January 11

1–3 PM at Ramsey County Library—
Roseville (2180 Hamline Ave. N, Roseville),
Community Room

Members of the Roseville Fire and Police Departments will demonstrate and speak about their tools for interacting with and tracking people with dementia and tools for keeping everyone safe while living at home.

FREE No registration required.

Group Respite (The Gathering)

Visit lyngblomsten.org/TheGathering
for a list of church partners and
Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is offered through Lyngblomsten Community Services, and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment.

A day at The Gathering:

- The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 25 to learn about volunteering with The Gathering).
- Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
- Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

*Funded in part by the Older Americans Act
Title III-E National Family Caregiver Support
Program in partnership with the Metropolitan
Area Agency on Aging.*

Contribution: Sliding scale

Learn more: Contact Betsy Hoffman
at (651) 414-5291 or
bhoffman@lyngblomsten.org.

Memory Loss Caregivers Support Groups

10 AM on Tuesdays or Thursdays at:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Those who are caring for someone with Alzheimer's disease or a related dementia are welcome to attend. Facilitators trained through the Alzheimer's Association.

Coordinated through Lyngblomsten's The Gathering, in partnership with the Alzheimer's Association.

FREE No registration required.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Paths to Faithful Caregiving

Thursdays, January 18–February 22
1–3 PM at Centennial United Methodist Church (1524 W County Rd C2, Roseville 55113)

A 6-week program providing education and caregiving tools to manage stress and difficult emotions, communicate more effectively, create life balance, locate helpful resources, and find caregiving strength through spiritual practices. Focus will be on learning, sharing, relationships, and support. *Facilitators: Parish Nurses Nancy Lee Nelson and Julia Nordling*

Sponsored by 2nd Half with Lyngblomsten and Centennial United Methodist Church.

Fee: \$20; includes education, support group, and handouts. Needs-based scholarships available.

Special registration: Contact Julia Nordling at parishnurse@centennialumc.org or (651) 633-7644. Send payment directly to Centennial United Methodist Church (see address above).

Program #118rs

REACH—Resources for Enhancing Alzheimer's Caregiver Health

REACH is a proven approach used by caregiver consultants to support, educate, and counsel those who are caring for someone with Alzheimer's or dementia. Caregivers learn how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, feel confident in the care they provide, and improve their ability to cope. Four sessions are offered and tailored to the caregiver's needs.

REACH in Minnesota is supported, in part, by grant number 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, Washington, D.C., and the Minnesota Board on Aging, St. Paul, MN. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.

Fee: Sliding scale

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Spiritual TLC for Caregivers

1st Thursday each month

(Upcoming: January 4, February 1, & March 1)

10–11:30 AM at Redeemer Lutheran Church, Library

A spiritual nurture group for caregivers and others experiencing a trying time to come together for conversation with scripture, prayer, and mutual care. *Led by: Pastor Pam Stofferahn or Pastor Candee Moser*

FREE No registration required.

Learn more: Contact Pastor Candee Moser at (651) 429-5411.

Technology Demonstration: Learning Lab for Eldercare Technology

Thursday, February 8

1–3 PM at Ramsey County Library—Roseville (2180 Hamline Ave. N, Roseville), Community Room

Learn about the latest technology to help care partners live safely at home and see demonstrations by the Augustana Care Learning Lab for Eldercare Technology.

FREE No registration required.

Resources for Churches

Older Adult Ministry Forum: Becoming a Dementia-Friendly Congregation

Friday, March 9

10 AM–Noon at Augustana Lutheran Church
(1400 S Robert Street, West St. Paul)

Learn about the basics of Alzheimer's and other dementias, tips for raising awareness to become more dementia-friendly, ideas for providing spiritual support to people with dementia, and resources for getting started in becoming a dementia-friendly congregation. Open to people of all faiths. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten*

Fee: \$10/person or \$25/group of 3 or more people from the same congregation. To sign up as a group, please do so at one time and provide names of all registrants.

Registration required by March 6.

Program #39rs

Older Adult Ministry Forum: Supporting People with Mental Illness in Your Congregation

Wednesday, March 14

10 AM–Noon on the Lyngblomsten
campus, Newman-Benson Chapel

Are you involved in a caring ministry or pastoral care team in your congregation? Have you been asked to help support someone struggling with mental illness? Do you struggle with mental illness and wonder how you can help your congregation be welcoming? Come hear how congregations can offer support and services to members with mental illness and develop the confidence to reach out in love. *Presenter: Rev. Dr. Hollie Holt-Woehl, Ph.D. in Pastoral Care and Counseling*

Fee: \$10/person or \$25/group of 3 or more people from the same congregation. To sign up as a group, please do so at one time and provide names of all registrants.

Registration required by March 11.

Program #314rs

Parish Nurse Ministry Resource Group

Resource and networking group for nurses serving in faith communities to connect for education and professional support. Membership for churches and nurses includes connection to Lyngblomsten Parish Nurse Coordinator, resources for new/start-up Parish Nurse Ministry programs, opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), and more.

Fee: \$125 for an annual membership. Join at any time.

Learn more: Contact Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator, at (651) 632-5380 or mnordtvedt@lyngblomsten.org.

Support Groups

Caregiver Support Groups

See pages 19–21.

Lewy Body Dementia Support Group

1st Wednesday each month

(Upcoming: January 3, February 7,
& March 7)

10–11:30 AM on the Lyngblomsten
campus, Community Room (lower level)

For those living with Lewy Body Dementia and their caregivers. Caregivers are encouraged to meet in a different area of the room during the meeting. Persons attending the group need to be aware of their disease and be able to benefit from sharing the challenges and issues of living with dementia. *Facilitator: Paula Biever, Co-Facilitator of MN E Metro LBD Caregiver Support Group, (651) 641-0130*

FREE No registration required.

Learn more: Contact Carolyn Klaver, RN, at (952) 261-5235 or cklaver@lyngblomsten.org.

Parkinson's Disease Support Group

1st Thursday each month

(Upcoming: January 4, February 1,
& March 1)

1–3 PM at The Heritage at Lyngblomsten
(1440 Midway Parkway, St. Paul),
2nd Floor Lounge

For those living with Parkinson's disease or other movement disorders and their caregivers. This informal, self-managed support group's purpose is to share information and offer mutual support. Facilitated by social workers; not a therapy group or class. Visit www.lyngblomsten.org/parkinsons to learn about Parkinson's care at Lyngblomsten.

FREE No registration required.

Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.

Vision Loss Support Group

2nd Wednesday each month

(Upcoming: January 10, February 14,
& March 14)

1–2 PM on the Lyngblomsten campus,
Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will also be available at each meeting. New members always welcome; come as often as you are able.

FREE No registration required.

Learn more: Contact Becky Hulden, RN, at (651) 632-5335 or bhulden@lyngblomsten.org.

Transportation

Transportation

Mondays

2nd Half with Lyngblomsten—Como Park

Transportation to appointments in the St. Paul area is available every Monday for \$8/round trip. Advance notice (by noon the Thursday before) is required. To schedule transportation to an appointment, contact Mary Deaner at (651) 414-5293.

Other

AARP Tax Assistance

Tuesdays & Thursdays, February 6–April 12
9 AM–1 PM on the Lyngblomsten campus,
Community Room (lower level)

This is a FREE service provided by AARP volunteers who will help you file your tax returns. You will need to bring your:

- W-2s, 1099 forms, and 2016 tax return
- Information relating to sales of stocks, bonds, real estate, etc.
- Valid government-issued photo ID
- Social Security card for yourself and any dependents
- Property Tax Statement (to complete your property tax refund papers)

FREE

Appointments required:

Call (651) 999-2499. Messages will be picked up by an AARP volunteer who will return your call to schedule your appointment.

Messages will not be picked up until the last week in January, so please do not expect any calls before that time. This message box gets very full at times, so please be patient while waiting for a return call throughout the tax season. The AARP volunteers are working very hard to accommodate you.

Wings of Nutrition Bread Program—Free Bread

Tuesdays

8:30 AM on the Lyngblomsten campus,
Community Room (lower level)

Volunteers pick up bread that can no longer be sold from grocery stores and bakeries and make it available to the community. Free bread is available for anyone who would like to participate. Bread is available until it runs out.

Service Activities

Volunteer at Open Hands Midway

Monday, March 19

Choose from 2 shifts:

9:30–11 AM (meal preparation), or
11:30 AM–2:30 PM (serving and clean-up)
at Open Hands Midway (436 Roy Street N,
St. Paul)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran in the Midway. On Mondays, they offer a meal, fresh produce, bakery, clothing, and household items free to people in need. They can use our help! We have been invited to help prepare and serve a Monday meal. There are two shifts available that day—you can sign up for one shift or both. Lunch is provided to those who help serve it. *NOTE: First shift has greatest need for volunteers.*

Bus site pick-up:

From the Lyngblomsten campus,
Community Room (lower level)
First shift: 9 AM; Return 11:15 AM
Second shift: 11:15 AM; Return 2:45 PM

FREE; includes transportation. Please consider a donation to the organization itself instead.

Registration required by March 6.
Program #319sop1 (morning shift),
or #319sop2 (afternoon shift)



Volunteering

Volunteering is a way of life for many people, and it is an excellent way to boost one's sense of purpose. The Lyngblomsten Volunteer Services team strives to place volunteers in roles that encourage growth, socialization, and dignity. Volunteers are given proper training and supervision as well as the opportunity to be heard. A few of the opportunities available with our community programs and campus life are listed below.

To learn more about any of these volunteer opportunities, please contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org. Registration is required for general orientations and The Gathering trainings.

Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of the many programs and classes feel welcome and comfortable. Volunteer helps with set up (including refreshments and possibly registration) and with tear down (putting away supplies, turning in attendance sheets, and reporting to the staff supervisor about the event).
- **Bus Driver:** Drive the Lyngblomsten 13-passenger bus to medical appointments, local stores, and sometimes to seasonal activities. No special license is required to drive the bus. The volunteer will be asked to have medical clearance (no expense to the volunteer).
- **The Gathering Leader or 1:1 Volunteer:** In a group setting, work one on one with a person living with memory loss, or plan and lead a day of activities—the choice is yours. Volunteers with The Gathering are really providing service to two people: the person with memory loss who is your “buddy” for the day and the loved one of your “buddy” who receives a day of respite! All Gathering volunteers receive special training.

Volunteer Opportunities: Lyngblomsten Campus

- **Cashier at Anna's café and gifts:**
Helping out at Anna's is an opportunity that is not only social, but also a little technical and even a little "foodie"! Cashiers will operate a cash register that uses Square technology on an iPad; this is something that volunteers can learn during the first training shift. There is also a Turbo Chef oven to heat food. Customers of Anna's are people who live on campus, staff, visitors, event participants, vendors, and family members.
- **Game Player:** If you like to play a certain game, chances are someone who lives on the Lyngblomsten campus likes to play it too! We have regularly scheduled games of 500, Cribbage, Farkle, Scrabble, Cranium, and more. Volunteers add an extra element of fun by bringing a different level of competitiveness and sociability to the game.
- **Appointment Escort (a.k.a. "pusher"):**
Getting to and from an in-house appointment is much easier and enjoyable when a volunteer helps a resident get there. Volunteers can get many steps on the pedometer during a morning of pushing residents in their wheelchairs to and from physical therapy or the beauty shop! Not only do the traveling doctors appreciate the help of getting people to and from appointments, but staff also loves when volunteers help get residents from the elevator to the chapel for movies, concerts, or large social activities. The escort role is a great way to be the hands and feet of God!

Lifelong Learning & the Arts: Music & Movement

Continuing Education for Lyngblomsten Volunteers

Monday, January 22

9:30 AM–12:30 PM on the Lyngblomsten campus, Community Room (lower level)

Current and prospective Lyngblomsten volunteers are encouraged to join us to learn about the many uses of music and movement when volunteering with Lyngblomsten. Discuss music and movement strategies and techniques to serve older adults who have varied ability levels and experience. Topics will include:

- Music and Movement for Connection (Social Engagement);
- Music and Movement for Health Benefits (Physical & Cognitive); and
- Music and Movement for Fun (Stimulation)

We will introduce many approaches and activities, and discuss the evidence behind making music and movement part of the Lifelong Learning and Arts programming throughout Lyngblomsten. Join us for a fun-filled learning experience alongside other Lyngblomsten volunteers— together we make a difference!

FREE

Registration required.

Special registration: Contact Shelli Beck at (651) 414-5297 or sbeck@lyngblomsten.org.

Registration Information

The following registration, payment information, and policies apply ONLY to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

4 ways to register:

Registration form on page 27, or download/print a form at www.lyngblomsten.org/2ndHalf.
Cash or checks accepted. Make checks payable to "Lyngblomsten Services," unless noted otherwise.

Phone: (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

Mail:

2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

Email: 2ndHalf@lyngblomsten.org. We will follow up to confirm your registration.

Dropbox:

2nd Half with Lyngblomsten—Como Park

Lower level of the Lyngblomsten campus,
Community Services Offices
1415 Almond Avenue
St. Paul, MN 55108

2nd Half with Lyngblomsten—

White Bear Lake

Redeemer Lutheran Church
3770 Bellaire Avenue
White Bear Lake, MN 55110

Policies

Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is cancelled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline indicated will receive a full refund minus a \$7 per program processing fee. No refunds will be given after a program has started.

Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten's website at www.lyngblomsten.org/2ndHalf for the most current updates. You will be notified if a program or class is cancelled.

Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change:
www.lyngblomsten.org/2ndHalf.

Photos

Participant pictures may be taken during activities and be included in Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

Scholarships

For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

All Are Welcome

2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.

Registration Form

Print more registration forms at
www.lyngblomsten.org/2ndHalf.



A Center for Enriching Lives after 50

Please complete form and mail to:

2nd Half with Lyngblomsten—Registration
 1415 Almond Avenue, St. Paul, MN 55108

Name _____

Phone (_____) _____

Address _____ Apt# _____

City _____ State _____ Zip _____

Email _____

Emergency Contact _____

Phone (_____) _____

Age Under 55 yrs 55–69 yrs 70–84 yrs 85+ yrs

I would like to register for the following programs:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____

* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

TOTAL PAYMENT ENCLOSED \$ _____

All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to “Lyngblomsten Services”).

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 26.

Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It's FREE!



LYNGBLOMSTEN
Community Services

1415 Almond Avenue
St. Paul, MN 55108

www.lyngblomsten.org

Nonprofit
Organization
US Postage
PAID
Twin Cities MN
Permit #2376

Congratulations!

Lyngblomsten Community Services has won the
national Rose Dobrof Award
from the Brookdale Foundation Group!

This national award honors an organization that has demonstrated leadership and commitment to excellence in the delivery of supportive services to people with dementia and their caregivers. Lyngblomsten received the award in recognition of The Gathering, a group respite program offered through 2nd Half with Lyngblomsten, which has helped older adults living in the community with early- to mid-stage memory loss and their caregivers for 17 years.

The award comes with a gift of \$10,000 that will contribute to the Lyngblomsten Foundation's fundraising efforts to provide ongoing financial support for the continued offering of dignified, enriching programming through The Gathering.

Learn more at www.lyngblomsten.org/TheGathering
