



**LYNGBLOMSTEN
CARE CENTER**

Inquiry Packet

Revised 12/13/2024

(651) 632-5301

admissions@lyngblomsten.org

www.Lyngblomsten.org

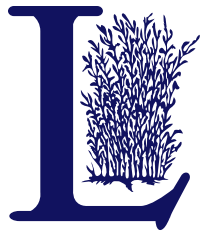




LYNGBLOMSTEN CARE CENTER

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LYNGBLOMSTEN CARE CENTER

Welcome

Thank you for considering the Lyngblomsten Care Center for your or your loved one's healthcare needs. We would be thrilled to have you join the Lyngblomsten family!

During my 26+ years in long-term healthcare, I've had the privilege of getting to know hundreds of older adults, as well as their families and friends. For most of them, making the decision to move to a care center is a difficult one. Not only are they letting go of familiar surroundings and routines, but they're also having to navigate the unfamiliar world of long-term healthcare.

Here at the Lyngblomsten Care Center, we understand where you are on your journey and are committed to helping you make an informed decision for your healthcare needs. To assist you, our Admissions Team has put together this Care Center Inquiry Packet. In it, you'll find information about Lyngblomsten, our daily rates, room layouts, and more.

If you have any questions, please reach out to our Admissions Team at (651) 632-5301 or admissions@lyngblomsten.org. Lyngblomsten accepts admissions 24 hours a day, 7 days a week.

God bless, and be well.

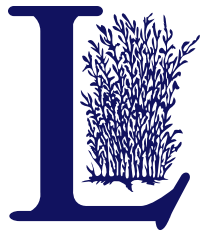
Sincerely,



Trisha Gerleman

Administrator of the Lyngblomsten Care Center

P.S. Take a tour of our care center online! We've put together a virtual tour video that features photos and video clips of the care center, including resident rooms, gathering areas, our chapel, outdoor courtyards, and more. To watch the video, visit www.Lyngblomsten.org/videotour.



LYNGBLOMSTEN

About Us

Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community-based services. For more than a century, we have been caring for the elderly and providing support for their loved ones while engaging the hearts of generous volunteers and donors who help carry out our mission.

Lyngblomsten was organized in 1906 by 11 Norwegian women who wished to provide a home for the elderly who had no one to take care of them. The women named the organization after the lyng flower—a sturdy Norwegian mountain heather with purple blossoms that, at the time, was the national flower of Norway.

In 1912, after five years of fundraising, the dedicated women saw their dream become reality with completion of Lyngblomsten’s first building—the “Lyngblomsten Home for the Aged”—at the corner of Pascal Street and Midway Parkway in St. Paul.

While the original Lyngblomsten home is gone, our 10-acre campus in the Como Park neighborhood of St. Paul is today home to the Lyngblomsten Care Center, two senior housing buildings (offering market-rate and subsidized units), and the offices of Lyngblomsten Community Services, which organizes programming, resources, and support for older adults living off our campus.

Together, our 400+ staff members—supported by hundreds of Lyngblomsten volunteers and donors—provide quality, person-centered care for our residents, community participants, and their families.



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.

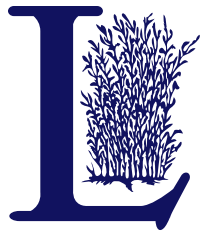
Through our **community** of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

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



LYNGBLOMSTEN CARE CENTER

About Us

The Lyngblomsten Care Center is a 225-bed, skilled nursing facility that includes long-term care and transitional care units. Built in 1963 and expanded in the 1980s, the care center houses a chapel, gift shop and café, salon, and community room, as well as outdoor spaces to enjoy with family and friends.

In 2020, the care center completed a \$10 million renovation that brought major modifications to resident rooms, bathrooms, and shared living spaces—making the facility a more beautiful, functional, and safe place to live and work.

Types of care offered include:

- **Long-term general care:**
Resident rooms in the care center are divided into 11 small groupings called neighborhoods. The smaller neighborhood-style settings allow residents, their families, and staff to become better acquainted and develop strong relationships.
- **Short-term transitional care:**
Since 2005, Lyngblomsten has provided specialized rehabilitative care to individuals following a stay in a hospital.
- **Secured memory care:**
A specialized, secure neighborhood for people living with Alzheimer's disease and other dementias is located on the fourth floor of the care center.
- **Other specialized care:**
Specialized types of care offered include Parkinson's disease care, palliative care, and short-term respite services.



COMMUNITY LIVING & AMENITIES

Residents of the Lyngblomsten Care Center have access to a variety of opportunities and campus amenities designed to help them live their best life possible.

Lifelong Learning & the Arts

Our Lifelong Learning & the Arts department brings fine arts events, educational speakers, and workshops with local artists to campus, and collaborates to find individualized opportunities that celebrate residents' interests and talents.

Spiritual Care

Our chaplains on staff provide compassionate support to all, regardless of faith tradition or culture. Worship services are held regularly in the **Newman-Benson Chapel**, including an ecumenical Sunday service and Catholic Mass.

Dining

Residents choose each day from a variety of meal options, from main entrées to soup-sandwich combos and more. They also can purchase items from **Anna's café & gift shop**.

Outdoor Courtyards

Our park-like setting outside the main entrance has plenty of seating to enjoy the beautifully landscaped flower gardens. Our attractive and accessible courtyard located in the center of campus includes paved pathways, a gazebo, pergola, gardens, and a Little Free Library (take a book, leave a book).

Conveniences

- **Services at reception** (e.g., buy stamps, mail letters)
- **Salon** (licensed salon on the first floor)
- **Free Wi-Fi** for residents and guests.



LYNGBLOMSTEN CARE CENTER

Testimonial

March 5, 2021

Jeff Heinecke, President and CEO
Administrator for Lyngblomsten Care Center
1415 Almond Ave.
St. Paul, MN 55108

RE. RUTH LUNDQUIST

Dear Jeff Heinecke;

My mother Ruth Lundquist passed away on February 24, 2021 at Lyngblomsten's Care Center in the Norway Neighborhood. I am writing to thank you, and all the staff at Lyngblomsten who worked with my mother through-out her stay.

Approximately three years ago she first moved into the Heritage Apartments, a year later she moved to the adjoining Lyngblomsten Apartments, and this past year she moved to the Care Center where she received excellent support and care, as well as developed true friendships with many of your staff.

Although the Corona Virus made things much more difficult for everyone, I want you to know how grateful I am for being considered an Essential Caregiver allowing me to become vaccinated, tested and thereby meet with my mom frequently, especially during her final days in Hospice Care.

I will not attempt to name each of the many fine staff who cared for my mother and who meant so much to her. I will however ask if you would be so kind as to share my gratitude with all staff who assisted her. This includes ALL direct care staff, nursing and medical staff, recreational therapist (outdoor visits!) kitchen staff (extra tomato soup!) business and administrative staff, social workers, and the dedicated clergy who she and I relied on extensively. These professionals were always kind, helpful and supportive. On many occasions they went the extra mile in assisting my mom and accommodating our family.

I also want to acknowledge the major role that Hospice staff (through Health Partners) played during the nearly 3 months my mother was in Hospice Care. Together they played a significant role in supporting my mother, myself and our family. Their knowledge, understanding, guidance and support is deeply appreciated.

Please be encouraged to share these sentiments with your staff knowing that our entire family is forever grateful for the quality care Lyngblomsten has provided to my mother, Ruth Lundquist, and to our entire family.

Sincerely,

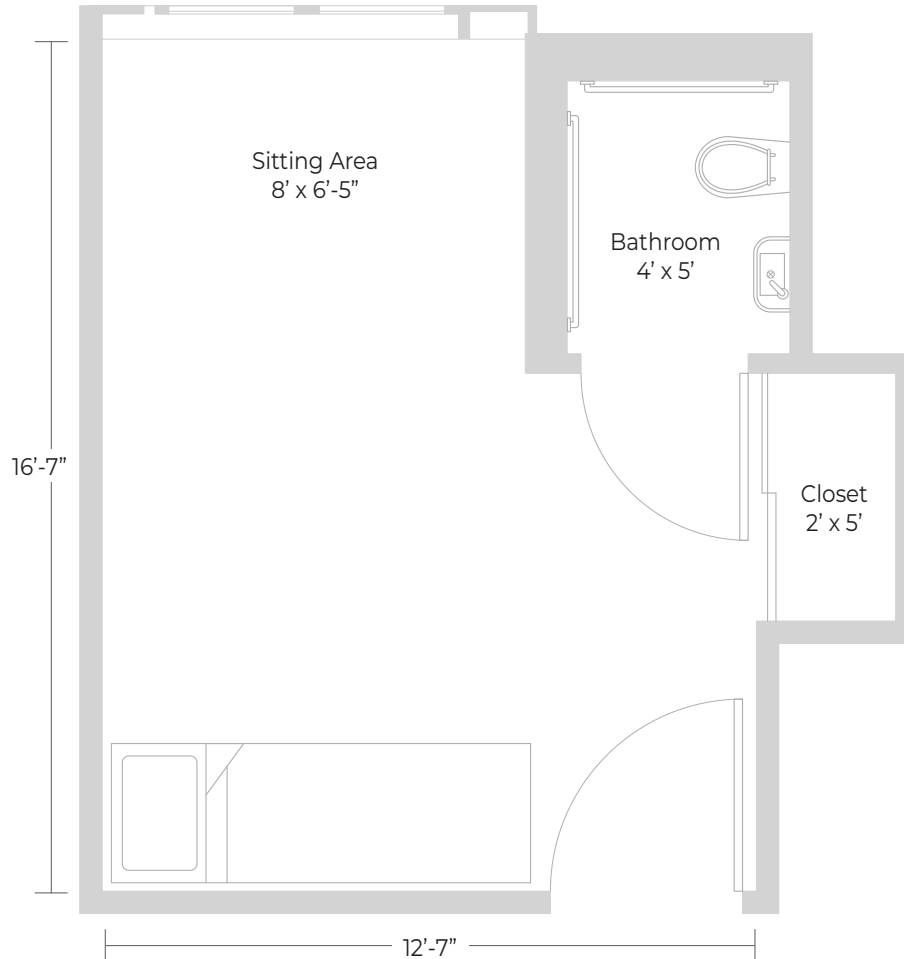

Ken Lundquist



LYNGBLOMSTEN CARE CENTER

Room Layout

Long-Term Care Shared Rooms



Notes

This is a typical floor plan for our short-term care rooms.

Each room includes an adjustable bed (remote control operated), overbed table with storage compartments and mirror, reading light, phone, chair, TV with satellite, and an iPad.

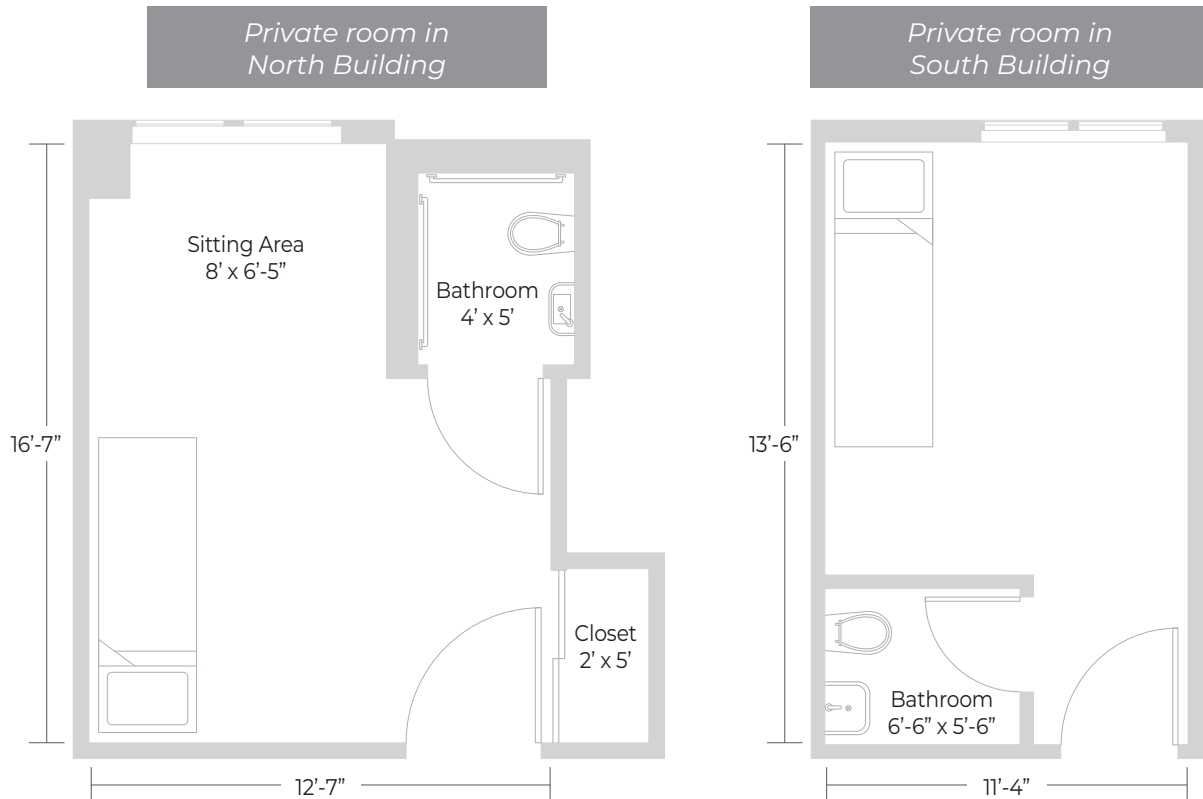
Each room is equipped with a wall-mounted device that monitors a resident's heart rate and respiration rate when they are in bed. The device is not a video camera. Rather, it uses radio wave technology to monitor a resident's condition, providing real-time information to staff that is also recorded over time. Staff can use this information to flag changes in a resident's condition and provide needed interventions sooner. More information is available at <https://tapestryhealth.com/vitals-management-program>.



LYNGBLOMSTEN CARE CENTER

Room Layout

Long-Term Care Shared Rooms



Note: Rooms are not to scale in relation to one another.

Notes

These are typical floor plans for our long-term care private rooms.

Each room comes with a bed, night stand, and overbed table.

Neighborhood Locations:

- North Building: Allison, Dorothea, Ostrand, and Stanford
- South Building: Boss, Fergstad, Johnson, Koller, Lund, and Norway

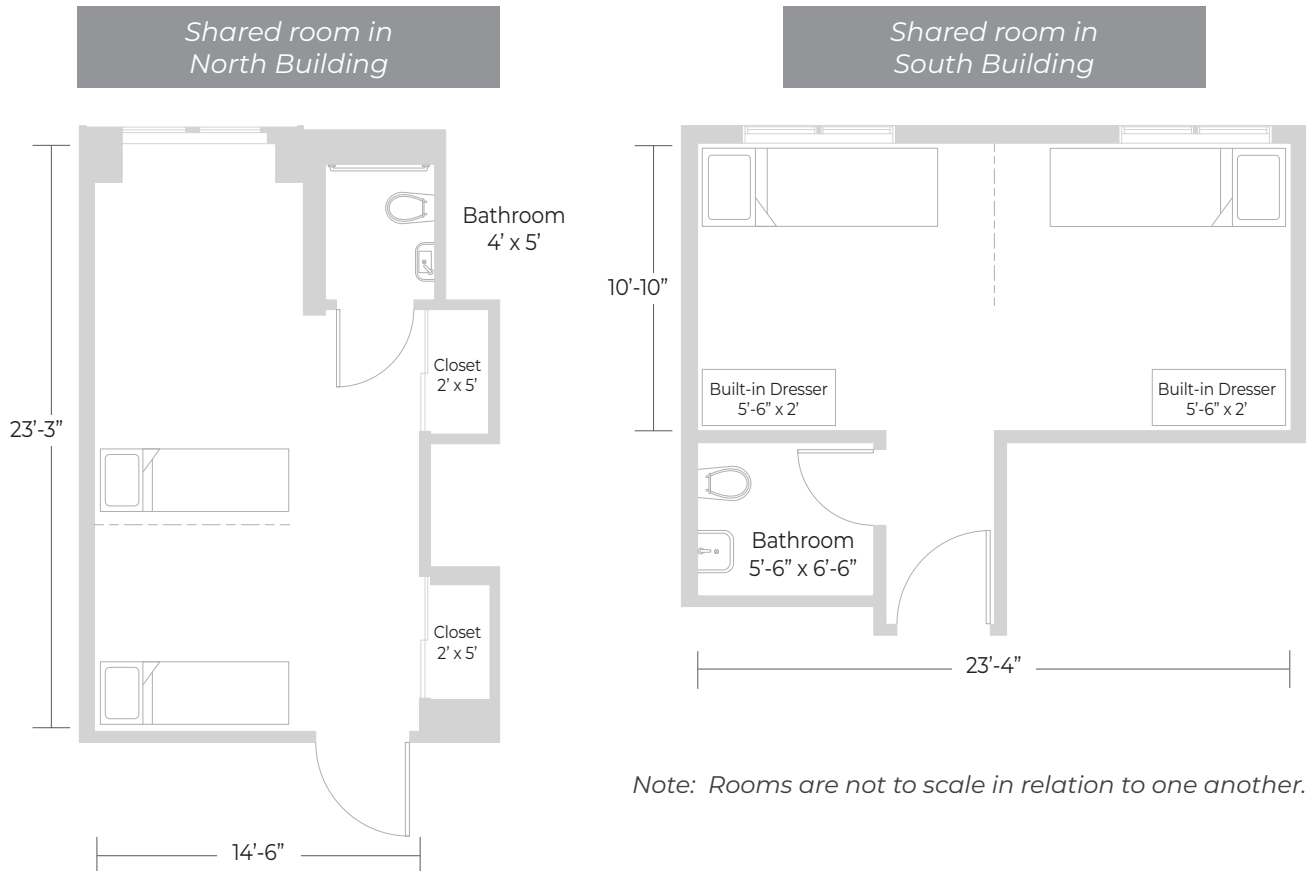
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Room Layout

Long-Term Care Shared Rooms



Notes

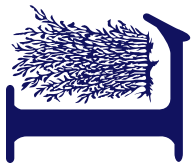
These are typical floor plans for our long-term care shared rooms.

Each room comes with a bed, night stand, and overbed table.

Neighborhood Locations:

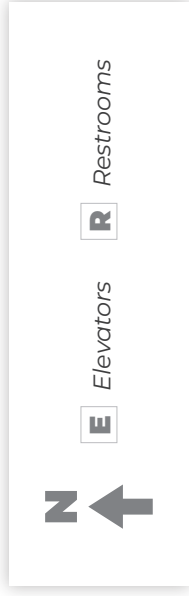
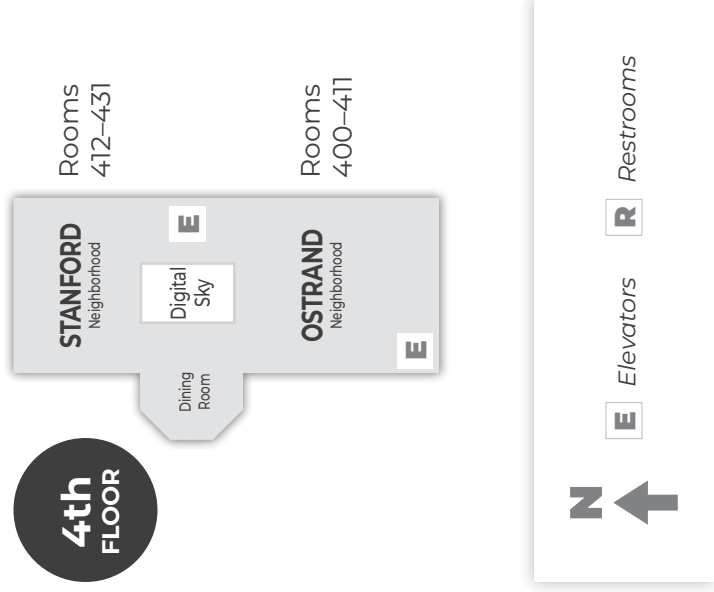
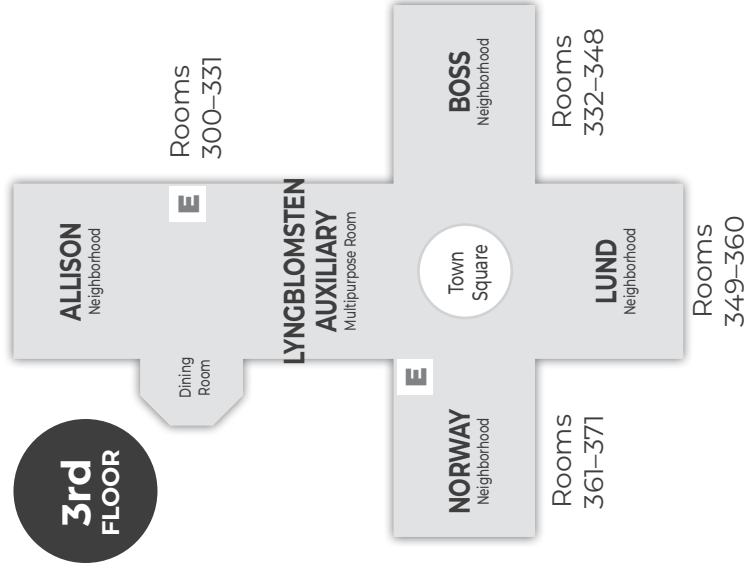
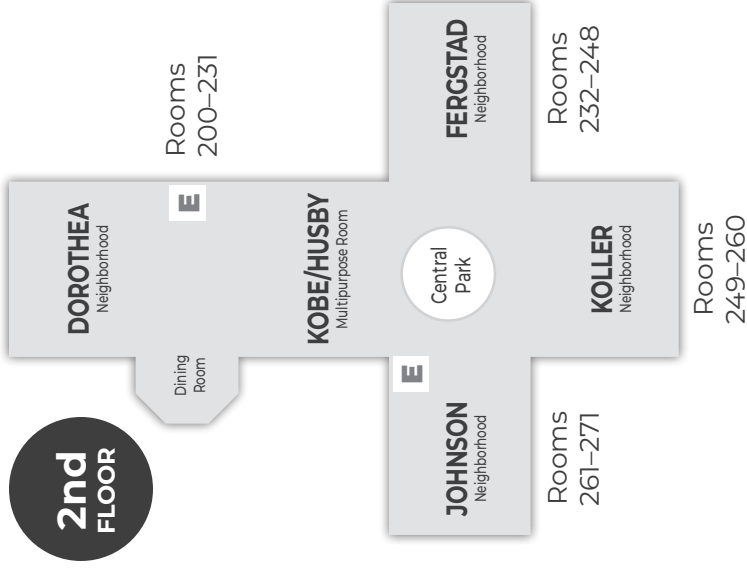
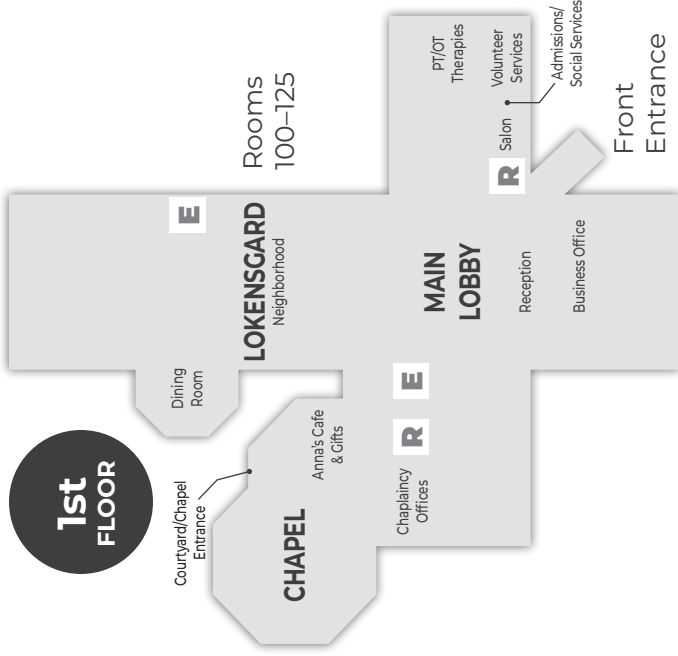
- North Building: Allison, Dorothea, Ostrand, and Stanford
- South Building: Boss, Fergstad, Johnson, Koller, Lund, and Norway

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LYNGBLOMSTEN CARE CENTER

Neighborhood Map



1st Floor

The Lokensgard Neighborhood (transitional care)
Admissions and Business Offices

2nd Floor

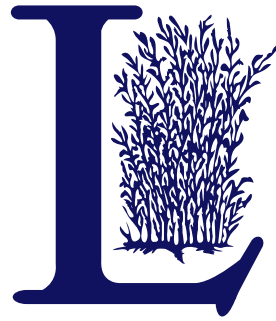
The Johnson Neighborhood
The Koller Neighborhood
The Fergstad Neighborhood
The Dorothea Neighborhood
The Kobe/Husby Multipurpose Room

3rd Floor

The Norway Neighborhood
The Lund Neighborhood
The Boss Neighborhood
The Allison Neighborhood
The Lyngblomsten Auxiliary Multipurpose Room

4th Floor

The Stanford Neighborhood (secure unit)
The Ostrand Neighborhood





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www.Lyngblomsten.org