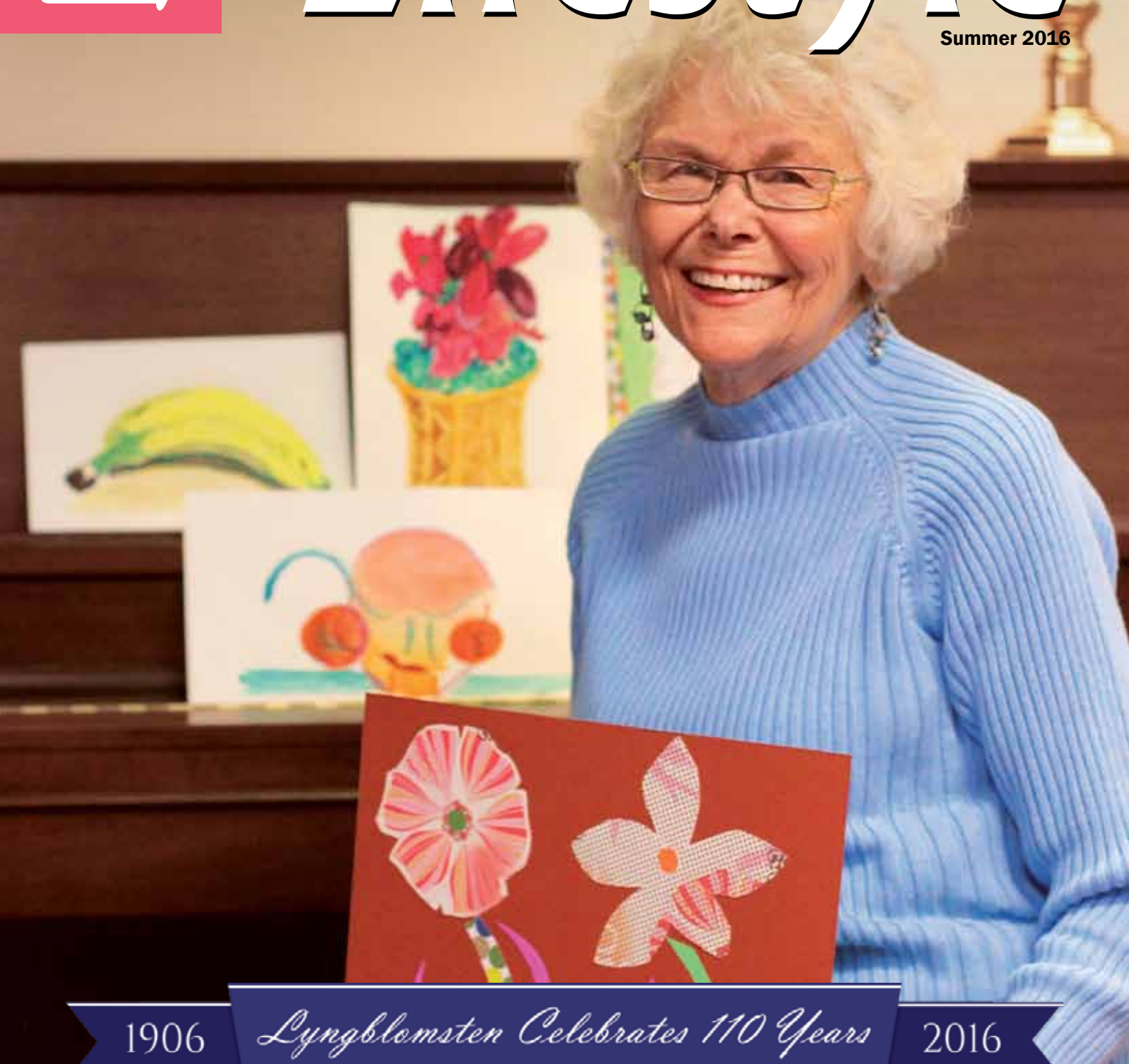


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Lyngblomsten
Lifestyle

Summer 2016



1906

Lyngblomsten Celebrates 110 Years

2016

STORIES OF LIFE:

Weaving Wellness Through Creativity

MORE IN THIS ISSUE:

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Create • Learn • Enjoy • Lyngblomsten Mid-Summer Festival

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Letter from the Editor

*For age is opportunity no less than youth itself,
though in another dress.*

*And as the evening twilight fades away,
the sky is filled with stars, invisible by day.*

—Henry Wadsworth Longfellow

Dear Readers,

As you would expect, we at Lyngblomsten are a bit biased about aging. We choose to focus on the **potential** the second half of life brings, despite the losses and health issues. I believe that *time* is one of the stars referenced in Longfellow's poem above. Typically, older adults—especially the older old—have more time on their hands than ever before. This sets the stage for exploring or pursuing things never before possible.

While you may never be as famous as Frank Lloyd Wright for his architectural designs including the Guggenheim Museum at age 91, or Laura Ingalls Wilder who began writing the Little House books at age 65, you can be engaged in life in pursuits that are meaningful to you—setting an example for others that learning, creating, and growing have no age limit.

Join us at the Lyngblomsten Mid-Summer Festival on July 22 (see pp. 10–11) to experience the pursuits of lifelong learning and the arts.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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On the Cover: Pat Penschorn shows off some of the artwork she has created through Artful Living with Lyngblomsten opportunities.



WEAVING WELLNESS THROUGH CREATIVITY

"The desire to create is one of the deepest yearnings of the human soul." –Dieter F. Uchtdorf

By Sam Patet

WHETHER WE'RE A KINDERGARTNER or a centenarian, all of us have a creative spark that is waiting to be ignited. Not only that, but most people also have a seemingly unquenchable desire to learn new things and to engage in activities that will keep our body, mind, and spirit as healthy as possible.

One of the hallmarks of Lyngblomsten is promoting an engaged lifestyle for older adults. Believing that *purpose* is essential for well-being, Lyngblomsten has a deep commitment to lifelong learning and the arts as a way to support meaningful pursuits. Providing robust opportunities to explore creativity, build relationships, improve physical and mental health, encourage self-expression, and live every day with dignity is tantamount.

In this story you will meet several older adults who are creating vibrancy. You'll also hear the perspective of staff and instructors who see the impact creative opportunities have on wellness for those who participate.

Top left: Tyl Kramlinger holding a ceramic butterfly she made during a pottery class.

Top center: Pat Peshorn with a painting she created at an Artful Living with Lyngblomsten class at the 5-5-1 Club.

Top right: Richard Bartz painting with watercolors during an Artful Living with Lyngblomsten class at the 5-5-1 Club.

Meet Judie Hanson. She hadn't participated in many art classes before she moved to The Heritage at Lyngblomsten (apartments) two years ago. Now, at age 74, she can't get enough of them.

"I like the satisfaction of accomplishment," Judie said. "It gives me confidence, and it motivates me to get up and do some more and get involved in other things."

Judie noted that the classes aren't just a way for her to be creative. They are also good for her health.

"The clay is really good for your hands," Judie said, referring to the pottery classes she takes. "It's good exercise for our arthritis."

Another participant who has benefited from working with clay is 101-year-old Tyl Kramlinger, who also lives at The Heritage. Lyngblomsten's Director of Lifelong Learning and the Arts, Andrea Lewandoski, remembers Tyl telling her on one occasion how her hands felt warm after working with clay during a pottery class. "I explained that some of the benefits of working with clay are increased circulation of blood to our hands and a decrease in arthritic pain," Lewandoski said.

Tyl also participates in painting classes and in the Sing for Life Choir on campus, led by staff from MacPhail Center for Music.

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continued from page 3

“I started trying to do it [art activities], and I think it turned out pretty good,” Tyl said.

Better circulation isn't the only health benefit that comes from participating in the arts. Some studies have suggested that participating in the arts is good for your brain. Others have suggested that listening to music can reduce post-stroke depression and confusion.¹ Some psychologists have suggested that coloring can help reduce stress.²

Pat Peshorn [pictured on the cover], 85, of St. Paul hasn't experienced major physical health benefits since starting to participate in arts activities offered through Lyngblomsten. But they have given her feelings of joy and enthusiasm.

When her husband, Bob, was diagnosed with dementia, it became more difficult for her to do any leisure activities, as she was caring for him 24-7.

Thankfully, she discovered The Gathering, a program offered by Lyngblomsten that provides a day of brain-stimulating activities for persons with early- to mid-stage memory loss and five hours of respite for their caregivers.

“It's just a wonderful program,” Pat said. “I can't say enough about it; it's so good.”

She's grateful not simply because of the good it does for her husband, but also because it gives her time to participate in her new favorite

pastime: creating art. Pat attends art classes offered through Lyngblomsten while Bob attends The Gathering.

“It's just a break in your life that is such a gift, and it's just amazing how good it feels to not have to have anything on your mind except something you're working on,” she said.

“It's the best support group, because when you get there and you get involved in these projects that you're working on, you don't think about anything else,” she said. “It takes you away from any sadness or concerns that you have. You're just in it. And it's great.”

In addition to hands-on art, Lyngblomsten also offers a variety of learning opportunities to help keep minds sharp. For example, Books-Cheese-Wine features local authors presenting their works. Another example is the Armchair Traveler program, which allows older adults to see photographs and hear stories from a local traveler about his or her trips through the United States or abroad.

More recently, Lyngblomsten was one of three healthcare organizations invited to participate in a pilot program—History News—offered by the Minnesota Historical Society (MHS). Once a month from February through April, about 20 Lyngblomsten residents and tenants participated in a live video conference presentation hosted by MHS Digital Learning Specialist Jack Matheson.

Each month they learned about a topic related to Minnesota history, including the St. Paul Winter Carnival, a snowstorm that hit Duluth in 1892, and Minnesota's participation in the Civil War. Because it was a live video conference, participants were able to ask questions and make comments during the presentation.

“One thing that the Minnesota Historical Society is recognizing is that education happens with all people,” Matheson said. The MHS wants to serve everyone in Minnesota, he commented, whether or not they are in a formal education program.

Another learning opportunity new this year is a series called Exploring Art. The once-a-week, four-week course focuses on a single artist. In March, for example, the course focused on Andy

“It gives me confidence,
and it motivates me to get up
and do some more
and get involved
in other things.”

—Judie Hanson



Warhol, and in May it looked at Sonia Delaunay. Each week, after learning about a particular facet of the artist's style or life history, participants created their own works of art that related to what they learned.

"Their enthusiasm, their desire to learn, the interaction with each other, to me, was exactly why we're doing this," said instructor Debbie Lyon. "We all want to keep learning. They're excited by learning something new."

Lyngblomsten also takes its learning opportunities off campus. For example, on May 5, Lyon led a group of older adults from the community on a visit to the Minneapolis Institute of Art. While participants spent most of the day perusing the museum on their own, they learned about different works of art by reading the notes in the galleries.

"Every time I go, it's just another wonderful experience [that] refresh[es] the soul," said tour participant Janet Pankonin.

Learning opportunities aren't limited to arts and travel, however. For example, evidence-based exercise classes focus on helping older adults increase their balance and muscle strength.

Judie participates in some of these. "I'm one that doesn't like to do anything by myself, and I have a hard time being motivated to exercise on my own," she said. Because the classes are fun, she's inspired to participate. "The instructor is wonderful, and the music is good, and it makes everybody feel good when we're done. It's only a half hour, but I think we could go for another half hour," she said.

Judie, Tyl, and Pat demonstrate that when opportunities are presented, older adults will engage and thrive. What began as the Artful Living with Lyngblomsten program several years ago has grown into a philosophy and way of life throughout the organization.

"Lifelong learning, arts, and wellness are embedded into Lyngblomsten's core fabric—from the board of directors all the way to everyone who's served," said Lewandoski. "That is unique and sets Lyngblomsten apart. It's very innovative in its approach."

While Lyngblomsten has always sought to offer meaningful activities, it began to evaluate and refocus its efforts in 2010 when it partnered with COMPAS (a nonprofit that engages individuals in art-creation experiences) to explore how it could better integrate arts into its programming. One year later it received a grant from the Partners in Arts Participation Grant Program, and Artful Living with Lyngblomsten was launched. Artful Living programs—which are open to any older adult—are designed to provide quality arts experiences that ignite creativity and drive passion toward living full, whole, and healthy lives. The program is strong, thanks to partnerships with local arts organizations and the steady financial support from the Lyngblomsten Foundation. Lyngblomsten's Strategic Priorities approved in 2014 reiterated the organization's commitment to helping older adults find purpose and meaning through opportunities for arts and lifelong learning.

Will Lyngblomsten's arts, lifelong learning, and wellness activities help produce the next Leonardo da Vinci, Albert Einstein, or Michael Jordan? Probably not. But they will weave more quality and dignity into the fabric of life for older adults. And that's superstar enough for us!

Come and celebrate lifelong learning and the arts at the Lyngblomsten Mid-Summer Festival on July 22, featuring a showcase of art created by Lyngblomsten participants. There's something for everyone at this family-friendly, affordable event. More info on pages 10–11. 



Exploring Art instructor Debbie Lyon leading 5-5-1 Club participants through the Minneapolis Institute of Art.

¹"How the Arts Affect Your Health." NIH News in Health. https://newsinhealth.nih.gov/2008/june/docs/O1features_01.htm. Accessed June 2, 2016.
²Santos, Elena. "Coloring Isn't Just for Kids. It Can Actually Help Adults Combat Stress." The Huffington Post. http://www.huffingtonpost.com/2014/10/13/coloring-for-stress_n_5975832.html. Accessed June 2, 2016.

Lyngblomsten Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support.

New members are welcome to join at any time.

Benefits of Joining

- Small group networking and support with other parish/faith community nurses (including monthly meetings)
- CEU programs
- Annual opportunity to apply for grant money (see to the right)
- Consultation and support from Lyngblomsten's Parish Nurse Coordinator

Grant Money Opportunity

Members of the resource group have an annual opportunity to apply for grant money from the Lyngblomsten Foundation. The grants are to be used to enhance parish nurse/faith community nurse ministry programs that benefit the health and wellness of older adults. Applications must be submitted by September 30, 2016.

Learn More

Application and additional details are available at www.lyngblomsten.org/parishnurse, or contact Mary Nordtvedt, RN, Parish Nurse Coordinator at (651) 632-5380 or mnordtvedt@lyngblomsten.org.

Lyngblomsten Sells Superior Street Cottages

Lyngblomsten has sold the Superior Street Cottages, independent senior rentals located in the West 7th neighborhood of St. Paul, to local developer Shawn Devine of Next 7th Properties, LLC. The sale was finalized on May 6, 2016.

“In order to concentrate our efforts on our main campus as well as to prepare for expanding in the Como neighborhood, Lyngblomsten has decided to sell the Superior Street Cottages,” wrote Jeff Heinecke, Lyngblomsten President and CEO, in a November 5, 2015, letter to the Superior Street Cottage tenants.

In late 2014, the Lyngblomsten Board of Directors approved a long-range plan for 2015–2020. Part

of the plan calls for Lyngblomsten to rebalance its existing offerings in the Como Park area with consumer demand.

“This was a difficult decision,” Heinecke emphasized, “in part because of the admiration for the way in which the Cottages originated as a joint neighborhood effort back in the late ‘90s.”

Superior Street Cottages opened in 1999. It offered a way to help older adults continue living in the West 7th neighborhood of St. Paul when they no longer wished to maintain a property there.

The name of the development has changed from Superior Street Cottages to Superior Senior Living. The property will continue to serve adults age 62 and older and continue to offer both market-rate and low-income units.

Lyngblomsten offers integrative approach to dementia care

By Sam Patet

Lyngblomsten has been a leader in dementia care for nearly 20 years, both at the Care Center and through our community services.

Part of the reason why Lyngblomsten has been influential is because of the passion of its staff members.

“I cannot see myself working with any other clientele or in any other setting,” said Jackie Hesse, a Certified Dementia Practitioner who has worked as a nurse for 30 years with persons who have memory loss. A 12-year employee of Lyngblomsten, Hesse serves as RN Clinical Manager for our dementia care neighborhoods and coordinates Team Lyngblomsten for the annual Twin Cities Walk to End Alzheimer’s.

“We go at this with a passion,” said Carolyn Klaver, RN, Site Manager of Lyngblomsten’s The Gathering for the last 11 years. “This is not a job; this is something that we feel called to do.”

Serving persons with dementia in the Care Center

Lyngblomsten has provided specialized dementia care in the Care Center since 1997. Hesse thinks the size of the neighborhoods plays a big role in the quality of care she and other staff are able to provide. “Because the neighborhoods are the size that they are [no more than 22 residents], I think that a lot of the residents feel that we’re part of their family,” Hesse said. The familiarity and one-on-one attention from Lyngblomsten staff provide peace of mind to residents’ families, who know that their loved one is safe and with trained professionals who truly care.

¹Source: Alzheimer’s Association, 2016 Alzheimer’s Disease Facts and Figures

Reaching out into the community through The Gathering

Since 2000, Lyngblomsten has been providing services in the community through The Gathering, a group respite program providing stimulating activities for persons living with early- to mid-stage memory loss while giving their caregivers a much-needed break.

There are several things that make The Gathering unique. To start, the program day is led by volunteers. With support and oversight from Lyngblomsten staff, the volunteers are trained and empowered to create and conduct activities that will stimulate all parts of a participant’s brain.

Second, The Gathering is held not on the Lyngblomsten campus, but at 10 church sites across the Twin Cities. This allows participants to be at a location that is more familiar to them because of its proximity to where they live.

But what especially sets

The Gathering apart from other group respite programs is that each participant is paired with a volunteer. This one-on-one attention helps give dignity to each participant.

Expanding care through caregiver consulting

Another way Lyngblomsten has expanded its offerings in dementia care over the last five years is through caregiver consulting. For example, several Lyngblomsten staff members have been trained in REACH, or Resources for Enhancing Alzheimer’s Caregiver Health. Caregivers learn from a REACH-trained professional (typically a social worker or nurse) how to reduce stress, manage difficult behaviors, feel confident in the care they provide, and improve their ability to cope.

continued on page 8

91,000
Minnesotans
— age 65+ —
*live with Alzheimer’s disease,
and the number is growing.¹*

continued from page 7

Implementing creative programs for persons with dementia

Take a look at other ways Lyngblomsten is providing dementia care:

- **Memory loss caregivers support groups.** Nine churches have memory loss caregivers support groups monthly. The groups are coordinated through Lyngblomsten's The Gathering in partnership with the Alzheimer's Association.
- **Community partnerships.** Lyngblomsten has partnered with other Twin Cities organizations—including Roseville ACT on Alzheimer's, the Metropolitan Caregiver Service Collaborative, and the Metropolitan Area Agency on Aging—to raise public awareness about dementia.
- **MUSIC & MEMORYSM.** In October 2015, Lyngblomsten became a MUSIC & MEMORYSM Certified Care Facility. The Music & Memory program gives residents a portable digital media player (iPod) loaded with their favorite music. Not only is listening to this music an enjoyable and personalized activity, but in some cases, it helps those with memory loss "come alive" through memories evoked from hearing particular music.
- **5-5-1 Club.** The 5-5-1 Club community center has begun to offer specialized activities in which persons with dementia and their caregivers can participate together.

Exploring further

To learn more about Lyngblomsten's dementia care expertise, contact:

- Julie Pfab at (651) 632-5331, jjpfab@lyngblomsten.org
- Carolyn Klaver at (651) 632-5292, cklaver@lyngblomsten.org
- Jackie Hesse at (651) 632-5421, jhesse@lyngblomsten.org

or visit www.lyngblomsten.org. 

Help make a difference in the lives of persons with memory loss and their caregivers by participating in the 20th annual **Lyngblomsten Foundation Charity Golf Classic** on August 1. Our goal is to raise \$60,000 for The Gathering. See the back cover for details or visit www.lyngblomsten.org/Golf2016.

Walk with Team Lyngblomsten in the **2016 Twin Cities Walk to End Alzheimer's**, sponsored by the Minnesota-North Dakota Chapter of the Alzheimer's Association.

- September 17, 2016, at Target Field in Minneapolis
- Sign up to be a part of Team Lyngblomsten
- For more information, visit www.lyngblomsten.org/WalktoEndAlz

Have a gently used iPod you no longer use?

YOU CAN HELP bring the healing power of music to older adults by donating a gently used or new iPod to the **Lyngblomsten iPod Project for MUSIC & MEMORYSM**. iTunes gift cards and monetary donations also appreciated (give at www.lyngblomsten.org/donate).

Drop off donations at the Lyngblomsten campus (front desk at Care Center main entrance), or bring your donation to the MUSIC & MEMORYSM booth at the Lyngblomsten Mid-Summer Festival on Friday, July 22 (pages 10-11).



Visit www.lyngblomsten.org/MusicandMemory to learn more about the program.

Lyngblomsten is a MUSIC & MEMORYSM Certified Care Facility.

Future of healthcare for older adults full of challenges, opportunities, says LeadingAge Minnesota CEO at Corporate Annual Meeting

By Sam Patet

As the percentage of Minnesotans age 65 and older increases over the next several decades, Lyngblomsten and other healthcare organizations will have to devise new ways to provide cost-effective, person-centered care to older adults in their communities, all while recruiting and retaining high quality employees during a workforce shortage.

That was Gayle Kvenvold's message May 3 to about 120 delegates, board members, and invited guests at Lyngblomsten's Corporate Annual Meeting. Kvenvold, who serves as President and CEO of LeadingAge Minnesota, gave the keynote speech at the meeting.

"There is no road map to tell us how to work our way through the changes that lie ahead," she said. "This is new ground that we're plowing together."

Jeff Heinecke, President and CEO of Lyngblomsten, was pleased that Kvenvold spoke.

"We are really lucky to have her," Heinecke told the delegates after her remarks. "You're not going to find anybody that's more well-respected in long-term care."

Kvenvold began by noting that the population of Minnesota is growing older. Over the next 14 years, Kvenvold remarked, 60,000 Minnesotans will turn 65 every year.

These aging baby boomers will want to spend their final years in their homes, she continued. "The winning formula for organizations like Lyngblomsten is being able to provide home plus community plus independence to the aging boomers and the retiring boomers," she said.

As the percentage of Minnesotans age 65 and older increases, however, there will be more jobs

available than there will be workers to fill them, Kvenvold commented. Already in November 2015, there were 2,883 unfilled positions in Minnesota nursing homes.

Lyngblomsten needs to keep this information in mind as it makes plans for the future. It and other healthcare organizations need to "reach out beyond the boundaries that we may typically have observed," Kvenvold said, and form partnerships with "consumers, their families, the business community, legislators, city planning officials, and regulators."

"Those very skills—building relationships and building trust—are at the heart of what Lyngblomsten has been doing for 110 years," Kvenvold said. "You have a lot that you can teach all of us."



One way LeadingAge Minnesota has been raising awareness about the upcoming challenges for older adult healthcare is through a public awareness campaign, called Face Aging MN. It has placed advertisements on billboards and created a website—www.faceagingmn.org—complete with the latest news about healthcare for older adults.

LeadingAge Minnesota is a membership association encompassing more than 1,000 organizations statewide that serve older adults in independent senior housing, assisted living communities, skilled nursing facilities, and home care and services. For more information about LeadingAge Minnesota, visit www.leadingagemn.org. **L**

A Sneak-Peek
at the 2016

LYNGBLOMSTEN M

A Celebration of Arts

WHEN • WHERE • WHAT

Friday, July 22, 2016

2–6:30 PM Arts Showcase,
Make & Take Art Activities, Food,
Music & Entertainment, Games

6:30–8 PM Live Music & Dance
Under the Big Tent

Where: In the courtyard on the
Lyngblomsten campus at
1415 Almond Avenue, St. Paul

What: The Lyngblomsten Mid-Summer Festival is a day to celebrate the variety of life-enriching experiences that promote artistic exploration and lifelong learning for all ages. The day also provides a unique opportunity for older adults to showcase—through various art forms—their continuing capacity to be purposeful and engaged, and for the community to participate in learning about, supporting, and celebrating the contributions of older adults.

GENERAL INFORMATION

Admission & Tickets

Admission to the Lyngblomsten Mid-Summer Festival is **FREE!** Free admission also includes the arts showcase and all music and entertainment. Tickets are 50 cents each and are needed for food, games, and make-and-take art activities. Cash and checks accepted.

Parking & Shuttle Bus

Street parking around campus will be limited. A free Lyngblomsten shuttle bus will run every 20 minutes, 1:30–8:30 PM, from the Cub Foods parking lot at 1201 Larpenteur Avenue West, Roseville.



Visit www.CelebrateMSF.com

for more information and to download the official Festival Guide to help plan out your day. General questions? (651) 646-2941 or info@lyngblomsten.org.

The Lyngblomsten Mid-Summer Festival is proudly part of **ComoFest2016: Fun Every Weekend in July**

MID-SUMMER FESTIVAL

Arts & Lifelong Learning

CREATE • LEARN • ENJOY

2–6:30 PM

* Arts & Lifelong Learning Showcase

The feature of the Festival is a showcase displaying a variety of art forms created by older adults throughout the year through Lyngblomsten's arts and lifelong learning programs.

Also sample some of Lyngblomsten's wellness programs such as Tai Chi, yoga, and seated exercise.

* Make & Take Art Activities

Spark your creativity, learn something new, and create your very own masterpiece to bring home and showcase. Activities are for all ages and abilities! Projects will include clay animals, polymer clay beads, drums, origami, and more.

* Games

Games for kids will include an art walk, bouncy house, crazy hair, and more.

* Music & Entertainment

Outdoor Main Stage featuring:

Ukulele Drive

OboeBass!

HealthRHYTHMS® Drumming

Alive & Kickin'

Chapel Stage (MacPhail Stage):

Join Teaching Artists from MacPhail Center for Music for live music including show tunes, classical, jazz, and popular music.

* Food

Delicious food and beverages will be for sale from local vendors including ice cream cones and a variety of desserts, pulled pork and deli sandwiches, corn on the cob, brats, hamburgers, corn dogs, pizza, chili cheese fries, and more.

6:30–8 PM

Live Music & Dance Under the Big Tent

Featuring MacPhail Jazz Quartet. Dance enthusiast Christopher Yaeger will teach basic dance steps—such as the polka, jitterbug, waltz, or a line dance—and encourage the audience to join in!



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ASL interpreters provided * Wheelchair accessible

Lyngblomsten Foundation's Spring Benefit celebrates community, raises over \$86,000

On April 15, over 170 people attended the Lyngblomsten Foundation's Spring Benefit, *A Toast to Lyngblomsten: Growing Together—Celebrating Our Commitment to Community*. The event raised \$86,758 to support programming for older adults, primarily through the 5-5-1 Club,

a community center proudly supported by Lyngblomsten. Boyd Huppert (pictured right), a news reporter with KARE 11, emceed the event. Thank you to everyone involved who helped make the evening a success!

Together, Your Gifts Enhance Lives!

By Melanie Davis, Chief Development Officer

Pat Hasse, who lives across the street from Lyngblomsten, will tell you that your gifts make a difference! Pat, who worked for Lyngblomsten in the 1960s, is now a dedicated volunteer and frequent participant at Lyngblomsten's 5-5-1 Club community center. *"If I didn't have the 5-5-1 Club and volunteer opportunities at Lyngblomsten, I would sit at home and deteriorate. It gives me something to do; more importantly, something to look forward to. I'm slowing down due to declining health but want to continue to participate as long as I can."* For Pat and hundreds of other older adults aging in community, their participation with Lyngblomsten makes a positive difference in their lives.

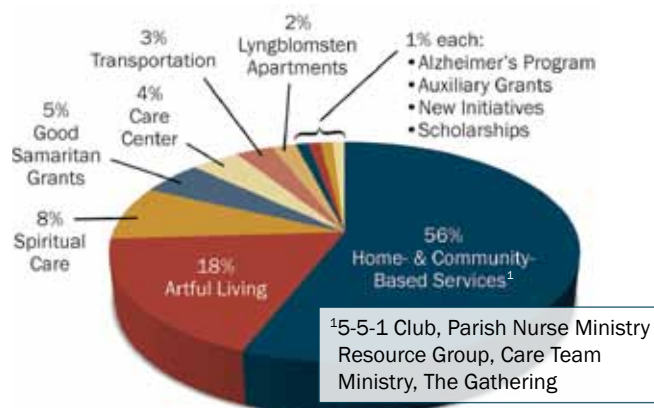
The 5-5-1 Club, The Gathering, Parish Nurse Ministry Resource Group, and Care Team Ministry are all programs of Lyngblomsten's Home- and Community-Based Services (HCBS). These services and many others, such as Artful Living with Lyngblomsten, are made possible through the generous support of people who believe in sharing of their resources to support older adults.


Last year more than 1,100 philanthropic people stepped forward and invested \$1,327,035 to support older adults through the Lyngblomsten Foundation. These gifts have been, and will continue to be, transformed into services that otherwise would not be available—services that promote health and well-being, and services that help to keep older adults strong and aging in their own homes where they want to be.

In 2015, more than 1,400 older adults participated and benefited from the HCBS services Lyngblomsten offers. Your gifts also enhanced the lives of hundreds of older adults who participated in Artful Living and a number of other compassionate programs offered on our campus (see graph). In 2015, the Lyngblomsten Foundation distributed \$542,500 to make these services possible. An additional \$500,000 was divided and deposited into two endowment funds—one for employee scholarships and another for innovation and new business initiatives.

Together, more than \$1 million was invested to provide for immediate and long-term service needs. Truly, our gifts enhance the lives of older adults now and for generations to come. Thank you for your investment!

Lyngblomsten Foundation Distribution to Lyngblomsten Programs, January–December 2015



If you have questions about the Lyngblomsten Foundation or would like more information about how you can invest in providing vital services for older adults through a contribution, memorial, or planned gift, please contact Melanie Davis, Chief Development Officer, at (651) 632-5356 or mdavis@lyngblomsten.org. 



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Corporate Connections Corporate Volunteering: A Meaningful Engagement Opportunity

By Shannon Parker, Manager of Corporate Engagement

Corporate group volunteers are provided an evaluation opportunity after the completion of each volunteer event and asked, “**How was your experience at Lyngblomsten meaningful?**” Volunteers’ responses as to what they found most meaningful have included: visiting, sharing stories, helping, engaging with an older generation. “It was a wonderful way to spend the afternoon,” said a UnitedHealthcare volunteer who helped at the April 12 Beach Party in the Lyngblomsten Apartments.

The corporate group volunteer program not only expands the capacity of staff for events and provides one-on-one interaction with residents, but it also serves as an engagement and initial touchpoint with the business community.

Prior to their event or activity, volunteers participate in a brief orientation that includes an overview of the mission and work of Lyngblomsten. Staff—as well as tenants and residents themselves, take it from there to make the experience complete. Volunteers leave feeling their time was spent in a meaningful way. After an afternoon of bingo, one Wells Fargo volunteer commented, “It was a rewarding experience to be able to help and connect with a different generation.”

Corporate Volunteer Groups (YTD)

Thank you to the following corporate volunteers who have given of their time this year!

- Cummins
- Globe University
- Midwest Sign & Screen Printing Supply
- Thomson Reuters
- UnitedHealthcare Medicare & Retirement
- Wells Fargo



A Thomson Reuters volunteer (above) helped make Casino Day on April 14 a fun event for residents.



UnitedHealthcare volunteers assisted with a Beach Party on April 12 (right).

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

Volunteer.

Donate.

Sponsor.

Learn.



Embracing Mid-Century Change, Lyngblomsten Partners with the Lutheran Church to Keep Serving Older Adults

By Sam Patet

Change. The founding women of Lyngblomsten and their successors faced changes all the time. One of the biggest changes they navigated occurred in the late 1950s to very early 60s, when they ultimately gifted Lyngblomsten's property, finances, and beloved home to the St. Paul Circuit of the Evangelical Lutheran Church (ELC, which soon after became the American Lutheran Church and later the Evangelical Lutheran Church in America). What caused them to make this decision?

As we learned in the last edition of *Backstories*, costs for operating the home were skyrocketing. The decision was precipitated by three other influences as well.

1. Participation in the Lyngblomsten branches was decreasing. Mrs. Henry Dahl noted this during her president's speech at Lyngblomsten's 1960 annual meeting. There are many tasks "we as Board members cannot do because of our aging membership, and the limited time that a housewife can give to this all important work," she said.

Mrs. Dahl's assessment was confirmed by long-time Lyngblomsten supporter and life member Karina Allen, 91, of St. Paul. As a young girl, Allen accompanied her mother, Maria Vassbotn, a member of Branch #13 of Minneapolis, on visits to Lyngblomsten. As an adult, she helped found the Lyngblomsten Auxiliary, worked for a few years in Lyngblomsten's social services department, and served on the Lyngblomsten Board of

Directors for 18 years. "The numbers were going down; women were getting older," Allen said in a 2012 interview about the Lyngblomsten branches in the late 1950s. "So many of the daughters were not joining." This was due in large part to women entering the workforce, leaving them with less time for volunteering.

Since its inception in 1906, Lyngblomsten had relied upon the volunteer efforts of throngs of women to keep the organization operating. How would it be able to proceed with fewer women to assist? They could see the model would need to change.

2. State regulations for nursing homes were increasing. In 1941, the Minnesota Legislature passed the first comprehensive health facility licensing law in the nation.¹ "Amended in 1943 and 1945, this law required the Health Department to license hospitals and other institutions."² Under the 1941 law, however, the board did not have the authority to establish enforceable regulations, only the ability to grant licenses to homes.³

This changed in 1951, when the Legislature passed an amendment to the 1941 law that allowed the Board of Health to establish enforceable regulations for hospitals, nursing homes, and board care homes.⁴ The board did just that, with the regulations becoming effective in February 1952.⁵ The new regulations covered a host of items, from construction specifications and spacing of beds to food storage and the number of

required nursing personnel.⁶ Lyngblomsten has been a licensed nursing home since 1942. While the regulations were probably good for the industry overall, the complexities made it difficult for a volunteer-run organization to manage them.

3. The Lutheran church was looking to build a nursing home in the St. Paul area. As recorded in the transcript of Mrs. Dahl's speech from January 1960, "The ELC has a large amount of money to be spent on an Old Folks Home and are looking for a location in this territory."

The ELC had extensive experience operating homes for the elderly. A press release from the ELC Office of Public Relations dated July 3, 1960, states that the ELC was operating more than 30 of them [across the country].⁹ It would be able to put this experience to use for Lyngblomsten.

Change: Women vote to join ELC

The solution the women chose—forming a partnership with the ELC in 1960—allowed them to continue to support the home without having to rely on volunteers to manage its recruitment efforts, finances, and compliance with state regulations.

The minutes from Branch #10 of St. Paul indicate that the women were considering forming a

partnership as early as September 27, 1957. "A discussion about joining the E.L.C. was brought up and each one asked to be thinking about it."⁷ Five months later, this "discussion" had some definite contours: "There having been some tentative plans between Lyngblomsten and the Evangelic[al] Lutheran Church to join in building an Infirmary on the Lyngblomsten grounds, there will be a meeting of the L.[yngblomsten] members and a Representative of the E.L.C. to discuss this matter further on March 18, 1958, at 1:30 at the L.[yngblomsten] home."⁸

What did the women of Lyngblomsten offer the ELC? Allen revealed that the women provided money and, of even greater value, land in the heart of St. Paul. "At the time they [the women of Lyngblomsten] joined with the church, they had \$300,000 saved in the bank [most likely in an endowment] that they could add on to it if they needed it," Allen said. The ELC was "very interested because it was hard to get land in town, and here [the Lyngblomsten campus] was a lot of land."

So at their annual meeting on January 12, 1960, the women of Lyngblomsten voted 81 to 22 to form a new corporation with the ELC. "Resolved that we as the Board of Trustees of the

continued on page 16



The 1960–1961 Lyngblomsten Board of Directors included six representatives from the Lyngblomsten Branches and six from the St. Paul Churches. This is the first time the Board included men.

Pictured are: (back, left to right) Rev. Alvin Lewis, Rev. G. P. Reiff, Herb Saxerud, Stan Uggen, E. Howard Anker, John Niles, (front) Ella Thorp, Ann Rolph, Agnes Miller, Louise Aude, Olga Carlsen, and Jean Mason.

continued from page 15

Lyngblomsten Home of St. Paul do hereby ask the Evangelical Lutheran Churches of St. Paul to merge with the Lyngblomsten Corporation for the purpose of maintaining and expanding the Lyngblomsten Home of St. Paul.”

At that meeting, the women also requested that the new corporation build an addition on the property. “We further ask them to build an addition consisting of additional rooms or units and an infirmary. This building program to be financed by the Churches and the Corporation. We further ask that the new corporation employ an administrator to manage the new home as well as the present home.” Plans began immediately to build a 144-bed infirmary.

By early 1961, the new corporation had been formed and an administrator chaplain—Pastor Alvin Lewis—had been appointed. With representatives from the Lyngblomsten branches and the newly partnered member congregations, the Lyngblomsten Board of Directors included men for the first time. Today, more than 50 years later, Lyngblomsten remains a social ministry with the ELCA and has 28 member congregations.

Change: Medicare and Medicaid dollars provide more opportunities and more regulations

A significant change Lyngblomsten encountered was how it got paid for resident care. On July 30, 1965, President Lyndon Johnson signed into law H.R. 6675, which established Medicare and Medicaid. While the law brought new revenue sources for Lyngblomsten, it also brought regulations from the federal government that had to be followed for a facility to receive funds.

“Government participation and welfare is making it possible to develop programs which hitherto

“*G*overnment participation and welfare is making it possible to develop programs which hitherto we could only dream about.”

—Reverend Gerhardt P. Reiff, Lyngblomsten's second administrator

we could only dream about,” wrote the Reverend Gerhardt P. Reiff (Lyngblomsten’s second administrator) in the 1966 Lyngblomsten annual report. “Money, more and more, is available. I am wondering if in the process of getting this money we are not in danger of losing the spirit that brought homes for aging into existence.”¹⁰

Was Lyngblomsten truly in danger of losing its altruistic, Christian-centered spirit? With all of the extra regulations and paperwork that came with accepting Medicare and Medicaid dollars, Reiff thought so.

“In honing our staff to a fine professional edge, we need to guard against the loss of individualization,” Reiff wrote. “For example, the Medicare regulations require that there should be fourteen hours between the evening meal and breakfast. This idea is good but shouldn’t the aging themselves have the privilege of decision? Some of them might like to sleep a little longer in the morning and go to bed a little earlier at night, thus more than fourteen hours might elapse.”¹¹

And later, he wrote: “I am concerned for more time will be taken from bedside nursing and from personal attention to the patient, and more time devoted to writing, reading and keeping charts.”¹²

Would Reiff’s predictions come true? Be sure to read our final installment of *Backstories*, where we’ll examine how Lyngblomsten was able to provide person-centered care and community outreach both on and off campus in the final decade of the 20th century and beyond. **L**

¹Emerson, Elisabeth. *Public Health is People: A History of the Minnesota Department of Health from 1949 to 1999*. St. Paul: Minnesota Department of Health, 2002. Print. Pg. 159.

²Emerson. Pg. 159.

³Emerson. Pg. 160.

⁴Emerson. Pg. 160.

⁵Emerson. Pg. 160.

⁶*Minnesota Statutes and Regulations of the Minnesota State Board of Health for the Construction, Equipment, Maintenance, Operation, and*

Licensing of Nursing Homes and Boarding Care Homes. February 1952.

⁷Branch #10 of St. Paul Minutes, September 27, 1957. Pg. 48.

⁸Branch #10 of St. Paul Minutes, February 28, 1958. Pg. 54.

⁹Evangelical Lutheran Church Office of Public Relations. “New Retirement Concept to Be Used in Million-Dollar Twin Cities Center.” Press release. July 3, 1960. Pg. 2.

¹⁰Lyngblomsten 1966 annual report. Pg. 2.

¹¹Lyngblomsten 1966 annual report. Pg. 2.

¹²Lyngblomsten 1966 annual report. Pg. 3.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

March 1, 2016, through May 31, 2016



In Memory of

Angeline Barduson	Gwendolyn Holst	Norma Shannon
Lillian Bunde	Diane Hopkins	Patricia Smith
Geraldine Cary	Caroline Kresel	Virginia Swedeen
Clifford Christianson	Nowell Leitzke	Eleanore Vogel
LaVerne Dehlin	Leonard Lopez	Mildred Wolff
Eva and 'Sonny' R.A. Folland	Nell Mahlke	
Marilyn Goldberg	Aileen Kuefler Melbostad	
Donald Griffiths	Jeanne O'Connell	
Daniel Hartmann	Gifford and Signe Ovre	
Pearl Hokanson		

In Honor of

Care Center 4th Floor Staff



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.

NEARLY A YEAR'S WORTH OF VOLUNTEERING IN ONLY THREE MONTHS!

Between March and May 2016, **426 individuals** volunteered **7,020 hours** for Lyngblomsten-sponsored programs (including at The Gathering sites). Those 7,020 hours are the equivalent of **292.5 days of volunteering** in only three months!

Want to make a difference in the lives of older adults? **Consider the following volunteer opportunities:**

If you haven't volunteered with us before, be sure to sign up for New Volunteer Orientation. Upcoming dates:

- Thursday, July 14, from 6–8 PM
- Tuesday, August 16, from 6–8 PM
- Tuesday, September 13, from 6–8 PM

To learn more about volunteering or register for orientation, contact Lana Western at (651) 632-5406 or volunteer@lyngblomsten.org.

- The Gathering, providing one-on-one support to a participant with memory loss
- On-campus garden support
- Shopping volunteer for monthly Target trips
- Host/hostess for various events at the 5-5-1 Club or Newman-Benson Chapel at Lyngblomsten
- Game player (board games, card games, computer games)
- Technical volunteer to help residents with computer issues
- Anna's café & gift shop
- Transport support (in-house)



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 care-giving, 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

Artful Living

with Lyngblomsten™

All classes are open to the community.

For more details on any of these programs, or to see more Artful Living opportunities, visit www.lyngblomsten.org/ArtfulLiving.

Life Stories Series

Promotes conversation and encourages sharing of stories about our lives. Participants may choose to document their stories in personal journals. 9:30–10:30 AM at The Heritage at Lyngblomsten, Dining Room. Offered the 2nd & 4th Mondays through August 8. **FREE.**

Sing for Life Choir—MacPhail Center for Music

Rehearse favorite songs and learn vocal techniques and choral skills. Wednesdays (not meeting July 6 or in August), 9:15–10:15 AM at The Heritage at Lyngblomsten, Dining Room. Registration ongoing. **FREE.**

Pottery Classes—Northern Clay Center

A hands-on introduction to the rewards of making art through clay. Offered Fridays, August 12 & 26 from 2–3:30 PM at the 5-5-1 Club. \$30; Scholarships available. Registration required. *This activity is funded, in part, by the Minnesota State Arts Board through the arts and cultural heritage fund as appropriated by the Minnesota State Legislature with money from the Legacy Amendment vote of the people of Minnesota on November 4, 2008.*

Second Sunday Concerts

Musical performances from MacPhail Center for Music. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. **FREE.** Upcoming concerts: August 14, September 11

Tea Essentials—TeaSource

Covers what tea is, how to make it, general information about the taste and kind, caffeine content, health benefits, and more. \$20. Offered Wednesday, September 7, from 1–3 PM at the 5-5-1 Club. Register by September 2.

Paint & Wine: Creation on Canvas

Paint a fall scene with step-by-step instructions as you explore a short devotional titled “Journey of a Lifetime.” \$35. Offered Thursday, September 15, from 6–9 PM at the 5-5-1 Club. Register by September 12.

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

Questions? Contact Andrea Lewandoski, Director of Lifelong Learning & the Arts, at ArtfulLiving@lyngblomsten.org or (651) 632-5318.

Events Calendar

Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Registration should be made at (651) 632-5330 or 551club@lyngblomsten.org, unless otherwise noted.

NOTABLE DATES

August 21 – Senior Citizens Day

September 11 – National Grandparents Day

September 21 – World Alzheimer's Day

Month of July

ComoFest 2016: Fun Every Weekend in July
www.comofest.com

Thursday, July 14

Dementia Caring & Coping Series:
Understanding the Types of Dementias and
Related Caregiving Options

1–3 PM at the Ramsey County Library
(2180 N Hamline Avenue, Roseville)
Learn about the different types of dementias
and related caregiving options. FREE. No
registration required.

Thursday, August 11

Dementia Caring & Coping Series:
Estate Planning for Families

1–3 PM at the Ramsey County Library
(2180 N Hamline Avenue, Roseville)
This lecture is for families interested in having
a will, trust, healthcare directive, and power of
attorney. FREE. No registration required.

*Sponsored by Roseville Alzheimer's and Dementia
Community Action Team, City of Roseville, and Ramsey
County Library.*

Sunday, July 17

Lyngblomsten Boards Reunion
Open House at Midland Hills Country Club
1–4 PM with program at 2:30 PM.
Invitations have been mailed.
Call (651) 632-5321 with questions.

Friday, July 22

Lyngblomsten Mid-Summer Festival:
A Celebration of Arts & Lifelong Learning
2–8 PM on the Lyngblomsten campus
Details on pages 10 and 11.

Wednesday, July 27

Lyngblomsten Blood Drive
10:30 AM–3:30 PM at the 5-5-1 Club
To schedule an appointment, call (651) 646-2941
or email info@lyngblomsten.org. Sponsored by
the American Red Cross.

August, Date TBD

Motorcycle Run
Love motorcycles? Love Lyngblomsten? Interest-
ed in joining us for a motorcycle run to Stockholm,
WI? Contact Lyngblomsten volunteer Thom
Campbell at thomgc2@yahoo.com to learn more.

Monday, August 1

Lyngblomsten Foundation Charity Golf Classic
Keller Golf Course, Maplewood
Golf Scramble – Dinner – Live Auction
Details on back cover.

Thursday, August 11

Wellness for Life: Living Well with COPD
2–3 PM at the 5-5-1 Club
This presentation will address the quality of life
for patients with COPD (Chronic Obstructive
Pulmonary Disease) from diagnosis through end
of life. Presented by Erin Flug-Geissler, Care
Transition Coordinator at St. Croix Hospice. FREE.
Please register.

Saturday, September 17

2016 Twin Cities Walk to End Alzheimer's
Target Field, Minneapolis
Details at www.lyngblomsten.org/WalktoEndAlz.

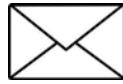
MINNESOTA STATE FAIR NOTE:

During the days of the Minnesota State Fair,
August 25–September 5, parking around the
Lyngblomsten campus is very limited. Please
plan accordingly.

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



View the current 5-5-1 Club booklet
and subscribe to Engage, our monthly
eNewsletter at
www.lyngblomsten.org/publications



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CHANGE SERVICE REQUESTED



Lyngblomsten Charity GOLF CLASSIC

Golf Scramble | Dinner | Live Auction

Monday, August 1, 2016

Keller Golf Course, Maplewood

"As my wife Annie's struggle with Alzheimer's grew progressively worse, I realized I needed help. I would be no good as a caregiver if I didn't take care of myself. All I needed was a few hours break away from direct caregiving. The Gathering gave me that break—gave me time for me."

—George Seiler, Caregiver

Make a positive difference in the lives of caregivers like George by joining us at the Golf Classic. Proceeds will support programming for caregivers and persons with memory loss through Lyngblomsten's The Gathering.

3 ways you can participate:

- 1) **18 Holes of Golf**
Full day; includes lunch, dinner, & program
- 2) **27-Hole Scramble Putting Contest**
Afternoon; includes dinner & program
- 3) **Barbecue Dinner & Program in the Evening**

For more details or to register, visit

www.lyngblomsten.org/Golf2016

Learn more about The Gathering at

www.lyngblomsten.org/TheGathering

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(confirmed as of
6/15/16)

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