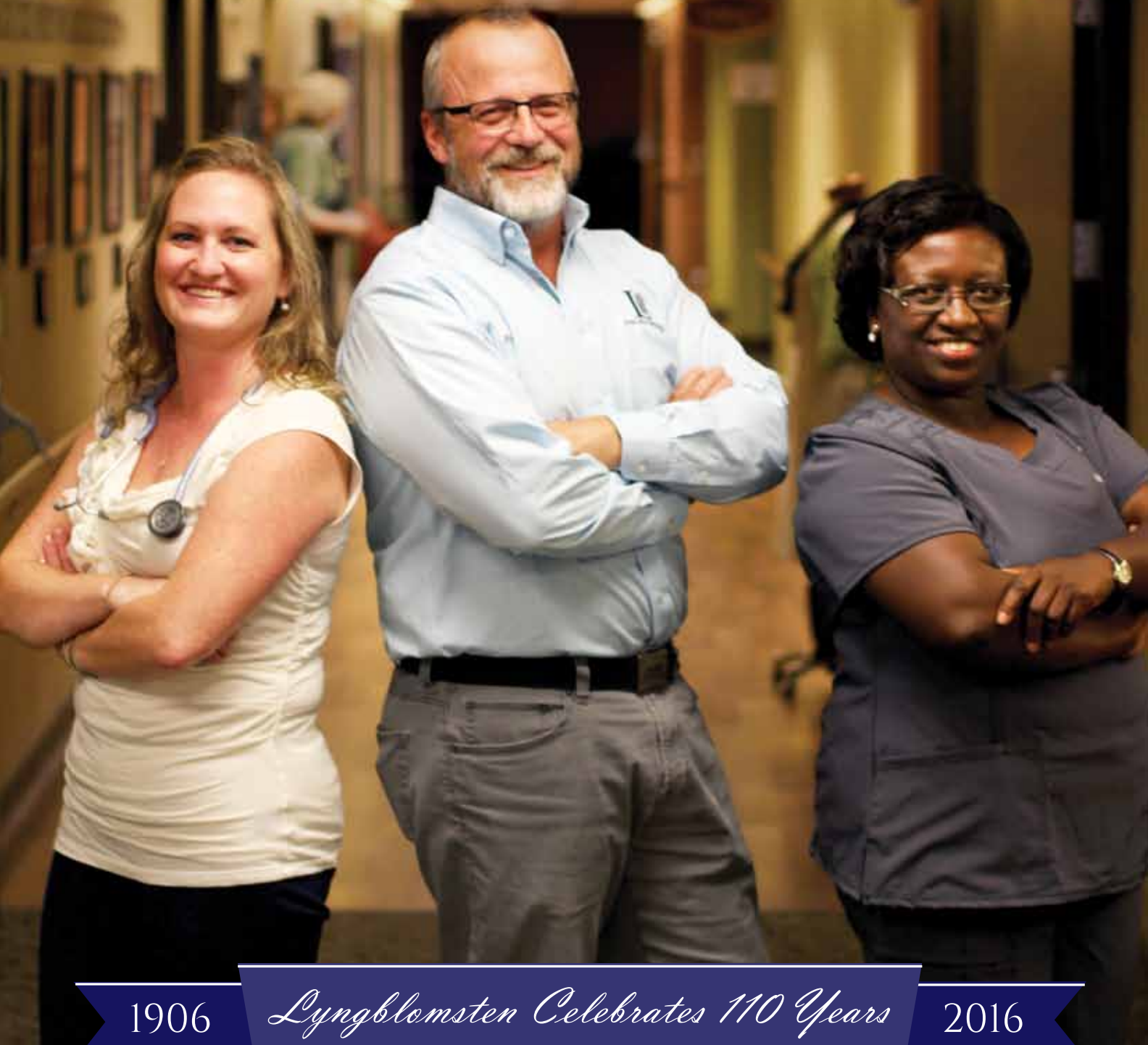




Lyngblomsten Lifestyle

Fall 2016



1906

Lyngblomsten Celebrates 110 Years

2016

STORIES OF LIFE:

Nurses on the Journey Together

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Backstories: A Tree with Sturdy Roots
2nd Half with Lyngblomsten Launching

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Letter from the Editor

"What's Next?"

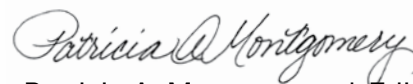
Dear Readers,

As we close out the celebration of Lyngblomsten's 110th anniversary year, I reflect on how often in the past 12 months I've heard people say that Lyngblomsten has a culture of asking "What's next?!" Asking that question means we're never satisfied with what we just accomplished. And if action is taken on the answer to that question, then change is a necessity that will soon follow.

Can we even begin to count the number of changes that have taken place during our 11 decades of serving older adults?! In this edition, we present the final installment in our Backstories anniversary series, reflecting on "many a wind" that has assailed us in the past 50 years or so and the changes that followed. Almost a testimony to the inquisitive nature of Lyngblomsten, in this edition on page 9 we unveil another major change in the way we provide services...this time in serving the exploding population of those older adults living out and about in the community. In adjusting our sails, we are bringing together previously separate programs into one model called 2nd Half with Lyngblomsten.

Like the reader of a great novel, we are forever turning the page with anticipation—looking ahead to what's next.

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.

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Lyngblomsten Lifestyle can be found online at
www.lyngblomsten.org/publications.

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On the Cover: Lyngblomsten registered nurses (from left) Candace Trondson, Greg Wainman, and Marie Denise Uwizera featured in the story starting on page 3.



On the Journey Together—

Three Lyngblomsten nurses share why they love serving older adults



By Sam Patet

ABOVE GREG WAINMAN'S DESK at the Lyngblomsten Care Center is a photo of himself, Assistant Administrator Janet Byrnes, and a Lyngblomsten resident. They're at the Minnesota State Fair, smiling as they spend some time with a life-size mascot of Goldy the Gopher. It's an annual tradition for Lyngblomsten staff and volunteers to attend opening day at the fair with Care Center residents.

"I love getting to attend the State Fair with our residents," said Wainman, RN, who's served as Lyngblomsten's Director of Nursing since 2014. "Everyone has a great time."

You'd think that Wainman had always wanted to work in long-term healthcare, the way he talks about the residents he's served and the nursing teams he's led.

But that isn't the case. When he first graduated from nursing school in 1996, he wanted to work in a hospital.

"I wanted to work in an emergency room: trauma, blood and guts, and the whole nine [yards]," Wainman said. "But I was essentially told, 'Well, you need to get some experience. Why don't you work at a nursing home for a little bit, come back in a year?'"

As history had it, he didn't go back. Instead, he fell in love with caring for older adults.

"I've always been close to my grandparents and older adults," Wainman said. "I've always had an attraction to their history and their wisdom. ... And so once I started working in long-term care and caring for older adults, I just found that it was the right thing."

The love and admiration that Wainman has for older adults is also what motivates Marie Denise Uwizera and Candace Trondson, both registered nurses (RNs) for Lyngblomsten, to do their work. Uwizera works in Lyngblomsten's short-term transitional care unit (TCU), and Trondson is one of Lyngblomsten's two Assistant Directors of Nursing.

"I like to care for old people because I've been with my grandparents. I know what they went through. They didn't have an opportunity to have some special cares," Uwizera said. She and her immediate family immigrated to the United States in 2005 after moving to Kenya from Rwanda. "Here, I just want to stay with those people. They need love, they need care, they need people to talk to."

continued on page 4

Above: Marie Denise Uwizera, RN, checks Astrid Anderson's heartbeat during her stay at Lyngblomsten's transitional care unit (TCU). Uwizera, who has been working in the TCU in various positions since 2009, passed her boards to be an RN in July 2016.

continued from page 3

Trondson began working for Lyngblomsten as a registered dietician in 2006. With the support of her family and financial assistance from Lyngblomsten's Dr. Clarence Dennis Nurses Scholarship Fund, she was able to go back to school in 2009 to become an RN. She revealed that over time, her attitude toward working with the elderly changed from indifference to excitement.

"I didn't really want to work with the elderly," Trondson said about when she first started. "And then I came and I got to know them, and I got to know the staff, and I grew to love working with the geriatric population, hearing their stories and meeting their families."

Similar to Trondson, Uwizera began at Lyngblomsten as a nursing assistant and eventually went back to school to become an RN. She also received financial assistance from the Dennis Scholarship Fund.



Candace Trondson, RN (far right), works with licensed practical nurses (LPNs) (from left) Sophie Lubi and Khin Htwe during their biannual CPR recertification class. As Assistant Director of Nursing, Trondson spends part of her time mentoring LPNs and RNs.

Nursing shortage looming in Minnesota

Wainman, Uwizera, and Trondson are three examples of the many RNs who have served Lyngblomsten residents throughout its lengthy history. Their warmth, patience, and dedication are what make Lyngblomsten Care Center an excellent home in the Twin Cities.

Unfortunately, Lyngblomsten and other long-term healthcare centers in Minnesota are facing a worker shortage—especially a nursing shortage—

that isn't set to go away anytime soon. Just look at the numbers.

- The number of Minnesotans needing care from registered nurses is set to increase exponentially over the next 15 years. That's because the baby boomers (adults age 52 to 70 in 2016) are aging. According to projections from the Minnesota State Demographer, the number of Minnesotans age 75 and older is expected to increase by 51,472 between 2010 and 2020 (a 35.9 percent increase) and by 135,734 between 2020 and 2030 (a 69.7 percent increase).
- While data from the U.S. Bureau of Labor Statistics shows that the number of employed registered nurses in Minnesota has been increasing since 1997 (the earliest year data was available online), it will not be able to keep up with the burgeoning numbers of older adults in the state.
- The vacancy rates for RN positions in Minnesota nursing homes are at historically high levels. In 2009, the vacancy rate was less than 3 percent. By 2015, that number had increased to just over 15 percent.

Variety is one reason to be a nurse in long-term healthcare

The prevailing stereotype is that working in long-term healthcare isn't as glamorous as working in other settings. Television shows are made about hospitals, not about nursing homes. Why would an RN searching for a job want to work at the latter when he or she could make more money and perform—in society's eyes—more exciting tasks in a hospital?

There are lots of reasons. To start, RNs in long-term healthcare can have just as much variety in their work as those in acute care (i.e., those in hospitals).

Take Trondson, for example. When she first became an RN, she was assigned to Lyngblomsten's TCU. There, she got to help patients recover from illnesses and surgeries. She loved watching them meet their recovery goals and go back home.

She then worked as a Minimum Data Set (MDS) nurse, collecting and compiling data that was used to determine the resident's room rate. She also helped develop nursing care plans as part of an interdisciplinary team.

"If I hear anything from an acute care [hospital] nurse, they'll say, 'I don't like that I can't ever really get a relationship with any of my patients. They're here for a day or two and then they're gone,'" Wainman said.



"Lyngblomsten really endorses relationship-building. They want the residents to feel like the staff who are taking care of them are part of the family." -Greg Wainman, Lyngblomsten RN

Next, she became the clinical nurse manager of the Allison and Auxiliary Neighborhoods in the Care Center. In this position, she not only got to provide direct care to 36 residents, but she also oversaw the neighborhoods' direct care staff, including nurses, trained medication aides, and nursing assistants. She loved developing relationships with the residents—something she wasn't able to do as much in the TCU because patients were there for a short period of time.

And finally in July 2015, she became Assistant Director of Nursing. While she does not typically provide direct care to residents and patients anymore, she does get to mentor licensed practical nurses (LPNs) and RNs, something she enjoys doing.

"Nursing is so broad, and even staying in long-term care, this is my fourth position being a nurse here, and I've only been a nurse for five years," Trondson said. "It's just so versatile, and you can be as hands-on as you want."


Nurses get to develop family-like relationships with residents in long-term healthcare

Another benefit of being an RN in long-term healthcare is that you get to develop relationships with the individuals being cared for. Lyngblomsten refers to the people it serves in the long-term care neighborhoods of the Care Center as residents—and not as patients—for a reason. For residents, the Care Center is their home, the place where they reside. RNs have the privilege of journeying with and assisting these residents and their families as they age.

Uwizera had similar thoughts about the drawbacks of working as an RN in a hospital. "Here [in long-term healthcare], you have people with you, people you can talk to, people who can give you some advice."

"I think the people that thrive and are attracted to long-term care are the people that desire to have that relationship," Wainman continued. "Lyngblomsten understands that and really endorses that relationship building. They want the residents to feel like the staff who are taking care of them are part of the family."

That family-like atmosphere is one factor that has kept Trondson in long-term healthcare for the last decade. "It's just hard to explain, I guess. You almost have to do it [work in long-term healthcare] in order to appreciate it," she said. "There are people that think, 'Oh, I'm never going to work in a nursing home.' And that's kind of how I felt, and now I've been here for 10 years and I love it."

Wainman, Uwizera, and Trondson have had a variety of experiences as RNs in long-term healthcare. As you can tell, they are compassionate, warm, patient, and dedicated. They and the other nurses at Lyngblomsten Care Center are a beautiful testament to the fact that journeying with older adults is a fulfilling, rewarding profession. 

TAKE YOUR RN CAREER TO THE NEXT LEVEL –

Be a nurse at Lyngblomsten!

Are you an RN who wants to make a difference in the lives of others? Do you enjoy building long-term relationships with the people for whom you care? Do you or an RN you know wish you could work in a Christian environment where the utmost attention is given to the needs of older adults and their families?

If you answered **YES** to any of these questions, consider continuing your nursing career at Lyngblomsten Care Center. Our 237-bed Care Center located in the Como Park area of St. Paul is a special place for you to put your skills to use.

- > Christian environment
- > Opportunity to build relationships with those you serve
- > Competitive pay
- > Scholarships for continuing education
- > Comprehensive benefits package including health and dental insurance, retirement package, and paid vacation

ENHANCE THE QUALITY OF LIFE FOR OLDER ADULTS AND THEIR FAMILIES.

For more information, contact Trisha Hall, SPHR, Director of Human Resources, at thall@lyngblomsten.org, (651) 632-5302, or visit our employment web page at www.lyngblomsten.org/employment.

November is National Family Caregivers Month: *Take Care to Give Care*

By Sam Patet and Christina Rhein

“Take Care to Give Care” is the 2016 theme chosen by Caregiver Action Network for National Family Caregivers Month. Only by taking care of yourself can you be strong enough to take care of your loved one.

For many caregivers, helping a parent, grandparent, sibling, or other person in need isn't a burden. Rather, it can be a positive, rewarding experience, one that can help them appreciate life more and feel good about themselves.

But it also can be very physically and emotionally demanding. Long hours, balancing caregiving duties with work and family commitments, and worrying about what could happen next are some of the things that can lead to caregiver burnout.

That's why every November, Lyngblomsten celebrates National Family Caregivers Month. It's a time to recognize and honor the nation's 90 million family caregivers, raise awareness of family caregiver issues, and celebrate the efforts of and increase support for family caregivers.

Lyngblomsten offers a variety of resources and services to support family caregivers:

Ongoing Resources & Support:

- **Caregiver coaching with REACH (Resources for Enhancing Alzheimer's Caregiver Health)**
One-on-one caregiver support, education, and counseling. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, help caregivers feel confident in the care they provide, and improve their ability to cope. Contact Lisa Brown, MSW at (612) 559-3646 or lbrown@lyngblomsten.org to learn more.
- **Caregivers Support Group**
3rd Wednesdays each month from 1–2:30 PM at Lyngblomsten. FREE.
Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any healthcare issue or disease. Contact Jeanne *continued on page 7*

Schuller, MSW, at (651) 285-9193 or jschuller@lyngblomsten.org to learn more.

▪ **Group Respite (The Gathering)**

A day of stimulating activities for those experiencing early- to mid-stage memory loss and five hours of respite for caregivers who desire a break. Learn more at www.lyngblomsten.org/TheGathering, or contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

▪ **Memory Loss Caregivers Support Groups**

Hosted at multiple sites in West St. Paul, Roseville, White Bear Lake, and Woodbury. For family and friends caring for someone experiencing Alzheimer's disease or a related dementia. Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org to learn more.

▪ **Parkinson's Disease Support Group**

1st Thursday each month from 1–3 PM at Lyngblomsten. FREE.
For caregivers and people living with Parkinson's disease (at any stage) or other movement disorders. Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org to learn more.

Special Upcoming Opportunities:

▪ **Chat Café: Local Resources for Dementia-Specific Caregivers**

Tuesday, November 15 from 10:30 AM–Noon at White Bear Lake Senior Center
Learn about local programs and services that support dementia-specific caregivers and the importance of also caring for yourself; engaging conversation paired with a hot, catered meal. To register, call the White Bear Lake Senior Center at (651) 653-3121.

▪ **Creativity for Caregivers: Dance, Music, Storytelling, Theater, Poetry**

A variety of opportunities for caregivers, their loved ones, and the community to participate in creative programs that promote well-being, build community support networks, and offer creative resources for self-care and supporting loved ones. Learn more at

www.lyngblomsten.org/creativecaregivers, or contact Andrea Lewandoski at (651) 632-5318 or alewandoski@lyngblomsten.org.

▪ **Powerful Tools for Caregivers**

Wednesdays, November 9–December 14 from 1–3 PM at Lyngblomsten.

A six-session class designed to provide caregivers with the tools they need to take care of themselves. For more info or to register, contact Wilder Caregiver Services at (651) 280-2273.

For additional caregiver resources and support, or for more details about any of these services or opportunities, visit www.lyngblomsten.org/caregivers. 

A Prayer for the Caregiver

By Bruce McIntyre

Unknown and often unnoticed, you are
a hero nonetheless.
For your love, sacrificial, is God at his best.
You walk by faith in the darkness of the
great unknown,
And your courage, even in weakness,
gives life to your beloved.

You hold shaking hands and provide
the ultimate care:
Your presence, the knowing, that you
are simply there.
You rise to face the giant of disease
and despair,
It is your finest hour, though you may
be unaware.

You are resilient, amazing, and beauty
unexcelled,
You are the caregiver and you have
done well!

Source: Caregiver.com

Give the gift of music to older adults through MUSIC & MEMORYSM

By Sam Patet

You probably remember the first musician you saw live in concert. There's a good chance you know the song that played during your first dance with your spouse at your wedding. And you likely can recall the lullabies your parents sang to you when you were a child, songs like "You Are My Sunshine" and "Twinkle Twinkle Little Star."

Music is powerful. It sticks with us as we age. Particular songs evoke memories from the past that we otherwise would forget.

That's why Lyngblomsten has been pleased to offer the MUSIC & MEMORYSM program to its Care Center residents. It puts the evocative power of music to therapeutic use.



Music & Memory is a nonprofit organization that was founded in 2010. The program is simple. Care Center staff learn

what a resident's favorite songs and styles of music are by asking the resident or his or her family members. The music is loaded onto an iPod so the resident can listen to his or her personalized playlist.

The program's work is rooted in extensive neuroscience research, and some of the proven benefits include the following:

- **Awaken memories** from the past, leading to a more engaged life
- **Reduce anxiety** and agitation
- **Lessen reliance** on certain medications
- **Enhance socialization**

In addition to enhancing memories, it enables a sense of individuality and can be a fulfilling activity for residents.

Lyngblomsten is a Music & Memory Certified Care Facility and began offering the program to



residents in its dementia care neighborhoods of the Care Center several months ago. Kris Kempf (a Therapeutic Recreation Coordinator) and other staff began expanding the program to another Care Center neighborhood in September. She was eager to see how the residents would respond.


"I am hoping the Music & Memory program can bring comfort and also bring back some great memories for the residents," she said. "We have someone who is nearing the end of life, so I hope that her music will bring comfort in her final days. We also have a resident who is unable to communicate other than facial expressions. She is aware of what is going on around her. I am hoping her music will bring her joy and get her to smile even more."

Lyngblomsten launched a campaign—The Lyngblomsten iPod Project for MUSIC & MEMORYSM—six months ago with the goal of collecting enough iPods so that all 237 of our Care Center residents can have their own iPod with personalized playlists.

We need your help to reach this goal! You can give the gift of music by:

- **Donating a gently used or new iPod.**
- **Donating an iTunes gift card.**
- **Designating a gift to MUSIC & MEMORYSM/ Artful Living at www.lyngblomsten.org/donate.**

There is a collection box on the Lyngblomsten campus to drop off in-kind and cash donations. Lyngblomsten is located at 1415 Almond Avenue, St. Paul, MN 55108.

For more information about the Music & Memory program at Lyngblomsten, visit www.lyngblomsten.org/musicandmemory. 

2nd Half with Lyngblomsten set to launch November 1st

By Patricia Montgomery, Director
Lyngblomsten Marketing Communications &
Church Relations

In an effort to support the growing number of older adults living in the community, Lyngblomsten is bringing together its individual community-based programs into a “one-stop-shop” model and offering them at multiple locations in the 5-5-1 zip code areas. The title of this new approach is 2nd Half with Lyngblomsten and features life enrichment centers that take a continuum-style approach to supporting adults aging well in their communities. The centers are designed to connect older adults to services, resources, and opportunities to enhance their quality of life as they go through many stages in the second half of life (i.e. ages 50–100+).

The new integrative approach is designed to make support more accessible. Part of how this will be possible is by having 2nd Half life enrichment centers in various locations in the St. Paul area. The first two sites launch November 1st. One will be in Como Park on the Lyngblomsten campus, and the other will be in White Bear Lake at Redeemer Lutheran Church—one of Lyngblomsten’s long-time corporate congregations and a leader in older adult ministry. Co-locating the centers in churches makes the model more affordable. As sustainability is reached at existing sites and capacity is built to expand, additional sites will be added.

The illustration at the right shows the major components of the new model and the categories of offerings that will be available. While each category will have offerings when the first sites launch this fall in White Bear Lake and Como Park, the full vision of offerings will be phased in over a three-year period. Each 2nd Half site will have similarities, and each will be customized with the assets at or near that location (“community assets”). The goal is to collaborate with organizations and providers in the area to

2nd Half with Lyngblomsten

A Center for Enriching Lives after 50

build a comprehensive continuum of support with as little duplication of services as possible. This vision plays off of the strengths of Lyngblomsten, the host site, and other community resources or providers.



The diagram shows the six major areas of offerings that will be available through 2nd Half with Lyngblomsten. The model is anchored by a host site as shown at the center of the drawing and surrounded by three rings illustrating support from Lyngblomsten’s Foundation, Marketing Communications, and Volunteer Services teams.

To learn more about 2nd Half with Lyngblomsten, visit www.lyngblomsten.org/2ndHalf. Download the Fall Catalog or pick up a copy on campus or at Redeemer Lutheran. Peruse the offerings and find what resonates with you. Invite your family, neighbors, and friends to participate too. There are opportunities for all to

Engage, Discover, and Thrive!

A Tree with Sturdy Roots: Lyngblomsten provides cutting edge care to older adults on and off campus

By Sam Patet

Throughout its 110-year history, Lyngblomsten has faced “many a wind” as it has sought to provide care to older adults. In the second half of the 20th century, two of the most pressing winds Lyngblomsten faced were:

- How would it provide care to older adults in a way that respected their dignity and ability to make choices while fulfilling federal and state regulations for long-term care?
- Should it provide care to older adults not living in the nursing home, but in their homes in the community? If so, what would this assistance look like?

As it had in the past, Lyngblomsten rose to the occasion and implemented a number of solutions.

To start, it sought new and innovative ways to provide person-centered care to its residents that complied with federal and state regulations for nursing homes. These regulations—which expanded with the introduction of Medicare and Medicaid in the mid-1960s—were good for the industry overall. However, it set the course for nursing homes to be run similarly to the way hospitals were run.

Paul Mikelson faced this reality when he took the helm as the Administrator of Lyngblomsten Care Center in 1991, then later as President & CEO (1993–2013). “The nursing home model is based on the hospital model. When you go to the hospital, you have no say in what goes on; they are in charge. But luckily it’s only for a couple of days and then you go home. It’s not for the rest of your life,” Mikelson said. “To have a system for people living day-in, day-out which is structured that way—that’s ridiculous.”

Service House and neighborhood models cutting edge

How, then, would Lyngblomsten provide quality, personalized care to its residents as it faced new federal and state regulations? One way was by rethinking how care should be provided. Structural (and not simply cosmetic) changes to the Care Center’s interior helped bring this about.

After several years of study and planning, in October 1997, nine residents moved into newly designed units—called “service houses.” Drawing its inspiration from the way Sweden cared for its older adults, the service house model sought to bring as much normal life into a nursing home resident’s world as possible.

“No tree becomes rooted and sturdy unless many a wind assails it. For by its very tossing it tightens its grip and plants its roots more securely; the fragile trees are those that have grown in a sunny valley.” –Seneca the Younger, 1st century A.D. philosopher

“I think the Swedish philosophy was, ‘Just because you have some dependencies, you’re still a human being,’” Mikelson said. “You should be treated like a normal member of our society with the same amount of choice and decision-making that you had before.”

Each unit had its own bedroom, living space, kitchenette, and full bath, with a shared washer and dryer in a utility room nearby as well as a shared full kitchen and dining room. Residents had the opportunity (with the help of their families and licensed practical nurses) to shop for groceries, prepare their own meals, wash their own clothes, bathe themselves, and clean their own units. This was a radical departure from the way nursing homes operated, where residents got up and went to bed at set hours, staff prepared meals, and nurses and activity coordinators set the daily schedule. Still, Lyngblomsten forged ahead, getting over 70 waivers from the state health department to establish the service houses in a nursing home facility.

The service house model was quite successful and drew national attention for years. When the Lyngblomsten Care Center underwent extensive remodeling in 2002–2003 for conversion to the person-first neighborhood model of care through the whole facility, the service house concept was expanded to two more wings.

But the winds would blow, and change would come again. Eventually the service house model was discontinued in May 2010. That’s because the residents coming in were frailer than in the past. Thus, they were unable to perform many of the tasks the service house model required. In addition, family members were not able to help residents as much as needed, thus compounding the situation. While the service houses no longer exist, their legacy continues, Mikelson commented, in the neighborhood system that’s still in place today.

The 2003 conversion to a person-centered neighborhood model created 14 “neighborhoods.” This was another effort to be less hospital-like. These neighborhoods have between nine and 22 residents, a drastic reduction from the previous units that had between 36 and 53. Each of these

neighborhoods have different décor and their own kitchens, where breakfast is cooked to order for residents as they awake. Again, this was very different from the previous model, where all meals were prepared in the Care Center’s main kitchen and delivered to the units at a specific time. The neighborhood model also brought consistent staffing—meaning nursing staff no longer floated among multiple units—allowing them to get to know residents and their families on a personal level.

At the time Lyngblomsten created the neighborhoods, Mikelson commented, he only knew of two other care centers in the country—one in Wisconsin and another in the state of Washington—that were providing care in this manner.

Lyngblomsten reaches out into the community

Giving residents more choices in how they lived their lives within the care center wasn’t the only challenge Lyngblomsten faced. It also wanted to reach out to older adults living in the community.

“We knew—and it’s still probably the case—that if you’re looking at the 85-plus-year-old population, only about 20 percent of them live in facilities,” Mikelson said. “And so you think, ‘What about the other 80 percent that still live in their homes or somewhere else? Aren’t we called to provide some services to that 80 percent?’”

Indeed we are. Lyngblomsten’s roots of serving those in the community around our St. Paul campus began in 1979 with the opening of the Lyngblomsten Community Center. A number of other community-based services started and expanded between the 1980s and 2000s. These included Health Assessment/Community Wellness and Education, Parish Nurse Ministry, Care Team Ministry, and The Gathering.

Lyngblomsten supported these programs in part because they deepened the connections it had with its corporate congregations. But more importantly, Mikelson commented, Lyngblomsten did so because it aligned with its mission statement.

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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.

—Mission statement, 1990–present

“It doesn’t say anything about a building in that mission statement,” Mikelson said. “We were a community-sponsored nonprofit agency, and we are to serve the community. Well, that’s bigger than the 400 people who live on campus.”

Looking ahead, Lyngblomsten’s Community-Based Services are undergoing a major change that’s set to take effect this November 1. In an effort to support the growing number of older adults living in the community, Lyngblomsten is bringing together its individual programs and making them more accessible by offering them at multiple locations in the 5-5-1 zip code areas. The title of this new model is 2nd Half with Lyngblomsten and features life enrichment centers that take a continuum-style approach to supporting adults aging well in their communities. The centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life as they go through many stages from ages 50–100+.

Lyngblomsten Foundation helps fund innovative projects

Lyngblomsten wouldn’t have been able to do any of the efforts highlighted in this article, however, if it hadn’t been for the foresight of Wallace Hauge, President and CEO of Lyngblomsten from 1984 to 1992. He helped establish the Lyngblomsten Foundation in 1985, a separate entity whose purpose is to raise funds to support Lyngblomsten’s mission—especially for projects and initiatives not covered by government dollars.

“Very little [government money] was ever for capital [improvements],” Hauge said. “Needless to say, the buildings would deteriorate over time. And so they had to be replaced or improved. ... So it [the Foundation] gave us the freedom that we didn’t have before.” Over the next 31 years, money raised by the Foundation would be used to

fund a variety of projects, including the expansion of Community-Based Services and the remodeling of the Care Center units into neighborhoods.

But perhaps the Foundation’s most important project was its first: raising the money for the building of the Newman-Benson Chapel at Lyngblomsten in 1987. Before then, residents had gathered in the basement of the Care Center for weekly services, Hauge commented. “The chapel was so important in my mind,” Hauge said. “I thought, ‘You know, when you get older, going to church—to a worship service—is important to you.’ And so we have to get the chapel up in the center of the courtyard somehow, connect it so that it can be used by all the entities, and that’s the way it worked out.”

The chapel cross is made from the wood of black walnut trees that were removed during construction of the Newman-Benson Chapel. A matching altar and pulpit were also constructed.



At the front of the chapel is a large cross made from the wood of black walnut trees that were cut down during the chapel’s construction. It’s possible that the first residents of Lyngblomsten saw these trees whenever they were outside. Even if they didn’t, one thing is certain: these trees were sturdy ones, trees with deep, secure roots as described by Seneca the Younger. It’s fitting that they now form the chapel cross, as Jesus Christ is the ultimate foundation (see 1 Cor 3:11) for everything Lyngblomsten has done for the past 110 years and for the next. **L**

Corporate Connections

Deck the Halls! Corporate Group Holiday Volunteer Opportunities

By Shannon Parker, Manager of Corporate Engagement

Is your company or employer looking for ways to engage in the community at the holidays? The gift of service is a great team-building experience. Corporate groups are invited to help spread holiday cheer and make a difference in the lives of older adults this holiday season.

* **Blanket Tying:** Tie fleece blankets to be given as gifts to residents as part of the Spirit of Giving program. Days flexible prior to December 14, 1-4 PM.

* **Tree Trimming:** Dress up the Care Center neighborhoods by decking out Christmas trees on each floor. November 29, 1-4 PM.

* **Tree Decorating & Holiday Social:** Trim the trees, decorate the halls, eat holiday cookies, and spread holiday cheer with residents. November 29 & December 1, 1-4 PM.

* **Gingerbread & Cider Social or Christmas Social:** Assist with setting up, serving holiday refreshments, and visiting with tenants and residents. December 6, 1:30-4 PM.

* **Christmas Bingo:** Call numbers, hand out prizes, and join residents in one of their favorite games. In-kind donations of \$1 prizes welcome. December 8, 1:30-4 PM.

* **Cookie Decorating with tenants:** December 13, 1:30-4 PM.

* **Gift Wrapping:** Wrap presents for each of our 400+ residents and tenants on campus, purchased with donations through the Spirit of Giving program. December 16, 12:30-4 PM.

* **New Year's Un-decorating Social:** Pack up the holiday décor, and ring in the New Year with residents. January 4 or 5, 1-4 PM.

Corporate Volunteer Groups (YTD)

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

- Cummins
- Globe University
- Medica
- Medtronic
- Meridian Services
- Midwest Sign & Screen Printing Supply
- Optum
- Target
- Thomson Reuters
- UnitedHealthcare Medicare & Retirement
- Wells Fargo


YTD Corporate Volunteer Stats

(March 2016-August 2016)

Volunteers: **198** Hours: **599**



Above: Corporate volunteer groups from Target and UnitedHealthcare Medicare & Retirement assisted staff in taking 45 residents to the State Fair.

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

Volunteer.

Donate.

Sponsor.

Learn.



One hot day to celebrate 365 days of creative expression

Despite having to move indoors because of a heat advisory, the Lyngblomsten Mid-Summer Festival was a resounding success. Held on July 22, the annual event celebrated the variety of life-enriching experiences that promote artistic exploration and lifelong learning offered yearlong through Lyngblomsten. The day provided 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.

Here are some notable stats from the event:

- * Approximately 1,000 residents, tenants, family members, employees, and community neighbors attended.
- * Over the course of the day, festival-goers could participate in eight make-and-take art activities, listen to 10 musicians/entertainers at two stages, visit an arts and lifelong learning showcase, play kids games, and eat delicious food from local vendors.
- * A total of 111 volunteers served throughout the day for a total of 461 hours. That's 19 days of nonstop service in less than 24 hours!
- * Five of Lyngblomsten's corporate congregations either volunteered at or donated prizes to the festival, and two corporate volunteer groups assisted with event set-up.

Lyngblomsten extends a heartfelt **thank you** to everyone who made the Mid-Summer Festival a success—the planning committee, staff, sponsors, food vendors, entertainers and musicians, visiting



Photos by Jim Nash.



LYNGBLOMSTEN MID-SUMMER FESTIVAL

A Celebration of Arts & Lifelong Learning

artists, corporate congregations, individual and corporate volunteers, and last, but certainly not least, the older adults of Lyngblomsten.

Thank you to our sponsors!

Main Stage Sponsor:



Booth Sponsors:

- * FastSigns (Roseville)
- * Hermes Floral
- * Piché & Associates Real Estate
- * St. Francis Animal & Bird Hospital

In-kind support provided by:

- Blick Art Materials (Roseville),
- Hermes Floral, Midway Chamber of Commerce, Thrivent Action Teams, and Wet Paint

Charity Golf Classic raises over \$25,000 for The Gathering

Over 100 Lyngblomsten supporters spent the day August 1st golfing to raise money for The Gathering, a program through Lyngblomsten Community Services that provides a day of brain-stimulating activities to persons with dementia and five hours of respite to their caregivers.

In its 20th year, the Lyngblomsten Foundation Charity Golf Classic was held at Keller Golf Course in Maplewood. A total of 110 golfers participated in the day-long event, which included 18 holes of golf, dinner, and a live auction. After expenses, the event raised \$25,272.

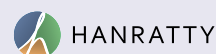
Como Park Lutheran Church in St. Paul was presented with the Lyngblomsten Church Cup. This traveling trophy is given annually to the winning team from one of Lyngblomsten's corporate congregations. Team members were Nick Dochniak, Charles Heffernan, Kenneth Purdham, and James Roste. Griffith Printing of St. Paul was presented with the Lyngblomsten Corporate Cup. It is given to the winning team from a participating company. Team members were Tyler Anderson, Paul Bergstrom, Jim Dailey, and Tony Kippels.

The evening's program featured a six-minute video highlighting the impact The Gathering makes in participants' and their caregivers' lives. You can view the video at www.lyngblomsten.org/TheGathering.

Thank you to the Charity Golf Classic committee, the Lyngblomsten Community Engagement and Marketing Communications teams, The Gathering staff, generous sponsors and donors, and dozens of volunteers for making the day a success.

Our Sponsors: Thank You!

Gold (\$2,500+)



Silver (\$1,000+)

Bill & Lorraine Lund
CFS Interiors & Flooring
Griffith Printing

Joel Poeschl & Jeanne Pemble
Lee F. Murphy Insurance Group

VOLUNTEERING AT LYNGBLOMSTEN

In June, July, and August, a total of **603 volunteers** (including volunteers for The Gathering) gave **10,193 hours of service**. 102 of those volunteers were youth between the ages of 10 and 17.

Lyngblomsten is in need of volunteers for the following activities:

Upcoming New Volunteer Orientations:

- Saturday, October 15 from 10 AM–12 PM
- Thursday, November 17 from 6 PM–8 PM

- Help out at Anna's café and gifts for the "Merry & Bright" holiday open house on Wednesday, November 16
- Serve as a host/hostess at Ring in the Holidays: Tree Lighting Celebration on Saturday, December 3
- Wrap gifts (for donations to Lyngblomsten) at the HarMar Mall Barnes & Noble. Various shifts December 20–24.
- Attend a holiday event with a resident as a Special Friend or a transporter
- Read seasonal publications to residents and tenants
- Help out at an art class

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

Sharing the Gift of Peace

By Melanie Davis, Chief Development Officer

.....
Peace I leave with you; my **peace** I give to you.
I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. —John 14:27 NRSV
.....

Each Sunday morning during worship in my congregation, we share the sign of peace with one another. The genuine warmth and love of our congregation overflows as handshakes, hugs, and smiles are shared with each “Peace of the Lord be with you.”

The passing of the peace, however, does not stop in the pews. Because we know each other, we know that life for each of us is full of celebrations as well as challenges. And it is through the conversations during our fellowship time that we check in with each other and discuss health issues, the challenges our children face, career transitions, ailing parents, and more. We draw on one another to experience God’s peace—peace through a listening ear, peace through understanding and encouragement, peace through

celebration, and peace through the simple gifts of compassion and service that friends offer one another.

All of us have had times in our lives when we were ill, worried, stressed, or grieved. We seek solutions, we seek comfort—we seek peace. Older adults are no exception. While they are instruments of peace, they too at times are in need of peace. And sometimes the peace of God they seek can only come through the compassionate gifts of service and support from others—gifts such as safe, affordable housing, respite for a 24/7 caregiver, or transportation when one can no longer drive or afford to own a car. Together, through our gifts and service, we can help to share the gift of peace with one another—the peace that comes from knowing one is not alone, and the peace that comes from having the support one needs to live life with dignity and hope.

As we approach this season of harvest and holiday, may we be mindful of the gracious gifts of peace with which we have been blessed. May we also be mindful of the needs of older adults and their caregivers, and may we share the gifts of God’s peace with one another in whatever ways that are needed. **L**



Give the Gift of Peace

December 2016

This holiday season, remember a loved one through a gift to Lights for Lyngblomsten. Your tax-deductible donation helps provide the services and support that bring peace to the lives of older adults and caregivers Lyngblomsten serves.

www.lyngblomsten.org/GiftofPeace

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

June 1, 2016 through August 31, 2016

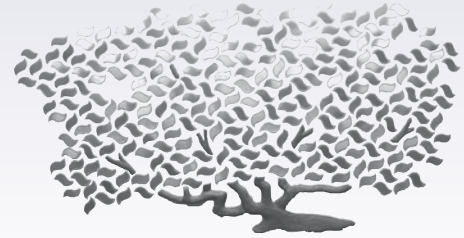


In Memory of

Ruth Alexander	Sandra Jourden
Gary Allen	Caroline Kresel
Stephanie Connolly	Natalie Larson
Jane Dehlin	Carol V. Nord
Owen Foss	George Sowada
Vivian Foss	Clyde & Helen Starkey
John Duncan Gibson	Elwood Sundeen
Marilyn Goldberg	Ed Vogt
Dick Harkwell	Shirley Windisch
Earl Hobbs	

In Honor of

Gladys Angermeyr



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.

Spirit of Giving

A Special Giving Opportunity:

Christmas Gift Collection for Residents & Tenants of Lyngblomsten

The Spirit of Giving program strives to provide a personalized gift for each of the 237 residents of the Lyngblomsten Care Center and to the 165 tenants who also live on the Lyngblomsten campus. Your gifts have become a wonderful part of the holiday traditions for our residents and tenants.

How to participate: Monetary donations and gift cards will be collected to have staff purchase the gift items for Lyngblomsten residents and tenants. For monetary donations, please make checks payable to "Lyngblomsten Foundation."

Bring or mail donations and gift cards to:

Spirit of Giving, c/o Leigh Emmerich
Lyngblomsten Care Center
1415 Almond Avenue, St. Paul, MN 55108

Suggested stores for gift cards:

* Target * JCPenney * Walmart * Kohl's * Macy's

Monetary donations & gift cards **due by Wednesday, December 7, 2016.**

Questions? Contact Leigh Emmerich at (651) 632-5370 or lemmerich@lyngblomsten.org.

NAVIGATING AGING

www.lyngblomsten.org/blog

Check out Lyngblomsten's blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- CAREGIVING
- FAITH & INSPIRATION
- HEALTH & WELLNESS
- RESOURCES
- RETIREMENT
- TECHNOLOGY



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 PROMISE

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

OUR PILLARS:

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

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 2ndHalf@lyngblomsten.org, unless otherwise noted.

Tuesdays, October 11 & 25 and November 1, 8, 15, & 22

KairosAlive! Caregiver Creativity Café

10:30 AM–Noon in the Newman-Benson Chapel at Lyngblomsten

Caregivers are invited to participate in creative engagement through dance, music, storytelling, and theater to learn how to care for themselves and those they love. \$3/session or \$15 for all six sessions. Please register.

Wednesday, October 14

Book Discussion—*Being Mortal: Medicine and What Matters in the End*

1–2:30 PM at the 5-5-1 Club

Join us as we discuss Dr. Atul Gawande's *Being Mortal: Medicine and What Matters in the End*. FREE. Register by Thursday, October 13.

Wednesday, October 26

Wellness for Life: Medicare Part D—Open Enrollment

2–3 PM at the 5-5-1 Club

FREE. Please register.

November is National Family Caregivers Month (see pages 6–7)

Wednesday, November 2

Wellness Presentation—Grief: Normal is different for everyone

2–3 PM in the Lyngblomsten Community Room (lower level)

This presentation by St. Croix Hospice will provide information to help one's self and others through the grieving process. FREE. Please register.

Thursday, November 3

Capturing Grace, A Film by David Iverson

1–3 PM in the Newman-Benson Chapel at Lyngblomsten

Movie and brief demonstration by local dance troupe, *Dancing with Parkinson's*. FREE. To register, contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.

Wednesdays, November 9–December 14

Powerful Tools for Caregivers

1–3 PM at The Heritage at Lyngblomsten
A six-session class designed to provide caregivers with the tools they need to take care of themselves. \$40. Call Wilder Caregiver Services at (651) 280-2273 to register.

Thursday, November 10

Books-Cheese-Wine with Author Pat Dennis

5:30–7 PM in the Lyngblomsten Community Room (lower level)
Pat Dennis is an award-winning author and comedian. \$5 if registered by Tuesday, November 8, or \$8 at the door.

Sunday, November 13

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten
A musical performance from MacPhail Center for Music featuring vocalist Paula Lammers. FREE.

Wednesday, November 16

Merry & Bright: Holiday Open House

See [back cover](#) for more details.

Thursday, November 24

Thanksgiving Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten

Saturday, December 3

Ring in the Holidays: Tree Lighting Celebration

See [back cover](#) for more details.

Sunday, December 4

KairosAlive! Community Dance Hall™

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

This community dance hall promotes arts participation, health education, and community well-being. Come groove with us to a live band at this all ages and abilities dance party. FREE.

Friday, December 9

APP-MN Poetry Party

1:30–2:30 PM at the Lyngblomsten Community Room (lower level)

Come enjoy community poem creation, make-and-take poetry activities, refreshments, and inspiration with APP-MN (Alzheimer's Poetry Project Minnesota) poets Zoë Bird and Julie Landsman. FREE.

Sunday, December 11

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten
A musical performance from MacPhail Center for Music featuring vocalist Paula Lammers. FREE.

Thursday, December 15

Candlelight Service

4 PM in the Newman-Benson Chapel at Lyngblomsten
NOTE: The Care Center Resident and Family Christmas Meal follows the service.

Saturday, December 24

Christmas Eve Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten

Sunday, December 25

Christmas Day Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten

2016 Lyngblomsten Supporters Appreciation Event

Our supporters are like a box of
crayons, each one unique.

Color with the Whole Box!

An evening to honor Lyngblomsten volunteers, donors, delegates, and community partners. Featured entertainment is Bob Stromberg, co-author and co-star of *Triple Espresso—a highly caffeinated comedy*.

Friday, November 11 at Vadnais Heights Commons

Invitation-only event; RSVP required.

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





LYNGBLOMSTEN

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



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CHANGE SERVICE REQUESTED

RING IN THE HOLIDAYS WITH LYNGBLOMSTEN

Featured holiday events; all are open to the community!

Northern Clay Pottery Holiday Workshop: Gratitude Boxes

Wednesday, November 9

10:30 AM–Noon at 2nd Half with Lyngblomsten—White Bear Lake (Redeemer Lutheran, 3770 Bellaire Avenue, White Bear Lake)
Enjoy holiday treats, cider or coffee, and make your own Thanksgiving holiday gratitude box to hold what you are thankful for. \$10.
Register by November 4.

Bachman's Holiday Ideas House Tour

Thursday, November 15

Take a self-guided tour through Bachman's many rooms decked out for the holidays. \$5 for the tour; \$7 for transportation. Bus pick-up at 12:15 PM from the Lyngblomsten Community Room (lower level of Lyngblomsten campus).
Register by November 1.

Merry & Bright: Holiday Open House

Wednesday, November 16

10 AM–3 PM at Anna's café & gifts. Door prizes, treats, and discounts (draw for 10, 20, 30 & 50% off)!

* For events that require registration:
(651) 632-5330 or 2ndHalf@lyngblomsten.org

RING IN THE HOLIDAYS: Tree Lighting Celebration

Saturday, December 3

Join us with your family, friends, and neighbors as we celebrate the start of the holiday season.
FREE!

2 PM Program and holiday music in the Newman-Benson Chapel at Lyngblomsten

3 PM Refreshments and creative activities for all ages in the Lyngblomsten Apartments Dining Room

Second Sunday Concert with MacPhail: Holiday Music

Sunday, December 11

2–3 PM in the Newman-Benson Chapel at Lyngblomsten. **FREE!**

Polymer Clay Holiday Workshop: Jewelry Making

Wednesday, December 14

10:30 AM–Noon at 2nd Half with Lyngblomsten—White Bear Lake (Redeemer Lutheran, 3770 Bellaire Avenue, White Bear Lake)
Easy and fun for all experience levels. \$10.
Register by December 9.