

Lyngblomsten delegate finds purpose in serving others

By Brandi Jewett



Author Your Life is our philosophy on living well that's meant for anyone connected with the Lyngblomsten family. In each edition of Lyngblomsten Lifestyle, we're profiling individuals who are authoring their lives. This edition, we're highlighting David Brostrom, a longtime Lyngblomsten volunteer and delegate.

It's the little things David Brostrom finds rewarding when he's volunteering with Lyngblomsten. As part of his involvement over the past two decades, he's served as a church delegate and on various committees, but what brings him the most joy is transporting care center residents from their rooms to activities and appointments.

"Sometimes it's just from the elevator to the chapel, but, on a personal level, that's the most rewarding for me because it's so enjoyable," Brostrom said. "It's a chance to hear their stories."

While his support of Lyngblomsten through time and donations has spanned nearly 20 years, Brostrom can recall his first brush with the organization as a teenager when a past administrator for the Lyngblomsten Care Center moved in down the block in the 1960s. As an adult, Brostrom and others popped into Lyngblomsten Care Center rooms to sing Christmas carols to members of his church, St. Anthony Park Lutheran, a Lyngblomsten corporate congregation in St. Paul.

It was through his church that Brostrom heard the most about Lyngblomsten. He stepped into the role of delegate the late 1990s and hasn't stepped out since. As a lead delegate, Brostrom has recruited congregation members to serve as

delegates and to volunteer at events such as the Lyngblomsten Mid-Summer Festival.

Brostrom estimates he's volunteered at the festival for the past 15 years and has a rainbow of volunteer T-shirts to prove it. Each year, he and other St. Anthony Park Lutheran volunteers staff a table selling tickets for the duration of the event.

Living the best life possible and helping others do the same are key aspects of Lyngblomsten's Author Your Life philosophy, which invites all members of the Lyngblomsten community to age vibrantly, live fully, and have purpose.

Brostrom saw the passion Lyngblomsten staff and volunteers put into the philosophy firsthand when his father Donald Brostrom first arrived in the transitional care unit and then moved into a care center room where he stayed until his passing in 2008.

"He just loved it here," Brostrom said of his father. "He couldn't have had better care and a better quality of life."

When it comes to authoring his own life, community service is a passion that has run parallel with Brostrom's career as an environmental consultant. Through his job, he worked with many nonprofits and at one point received grant funding for a 12-year project that brought together several groups and government agencies with the goal of identifying contaminants in the Mississippi River.

Today, Brostrom and his wife Susan support the Friends of the Mississippi River, a nonprofit that encourages residents to protect, restore, and enhance the Mississippi River and its watershed in the Twin Cities region.

Whether it's through service at Lyngblomsten or the greater community, Brostrom is finding ways to engage with others around him and have a positive impact on their lives. **L**

Homes for the Aging Week Highlights

Author Your Life

Lyngblomsten's annual Homes for the Aging Week held May 13–17 invited everyone to celebrate with activities, live entertainment, and tasty treats. Each day's festivities highlighted Author Your Life, Lyngblomsten's philosophy on living well. Participants were invited to discover, dream, engage, and imagine their best life possible.

Learn more about Author Your Life at www.lyngblomsten.org/AuthorYourLife.



1. River Rats Dueling Pianos fill the Newman-Benson Chapel with song and laughter.
2. Kazoos offer participants a chance to make their own tune.
3. Kaleidoscopes invite the Lyngblomsten community to see everything around them through a different lens.

4. A sundae bar provides a cool treat to close out Homes for the Aging Week.
5. Stars celebrate the dreams of Lyngblomsten community members.
6. Lyngblomsten community members share their dreams by writing them on stars displayed in the care center lobby.