

Lyngblomsten Lifestyle

Spring 2015



STORIES OF LIFE:
A Win-Win-Win Relationship
Corporate Engagement

MORE IN THIS ISSUE:
Lyngblomsten Wins Innovation Award
Volunteers—a Work of Heart (and more!)

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES

Lyngblomsten Care Center



Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

kstarr@lyngblomsten.org

Administrator

Brenda Johnson: (651) 632-5387

bjohnson@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

snewgren@lyngblomsten.org

Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Stauffacher: (651) 632-5422

pstauffacher@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Jennifer Veitenheimer: (651) 632-5428

jveitenheimer@lyngblomsten.org

HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

ddoty@lyngblomsten.org

Parish Nurse Ministry Resource Group

Mary Nordtvedt, RN: (651) 632-5380

mnordtvedt@lyngblomsten.org

The Gathering

Carolyn Klaver, RN: (651) 414-5291

cklaver@lyngblomsten.org

5-5-1 Club Community Center

Geri Rutz: (651) 632-5320

gmrutz@lyngblomsten.org

Web: www.551club.com

Community Wellness Nurse

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

dbowman@lyngblomsten.org

HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

thall@lyngblomsten.org

COMMUNITY ENGAGEMENT

Volunteer Services, Corporate Engagement, and Lyngblomsten Foundation & Auxiliary

Melanie Davis: (651) 632-5356

mdavis@lyngblomsten.org

Donate Online:

www.lyngblomsten.org/donate

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

Letter from the Editor

It is only the farmer who faithfully plants seeds in the spring who reaps a harvest in the autumn.

—B. C. Forbes

Dear Readers,

As a “farm girl” (a descriptor I will keep using no matter how old I get!), this quote about faithfully planting seeds speaks to me. As a long-time employee of Lyngblomsten, it speaks to me as well.

With this edition of our magazine, I am struck by how many new things are at the planting stage and yet how many things we have now were seeds planted many years ago. Those who have come before us carefully chose, then faithfully planted and tended the seeds. Our recently adopted Strategic Priorities are the seeds we are planting now. We will be tending those seeds soon with the harvest expected at multiple times in the future. The commonality between “then” and “now” is the intentionality of the seeds that have been selected and lovingly and carefully planted.

Whether it’s the seeds of involving businesses in our work (see our feature story beginning on page 3) or the first harvest from our work on eMenuCHOICE™ (see innovation award article on page 9), or the work being done to make our communities dementia friendly in preparation for the future (see pages 7 and 16), we are like farmers in springtime, carrying on a tradition for generations.

Don’t just live; leave a legacy!

Patricia A. Montgomery | Editor



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

Patricia Montgomery, Editor

Christina Rhein, Lead Writer

Ethan Cook, Webmaster

Rebecca Schwartz, Lead Designer

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

Contents

STORIES OF LIFE: A Win-Win-Win Relationship	3
Resource Roundtable: Dementia-Friendly Communities.....	7
Lyngblomsten Wins 2015 Innovation Award	9
A Glimpse of Life with Lyngblomsten a Century Ago.....	10
Volunteers—a Work of Heart (and more!).....	14
Planned Giving News	15
Remembrance Fund	17
Events Calendar	18

On the Cover: A UnitedHealth Group corporate volunteer visits nearby Como Zoo with a Lyngblomsten resident. (August 2014)

Photo courtesy of Jim Nash

A Win-Win-Win Relationship

How Lyngblomsten and businesses are working together to enhance the lives of older adults

by Christina Rhein, Marketing Communications Specialist

Enhancing the lives of older adults is at the core of Lyngblomsten's mission. This mission is accomplished not only through the dedication and compassion of our employees, but also largely in part through our extended community:

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.

—One of Lyngblomsten's Guiding Principles

Lyngblomsten seeks to serve as a resource and partner for businesses and their employees who want to help support our vital cause. Our corporate engagement philosophy is a vehicle to extend an invitation for businesses to consider how and where they are interested in getting involved—through volunteering, sponsoring a program or event, making in-kind donations, or asking Lyngblomsten to serve as an educational resource on issues of aging. These relationships are not only beneficial to Lyngblomsten, but are a "win" for businesses, too—helping to appeal to socially conscious customers and employees and providing an opportunity to make a difference in their communities.

Social responsibility refers to a business practice that involves participating in initiatives that benefit society. Many businesses choose to practice social responsibility through a philanthropic approach—giving money or time—to help the communities where they live and work.

Shannon Parker, Manager of Corporate Engagement for Lyngblomsten, shared that "Volunteer and sponsorship opportunities are excellent ways for businesses to engage in the community, gain awareness of the causes that exist, and explore the avenues to offer support—through time, talent, and funding. Each is essential. Each is valued." Through these various means of

providing support, businesses can live their own mission and respond to the needs of the community.

Benefits of Corporate Engagement

For Lyngblomsten, as a provider of these opportunities for businesses, it is important to look for ways to build mutually beneficial relationships in the business community. "Learning what is important to our business neighbors and discussing how we might align and support each other is a key stepping stone," Parker explained. It isn't always obvious what common ground may exist or where a relationship may lead, which makes having conversations important. She continued, "At first glance, a continuum of care may not strike a business as having a natural connection. I would extend an invitation to have a conversation. We might be surprised."



BLICK Art Materials (Roseville) was an Arts Area sponsor at the Lyngblomsten Mid-Summer Festival in 2014.

Lyngblomsten strives to be purposeful in developing volunteer, sponsor, and learning opportunities that are mutually beneficial: to raise awareness and support for the older adults we serve, as well as provide meaningful benefits to businesses and their employees who engage with us.

Corporate Volunteer Groups

Corporate volunteer programs allow businesses to foster a more personal link to the community by sharing their greatest asset—their people—in making a difference. Lyngblomsten staff plan and execute events that provide

continued on page 4

a meaningful experience for corporate volunteer groups, while at the same time are fun and engaging for residents and tenants as well. Opportunities for volunteer groups include scheduled set dates such as Casino Day, Creating with Polymer Clay, and a trip to the Minnesota State Fair. In addition, flexible date events like Big Bingo, strolls to Como Park, and outdoor socials are options that allow corporate groups room to navigate busy schedules.

Corporate Volunteer Groups

January–December 2014

Hermes Floral	Students Today Leaders
Ignite Sales Management	Forever
Medtronic	Target
Meridian	UnitedHealthcare
Merrill Corporation	UnitedHealth Group
Microedge PeoplesBank of Commerce	UnitedHealthcare Community & State
Piche & Associates Real Estate	UnitedHealthcare Medicare & Retirement
Saint Paul Area Association of Realtors	U.S. Bank VitalHealth Software

According to Parker, the benefits of businesses participating in volunteer opportunities are three-fold. “For Lyngblomsten, volunteer groups extend the capacity of staff and directly enhance the lives of our residents and tenants. For businesses, it can serve as a team-building event. For volunteers, hopefully each individual leaves feeling they have made a positive difference in the life of an older adult.” Time after the time, the feedback received from volunteer groups is how much they enjoyed visiting with the residents, hearing their stories, and learning about their lives. The result: a quality experience for all involved.

“I got the chance to hear some of the residents' really cool stories and see their creativity.”

— Students Today Leaders
Forever, Holiday Polymer Clay

A few of Lyngblomsten’s corporate volunteer groups shared their experiences and the benefits gained through their volunteer efforts. Medtronic has been a corporate volunteer group with Lyngblomsten since

2009, and they have assisted with Spirit of Giving gift wrapping and the Holiday Polymer Clay program. “I don’t think people are able to get out and volunteer as much as they would like to,” shared Medtronic volunteer Mellisa Fellner, “but when time is allotted during the workday to volunteer at an event for a few hours, I believe people really appreciate the time and opportunity.” One special memory that Fellner recalled was that Lyngblomsten sent photos to the Medtronic volunteers after one of the polymer clay events. Fellner’s manager, who had participated for the first time in the event, printed out copies of the photos and had the pictures framed. “The frames sit outside his office. We have received so many compliments, and people often ask questions about the event,” Fellner said.



A Medtronic corporate group volunteer worked with a Lyngblomsten resident during a holiday polymer clay activity.

UnitedHealthcare is another corporate volunteer group who has been coming back each year to support Lyngblomsten since 2010. They have helped out with events such as Rummage Sale and Casino Day, walks to Como Zoo, and Spirit of Giving gift wrapping. “It’s really good for employee engagement and team building to get out and do these kinds of events,” acknowledged Beth Clubbs, a loyal UnitedHealthcare volunteer. “It’s also a way to give back. It’s giving back to the community that allows us to have a business,” she noted.

Merwin LTC Pharmacy contributes as a volunteer on the Lyngblomsten Golf Classic Committee (as well as sponsoring the event). Mike Pietrowski, Business Development with Merwin, expressed his belief of the importance of volunteerism in their business—why it’s not only good for the employee, but for the business as well. “The chance to volunteer allows individuals to realize that their efforts and commitment have an impact on people in their community,” he explained. “And if an individual can bring this same level of compassion

to their organization, especially one that operates in a similar market, it will create a healthy bond.”

Another local business owner, Jim Dailey of Griffith Printing, also serves on the Golf Classic Committee and sponsors the event. “We believe in Lyngblomsten’s philosophy and have experienced first-hand the enormous level of care and compassion, as a dear family member was part of the Lyngblomsten community for a number of years” remarked Dailey. “We look forward to continuing our partnership and sponsoring and participating in this year’s Golf Classic.”

“I thought in my short amount of time here I was able to make an impact on many, but not nearly as much of one as they left on me.”

— Target, Beach Party

While it is common knowledge that the hours and resources individuals contribute through volunteer efforts make our communities better places, there is research that shows even more benefits for employees and employers. *Doing Good is Good for You*, a study conducted by UnitedHealth Group and Optum Institute, revealed that U.S. adults who volunteer report that they feel better (physically, mentally and emotionally), are better able to manage and lower stress levels, and feel a deeper connection to communities and others (2013, *Doing Good is Good For You: 2013 Health and Volunteering Study*, UnitedHealth Group). In return, the benefits employees gain through volunteering cascade into the workplace, benefiting employers in a number of ways too. Employers directly see the benefits of physically and mentally healthier employees. Employees who experience lower levels of stress are more present and engaged in their work. Volunteers also said that volunteering helps build time management skills, stronger relationships with colleagues, people and teamwork skills, and professional job skills. With benefits that are both tangible and intangible, volunteering truly stands out as a win-win activity for all involved.

Corporate Sponsors

Funding is another important part of corporate engagement. In addition to the giving of time, financial contributions support programs that are making a difference.

The benefits of sponsorships are reciprocal as well. These necessary funds combined with the gifts of others help to support vital programming.



The Merwin LTC Pharmacy team participated at the Lyngblomsten Golf Classic as both a sponsor and committee volunteer.

“One example,” Parker shared, “is the proceeds raised through the Lyngblomsten Golf Classic that go toward supporting people with memory loss and their caregivers who participate in our Gathering program. In return, there is a concerted effort to offer visibility and brand awareness for sponsors, as well as explore benefits that may assist with their business objectives.”

In addition to having a volunteer serve on the Lyngblomsten Golf Classic Committee, Merwin LTC Pharmacy also sponsors the event. Merwin provides services to more than 17,000 older adults in local communities, so getting involved with Lyngblomsten seemed to be a natural fit for the business. “Lyngblomsten is a strategic partner,” Pietrowski emphasized, “and we value the opportunity to provide our support so that they may continue to provide a high quality of life for older adults.”

Corporate Sponsors

January–December 2014

Bill Lund	McGough Construction
Bremer Bank	Merwin LTC Pharmacy
Blick Art Materials (Roseville)	New Horizon Foods
CFS Interiors & Flooring	North American Banking Company
CliftonLarsonAllen	Piche & Associates Real Estate
Delta Dental of Minnesota	PreferredOne
FastSigns (Roseville)	ProRehab
Griffith Printing	RPC Properties
Hermes Floral	Thrivent Financial
Joel Poeschl	
Johnson McCann	

Local flower shop Hermes Floral is another sponsor and volunteer, providing support and sponsoring a booth at the Lyngblomsten Mid-Summer Festival. While flowers and older adults might not seem like a logical fit, co-owner Sandy Biedler doesn’t think it’s an odd fit at all. “Flowers make people happy,” Biedler pointed out.

“And we pride ourselves on supporting local.” Hermes has also given flower demonstrations at the Lyngblomsten Apartments and The Heritage (apartments). “Some of the older adults were gardeners. They remember gardening, and they like to talk about it,” Biedler shared.

“She [the resident] really enjoyed herself, and the smile she gave made it so worth it!”

— UnitedHealthcare Community & State, State Fair

While the main benefit of sponsorships for Lyngblomsten is the funding for programs and services, there are benefits for sponsors as well. Sponsorship can help improve a business’s image, prestige and credibility, and is a way for businesses of all sizes to boost their visibility in the community. With objectives from creating brand awareness and recognition, to meeting specific business objectives, sponsoring is a powerful way to promote a

business. Getting involved with local events also sends a message that a business is genuinely interested in supporting the community and giving back. Businesses that show generosity for a cause will spark human interest and create significant goodwill.

Providing opportunities for community engagement allows Lyngblomsten to share our mission, raise awareness about issues of aging, and rally support for older adults both on our campus and beyond. Through giving of time, talent, and funding, businesses can live their mission too and respond to the needs of their community. Each form of support is important, and together they become a powerful catalyst for enhancing the lives of older adults at Lyngblomsten and in the community. A win for Lyngblomsten. A win for the businesses who work with us. A win for older adults and the community.



THANK YOU to each and every one of our corporate sponsors and volunteers for your generous support and contributions. Each act of giving—whether it is your time, dollars, or talents—makes a difference in the lives of older adults. [L](#)

Upcoming Corporate Volunteer & Sponsorship Opportunities

Corporate Volunteer Opportunities

Pre-Set Events:

Lyngblomsten Mid-Summer Festival

Friday, July 10 or Saturday, July 11—Lyngblomsten, St. Paul
Assist with event setup on July 10 in preparation for a fun community event on July 11. 10 AM–1 PM or 1–4 PM.

Minnesota State Fair—Thursday, August 27

Spend a fun-filled morning at the State Fair with our residents. Lyngblomsten is just a short walk to the fairgrounds. 8:45 AM–12:30 PM.

Halloween Bingo Extravaganza—Friday, October 30
Costumes, games, and treats! Join the festivities with our residents for a spooky holiday celebration. 1–4 PM.

Flexible Date Events:

Celebrate Holidays Year-Round—Join us for a festive activity, craft, or game and social. 1–4 PM.

Big Bingo—Spend an afternoon calling numbers, distributing prizes, or joining residents in the game. In-kind donations of \$1 prizes are welcome. 1–4 PM.

Strolls to Como Zoo—Accompany residents on a stroll through nearby Como Park and Como Zoo early Spring (May 15) through Summer.

Outdoor Socials (May or June)—Come set up, serve refreshments, play lawn games, and socialize in the courtyard with tenants and residents. 1:30–4 PM.

- Wine & Cheese Social
- BBQ/Lawn games

Sponsorship Opportunities

Lyngblomsten Mid-Summer Festival \$500–\$1,000+

Saturday, July 11, 2015—Lyngblomsten, St. Paul
An affordable neighborhood get-together of 1,500 attendees celebrating summer and creativity for all ages.

Lyngblomsten Golf Classic \$500–\$5,000+

Monday, August 3, 2015—Keller Golf Course, Maplewood
Tee off with 100+ participants in support of programming for older adults with memory loss and their caregivers.

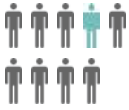
Please contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org to discuss how your team can make the difference in the lives of older adults.

Preparing Communities & Businesses to become Dementia Friendly

A community that is informed, safe, and respectful of individuals with dementia is a community prepared to support people living with Alzheimer's and those touched by the disease. For Minnesota businesses, it's essential that the costs of doing business include awareness of how dementia affects the workplace. Both employees and customers are touched personally and professionally. **Businesses and communities must be ready to ACT...here's why:**



100,000 people in Minnesota are living with Alzheimer's and related dementias.



In 2013, **1 in 9 people age 65+** had Alzheimer's.



By 2025, it is estimated that there will be a **40% increase** in the number of people age 65+ who have Alzheimer's.



Nationally, the cost of Alzheimer's (on government, business, families) totals about **\$300 billion** per year.



The disease costs U.S. businesses more than **\$60 billion** a year in lost productivity and absenteeism by primary caregivers and in insurance costs.

Health consequences for caregivers resulted in increased health care costs of **\$157 million** in 2012.

The effects of Alzheimer's and dementia are broad and will only increase as Minnesotans age. It will not only affect families, but communities and the state as well.

The business community can help prepare by adopting policies and practices and equipping staff to better serve customers with dementia and their caregivers, as well as by helping working caregivers remain productive employees. A few ways to do this include:

- Learning to recognize the signs and symptoms of Alzheimer's (and other cognitive impairments)

- Learning dementia-friendly communication skills appropriate to the setting
- Providing workplace flexibility for caregiver employees
- Helping caregiver employees maintain a healthy work-life balance and making resources available to them

Communities as a whole can become more dementia-friendly by:

- Raising awareness and transforming attitudes about Alzheimer's
- Having supportive options that foster quality of life
- Supporting caregivers and families touched by the disease
- Including diverse communities
- Promoting meaningful participation in community life

To accomplish this, there's more to do...community by community. Together, we can ACT now.

ACT on Alzheimer's: How can you help?

Communities around the state are taking action to create supportive environments for people living with Alzheimer's and their families.

Learn more about this statewide, volunteer-driven collaborative and how YOU can engage in this work in your community at: www.ACTonALZ.org.



Lyngblomsten currently collaborates with two action communities including ACT on Alzheimer's Roseville and the St. Paul Neighborhoods ACT on Alzheimer's (SPN ACT) team. To learn more or get involved, visit:

ACT on Alzheimer's Roseville at www.ci.roseville.mn.us/2721/Alzheimers-Dementia. Volunteer opportunities are available. See page 16 also for upcoming events.

SPN ACT at www.ACTonALZ.org/st-paul-neighborhood. Learn about upcoming Dementia Friends sessions and Dementia Champions trainings.

Sources: ACT on Alzheimer's, www.ACTonALZ.org; Alzheimer's Association, 2013, *Alzheimer's Disease Facts and Figures, Alzheimer's & Dementia, Volume 9, Issue 2*.

35, 50, 75, 90...

At what age does God stop calling you?

NEVER!

Why Churches Should Care About Older Adults

by Julie Pfab, Director of Home- and Community-Based Services

Looking back on my childhood, one of the blessings I experienced was having grandparents who lived just a few blocks away from my home as well as a grandmother who lived with our family during the last three months of her life. In many ways, my faith today has been molded by the relationship I had with my grandparents for whom I am so grateful. We shared prayers and attended Sunday services together. Mostly I remember how I saw them care for their family and neighbors and then how they allowed others to care for them when they needed more assistance. In the end, I witnessed how they died with great dignity and peace. In my younger years, I thought all older people were close to God and had a strong faith—that it was just part of being older. A baby boomer myself and now with nearly 30 years of working with older adults and caregivers in a variety of settings (nursing homes, community services, and a few years at a church), I know differently. It is not because you are older that you have a strong relationship with God but more so because you've worked at developing that relationship and living out your vocation, or calling, and passions and continuing to seek how God can use you now.

By 2020 we will have more adults age 65 and older than we have school-age children. This will be a first! The church can play a vital role in offering a place for older adults to grow in their spiritual life as well as a place to reach out and serve. Over the next decade, the church will be faced with older adults not only knocking on their doors looking for spiritual guidance around aging issues and end-of life-care, but also looking for meaningful ways to make a difference in mission-driven ministries that impact the lives of many in our communities and world. Churches that focus on older adult ministries will soon realize that a one-size-fits-all approach will no longer meet the needs of adults 65–100 plus.

Will your congregation be a community that reaches out and invites those in your neighborhood to participate in an older adult ministry that is vibrant and cares for the body, mind and spirit?

Lyngblomsten's partnerships with more than 50 churches provide a little insight on what a difference an older adult ministry can make in the life of the church inside its walls as well as in the neighborhood around the church. Through Lyngblomsten Older Adult Ministry and Home- and Community-Based Services, we are connecting with churches in a variety of ways, from providing volunteer training (Care Team Ministry, The Gathering and Volunteer Transportation training) to supporting caregivers through dementia-specific support groups and respite while offering social and stimulating activities for people with memory loss. We've had church groups joining us for a 5-5-1 Club (community center) trip to the theatre, for Wii bowling, and more. Parish Nurses are tapping into our Parish Nurse Ministry Resource Group, supporting strong health ministry programs in congregations. On the Lyngblomsten campus, we've had older adult ministry teams help with escorting residents to Sunday worship services or volunteer together at the Mid-Summer Festival. And, many are listening online to the bi-weekly podcast around aging and faith through Lyngblomsten's podcast *Ageless Faith* at www.agelessfaith.org or via iTunes.

Caring for older adults has always been a part of the life of the church. Going forward, the church has the opportunity to be creative and diverse in the ways it can reach older adults. Be open to the possibility, and you will be amazed at the passion, wisdom, and the gifts older adults can contribute to the life of the church! **L**

Ageless Faith

GROWING MINISTRY FOR AN AGING AMERICA

www.agelessfaith.org

THE AGE WAVE ISN'T COMING, IT'S HERE.

Ageless Faith is a bi-weekly podcast committed to equipping congregations to develop a truly robust ministry for older adults that encompasses spiritual growth, servant opportunities, and supportive services as well as social activities.

Lyngblomsten Wins 2015 Innovation Award from LeadingAge Minnesota

by Christina Rhein

On Thursday, February 12, Lyngblomsten received the 2015 Leading Change Innovation Award from LeadingAge Minnesota for our new web-based software tool, eMenuCHOICE™. The Innovation Awards recognize and showcase the very best innovative programs and ideas from older adult service providers with the intent of reimagining the aging experience.

The award was presented at the annual LeadingAge Minnesota Institute, a premier three-day conference held at the RiverCentre in St. Paul for older adult service providers and professionals in Minnesota. Nearly 4,000 professionals from all aspects of older adult services attended this conference to learn, share, and network.

Lyngblomsten has provided healthcare, housing, and services for older adults since 1906, and our focus has been consistent: to enhance the quality of life for older adults. Innovations, like our most recent one—eMenuCHOICE™, help achieve this mission.



Lyngblomsten received the 2015 Innovation Award for eMenuCHOICE at the LeadingAge Minnesota Institute. L to R: Jon Lundberg, Chair of LeadingAge MN Board of Directors; Janet Byrnes, Project Manager; Jeff Heinecke, President & CEO; Matt Stenerson, Software Architect

Lyngblomsten's eMenuCHOICE™ is a custom-designed web-based software tool that breaks down the communication barriers for resident meal ordering while enabling person-centered choices, maximizing accuracy, and streamlining kitchen meal prep operations for long-term care and senior housing settings. This tool empowers residents to participate in a key activity of daily living: choosing what to eat for their meals.



A Lyngblomsten Care Center resident uses eMenuCHOICE to select her meal.

More than a list, the menu option items include photos, written descriptions and audio descriptions so that with the help of a caregiver, the resident can make an informed choice about their meal options. Additional features of eMenuCHOICE™ that are helpful in long-term care include photos of the residents, diet restriction information, and notes about individual preferences.

Lyngblomsten Food

Production Manager Sue Severance commented, "I love seeing the residents' pictures because I don't usually get to see the residents themselves."

In addition to promoting person-centered choices, eMenuCHOICE™ also streamlines dietary management across the organization from the food service side of operations. The tool has proven successful in resident satisfaction and operational streamlining and cost savings.

We are in the process of making eMenuCHOICE™ available to other facilities. [L](#)

eMenuCHOICE™
Serving Dignity with Every Meal™

To learn more about eMenuCHOICE™, visit: www.emenuchoice.info

A Glimpse of Life with Lyngblomsten a Century Ago

About the Photo

This photo was sent to us by Chris LaFontaine in February, the week before the 109th anniversary of the incorporation of Lyngblomsten. Chris found the image in a box of old lantern slides and glass negatives purchased at a garage sale years ago. The original photographer was a man named Opsahl who lived near Chris's childhood home in Crystal, Minnesota.



The photo is believed to be from May 1914 when Minneapolis celebrated the 100th anniversary of the Constitution of Norway being signed on May 17, 1814. The constitution declared Norway to be an independent kingdom.

A resolution recorded in the Proceedings of the City Council of Minneapolis for the Year 1914 indicated that the city was celebrating the centennial of Norway's independence May 16–18, and that they were going to invite President Woodrow Wilson to attend. There was also a big celebration held at Lyngblomsten marking the occasion.

The older gentlemen in the car can be seen in some of Lyngblomsten's other historic photos. And yes, our organization was originally called Lyngblomsten Home for the Aged!



Norwegian Constitution Day

Norwegian Constitution is the National Day of Norway and is an official national holiday observed on May 17 each year. Among Norwegians, the day is referred to as Syttende Mai—meaning the 17th of May. Lyngblomsten recognizes Syttende Mai to celebrate our Norwegian heritage. The annual Husby Memorial Concert is May 17; see page 13 for details.

Older Americans Month, May 2015: Get Into the Act

50th Anniversary of the Older Americans Act

Each May the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. In honor of the 50th anniversary of the Older Americans Act (OAA), the ACL is focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The OAA was signed into law by President Lyndon Johnson in 1965. It provides a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. Some of these services include: home-delivered and congregate meals, caregiver support,

community-based assistance, preventive health services, personal care, transportation, legal assistance, elder abuse prevention, and more.

Older Americans Month provides an opportunity to promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse. Now is the time to "Get Into the Act" to make the benefits of community living a reality for more older Americans.

Learn More: Visit www.acl.gov for resources and ideas to celebrate Older Americans Month.

Source: Administration for Community Living | www.acl.gov

Parkinson's Support Group at Lyngblomsten

For caregivers and people living with Parkinson's or other movement disorders

What is it?

This Parkinson's Disease Support Group is an informal, self-managed organization of persons with Parkinson's and their caregivers whose purpose is to **share information** and **offer mutual support** in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcomed and supported.

- **informal gathering**
- **facilitated by social workers**
- **not a therapy group or class**
- **self-directed group**
- **any stage of Parkinson's Disease welcome**

Where and when is it?

This is an open group; come as often as you are able. No RSVP required. **FREE.**

Location: The Heritage 2nd Floor Lounge on the Lyngblomsten campus (1440 Midway Parkway, St. Paul)

Time: First Thursday of every month from 1:00–3:00 PM.

Questions? Contact Jay Haukom, Social Service Coordinator, at (651) 632-5391 or jhaukom@lyngblomsten.org.

Join Team Lyngblomsten for "Moving Day"— walk or donate to support people living with Parkinson's Disease

Date: Saturday, May 2, 2015 | **Location:** Hilde Center and Park, Plymouth, MN

Information and How to Register: www.lyngblomsten.org/parkinsonswalk

Learn more about the Parkinson Foundation at www.parkinsonmn.org.



An exercise study for older adults with Alzheimer's Disease

A study through the University of Minnesota School of Nursing, sponsored by the National Institute on Aging

Have you been told that you have Alzheimer's Disease? Are you age 66 or older? This exercise study may be right for you.

Study Purpose:

The study tests how two 6-month exercise programs affect symptoms of Alzheimer's Disease and brain size over a year. The exercise programs are cycling (pedaling on a stationary cycle) and stretching/range of motion.

What You Will Do:

An exercise trainer will guide participants to exercise 3 times per week for 6 months. The trainer will monitor participants responses to exercise to ensure their safety. Participants will be followed for another 6 months, and will receive compensation. Some will also receive a gym membership.

Eligibility:

This program is for people diagnosed with Alzheimer's Disease. A screening is held at the University of Minnesota to determine qualifying candidates.

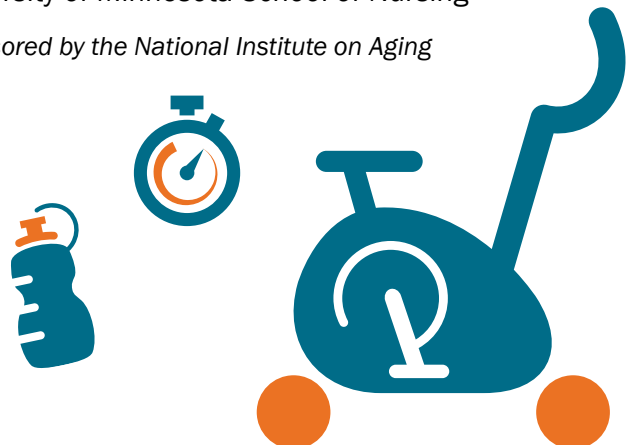
Where You Meet:

Qualified candidates who are affiliated with Lyngblomsten will meet at The Heritage at Lyngblomsten (3rd Floor Lounge), 1440 Midway Parkway, St. Paul.

Interested candidates or for more information:

Please contact Dr. Fang Yu at (612) 624-5435 University of Minnesota School of Nursing

Sponsored by the National Institute on Aging



You are cordially invited to:

Lyngblomsten Women's Legacy Tea

Join us for a delightful afternoon to celebrate the women in our lives and in the life of Lyngblomsten. Enjoy a delicious afternoon tea, ample time to visit, and a charming historical fashion presentation. All proceeds from the event support the Lyngblomsten Auxiliary Legacy Fund.

Date: Saturday, May 9, 2015

When & Where: 2:30–4:00 PM

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul, MN 55108
(Check-in begins at 2 PM and doors open at 2:15 PM)

Cost & Cause: \$30 per person for tea, food, and program. Tables for 10 can also be purchased. All proceeds from the event support the Lyngblomsten Auxiliary Legacy Fund.

Tribute Gift: Remember or honor the special woman/women in your life by making an additional gift. All contributions **received by May 1** will be acknowledged in the event program.

Registration: Begins April 1 and continues until seats are sold out or May 1, whichever comes first.
RSVP online at www.lyngblomsten.org/legacytea.
Last year was a sold-out event, so register early!

About the Program: Staff from the Alexander Ramsey House will provide us with a delightful up-close look at the en vogue fashion from 1890–1910, the time period of the founding women of Lyngblomsten. Enjoy an interactive presentation, featuring photographs, dresses on display, and a mini fashion show that can be enjoyed by multiple ages.

Can't attend but want to make a gift? Visit us online at www.lyngblomsten.org/donate to make a contribution to support the Auxiliary Legacy Fund.

You're Invited to...

— A Toast to Lyngblomsten — Vibrant Living

2015 Lyngblomsten Foundation Spring Benefit

Join us for a fundraising celebration full of life, laughter, and inspiration as we raise money to support older adults. The evening includes a silent auction, dinner, dancing, and more! Visit

www.lyngblomsten.org/benefit2015

for more details and to RSVP.

Individual ticket: **\$100**

VIP party table* for 8: **\$1,000**

VIP party table* for 10: **\$1,250**

**Includes additional wine and other benefits*

Date & Time:

Friday, April 17, 2015 at 6:00 PM

Cause:

Services and programs that support vibrant living for older adults

Location:

American Swedish Institute
Minneapolis, MN

Event Sponsors

as of 3/11/15

Gold (\$2,500+)

Silver (\$1,000+)



CliftonLarsonAllen
McGough Construction

RSVP by April 13, 2015 online at www.lyngblomsten.org/benefit2015.

Lyngblomsten's Corporate Congregations

Lyngblomsten is partnered with Christian congregations across the Twin Cities. Each partner church signs a covenant with Lyngblomsten affirming the mutual commitment to provide for the needs of older adults, a task that is inherent in the mission of the Church and clearly expressed in Lyngblomsten's own mission.

The following symbols represent the Lyngblomsten programs utilized in the churches:

CTM=Care Team Ministry

OAM=Older Adult Ministry

PNM=Parish Nurse Ministry Resource Group

TG=The Gathering (site)

TG¹=Non-site Gathering partner

The **year** indicates when the church became a corporate congregation.

Amazing Grace Lutheran
Inver Grove Heights, 2007 **TG¹**

Augustana Lutheran
West St. Paul, 2002
CTM, PNM, TG

Bethlehem Lutheran
in the Midway
St. Paul, 1962

Cathedral of Saint Paul
St. Paul, 1996

Centennial United Methodist
Roseville, 2000 **CTM, PNM, TG**

Christ Lutheran on Capitol Hill
St. Paul, 1961

Como Park Lutheran
St. Paul, 1960 **PNM, TG¹**

Falcon Heights United
Church of Christ
Falcon Heights, 1999

First Lutheran
White Bear Lake, 1998
CTM, PNM

Gloria Dei Lutheran
St. Paul, 1985

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

Holy Childhood Catholic
St. Paul, 1991

Hope Lutheran
St. Paul, 1962

Immanuel Lutheran
St. Paul, 1960 **CTM**

Incarnation Lutheran
Shoreview, 1990 **CTM, TG¹**

Jehovah Lutheran
St. Paul, 1995

Lakeview Lutheran
St. Paul, 1960

Lutheran Church
of the Redeemer
St. Paul, 1998

North Heights Lutheran
Roseville/Arden Hills, 1975

Oak Knoll Lutheran
Minnetonka, 2007 **TG**

Prince of Peace Lutheran
Burnsville, 2008 **PNM**

Prince of Peace Lutheran
Roseville, 1961 **OAM**

Redeemer Lutheran
White Bear Lake, 1960
OAM, TG¹

Roseville Lutheran
Roseville, 1975 **CTM**

St. Andrew's Lutheran
Mahtomedi, 1991

St. Anthony Park Lutheran
St. Paul, 1960 **CTM, PNM**

St. Mark Lutheran
St. Paul, 1962

St. Timothy Lutheran
St. Paul, 1961 **TG¹**

Salem Lutheran
West St. Paul, 1965
CTM, PNM, TG

Everyone in the community is invited to this **FREE** concert featuring a performance by:

Vocal Ensemble Harmonic Relief



Husby Memorial Concert

Sunday, May 17 at 3:00 PM

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul

This FREE concert is made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.

www.lyngblomsten.org | (651) 646-2941



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This evidence-based program is designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falling.

During this 8-session class, participants learn to:

- View falls & fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Increase strength & balance

Thursdays, June 4–July 30 (no class July 2)

9–11 AM at the 5-5-1 Club

(lower level of the Lyngblomsten campus at
1415 Almond Ave, St. Paul)

Cost is \$25 for entire 8-week class

Register: (651) 632-5330

More details at www.lyngblomsten.org/MOB

Offered in partnership with Metropolitan Area Agency on Aging

Volunteers—a Work of Heart (and more!)

Anatomy of thanks for the Lyngblomsten Volunteers

by Shelli Beck, Lead Volunteer Coordinator

HEAD

The tenants at The Heritage apartments are so appreciative when volunteers come and lead Brain Games. A healthy brain is an engaged brain. We are grateful, too, for those who share their knowledge through serving on a Lyngblomsten board or committee.

EARS

It is music to our ears when volunteers sing or play piano, guitar, violin, harp, accordion, organ, and more. Thank you for sharing your talents with Lyngblomsten.

MOUTH

When volunteers come to Lyngblomsten and connect residents with their loved ones afar through Skype, many lives are filled with joy through conversation.

HANDS

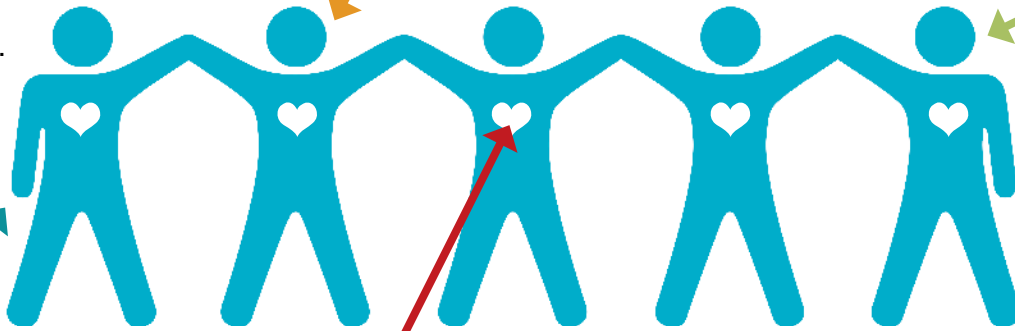
Data entry, assembling packets, assisting at events... the examples are countless. We are blessed by the work of your hands.

HEART

Thank you to the many volunteers who say things like, "We love to paint nails every Monday," or "I love coming to visit my friends here at Lyngblomsten; they make me happy." Visiting with residents, or even just sitting quietly with them, makes the residents' hearts happy, too!

FEET

One of our volunteers says, "It makes my heart feel happy when I can help residents get to and from places." Sharing your gift of mobility means more than you'll ever know.



Volunteers A Work of Heart!

**Celebrate Volunteer Appreciation
Week, April 12–18!**

Enjoy the appreciation posters display near the Volunteer offices. Volunteers, look for the extra special treats in the Volunteer Lounge. It's going to be a great week celebrating our incredible Lyngblomsten volunteers!

Lyngblomsten Volunteer Stats

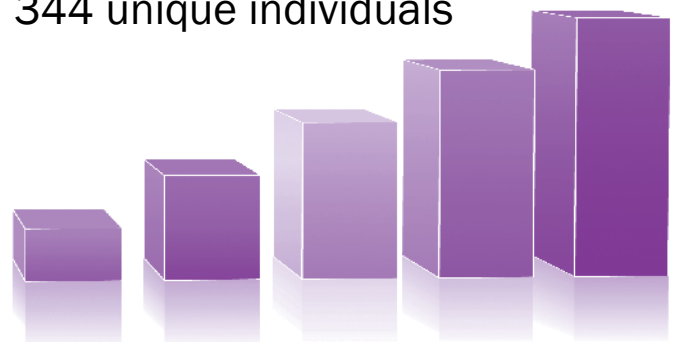
December 2014 through February 2015

Volunteer Hours

5,010 hours

Number of Volunteers

344 unique individuals



The 4 Ps and Property

by Melanie Davis, Chief Development Officer

In the last issue of *Lyngblomsten Lifestyle*, Planned Giving Committee member Bill Sullivan previewed the “Four P’s” of estate planning: People, Property, Plans, and Planners. Bill addressed the first P – People, urging us to think about the special people or organizations in our lives we want to remember in our legacy planning. This article highlights some of the key things to think about regarding the second P – Property. While property can include all types of assets, such as intangible personal property (e.g. stock, life insurance) or tangible personal or real property (e.g. cars, jewelry, art or real estate), we’d specifically like to share more about gifts of real estate.

During your estate planning, it is important to consider the appreciated real estate you may have. In addition to such property as one’s home, is there a family cabin or other vacation property, undeveloped land, farmland or commercial property that you would like to see passed on to persons or organizations you care most about? As you consider who will be the recipients of these gifts of real estate, how can they best receive them to ensure that your wishes are honored and that the value of the gift to the recipient is optimized? For instance, if you want to ensure that a grandchild receives the family cabin, is it best to simply deed the property to her in your bequest or to establish a trust (particularly if they are young) that could include funds for taxes and maintenance while also ensuring that the asset is kept in the family for a designated period of time?



Todd Readinger

While many people first think about passing on real estate to family, some donors are surprised by how gifting property to a charity can provide them with significant financial benefits as well. According to Thrivent Financial Associate Todd Readinger (left), also a member of Lyngblomsten’s Planned

Giving Committee, “Gifts of real estate to charities can 1) help the donor to avoid paying capital gains tax on the sale of the real estate, 2) provide a charitable income tax deduction based on the value of the property, and 3) leave a lasting legacy to their favorite charity.”

Beyond simply including a charity in your bequest, there are also numerous options available to make planned real estate gifts to charities that can have both immediate and ongoing benefits to the donor as well as to the charity. According to a recent article by industry expert Crescendo, “Depending on the specific gift strategy, a planned gift can maximize a donor’s charitable deduction, provide tax-free cash from the sale of real estate, allow the donor to continue to live in their home and, in these cases, provide needed flexibility as the donor’s goals and circumstances change.” For example, with equity in her home, it is possible for Esther, who is 80, to donate her home to her beloved charity and remain living there until the time she passes away. Esther may be able to fund a charitable gift annuity with the remainder interest in her home. The annual annuity payments Esther would receive would also increase her annual income, providing additional monies for living expenses while allowing her to stay in her own home.

Regardless of whether you have real estate to pass on to others, it is important to have a will and to think through your estate plans. While creating your will can be very simple, there are also numerous giving options you can consider to share your gifts with the special people and organizations in your life. In the next installment, we’ll talk more specifically about the third P – Plans. In the meantime, we encourage you to talk with a professional to determine which strategies are right for you.

If you would like to learn more about charitable gift annuities, the benefits of other charitable gift options, or how to include Lyngblomsten in your will, please contact Melanie Davis, Chief Development Officer, at mdavis@lyngblomsten.org or (651) 632-5356. [L](#)

ACT on Alzheimer's

Roseville Families & Friends: Let's Take Action
Help make Roseville more welcoming for people living with Alzheimer's & Dementia.

L Lyngblomsten is an active community partner with the Roseville ACT on Alzheimer's Action Team.

ACT I: Get Together | Thursday, April 23

See back cover for more details.

ACT II: Learn Together | April & May 2015

Attend a series of FREE presentations by local experts. Open to the public.

Learn about Dementia & the Healthy Brain Tuesday Evenings from 6:30–7:30 PM

Fairview Community Center, 1910 Cty Rd B W, Roseville

April 28	Healthy Brain
May 5	Dementia vs. Normal Aging
May 12	Virtual Dementia Tour
May 19	Dementia-Friendly ACTION Steps: Be Aware, Be Kind, Be Involved

Learn about Effective Caregiving Thursday Afternoons from 1–2:30 PM

Roseville City Hall, 2660 Civic Center Drive, Roseville

April 30	Senior Gems®: How Dementia Affects the Brain
May 7	Practical Tips for Avoiding Power Struggles
May 14	Becoming an Alzheimer's Whisperer
May 21	Caregiver Stress/Burnout: (Taking Care of You)

A second series of presentations and movies will be offered again Fall 2015.

ACT III: ACT Together

Volunteer Now! Learn how you can make Roseville a dementia-friendly community.

**Learn more at: www.ci.roseville.mn.us/2721/Alzheimers-Dementia
Questions? (651) 604-3520**

Roseville ACT is sponsored by the Roseville Alzheimer's and Dementia Community Action Team—a consortium of community volunteers, service providers and government entities committed to making Roseville a more dementia-friendly community. Arthur's Residential Care, Inc. serves as the fiscal agent for the Roseville ACT on Alzheimer's project.



Beauty Shop

at Lyngblomsten

The Lyngblomsten Beauty Shop

is available to everyone —
Care Center residents, apartment tenants, 5-5-1 Club participants, family members, volunteers, staff, and community.

The shop is located near our main entrance at 1415 Almond Avenue, St. Paul.

Hours

Monday – Friday
7:30 AM – 3:30 PM

Call (651) 632-5352 to schedule an appointment.

Prices

Shampoo: \$10 – \$18
Shampoo & Set: \$18
Blow Dry & Curling Iron: \$18
Rinse: \$2
Women's Haircut: \$18
Men's Haircut: \$10 – \$18
Cut & Blow Dry: \$23
Color: \$25
Comb-out: \$10
Permanent: \$60

Questions? Call Cindy at (651) 632-5352.

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

December 31, 2014 through February 28, 2015 (does not include Lights for Lyngblomsten)



In Memory of

Audrey Anderson	Lois McTie
Nathalie Carlsted	Donald Mielke
Janet Christianson	Joyce Miller
Barbara Craig	Dolores "Snook" Mitchell
Owen Foss	Herbert Mueller
Arlean Gehl	Robert Ogren
Anne Husby Hanson	Carol May Heed Sather
Alice Hydukovich	Teresa Schroeder
Catherine Jarosch	Esther Tufvesson
John Kubesh	Barbara Venne
Milton Larson	Mary Venne
Raymond Martin	Chas Vrmar
Eileen Mayr	Edna Wold
Betty McGowan	

In Honor of

Carolyn Gibson
Lyngblomsten Board of Directors
Lyngblomsten Foundation Board of
Directors
Lyngblomsten Community
Engagement Team
James Unger



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.



Need a place to rest your head while visiting a loved one at Lyngblomsten?

Stay the night in the guest room at The Heritage at Lyngblomsten—available for rental by family and friends of tenants and residents at Lyngblomsten.

Room amenities include:

- 2 twin single beds + pull-out single bed
- Private bathroom with walk-in shower
- Flat screen TV (with cable)
- Telephone
- Small refrigerator and microwave
- Free continental breakfast Monday–Friday
- Wi-Fi (computer also available for use in library)
- Use of laundry facilities

Rate: \$55/night

Location: 1440 Midway Parkway, St. Paul

Reservations: Call (651) 632-5429

Flowers are like friends;
they bring color to your world.



Fresh flowers are
available at Anna's!



(on the Lyngblomsten campus near the chapel)



Bouquets are
\$7.99 each



Fresh flowers are delivered every Thursday from
Hermes Floral. Low-cost vases available for purchase.
Questions? (651) 632-5385



OUR MISSION:

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

OUR GUIDING PRINCIPLES:

For our **participants**, Lyngblomsten promotes dignity through informed choices for living options, respecting individuality, and orchestrating the best life possible.

For our participants' **families**, Lyngblomsten supports their needs through careful listening, traveling alongside them as they walk the journey with their loved ones.

For our **employees**, Lyngblomsten strives to foster an environment that encourages compassionate caregiving, innovative thinking, problem-solving, and opportunity seeking.

Through our **community** of donors, volunteers, corporate congregations, and socially responsible corporations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

OUR PILLARS:

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

Events Calendar

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

APRIL is Parkinson's Awareness Month & Volunteer Appreciation Month

Sunday, April 12–Saturday, April 18

Lyngblomsten Volunteer Appreciation Week:

Volunteers – A Work of Heart!

Volunteers can stop by the Volunteer Lounge on the Lyngblomsten campus this week for special treats!

Sunday, April 12

Second Sunday Concerts

2–3 PM Newman-Benson Chapel at Lyngblomsten
Presented by MacPhail Center for Music: featuring Josh Osborne on classical guitar. Light refreshments served afterward. FREE. Open to the community.

Tuesday, April 14

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

Friday, April 17

Lyngblomsten Foundation Spring Benefit

6 PM at the American Swedish Institute, Minneapolis
Join us for a fundraising celebration full of life, laughter, and inspiration as we raise money to support older adults. More details on page 12.

Thursday, April 23

ACT on Alzheimer's Roseville Kick-Off Event

1–3 PM at City Council Chambers
2660 Civic Center Drive, Roseville
Help make Roseville more welcoming for people living with Alzheimer's and dementia. Learn more about the events planned for 2015. Details on page 16.

Monday, April 27

The Gathering Friends & Family Night with MacPhail
6:30–7:30 PM Newman-Benson Chapel at Lyngblomsten
Participants from The Gathering's (a Lyngblomsten group respite program for people with memory loss) Music for Life class invite friends, family, and the community to an evening of musical fun with teaching artists from MacPhail Center for Music. Activities like singing, playing instruments, and movement will show the powerful connection of music and lifelong wellness. RSVP to (651) 414-5291.

MAY is Older Americans Month: 50th Anniversary of the Older Americans Act

Saturday, May 2

“Moving Day” Twin Cities Parkinson’s Walk
9–11:30 AM at Hilde Center and Park in Plymouth
Walk or donate money to Team Lyngblomsten. Proceeds benefit the National Parkinson’s Foundation Minnesota. Register your team, donate, or join Team Lyngblomsten at www.lyngblomsten.org/parkisonswalk. More on page 11.

Tuesday, May 5

Lyngblomsten Corporate Annual Meeting
6 PM dinner; 7 PM meeting. Details will be mailed to delegates, boards, and committees.

Saturday, May 9

Lyngblomsten Women’s Legacy Tea
2:30–4 PM Newman-Benson Chapel at Lyngblomsten
Celebrate the women in our lives and in the life of Lyngblomsten. Enjoy afternoon tea, time to visit, and a historical fashion presentation. Proceeds support the Lyngblomsten Auxiliary Legacy Fund. More details on page 12. Reservations required.

Sunday, May 10–Saturday, May 16

Homes for the Aging Week
Special events happening on campus each day. Visit www.lyngblomsten.org/HFAweek for details.

Sunday, May 10

Second Sunday Concerts
2–3 PM Newman-Benson Chapel at Lyngblomsten
Presented by MacPhail Center for Music: featuring Jazz Piano with Bryan Nichols. Light refreshments served afterward. FREE. Open to the community.

Saturday, May 16

New Volunteer Orientation
10 AM–Noon. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

Sunday, May 17

Husby Memorial Concert featuring Harmonic Relief
3 PM Newman-Benson Chapel at Lyngblomsten
FREE. See page 13 for more details.

May 17 is also Syttende Mai (Norwegian Constitution Day) today! See page 10 to learn more.

Thursdays, June 4–July 30

Matter of Balance: Managing Concerns About Falls
9–11 AM at the 5-5-1 Club
8 weekly sessions. This is an evidence-based approach to effectively manage falls and increase physical activity levels in older adults. See page 13 for more details.

Tuesday, June 9

New Volunteer Orientation
6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

Sunday, June 14

Second Sunday Concerts
2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Presented by MacPhail Center for Music: featuring Joe Kaiser and Rebecca Hass on cello and piano. Light refreshments served afterward. FREE. Open to the community.

Wednesday, June 17

New Volunteer Orientation
1–3 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org

**Lyngblomsten
Mid-Summer Festival**



SAVE THE DATE!

Saturday, July 11

11 AM–6 PM

Fun for all ages!

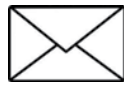
Visit www.lyngblomsten.org/festival for more details.

**SAVE THE DATE!
Lyngblomsten Golf Classic
Monday, August 3, 2015
Keller Golf Course, Maplewood**



Visit www.lyngblomsten.org/golf2015 for more details.

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



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

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

**CHANGE SERVICE
REQUESTED**



Roseville

ACT on Alzheimer's

Roseville Families & Friends: Let's Take Action

Let's make Roseville more welcoming for people living with Alzheimer's & Dementia

 Lyngblomsten is an active community partner with the Roseville ACT on Alzheimer's Action Team.

ACT I: Get Together **Thursday, April 23 from 1–3 PM**

Come to our kick-off event to learn more about the exciting events planned for 2015.

Location: City Council Chambers, 2660 Civic Center Drive, Roseville

ACT II: Learn Together

April & May 2015 Attend a series of free presentations by local experts.

See page 16 for presentation dates and details. Another series will be offered Fall 2015.

ACT III: ACT Together

Volunteer! Learn how YOU can help make Roseville a dementia-friendly community.

More at: www.ci.roseville.mn.us/2721/Alzheimers-Dementia
Questions? (651) 604-3520