



Lyngblomsten Lifestyle

Winter 2016



1906

Lyngblomsten Celebrates 110 Years

2016

STORIES OF LIFE:

Faith, Family, Friends:

The Trifecta for Navigating Transitions

MORE IN THIS ISSUE:

Backstories: The Early Years

Resource Roundtable

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES

Lyngblomsten Care Center

Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

kstarr@lyngblomsten.org

Administrator

Brenda Johnson: (651) 632-5387

bjohnson@lyngblomsten.org

Spiritual Care

Kelley Bergeson: (651) 632-5376

kbergeson@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

snewgren@lyngblomsten.org

Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Stauffacher: (651) 632-5422

pstauffacher@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Mary Simon: (651) 632-5428

msimon@lyngblomsten.org

HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

ddoty@lyngblomsten.org

Parish Nurse Ministry Resource Group

Mary Nordtvedt, RN: (651) 632-5380

mnordtvedt@lyngblomsten.org

The Gathering

Betsy Hoffman: (651) 414-5291

bhoffman@lyngblomsten.org

5-5-1 Club Community Center

Mary Deaner: (651) 632-5320

mdeaner@lyngblomsten.org

Web: www.551club.com

Community Wellness Nurse

Deb Bowman, RN, MSN: (651) 632-5335

dbowman@lyngblomsten.org

HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

thall@lyngblomsten.org

COMMUNITY ENGAGEMENT

Volunteer Services, Corporate Engagement, and Lyngblomsten Foundation & Auxiliary

Melanie Davis: (651) 632-5356

mdavis@lyngblomsten.org



Letter from the Editor

Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation.

—Robert Kennedy

Dear Readers,

This quote of Robert Kennedy's would have been so fitting for a speech to the founding women of Lyngblomsten back at the turn of the century as they faced the monumental work of building support for their vision—long before commencing the building of the structure that would become the Lyngblomsten Home for the Aged. Indeed those 11 women “bent history,” and here we are today on the verge of our organization's 110th anniversary (February 17). More than the number of years, in 2016 we celebrate the thousands and thousands of lives touched through Lyngblomsten. We celebrate the tenacity of those early pioneers who dreamed big and then worked hard. And we celebrate all the people who have journeyed with Lyngblomsten in the decades that followed. We're glad you are part of our history!

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



Lyngblomsten Lifestyle is published by the Marketing Communications Department in cooperation with the Lyngblomsten Foundation/Community Engagement.

Patricia Montgomery, Editor

Christina Rhein, Production Manager

Sam Patet, Writer

Natalie Pechman, Graphic Designer

Lyngblomsten Lifestyle can be found online at

www.lyngblomsten.org/publications.

To be added or removed from the *Lyngblomsten Lifestyle* mailing list, call (651) 632-5324 or email MailingList@lyngblomsten.org.

Contents

Faith, Family, Friends: The Trifecta for Navigating Transitions	3
Lyngblomsten Participates in Two Grants to Improve Patient Care	8
Backstories: The Early Years	10
Volunteer Opportunities.....	13
Supporters Provide Nearly 25,000 Hours, \$1.3 Million.....	15
Lyngblomsten Foundation's Silent Auction Wish List	18
Events Calendar	19

On the Cover: Dee DeGraw (left) and her daughter Mary Mohn pose for a photo in the Lyngblomsten Apartments dining room. DeGraw has been a resident at the apartments since 2014. See story on pg. 3.



FAITH, FAMILY, FRIENDS: The Trifecta for Navigating Transitions

By Sam Patet

ON MAY 21, 2011, life changed dramatically for Dee DeGraw. At 81 years old, she went blind.

“I went to wipe my right eye, [and] I couldn’t see out of my left eye,” Dee said. “And I had played Bridge that afternoon.”

Dee had been having headaches for several weeks. When she went to see her doctor, he thought they were happening because of her osteoporosis.

But after her left eye went blind, additional tests revealed she had Giant Cell Arteritis, a condition in which the lining of a person’s arteries (most often the arteries in a person’s head) becomes inflamed.¹ In some cases, it causes blindness. By January of 2012, Dee had lost sight in both eyes.

You’d think that Dee would be bitter. Almost overnight she had to give up many of the activities she enjoyed: playing Bridge with her friends, serving as an election judge, baking apple pies, and volunteering at Sharing Korner Food Shelf in St. Paul.

“I’ve learned to accept my blindness, and it could be a lot worse. I could have lost my hearing with it, and it could have affected my kidneys and my heart. So far, they all work. And so I’m blessed with that.”

But she isn’t bitter. Instead, she has a positive outlook on life and a smile on her face.

“I’ve learned to accept my blindness, and it could be a lot worse,” she said. “I could have lost my hearing with it, and it could have affected my kidneys and my heart. So far, they all work. And so I’m blessed with that.”

TRANSITION TO LYNGBLOMSTEN IS A FAMILY AFFAIR

Dee isn’t the only one who has had to adjust to her new situation. Mary Mohn, Dee’s youngest daughter, felt a number of emotions when her mother lost her sight: sadness, anger, and even fear.

“When my Mom first went blind, it was like, ‘Oh man,’” Mary said. “There is an end to their [our parents’] lives, and this is part of the transition.”

That wasn’t the only thing Dee’s blindness revealed to Mary and her two sisters. They also discovered their father had Alzheimer’s disease.

“We did not realize how bad my dad was at that point and time with his memory,” Mary said. Before she lost her sight completely, Dee had been able to care for Robert on her own. If he had

continued on page 4



Above: Robert and Dee DeGraw were married on May 12, 1951, at Sacred Heart Catholic Church in St. Paul.

continued from page 3

trouble with something, she could help him. “My mom was my dad’s memory, and my dad was my mom’s eyes,” Mary said.

But without her sight, Dee couldn’t provide the type of care Robert needed as his Alzheimer’s disease progressed.

And so when Robert fell and broke his hip for the second time on April 26, 2014, Mary knew that he couldn’t stay at home. After recovering at Lyngblomsten’s transitional care unit, he moved into long-term care at Lyngblomsten Care Center. Two months later on June 16, Dee moved into the Lyngblomsten Apartments on the same campus as her husband.

The moves weren’t unexpected, Dee said, as she and Robert had been considering moving into an assisted living facility for about a year before Robert’s fall. Still, saying goodbye to their home of 55 years was tough.

“We were very active when we were in our home,” Dee said. “We gardened; we had apple trees.” She also loved hosting and decorating for the holidays.

“My faith, and my family, and my friends: I couldn’t do it without any of them.”

One of her favorites was Halloween. “We were known as the Twinkie House because we gave the children Twinkies. And I miss that the last two years; oh, that’s been hard ... 60 to 100 children would come.”

“I grew up in that house and had known nothing else,” Mary said. “So it was a little hard the first year. And my Mom has done wonderful.”

The family soon learned that the transitions weren’t done. Due to the combination of changing symptoms with Robert’s Alzheimer’s, on February 3 of this year, he moved into the memory care unit, where the programming is specially suited to meet his needs.

“Some days I can only be with my dad 10 minutes because he’s sleeping or he has a real bad day,” Mary said. “You don’t want to ... overwhelm him.”

CAREGIVING BOTH MEANINGFUL AND CHALLENGING

Mary has been more than happy to help her mom and dad the last five years. Still, she admits that it can be a challenge at times. “Sometimes I think, ‘I shouldn’t be making these decisions. This should not be me.’ And then I think, ‘Well, who else is it going to be?’” Mary said. “Instead of being the daughter, I’m now the parent.”

Thankfully, she’s had the support of her sisters, each of whom has taken on a portion of their parents’ care. And her husband has always been “a great listening board,” Mary said.

“It’s kind of been a learning curve for me, but I don’t mind doing it because when we needed her [my mom] when my kids were little, she was there,” Mary said. “If they were sick and I was working, she’d go get them at school and take care of them. So, for me, it’s like—now it’s my turn to help you.”

Mary’s piece of advice to other adults who are starting to care for their aging parents: Take as much time as you need to rejuvenate, as caring for an aging parent can be stressful.




Above: Robert and Dee DeGraw (front) with their three daughters in 2000: (from left) Susan Blakeslee, Mary Mohn, and Nancy Drake.

“It’s okay to take yourself out of a situation for a bit of time,” Mary said. “If you’re feeling overwhelmed, just tell somebody, even the parent. Just say, ‘You know what, I’m really feeling overwhelmed by this. I need a little bit of a break.’”

FAITH, FAMILY, AND FRIENDS

Dee, however, can’t take a break from her situation. Every day she has to face being blind, having a husband with Alzheimer’s disease, and living in a home she’s only known for a year. For a strong person, facing one of these would be challenging enough. Yet Dee has managed to tackle all of them. How?

“My faith, and my family, and my friends: I couldn’t do it without any of them,” she said. She compared them to the ties of a railroad track. Without them, the rails would separate, causing a train to go off course. “You need this guidance—this tie—to hold those two rails together to go straight ahead,” she said. 

¹ <http://www.mayoclinic.org/diseases-conditions/giant-cell-arthritis/basics/definition/CON-20023109>. Accessed Nov. 9, 2015.

**“NOT IN HIS GOALS BUT IN HIS
TRANSITIONS IS MAN GREAT.”**
—Ralph Waldo Emerson

All classes are open to the community.

4-week Series: Fridays, January 8, 22 & February 12, 26

Polymer Clay Guild of MN: Winter Class Series

10 AM–Noon at the 5-5-1 Club

Learn the basic techniques of polymer clay through demonstrations and hands-on guidance. \$65; scholarships available. Registration required.

Wednesdays, January 13–March 23

Sing for Life Choir – MacPhail Center for Music

9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul)

Rehearse favorite songs and learn the basics of vocal technique and choral skills. **FREE**. Come as often as you are able. Please pre-register.

1st & 3rd Tuesdays each month: February 2 & 16, March 1 & 15, April 5 & 19

Life Stories Series

9–10AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul)

This series promotes conversation and encourages sharing of stories about our lives. Participants may choose to document their stories in personal journals. **FREE**. Come as often as you are able.

4-week Series: Tuesdays, March 1–22

Exploring Art: Andy Warhol – Art with Heart

1–2:30 PM at the 5-5-1 Club

Learn about artist Andy Warhol, look at some of his most famous work, and create your own pop art. \$25; scholarships available. Registration required.

8-week Series: Tuesdays, March 1–April 26 (no class March 29)

Mixed Media Visual Arts Classes – Art with Heart

10 AM–11:30 PM at The Heritage at Lyngblomsten, 1st floor lounge, (1440 Midway Parkway, St. Paul)

Learn various skills and techniques in mixed media, and acrylic and watercolor painting. \$50; scholarships available. Registration required.

To register for an Artful Living class, contact:

(651) 632-5330 or 551club@lyngblomsten.org.

More details at www.lyngblomsten.org/calendar.

See page 19 for additional Artful Living concerts and music education performances.



Preparing for Transitions

Older adults often experience a number of transitions, starting perhaps with retirement, possibly followed by chronic illness, death of a spouse or other significant loved ones, and moving. Journeying alongside an aging parent or loved one during transitions can be stressful. Helping them make the choice to move into an assisted living facility or nursing home can be even tougher. Here are some tips and resources for adult caregivers as they help their parents, grandparents, or other older adult transition into a new stage in later life.

1. Earlier rather than later, have a conversation with your loved one about his/her health status.

Sarah Williams is a social worker in Lyngblomsten's Transitional Care Unit (TCU). Her biggest piece of advice is for adult caregivers and older adults to have conversations about their health status as early as possible, before a crisis hits.

"What we try to tell older adults we're working with is that in life in general, change is hard. But when you try to stay ahead of that change and try to do some pre-planning, those hard decisions can be somewhat easier," Williams said.

2. Have regular conversations with your loved one about health and wishes.

Eldercare specialist Stella Henry encourages adult caregivers to have not just one conversation with their loved one, but several. Talking about issues regularly can help reduce the stigma and resistance, helping to lay the groundwork for later decisions and reducing the possibility of a crisis. For more ideas, check out the article *Moving Elderly Parents* at www.aplaceformom.com.

3. Call the Senior LinkAge Line.

Sponsored by the Minnesota Board on Aging, Senior LinkAge Line is a free service that connects older adults and caregivers with resources they may need. Issues Senior LinkAge can address

include health care insurance, prescription drug expenses, and caregiving planning and support.

Williams said Senior LinkAge is a resource she regularly recommends to families who need help as their loved one moves out of the TCU. "You can call in and get ideas for, 'Okay, I see Mom struggling with medications. Do you have any idea where I could reach out to get some help for that?'" she said.

To contact Senior LinkAge, call 1-800-333-2433 (free) or visit www.mnaging.org/en/Advisor/SLL.

4. Access caregiver resources provided by Lyngblomsten.

- The Gathering (group respite for caregivers of those with memory loss)
- Memory Loss Caregivers Support Groups
- Caregivers Support Group
- Lyngblomsten Inpatient Respite
- Parkinson's Disease Support Group

Visit www.lyngblomsten.org/caregivers or contact Julie Pfab at (651) 632-5331 or jpfab@lyngblomsten.org, for information about any of the above resources.



Lyngblomsten Hosts ALOA Board Members From Across the Country

Local Congregations Share What's Working in Older Adult Ministry



By Sam Patet


With an ongoing desire to learn what's working in older adult ministry and what is still needed, the board of Adult Lutherans Organized for Action (ALOA), along with Lyngblomsten Church Relations, hosted a breakfast meeting for representatives of senior ministry efforts from local congregations on October 14, 2015. About 35 attended and were given the opportunity to share what's happening at their church related to older adults.

Additionally, members of Shepherd of the Valley Lutheran Church in Apple Valley presented on how their church has reoriented its ministry to seniors over the last two years, incorporating many ideas they gathered at Lyngblomsten's Older Adult Ministry Conference on purposeful retirement. After soliciting ideas from seniors at the beginning of 2014, Shepherd of the Valley launched a new set of activities for older adults. These included

pre-retirement seminars, "affinity groups" (clubs dedicated to different activities, including gardening, cross-country skiing, biking, and Spanish), and flexible volunteer opportunities.

"The meeting was met with great approval by the [ALOA] board," said Shirley Ann Carpenter, chair of ALOA's board of directors. "We were able to learn about adult ministry resources and programs in the Twin Cities area ... and were able to tell the ALOA story." This is important for the organization as it works to become better known in the Upper Midwest.

According to its website, ALOA is "a nationwide resource to the church that strengthens ministry by and for adults aged 50 and above. ALOA was the first and remains the only inter-Lutheran organization focused on ministry for this age group." In addition to providing consulting services for individual congregations, ALOA sponsors asset-mapping workshops, Seniorfests, Lutherhostels, and pilgrimages.

Carpenter hopes Lyngblomsten and ALOA will continue to share resources and ideas in the months ahead. "The future of ALOA and Lyngblomsten must be a mutual connection that strengthens both groups. Both have qualified and insightful leadership. God-pleasing stewardship requires that we use the talents and treasures of each group to the best of our ability," she said. 

CONNECT WITH US!

SUBSCRIBE

- **ENGAGE**
Monthly eNews from Lyngblomsten
- **Lyngblomsten Lifestyle**
A quarterly magazine of Lyngblomsten stories, news, and events
- **5-5-1 Club program booklet**
A quarterly publication outlining opportunities with the 5-5-1 Club, a community center proudly supported by Lyngblomsten

View or subscribe to our publications at www.lyngblomsten.org/publications.

Still like getting paper? Sign up to receive our quarterly publications for **FREE** via snail mail. Contact us at (651) 632-5324 or mailinglist@lyngblomsten.org to be added to the mailing list, or subscribe at www.lyngblomsten.org/publications.

- **Lyngblomsten Blog**
Education and inspiration for older adults and those who care about them

View or subscribe to our blog at www.lyngblomsten.org/blog.

FOLLOW

-  Facebook.com/Lyngblomsten
-  Twitter @Lyngblomsten_US

Lyngblomsten Participates in Two Grants to Improve Patient Care

By Sam Patet

For over 100 years, Lyngblomsten has been providing award-winning care to thousands of older adults.

Not content, however, with resting on its laurels, Lyngblomsten is currently participating in two grant projects: the Resident Centered CareForce Development grant and the Person Centered Care Connections grant.

“It’s a way to push yourself to become better,” said Kristine Rogers, Assistant Director of Nursing for the Lyngblomsten Care Center. She oversees the two grants.

The first grant is the **Resident Centered CareForce Development grant, or RCCD**. Lyngblomsten and 17 other nonprofit facilities in the Twin Cities are participating, and they began the final year of the three-year program on October 1, 2015.

“The primary end goal is to improve overall care to the residents,” Rogers said. To do this, the grant seeks to increase staff retention rates, provide quality training and mentoring opportunities to staff (especially nurses), and incorporate technology that will reduce wasted time in patient care.

For example, one way the grant mentored nurses was by having new hires complete an online class that welcomed and supported them as they began their new roles. It also provided them with quality training by having them take classes on a variety of topics, including how to provide the best care to residents with diabetes, dementia (focusing on those with behavioral problems), and respiratory diseases.

The second grant is the **Person Centered Care Connections grant, or PCCC**. Its goal is to make sure a patient successfully moves from Lyngblomsten’s transitional care unit back home. The hope is that this will decrease patients being re-hospitalized.



Vielka Sanchez (left), a nurse in Lyngblomsten’s Transitional Care Unit, reviews discharge paperwork with a patient.

As part of the PCCC grant, Lyngblomsten began using Engage, a computer program that requires a nurse to complete a number of entries before a patient can be discharged. Once complete, the program provides patients with a discharge booklet, which includes education materials on their illness or medical condition, easy-to-read instructions for how to take their medications, a list of their upcoming appointments, and their medical team’s contact information.

“It is more work, but in the end, I feel that we do a much better job discharging and teaching them,” Rogers said. **L**



Short-term Transitional Care
Get here. Get healed. Get home.

Short-term transitional care following surgery or serious illness

Lyngblomsten’s transitional care unit is a recuperative place to heal between hospital and home. A care plan for specialized rehabilitative care helps prepare patients, from the very first day they arrive, for discharge back home. Comfort and healing during the stay is our number-one goal.

Learn More

Visit www.lyngblomsten.org/TCU, or contact Kathy Starr, LPN, Admissions Coordinator, at (651) 632-5301 or kstarr@lyngblomsten.org.

Parish Nurse Grants Awarded to Five Faith Communities

This fall, the Lyngblomsten Parish Nurse Ministry Resource Group, through funding provided by the Lyngblomsten Foundation, awarded the following faith communities grant money to help start a new parish nurse program or to enhance their current program to benefit the health and wellness of older adults.

Prince of Peace Lutheran Church, Burnsville

Parish Nurse: Leu Killion

Grant Project: Tools for Change Workshop Series. Led by a professional life coach, the workshop will help participants learn how to validate, normalize, and react positively to change.

Salem Lutheran Church, West St. Paul

Parish Nurse: Louise Nesdahl

Grant Project: Fit, Fun, Fall Prevention exercise class. Fitness instructor will lead participants in exercises that will help them increase their level of physical activity and improve their balance.

Christ the Lord Lutheran Church, Cottage Grove

Parish Nurse: Karin Herder

Grant Project: Start up a new parish nurse program.

Gloria Dei Lutheran Church, St. Paul

Parish Nurse: Janet Bricher

Grant Project: Faith and Health Workshop
Instructors will share information on the connection between faith and health and demonstrate two forms of exercise: Yoga devotions and Tai Ji Quan.

Our Lady of Peace Catholic Church, Minneapolis

Parish Nurse: Lois McCarron

Grant Project: Assistance for Dementia and Alzheimer's (ADA's Project). The project will offer education sessions on dementia, Alzheimer's disease, and related subjects, and it will develop assistance for a support group for family caregivers.

Parish nurses (faith community nurses) are an integral part of a healing ministry in a faith community. It is one of the best ways a congregation can promote health and wholeness.

Lyngblomsten supports parish nurses through the Lyngblomsten Parish Nurse Ministry Resource Group. It is a resource and networking group for nurses serving in faith communities to connect for education and professional support.

If your faith community is interested in exploring more about parish nursing (faith community nursing), contact Mary Nordtvedt, RN, Parish Nurse Coordinator, at (651) 632-5380 or mnordtvedt@lyngblomsten.org. More information available at www.lyngblomsten.org/parishnurse.

Workshop: Transporting Essentials for Volunteer Drivers

Be a blessing to others by sharing your ability to drive!

Attend this mini workshop and:

- Discover how to transport older adults and persons with special needs effectively and safely.
- Be informed on the latest liability and insurance issues.
- Connect with other volunteer drivers in the community.
- Learn about proper body mechanics, safe wheelchair transfers, and effective positioning.

Tuesday, March 8, 2016

6:30–8:30 PM at Lyngblomsten's 5-5-1 Club community center

1415 Almond Avenue, St. Paul MN 55108

Fee: \$10 per person (\$25 for a group of 3 or more)
FREE for Care Team Ministry volunteers and leaders

To register, contact Dorthea Doty at (651) 632-5333 or ddoty@lyngblomsten.org by March 4, 2016.

Sponsored by Lyngblomsten's Care Team Ministry.

The Early Years: Lyngblomsten Home for the Aged Stands Apart from the County Poorhouse

By Sam Patet

“Lyngblomsten” and “county poorhouses” are words you’ve probably not seen used together before now. This is the first story in a four-part series called “Backstories” where, during our 110th anniversary year, we will share some lesser-known parts (hence, stories behind the stories) of Lyngblomsten’s rich history.

In this case, you’ve probably heard a hundred times what Lyngblomsten’s founding women set out to do—create a Christian home for the elderly who had no one to care for them—but do you know what they were clear about NOT doing? Read on.

‘Impossible’ dream becomes reality

In 1903, Anna Quale Fergstad and 10 companions from her literary society (book club), set out to do what some thought impossible: create a home for elderly Norwegians who had no family to care for them and no means to afford care. After building support for the idea, the Lyngblomsten Society was incorporated in 1906. The name Lyngblomsten was chosen to honor the women’s home country of Norway where, at that time, the lyng was the national flower. Five years later, their dream had grown to include at least 14 branches with dozens of members and a bank account worth over \$12,000.

The women had also acquired a piece of land where the new home would be built. Approximately 800 supporters came to see the property—located at the intersection of Pascal Avenue and Como Avenue in St. Paul—on July 30, 1911. The



minutes from the Lyngblomsten Board of Trustees meetings provide a glimpse of what those supporters heard from Fergstad on that warm summer afternoon as she recounted the time back in 1903 when she first shared her dream.

“Mrs. Fergstad spoke to the people of her trip to Norway, when with her sister they had an opportunity to visit a home for Widow[s] that provided for six. Being much impressed with the home and surroundings, it never left her mind. And once again at home amongst her friends at a little literature club, someone exclaimed, ‘Let’s begin working for something.’ It was then Mrs. Fergstad said she had something on her mind a long time, but hardly dared to mention it as the undertaking might be to[o] great. But when the ladies urged her to tell, she did and all were unanimous about the idea, and from this Lyngblomsten grew to the present organization.”¹

The year following the viewing of the property, Lyngblomsten opened its doors to its first residents on November 5, 1912.

Lyngblomsten, a 'splendid haven of rest'

Early editions of the *Lyngblomsten Herald* (the charity's monthly newsletter) report how pleased residents were at being able to stay at the new home.

*"She says she is very contented and feels that the Lord has led her to the Lyngblomsten Home."*²

Minnesota, seven in the Twin Cities and three in rural communities.⁷

Where, then, did elderly persons who could not afford to care for themselves go if there weren't any privately run homes?

They went to the county poorhouse.

Poorhouse conditions not ideal

A poorhouse was "a house or institution for paupers, supported from public funds."⁸ In her 1968 study of Minnesota's county poorhouses, *More Than a Roof: The Development of Minnesota*



2



3

1—A view of the original Lyngblomsten Home from the neighboring yard of Grant and Mildred Dent, 1488 Midway Parkway, in 1928. Pictured is Grant Dent.

2—Parlor in the original home.

3—A resident in his room.

*"She often spoke about how glad she was that she had such a good home."*³

*"She says she is very glad that there is such a place as Lyngblomsten Home that affords such a splendid haven of rest for worn out old people."*⁴

"Our Old People's Home is not a Poor House," wrote Sophia Stearns in the August 1914 edition of the *Lyngblomsten Herald*. Stearns served as Lyngblomsten president between 1910 and 1916. "It is a real Home for the old people, a place where the aged, who have no one that can specially care for them, can join a large family."⁵

Today, we take it for granted that these residents enjoyed living at Lyngblomsten. But in the early 1900s, it wasn't a given that the elderly would have a clean, well-kept place to live in their old age. Before 1867, there were no privately run homes in Minnesota for elderly persons who were poor.⁶ And by 1900, there were only 10 such homes in

Poor Farms and Homes for the Aged, Minnesota Department of Health worker Ethel McClure paints a grim, yet accurate, picture of what elderly persons had to look forward to if they entered a poorhouse.

"Our Old People's Home is not a Poor House."
—Sophia Stearns, president of Lyngblomsten 1910–1916

To start, the houses were old and not designed to house several dozen people.⁹ This meant that persons of the opposite sex often roomed together.¹⁰ Sanitary conditions were poor: Of Minnesota's 24 county poorhouses in 1884, only five of them had bathtubs.¹¹ Bathroom slops were carried through kitchens and dining rooms, and vermin (insects, flies, lice, or rats) was a nearly universal problem.¹²

Often located on sizeable pieces of farmland, poorhouses in theory were to be self-sustaining.

continued on page 12

continued from page 11

Residents would work the land, and the proceeds would be used to support them. Unfortunately, as the secretary for the State Board of Corrections and Charities reported in 1884, “There are very few able-bodied paupers in the poor houses of Minnesota. The popular idea that pauper labor ought to be utilized would find little useful material to utilize.”¹³

No wonder a health officer reported in 1872 that people felt “a perfect horror ... at the thought of going to the poorhouse—in fact, starvation and death were considered preferable to removal to that establishment.”¹⁴

Lyngblomsten not a poorhouse

But Lyngblomsten, as Sophia Stearns emphasized in 1914, was not a poorhouse.


To start, the building itself stood apart. The three-story home was large enough to house 43 residents—and no more.¹⁵ Soon after Lyngblomsten opened, its board of trustees had to create a waiting list for those seeking admission.¹⁶ All of the single- and double-occupancy rooms had running water, and there were two bathrooms on each floor.¹⁷ A dining room in the basement and a living room on the building’s south side were comfortably furnished, complete with table linens, curtains, potted plants, and a fireplace.¹⁸ It even had an electric elevator, allowing residents who weren’t able to climb the stairs to traverse the building’s multiple levels.¹⁹ (McClure points out that rooms on the first floors of poorhouses were often used to house persons who could not climb the stairs.)²⁰

Daily life at Lyngblomsten was also remarkably different from life at the county poorhouses. First to note, Lyngblomsten was located on 10 acres of

land, not several hundred. This made managing the home’s livestock, large garden, and orchard much more doable.²¹ While residents were expected to help with canning, baking, weeding, cutting hay, and caring for livestock, they weren’t required to do so if they were frail or sick.²² There to pick up the slack were volunteers and the home’s small staff, which included a matron, a cook, two maids, and a janitor in 1921.²³

Lyngblomsten residents also had time to relax. Screened-in porches at the front of the building allowed residents to enjoy the outdoors.²⁴ There was a work (hobby) room and smoking room for the men, and there was plenty of yarn, thread, and rug material for the women to use.²⁵ Groups visited residents several times throughout the year, including at Christmas and at the annual Mid-Summer Festival.²⁶

Clearly, life at Lyngblomsten was better than life at the county poorhouse. What had seemed impossible had been accomplished.

Following those early years of garnering support for the idea and raising the funds to build, Lyngblomsten’s 30th anniversary book records how happy the founding women were that the home was finally open. “As the women walked away from the Home that night [following the first move-ins in November 1912], it was with the complete joy of having begun, developed, and completed a worthy and soul-satisfying project.”²⁷ Those 11 women achieved creating a *home*—not a poorhouse—for the elderly. Their dream still thrives 110 years later. 



¹Lyngblomsten board of trustees minutes. July 30, 1911. Pgs. 69–71.

²Lyngblomsten Herald Aug. 17, 1914.

³Lyngblomsten Herald Feb. 17, 1915.

⁴Lyngblomsten Herald Aug. 17, 1914.

⁵Lyngblomsten Herald Aug. 17, 1914.

⁶McClure, Ethel. *More Than a Roof: The Development of Minnesota Poor Farms and Homes for the Aged*. Pg. 40.

⁷McClure, Ethel. Pg. 52.

⁸Wester’s New College Dictionary. “Poorhouse.”

⁹McClure, Ethel. Pg. 78.

¹⁰McClure, Ethel. Pg. 80.

¹¹McClure, Ethel. Pg. 78.

¹²McClure, Ethel. Pg. 78.

¹³McClure, Ethel. Pg. 83.

¹⁴McClure, Ethel. Pg. 33.

¹⁵Lyngblomsten: *Thirtieth Anniversary*. Pg. 22.

¹⁶Lyngblomsten: *90 Years of Service and Commitment to Seniors*. Pg. 10.

¹⁷Lyngblomsten: *Thirtieth Anniversary*. Pg. 22.

¹⁸Lyngblomsten: *Thirtieth Anniversary*. Pg. 23.

¹⁹Lyngblomsten: *Thirtieth Anniversary*. Pg. 23.

²⁰McClure, Ethel. Pg. 80.

²¹Lyngblomsten: *90 Years of Service and Commitment to Seniors*. Pg. 9.

²²Lyngblomsten: *90 Years of Service and Commitment to Seniors*. Pg. 9.

²³Lyngblomsten: *90 Years of Service and Commitment to Seniors*. Pg. 13.

²⁴Lyngblomsten: *Thirtieth Anniversary*. Pg. 29.

²⁵Lyngblomsten: *Thirtieth Anniversary*. Pg. 28.

²⁶Lyngblomsten: *Thirtieth Anniversary*. Pg. 33.

²⁷Lyngblomsten: *Thirtieth Anniversary*. Pgs. 23–24.

Make a Meaningful New Year's Resolution: Volunteer to Help Residents Get to Sunday Worship Service

By Sam Patet

Do you want to spend 2016 having more fun, getting more exercise, or making new connections?


Then think about volunteering at Lyngblomsten. You're bound to find an activity that will overlap with your resolutions for the New Year.

That's what Shelli Beck thinks. She's Lead Volunteer Coordinator at Lyngblomsten.

"Time and time again I hear from volunteers that they receive more than they give by volunteering," Beck said. "Volunteering is the greatest thing that a person can do to improve him or herself."

One activity that needs more volunteers is transporting residents to the Sunday morning worship service in the Newman-Benson Chapel on campus. "Transporting" means pushing residents in their wheelchairs. Volunteers arrive at 10 AM and help residents get off the elevators and make their way to the chapel. When the service begins at 10:30 AM, volunteers stay near the chapel to assist residents if they need to leave before the service ends. (Volunteers are welcome to attend the service.) At the end of the service (around 11:15 AM), volunteers help residents make their way back to the elevators.

Beck said transporting residents is an important service because it allows residents to worship in a group setting in a familiar, comfortable way.

"Volunteers are not only providing residents a lift to the chapel, but they are also being a friendly person in the residents' lives," Beck said. 

Lyngblomsten Volunteer Stats for September, October, and November 2015:

Volunteer hours: **5,596** Unique volunteers: **340**

Additional Volunteer Opportunities

- **Trivia Time** – Mondays, 1–2 PM at The Heritage at Lyngblomsten. Social trivia activity.
- **Fancy Fingers** – Thursdays, 3:15–4:15 PM in the Care Center and Fridays, 10–11 AM at The Heritage. Paint residents' fingernails.
- **Community Walking Group Leader** – Tuesdays, 9:15–11:30 AM. Leader travels with participants on Lyngblomsten bus from the 5-5-1 Club to the local rec center. Leader encourages participation, conversation, and overall enjoyment for the group.
- **Library Coordinator** – Time flexible.
Opportunity 1: Review book collection, discarding outdated or tattered books.
Opportunity 2: Shelve books and sort donations.
- **Art Class Assistants** – Held at various times throughout month. Assistant encourages participants and possibly helps them with parts of project that require more detailed work. All volunteers are thoroughly trained. Art forms include music, painting, clay, and more.

There are several volunteer opportunities with **The Gathering**, a day-long group respite program for persons with memory loss and their caregivers. At 10 sites throughout the Twin Cities.

- **Participant volunteer** – Tuesdays, 10 AM–3 PM. Volunteer paired with participant living with memory loss and assists him or her with day's activities. Training provided.
- **Lead volunteer** – Tuesdays, 10 AM–3 PM. Plan a day of brain-stimulating activities for participants and volunteers. Greatest need is at sites in Roseville, West St. Paul, and Woodbury.
- **Technical volunteer** – Flexible time commitment. Help schedule volunteers using computer program. Fair amount of communication by phone and email required.

See page 19 for upcoming new volunteer orientation dates in February and March 2016.

If you would like to help out with Sunday morning transportation or any other volunteer activity at Lyngblomsten, contact Shelli Beck at (651) 632-5297 or sbeck@lyngblomsten.org. Visit www.lyngblomsten.org/volunteer to learn more or to get a volunteer application.



Lyngblomsten Receives Largest Gift in 110-Year History

Woman's Legacy of Generosity Will Touch Many Lives

By Sam Patet

Through her will, Dorothy Ragon, a participant at the Lyngblomsten Community Center (now called the 5-5-1 Club) since the late 1980s and a resident at the Lyngblomsten Care Center from 2005 until her death in 2014, gifted the Lyngblomsten Foundation a trust fund received in 2015 worth nearly \$1 million. This one woman's life will impact many lives in perpetuity.

"Dorothy's gift was a wonderful way for her to show her appreciation and her belief in this organization," said Melanie Davis, Chief Development Officer for the Lyngblomsten Foundation.

Dorothy and her husband, Russell, began giving gifts to Lyngblomsten in 1989. When Dorothy died, she left Lyngblomsten with a \$972,136 trust fund. The next largest legacy gift was from the George C. Petersen estate back in 1994 worth nearly \$800,000.

Because the Ragon gift was unrestricted, meaning Dorothy did not specify how she wanted the money used, the Lyngblomsten Board of Directors decided that over half of the money will be used to establish two endowment funds. Income from the first fund will be used for continuing education opportunities for Lyngblomsten staff, and the second for


supporting innovative projects designed to improve resident care. Each fund received \$250,000. The remaining \$472,136 will be used to fund Lyngblomsten programs, including many of which Dorothy herself participated, such as the community center.

While substantial estate gifts can change the trajectory of an organization or a program, these gifts in no way diminish the importance of smaller ones.

"Every gift matters," Davis emphasized. "We are so grateful for our donors who give on an annual basis to help support daily programming, and we are grateful for those who've remembered Lyngblomsten in their will, giving at whatever level they are able."

Davis also thinks Dorothy's gift is a beautiful testament to how careful estate planning can position a person to help an organization for many years after he or she is gone. "Everyone can leave a legacy," Davis said.

Want to learn about making a planned gift?

Contact Melanie Davis at (651) 632-5356 or mdavis@lyngblomsten.org. 

AARP Tax Assistance

Tuesdays & Thursdays, February 2–April 14

9 AM–1 PM at the 5-5-1 Club

(on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul)

Appointments required*: (651) 999-2499

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 and 1099 forms; any information relating to sales of stocks, bonds, real estate, etc.; your social security card and social security numbers of dependents; and your property tax statement (to complete property tax refund papers).

** 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 do not expect any calls before that time. Please be patient while waiting for a return call throughout the tax season—the AARP volunteers are working very hard to accommodate you.*

Supporters Provide Nearly 25,000 Hours, \$1.3 Million to Lyngblomsten in 2014–2015

By Sam Patet

Volunteers and donors have always played an important role in Lyngblomsten's history. And they will continue to do so in the years to come.

That's according to Tim Overweg, Manager of Volunteer Services and Special Events, and Melanie Davis, Chief Development Officer for Lyngblomsten Foundation.

"Volunteers have always been important here; they are critical to the high level of care and services Lyngblomsten offers," Overweg said.

"Donors have been a vital part of this organization since its inception in 1906. Without them, Lyngblomsten would have never been created," Davis said. "Today, the gifts our donors make are transformed into programs and services that truly improve the quality and vitality of the lives of older adults. Because of our donors, older adults of all incomes have access to the high quality of support and care we'd all want."

Statistics from October 1, 2014, to September 30, 2015 (the fundraising year for the Lyngblomsten Foundation) indicate just how integral volunteers and donors are to Lyngblomsten. During that time:

1,713 volunteers served a total of **24,895 hours**.

19 companies brought corporate volunteer groups.

1,014 donors gave **\$1,331,085** to the Lyngblomsten Foundation (includes the Ragon gift; see pg. 14).

65 donors were members of the **President's Club** (gave \$1,000 or more).

61 donors were members of the **Heritage Society** (individuals choosing to provide financial support to the Lyngblomsten Foundation beyond their own lifetime).

Lyngblomsten thanked its volunteers and donors at the annual Supporters Appreciation Event, held November 6, 2015, at Vadnais Heights Commons. The event drew a crowd of over 260.

When asked why Lyngblomsten holds a Supporters Appreciation Event every year, Overweg said it's an important way to let volunteers and donors know how significant and appreciated their gifts are.

"There are so many worthy organizations doing wonderful and important work, so volunteers and donors have to choose carefully where they invest," he said. "Lyngblomsten does a great job of expressing thanks all year long, and the Supporters Event can be compared to the cherry on top of the sundae or, for me, the extra bacon on the cheeseburger."

"We can never say 'Thank you' enough to our donors and volunteers for the services that they provide," Davis said. "We hope these wonderful supporters feel appreciated, better understand the impact of their gifts, and are inspired to continue their support and to share Lyngblomsten with others."



**Anna Quale
Fergstad Award**

*At the Supporters Appreciation Event, President & CEO Jeff Heinecke (R) presented the Anna Quale Fergstad Award for Distinguished Service to Michael Santoro (L). The award is given periodically to a member of the Lyngblomsten community who has distinguished him or herself through his or her leadership, vision for the organization, and philanthropic contributions. Santoro was instrumental in developing the Artful Living with Lyngblomsten program six years ago, and he has since supported the program financially. In addition, he has served on the Board of Directors for the Lyngblomsten Foundation since 2011. **L***

Corporate Connections

Volunteer · Donate · Sponsor · Learn

By Shannon Parker, Manager of Corporate Engagement

◇ *“We really enjoyed talking about holiday traditions and their histories with the residents while decorating and during the social hour.”* —2015 Target volunteer

Lyngblomsten, rooted in the Como neighborhood for 110 years, has a rich legacy of providing quality care for older adults. In addition, we embrace the spirit of community engagement through opportunities for local businesses to volunteer, donate, sponsor, and learn. We invite you to join us in enhancing the lives of older adults.

Volunteer

Looking for a team-building experience for your corporate group? Let us work with you to find the right fit.

One-time opportunities for 2016:

- Trip to the Minnesota State Fair
- Strolls to Como Zoo
- Bingo
- Socials: Wine & Cheese or BBQ & Lawn Games
- Tree Trimming & Holiday Socials

Ongoing:

Adopt a Neighborhood:

Build relationships year-round by adopting a neighborhood of up to 22 residents—an ideal way to serve, inspire, and understand older adults.

Donate

Music and Memory:

Share the gift of music through the donation of iPods and/or iTunes gift cards to facilitate the accessibility of music for older adults.

Thank you to the corporate groups that volunteered at Lyngblomsten during the holidays in 2015:

APi National Service Group	Midwest Sign & Screen Printing Supply Co.
The Hartford	Students Today Leaders Forever
Hollstadt & Associates	Target
Medtronic	UnitedHealthcare
Meridian	

Auction Items:

Offer support through silent auction donations for Lyngblomsten fundraisers. See the silent auction wish list for the Spring Benefit on page 18.

Sponsor

Support a vital cause in the community while increasing your company's visibility.

Lyngblomsten Foundation's Spring Benefit:

Friday, April 15, 2016, at Vadnais Heights Commons.

Lyngblomsten Golf Classic:

Monday, August 1, 2016, at Keller Golf Course, Maplewood.

Learn

Let us share our expertise that will help your company better support employees during an hour-long “Learn at Lunch” with Lyngblomsten.

Supporting a Working Family Caregiver:

Learn the realities of how many employees are also in the role of being a family caregiver and how your place of employment can support caregivers by balancing work and caregiving demands.

Dementia-Friendly Businesses:


Businesses can take action to create a dementia-friendly environment by attending to the needs of their employees and their customers alike.

Arts and Aging:

Understand how Lyngblomsten's Artful Living program promotes quality of life for older adults. Increase your team's knowledge of arts and aging, and explore your team's artistic voice through arts workshops or a variety of participatory arts activities.

The Healthy Brain:

Learn strategies you can take to help ensure a healthier brain based on the four things you can do now for mental fitness.

For more information, contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358, or visit lyngblomsten.org/get-involved. 



Volunteers from APi National Service Group helped decorate the Lyngblomsten Apartments Dining Room for the holidays. Photo by Jim Nash.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

August 1, 2015, through November 30, 2015



In Memory of

Rev. Elder Bentley	Helen Heinen	Elizabeth Puttin
Esther Bentley	Pearl Hoppe	Alice Rassier
Arnold Blomquist	Bret Johnson	Eugene Richter
Doris Condon	Margaret Kampa	Opal Rohde
Jim Couture	Woodrow Macke	Richard Schreier, Sr.
Luella Dosh	Warren McKibben	Phyllis Sherman
Robert Ellingson	Dale Merrick	Eleanor Slama
Robert and Lorraine Eriksen	Ruth New	Anne Stegmeir
Ruth Green	Richard Petersen	Virginia Swedeen
	Karin Peterson	



The Remembrance Tree is a way to make a permanent remembrance of your loved one with a gold, silver, or bronze leaf. For further information or if you have questions about this list, call (651) 632-5324.

4 Health & Wellness Resolutions to try at Lyngblomsten in 2016



1) Ageless Grace:

Timeless Fitness for the Body & Brain

What you'll work on: Joint mobility, right-left brain coordination, kinesthetic learning, fall prevention, confidence, spinal flexibility, cognitive function, balance, self-esteem and more. Upcoming classes: January 8 & 22, February 5 & 19, and March 4 & 18 at 1:30 PM at the Lyngblomsten Apartments (1455 Almond Avenue, St. Paul). FREE. Open to the community. Questions? (651) 632-5318 or alewandoski@lyngblomsten.org.

2) Diabetes Prevention Program

What you'll work on: Learning tools for leading a healthier lifestyle to prevent or delay diabetes. A free screening session is required before registering: Monday, February 22 from 8:30–10:30 AM at the 5-5-1 Club at Lyngblomsten. Qualified participants can register for the program which will be held Mondays, March 14–June 27 from 9:30–10:30 AM at the 5-5-1 Club. \$35. Questions? (651) 232-5521 or djgisch@healtheast.org.

3) A Matter of Balance:

Managing Concerns About Falls

What you'll work on: Exercising safely to improve balance, flexibility, and strength, and effectively preventing and managing falls. Wednesdays, January 27–March 30 (no class 2/17 or 3/16) from 1–3 PM at the 5-5-1 Club at Lyngblomsten. \$30.

4) Tai Ji Quan: Moving for Better Balance

What you'll work on: Reducing your risk of falls by improving balance, muscle strength, flexibility, and mobility through coordinated movements in a slow, circular, flowing motion. Mondays & Thursdays, February 1–April 28 from 11 AM–Noon at the 5-5-1 Club at Lyngblomsten. \$63.

To register for "A Matter of Balance" or "Tai Ji Quan," contact the 5-5-1 Club at (651) 632-5330 or 551club@lyngblomsten.org.

For more details about any of these programs, visit www.lyngblomsten.org/calendar.



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 PILLARS:

Influenced by Christ

Innovation & Leadership

Resources & Support

Person-Centered & Dignity-Enhancing Experiences

Engaged Lifestyle

Lyngblomsten Foundation's

Silent Auction Wish List



The Spring Benefit Committee is looking for help collecting items for the Silent Auction at this year's Spring Benefit. See our Wish List below for ideas.

Experiences: A Northshore weekend for two, boat cruise on the Mississippi or St. Croix, catered meal for six, wine or beer tasting. Classes: woodturning, lefse-making, cake decorating, dance lessons, cooking, wine and painting, art or music classes.

Tickets: Sporting events including the St. Paul Saints, Vikings, Minnesota Wild, Timberwolves, Lynx, or Gophers. Theater or music tickets (Children's Theater, Ordway, Guthrie, Orpheum, etc.).

Themed Baskets: Baking, Wine & Cheese, New Home, Car Detailing Package, Aromatherapy, Yoga, Camping, Coffee or Tea, Knitting/Crochet, Pet Lovers, Gardening, Movie Night at Home, Grilling, Golf, St. Paul Lunch Hot Spots.

Gift Cards: Gift cards at any amount to local restaurants, shops, spas, or groups of smaller value cards for lunch spots or themes such as Twin Cities Best: Patios, Brunch, Juicy Lucy's, etc.

Other items are welcome and appreciated! If you are interested in providing items to the Spring Benefit Silent Auction, please contact Kim Donat at kjdonat@hotmail.com or (612) 868-6212 for assistance.

Lyngblomsten Foundation's Spring Benefit

A Toast to Lyngblomsten: Growing Together

Celebrating Our Commitment to Community

Friday evening, April 15, 2016

at Vadnais Heights Commons in Vadnais Heights

- Social Hour & Dinner
- Silent Auction
- Entertainment
- Support the work and services of Lyngblomsten

Save the date!

More at www.lyngblomsten.org/benefit2016

Events Calendar

Unless noted otherwise, all events (including the 5-5-1 Club) are on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Sunday, January 10

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

Featuring *TaikoAlive!*, a musical performance from MacPhail Center for Music. Enjoy taiko-based music (Japanese drum performance) followed by an opportunity for audience members to drum. FREE. Open to the community. Presented by Artful Living with Lyngblomsten.

Thursday, January 21

Wellness for Life: Diabetes Prevention

2–3 PM at the 5-5-1 Club

Learn about pre-diabetes, risk factors, and lifestyle changes to help prevent developing diabetes. Presented by Pat Swanson, RDN, from HealthEast Diabetes Prevention Program. FREE. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Friday, January 22

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten

Join us for a fun night of music, socializing, and dancing! Live music by Greg Keel on sax, Reid Kennedy on drums, Karen Pieper on piano, and Tom Pieper on bass. FREE. Open to the community. Presented by Artful Living with Lyngblomsten.

Monday, February 1

OboeBass! A music education performance series

10–11 AM in the Newman-Benson Chapel at Lyngblomsten

An exploration of the legacy of African American musical traditions from African roots, through slave songs, spirituals, gospels, rag, jazz, and great performers like Marion Anderson. FREE. Presented by Artful Living with Lyngblomsten.

Tuesday, February 9

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5406 or lwestern@lyngblomsten.org

See volunteer opportunities on page 13.

Sunday, February 14

Second Sunday Concert & Celebration of Lyngblomsten's 110th Anniversary

2–3:30 PM in the Newman-Benson Chapel at Lyngblomsten

See back cover for details.

Thursday, February 18

Wellness for Life: Preventing Medicare Fraud and Avoiding Scams

2–3 PM at the 5-5-1 Club

Learn why seniors are targeted for scams, what the top scams are, and tips on how to detect Medicare fraud and report it. Presented by Metropolitan Area Agency on Aging. FREE. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Mondays, March 7–May 23

Beginning Ukulele with MacPhail Center for Music

2:30–3:30 PM in the Newman-Benson Chapel at Lyngblomsten

A 12-week course for beginners. Bring your own ukulele. \$220. Register: (651) 321-0100 or www.macphail.org.

Tuesday, March 8

Transporting Essentials for Volunteer Drivers

6:30–8:30 PM at the 5-5-1 Club

See page 9 for details.

Sunday, March 13

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

Featuring Andrea Stern on the Celtic harp (Irish and Scottish music), a musical performance from MacPhail Center for Music. FREE. Open to the community. Presented by Artful Living with Lyngblomsten.

Monday, March 14

New Volunteer Orientation

6–8 PM. Registration required:

(651) 632-5406 or lwestern@lyngblomsten.org

See volunteer opportunities on page 13.

For updates and more events, visit
www.lyngblomsten.org/calendar

L
LYNGBLOMSTEN
1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org



Please help us be a good steward of resources. If you are receiving multiple copies or wish to be removed from our mailing list, please call (651) 632-5324 or email mailinglist@lyngblomsten.org.

Nonprofit Org.
US Postage
PAID
TWIN CITIES MN
Permit No. 2376

**CHANGE SERVICE
REQUESTED**

1906

Lyngblomsten Celebrates 110 Years

2016



L OUR *History* 2016
BY THE DECADES calendar

Above: The cover of Lyngblomsten's 2016 calendar: *Our History by the Decades*. It shows the original building, The Lyngblomsten Home for the Aged (1912), and the property today, on the same corner at Midway Parkway and Pascal Street.

Learn more and download the calendar at www.lyngblomsten.org/history

**Second Sunday Concert &
Celebration of Lyngblomsten's
110th Anniversary**

Sunday, February 14, 2016 | 2-3:30 PM
Newman-Benson Chapel at Lyngblomsten



Enjoy a performance of Scandinavian music and history; stay for cake to celebrate the 110th anniversary of Lyngblomsten's incorporation.

Performer Cheryl Henningsgaard—a music teacher and music therapist from MacPhail Center for Music—will sing, play guitar, and lead a sing-along. Additionally, she'll play a 1908 harp guitar that belonged to her great grandmother.

FREE! Open to the community.

Presented by Artful Living with Lyngblomsten.
Questions? Contact Andrea Lewandoski at
(651) 632-5318 or artfulliving@lyngblomsten.org