



ROOTED & *Branched*



CORPORATE ANNUAL SUMMARY
For the year ended December 31, 2023



ROOTED & Branched

Blessed is the one who trusts in the LORD, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

—Jeremiah 17:7-8

Like a tree along the water, standing rooted and branched, Lyngblomsten stands steadfast in its mission to serve: *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.*

Looking back, remembering all that we've weathered over these last few years, we find ourselves grateful that in 2023 we emerged in better balance, breathing life back into familiar places at Como Park and opening new spaces at Lino Lakes. Committed staff, community resources, and member congregations carried us through the worst of the pandemic. Their dedication kept us rooted. With our pandemic recovery completed, it is with unbounded gratitude that we thank all the people who continuously served then and still serve those who come to nest, or rest, in our branches.

Our major growth spurt happened in 2023 after multiple years of coordination and hard work: Lyngblomsten at Lino Lakes, our new second campus, opened its doors to independent living, assisted living, and memory care units. In addition to the structural buildout, existing and new staff began the process of instilling Lyngblomsten's culture all around, creating a vibrant community and new home for residents, families, and friends. We could not be more grateful for everyone's efforts, from staff to architects, developers, builders, city officials, and the list goes on. We are blessed beyond measure!

These major achievements reflect our strength and resilience. They affirm our resolve to stay firmly rooted and branched in the community. This includes our commitment to serve beyond our campuses through our community services that support those aging at home.

Turning our attention to the future and where we go from here, Board Directors and operational leaders spent the latter half of 2023 working on strategic priorities to carry us through the next five years. Mindful of our humble beginnings and the 11 Norwegian women who started this all, we are excited to continue innovating and building upon the mission of serving the community of older adults and their families.

Sincerely and in Christ,



Debra George
Board Chair



Jeffrey Heinecke
President & CEO

Highlights from 2023

Residential Services

- With the end of the COVID-19 public health emergency in May 2023, Lyngblomsten transitioned from a critical operations model to a long-term, maintenance operations model.
- The retention rate of direct care employees of the Lyngblomsten Care Center reached a remarkable 92%, up from 84% in 2022. This retention rate is similar to pre-pandemic rates and is significantly higher than the current industry average of 64%, placing our care center in the top five among all 338 skilled nursing homes in Minnesota for staff retention.
- Two technologies to enhance resident safety were upgraded at The Heritage at Lyngblomsten. A new motion sensor system, which detects falls or changes in movement and then notifies staff, was installed in each apartment. In addition, the building upgraded its emergency notification system from pull cords in each apartment to personal pendants that residents wear. With the ability to push a button for assistance 24 hours a day, the pendant provides residents with increased peace of mind.
- The U.S. Department of Housing and Urban Development (HUD) increased the maximum rents for the Lyngblomsten Apartments, based on a Rent Comparability Study and a Project Capital Needs Assessment. These studies showed that our rents were low compared to similar buildings. In addition, HUD increased the amount of its reimbursement for each apartment, so the amount that residents pay for rent did *not* go up.
- In the summer, construction of Lyngblomsten at Lino Lakes was completed and the main building was ready for occupancy, with the bulk of new residents moving in mid-July. A Grand Open House was held for the general public on October 7, and on December 27, a time capsule containing materials that chronicled Lyngblomsten's journey to opening a second campus was sealed. At year's end, there were 113 residents living in 84 units (including townhomes).
- Home Health Services prepared for and launched operations for serving assisted living and memory care residents on the Lino Lakes campus. To give nursing staff more time to focus on direct client care on both campuses, a number of improvements were made throughout the year to home health processes and procedures—including medication management, health service assessments, and administrative operations.



A resident and staff member share a special moment with the Minnesota Twins' mascot, T.C. Bear, at an event during Homes for the Aging Week in May.

Lyngblomsten Community Services

Note: The transition of the department name from “2nd Half with Lyngblomsten” to “Community Services” was completed.



Volunteers assist participants of The Gathering in making a delicious fall treat of apple crisp.

- In conjunction with the opening of Lyngblomsten at Lino Lakes, plans were made to expand the reach of Community Services and offer programming to more people living in the northeast metro. These plans included adding a session of the Memory Loss Caregivers Support Group—which began in fall 2023 at the Lino Lakes campus—and preparing to offer a new session of The Gathering (memory loss enrichment and respite program) to begin in early 2024 at the Lino Lakes campus.
- Staff focused on educating the wider community with several presentations on topics related to memory loss and older adults, including The Healthy Brain and 10 Signs of Dementia. Other offerings included evidence-based wellness classes, such as Living Well with Chronic Conditions and A Matter of Balance, in partnership with the Faith Community Nurse Network of the Greater Twin Cities.

- Staff supported 200 informal family caregivers by providing resources, education, memory loss support groups, and respite opportunities through multiple touchpoints, both in person and online.
- To share its expertise and support lay leaders on topics related to aging, Community Services presented several sessions of Becoming a Dementia-Friendly Faith Community (part of the Older Adult Ministry Forum series) and offered a new session in the series, Equipping Congregations to Respond to the Maltreatment of Vulnerable Adults.

Supporters



The Lyngblomsten Foundation helps fund many meaningful and engaging activities and services for older adults, including art programs for Lyngblomsten participants and residents.

- Special projects for Volunteer Services focused on rebuilding the youth volunteer program and establishing a volunteer base for Lyngblomsten at Lino Lakes.
- Individual and group volunteers provided 13,788 hours of service. With volunteers continuing to return post-pandemic, this total is an increase of more than 3,500 hours compared to 2022.



- To better align with operations, the Lyngblomsten Foundation changed the timing of two annual events. The fundraising gala has been moved to the fall, and the president’s donor recognition event has been moved to the spring.
- The Anna Quale Fergstad Award for Distinguished Service was presented to longtime supporter Martin Tollefson, recognizing his generous gifts of time and treasure to Lyngblomsten and the broader community.
- In addition to completing four fundraising appeals, the Foundation hosted two estate planning workshops, completed the installation of new donor recognition displays at both campuses, and started planning for a capital campaign to renovate the courtyard on the Como Park campus.

Other



After a three-year pause, Lyngblomsten’s summer festival returned—scaled back to an Ice Cream Social featuring treats, a petting zoo, and live music.

- Community Services. Highlights included a teaching artist leading a music program on the memory care neighborhood of the care center; a storytelling program for the deaf community of the Lyngblomsten Apartments; “Art with You,” a new one-on-one program for residents of the care center; and programming for The Gathering and the Lino Lakes campus.
 - Following a hiatus through the pandemic, the summer festival returned—scaled back to an Ice Cream Social, held in the courtyard on the Como Park campus in early August. Residents and their families and friends, staff and their families, and volunteers enjoyed hot dogs and ice cream treats, a petting zoo, and live musical performances.
 - Lyngblomsten established an ethics committee to assist staff, residents, and families with situations involving ethical dilemmas. The interdisciplinary group consists of staff and community representatives with diverse expertise and backgrounds. While Lyngblomsten had already been addressing ethical situations, there is now a formal structure and framework to bolster decision-making for complicated cases.
 - In June, the Lyngblomsten Board of Directors began work on its next strategic plan. A task force was created and set a goal to finish the plan by spring 2024.
- It was a rebuilding year for Lifelong Learning & the Arts as the COVID-19 pandemic receded. Participants were engaged in a robust year of programming for the entire organization, including all housing units and Lyngblomsten

Lyngblomsten Corporate

People Served

January–December 2023

581 persons

Lyngblomsten
Community Services

177 persons

Home Health Services

*Number reflects residents at the
Como Park and Lino Lakes campuses*

634 persons

Lyngblomsten Care Center

138 persons

Lyngblomsten Apartments

90 persons

The Heritage at Lyngblomsten

115 persons

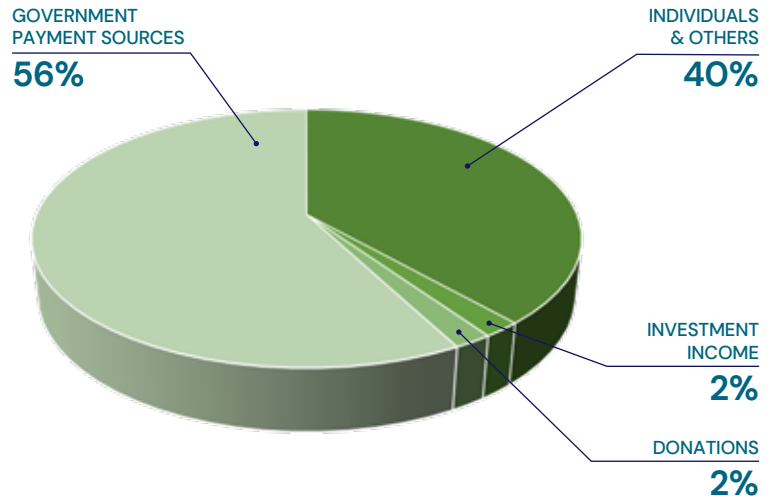
Lyngblomsten at Lino Lakes

*Number reflects campus opening for new
residents throughout the year (townhomes
in February 2023, independent living
in July 2023, assisted living and
memory care in August 2023)*

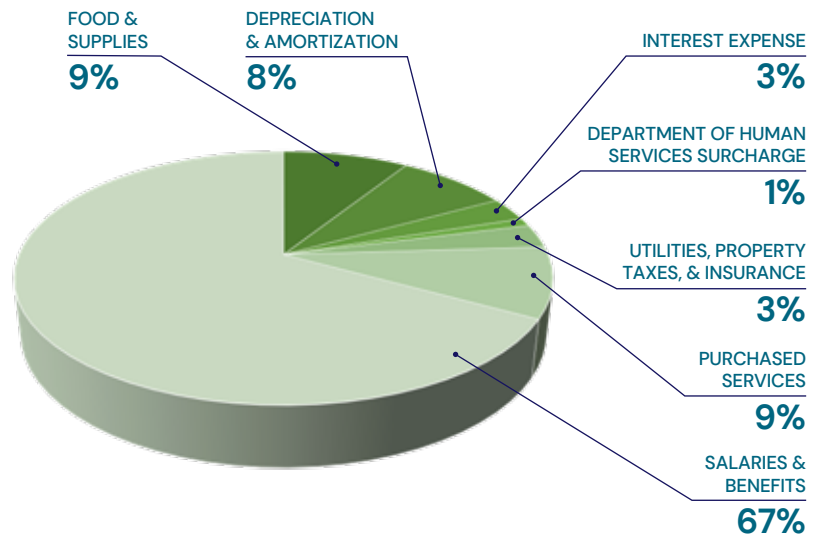
Financials

January–December 2023

Revenues



Expenses



Community Involvement

Volunteer Statistics

January–December 2023

13,788
Hours
Volunteered

540
Registered
Volunteers

Fundraising Statistics

January–December 2023

\$1,072,686
Contributed

642
Donors

1,251
Gifts

24
Corporate
Sponsors

Memberships

Heritage Society

28 Households

Persons who have chosen to help ensure the future capacity of Lyngblomsten by providing financial support through a charitable gift annuity, naming Lyngblomsten in their will or life insurance beneficiary, or establishing an endowment of \$10,000 or more.

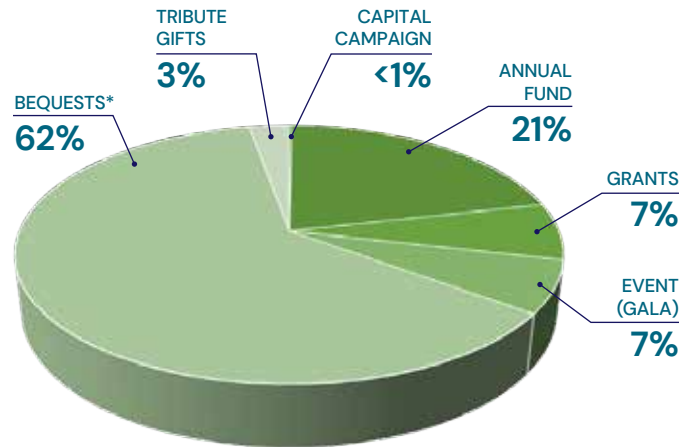
President's Club

73 Households

Annual membership granted to donors giving \$1,000 or more during the calendar year.

Lyngblomsten Foundation Sources of Donations

January–December 2023

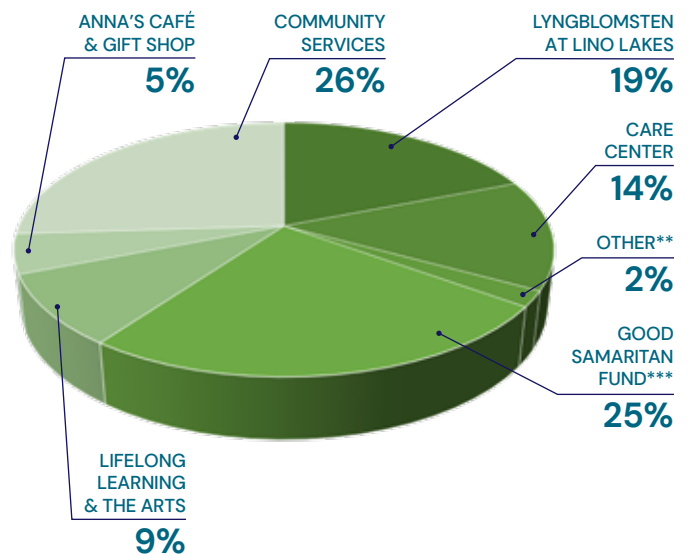


*Includes a substantial distribution from an estate gift of longtime Lyngblomsten donor and volunteer James "Jim" Nash

Lyngblomsten Foundation Distribution to Programs

January–December 2023

\$1,571,995
Dollars Distributed



**Lyngblomsten Apartments, Spiritual Care, and Annuity Interest
***Includes major subsidies to Home Health Services

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 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 Pillars

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

Member Congregations

The year indicates when the church became a member.

Amazing Grace Lutheran
Inver Grove Heights, 2007

Augustana Lutheran
West St. Paul, 2002

**Bethlehem Lutheran
in the Midway**
St. Paul, 1962

**Centennial United
Methodist**
Roseville, 2000

Christ on Capitol Hill
St. Paul, 1961

**Community of
Grace Lutheran**
White Bear Lake, 1998

Como Park Lutheran
St. Paul, 1960

**Falcon Heights
United Church of Christ**
Falcon Heights, 1999

Gloria Dei Lutheran
St. Paul, 1985

**Gustavus Adolphus
Lutheran**
St. Paul, 1988

Holy Childhood Catholic
St. Paul, 1991

Immanuel Lutheran
St. Paul, 1960

Incarnation Lutheran
Shoreview, 1990

Jehovah Lutheran
St. Paul, 1995

Lakeview Lutheran
St. Paul, 1960

Living Waters Lutheran
Lino Lakes, 2022

North Heights Lutheran
Roseville/Arden Hills, 1975

Prince of Peace Lutheran
Roseville, 1961

Redeemer Lutheran
White Bear Lake, 1960

Roseville Lutheran
Roseville, 1975

St. Andrew's Lutheran
Mahtomedi, 1991

St. Anthony Park Lutheran
St. Paul, 1960

St. Timothy Lutheran
St. Paul, 1961

Salem Lutheran
West St. Paul, 1965

Board of Directors

2023–2024

Debra George, *Chair*
Rev. Ivy Huston, *Vice Chair*
Dr. Mark Knudson, *Treasurer*
Diana Rockstad, *Secretary*
Jeff Heinecke, *President & CEO*

Dr. Joan Brandt
Justin Bryant
Kim Donat
Dr. Mary Hauck

Amy Korzenowski
Dr. Michael Lovett
Paulette Olsen
Peter Polga



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