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Lyngblomsten
Lifestyle

Summer 2015



STORIES OF LIFE:
5 Ways Technology Can Be Used
To Empower Older Adults

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Dementia-Friendly Faith Communities
Elements of an Estate Plan

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Letter from the Editor

Don't just live; leave a legacy!

Dear Readers,

“Legacy” has been on my mind a lot lately. In the last nine months or so, we’ve experienced a lot of changes within the Lyngblomsten family of employees and volunteers due to serious illnesses or deaths. The most recent loss was the sudden death of Wes Johnson. He had many roles with Lyngblomsten including current volunteer Board member and delegate and former employee. His funeral was laden with beautiful examples of how he touched lives in his own unique way. Beyond the typical “he-was-a-great-guy” stories, the remembrances highlighted his sometimes quirky—but always passionate—approach to life. There are so many titles Wes could have, including connector and encourager. Through his heart for service and culture, his legacy touches at least three continents.

For quite some time, I’ve been signing my Editor’s Letter with “Don’t just live; leave a legacy!” I need to give more intentional thought to what I’d like my legacy to be. And I encourage you to spend some time this summer pondering: For you, what does it mean to leave a legacy? How can the way you live your life impact the next generation, if not the next several?

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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On the Cover: Lyngblomsten resident Gloria Swelander, 88 years old, demonstrates how she uses eMenuCHOICE™ (a web-based software tool) on an iPad to choose exactly what she wants to eat at each meal.

5 Ways Technology Can Be Used To Empower Older Adults



By Christina Rhein, Marketing Communications Specialist

Trends in technology use by older adults ages 65 and older is growing at an ever increasing rate, whether it be social networking, text messaging, use of the Internet, or use of mobile phones/tablets, according to a Pew Internet Research Report in 2014. As the United States is a rapidly aging nation—by 2030, according to the U.S. Census Bureau projections, 25 percent of the U.S. population will be 60 and older, and 19 percent of the population will be 65 years of age and older—technology will have an increasingly significant role in empowering and supporting older adults and caregivers. The use of these technologies can help support the “whole person” in multiple ways, including: health, wellness (both physical and cognitive), and prevention; functional limitations and chronic disease management; and social connectedness to friends, family, and community.

For those older adults who may already be familiar with some technologies, and for those who may be acquiring some technology skills for the first time or even just thinking about learning, here are five benefits of technology to consider:

1) Staying Social

Social communication technologies like video chat and social media help older adults to communicate with remote friends and family.

According to a survey of centenarians, “100@100” conducted by UnitedHealthcare in 2012, staying socially engaged is just as important to healthy aging as genetics and maintaining a healthy body. Video chat technologies, social media, and other Internet-based communication mediums such as email, are one way older adults can stay in touch with family and friends

when in-person visits and social interactions aren’t possible.

One Lyngblomsten resident, Lee Freeman, 89 years old, uses Skype to stay connected with long-distance loved ones. Each Thursday, Lee’s daughter Alice, who lives nearby, visits with Lee at Lyngblomsten and joins her for a Skype call with their family in Texas. A Lyngblomsten volunteer helps set up a laptop and the Skype program.

“I feel very fortunate to be able to see and talk with my family, and watch the great-grandkids as they grow. I wouldn’t get to see them otherwise.”

—Lee Freeman, Lyngblomsten resident

Lee started using Skype shortly after she moved to Lyngblomsten three years ago. Lyngblomsten Therapeutic Recreation Coordinator Kris Kempf suggested the idea to Lee, and having never heard of Skype before, Lee responded eagerly to the opportunity. “Of course I would want to be able to see and talk to my family!” she exclaimed. It was also two years ago that Lee’s daughter who lived in Texas had a kidney transplant. Lee was grateful to use Skype to keep in touch more frequently during that difficult time.

On a recent Skype call when Lee connected with her family—her daughter, son-in-law, grandchildren and great-grandchildren—they all asked her, “How are you today?” to which she responded smiling and laughing, “How could I not be good with this!” The conversation continued, nonstop, the whole family talking at

continued on page 4

once, sharing stories and catching up, the kids acting silly and making faces into the webcam, and everyone smiling and laughing. It felt like they were a family just sitting around and chatting in their living room. “Since my traveling days are over, I feel very fortunate to be able to see and talk with my family, and watch the great grandkids as they grow,” Lee expressed. “I wouldn’t get to see them otherwise.”



Lee and her daughter Alice spend some time visiting (L) before a Skype session with their family in Texas (above).

Another example of technology use for social connection in the deaf community are videophones. Videophones allow the deaf community to communicate with both deaf and hearing family, friends, and business contacts by using a video relay service. This is a 24-hour service, paid for by the government’s Telecommunications Relay Service (TRS) fund, to place and receive calls with a professional American Sign Language (ASL) interpreter via a videophone or other compatible device (such as a PC, Mac, tablet, or mobile device) and a high-speed internet connection. The deaf individual places a video relay service call through their device, and calls are routed to a video relay service center. The caller is then connected to an interpreter, fluent in ASL and English, who appears on the device. The deaf caller signs to the interpreter, who then calls the hearing user via a standard phone line and relays the conversation between the two parties.

Nita M. Hannah, a deaf tenant at the Lyngblomsten Apartments, uses a videophone often to communicate with her deaf friends, many of whom live out of state, as well as her mother who doesn’t live close by. “I’ve

been using the videophone service for almost five years now, and really enjoy having it. It also makes it easy for me to contact different services like setting up doctor appointments and rides with Metro Mobility,” Nita shared.

It [videophone service] also makes it easy for me to contact different services like setting up doctor appointments and rides with Metro Mobility.”

—Nita M. Hannah, Lyngblomsten Apartments tenant

In addition to video communication, there are many other social networking platforms like Facebook, Twitter, and Pinterest, as well as sites specially designed for older adults. In fact, data from Pew Research in 2014 showed that use of social media sites by American users ages 65 and over had risen sharply over the past five years, with almost half of all older adults online active on one or more social networks. The study also showed that older adults who used social networking sites socialized more frequently with friends and family members than did non-users.

2) Maintaining Independence

Gadgets are helping older adults stay at home longer or empowering older adults in long-term care settings to continue to make choices about key activities of daily living.

Many older adults choose to stay in their own homes as they age. There are many tech solutions that can make doing so safer for them (and ease the minds of family members or caregivers) while helping to still maintain independence. Some of these include wireless home monitoring systems that employ sensor devices to detect emergencies such as falls, report unusual behavior, and even track vital signs—without intruding on privacy. Other home assistive devices include technology such as LED lighting, medication dispensing appliances, photo-enhanced phone dialers, and stove shut-off systems, all of which can help older adults with mild cognitive and motor impairments.

Technology can also enable independence and choice in a long-term care or assisted living setting. One example is eMenuCHOICE™, a web-based software tool

(developed by Lyngblomsten) that allows residents to choose what they eat at each meal using a tablet or iPad. Residents know exactly what they are asking for by seeing a photo of the food items, hearing the name of the item spoken clearly through an audio feature, and seeing a description of exactly what the food is. The tool also includes notices of special diet restrictions and allergen warnings specific to each resident. Additionally, residents can touch the screen to actually place the order themselves if they wish.

Lyngblomsten resident Gloria Swelander, 88 years old (pictured on cover), uses eMenuCHOICE™ each day to choose her meals. “It’s great! There’s a lot of options, and it tells you everything you need to know about the food,” Gloria explained. “I have my own iPad that I like to play games on, so it was easy for me to learn how to use it,” she said.

3) Physical & Cognitive Stimulation

Video games and online and mobile app-based games help keep bodies and minds active.

Video game systems controlled by motion, such as the widely-recognized Nintendo Wii sports games or Xbox Kinect games, offer a fun opportunity for older adults to engage in light physical activity. In addition to the physical health benefits, video (and computer) games in general have been shown to improve cognition, mental agility, the ability to sustain focus, and multitask successfully. Here are some places to look for online brain games, many of which offer personalized training programs: Games.AARP.org, Happy-Neuron.com, Lumosity.com, and BrainHQ.com.

4) Smart Medication & Health Management

Smartphone apps and online tools help older adults take charge of their wellness.

According to a survey by Medco Health Solutions, more than half of the older adult respondents said they took at least five different prescription drugs regularly, and 25 percent said they took 10–19 pills a day. Medication management apps can be a great tool to help older adults and their caregivers keep track of meds. Apps can be downloaded for use on smartphones and tablets, and can help reduce missed medications

and prevent medication errors. Some example apps include RxmindMe, MedCoach Medication Reminder, and PocketPharmacist.

Older adults are also more likely than others to develop chronic health conditions, making health-tracking apps a great opportunity for them. According to data from the Pew Research Center, 81 percent of people over 65 monitor at least one health indicator, far more than any other group. Adults between ages 50 and 64 were the next most likely to pay close attention to their health, with 68 percent doing so. Apps and health information tracking systems can help older adults and caregivers monitor things such as vital signs, diet and exercise, sleep, mood and depression. Some example products include Fitbit, Jawbone UP, CarePredict (designed especially for older adults), and MyFitnessPal.

5) Community Connection

Technology can support personal activities and community involvement.

Technology can help older adults maintain and strengthen their social ties not only with family and friends through social communication like Skype and Facebook, but also by connecting them to other individuals in their communities. Technology devices connect older adults to activities such as health and wellness classes, lifelong learning classes, volunteer opportunities, and clubs and groups of older adults with similar interests or hobbies. Staying connected to their communities and their interests can help older adults flourish. **L**

Sources: Bernstein, Nell. *Caring.com*. “Aging in Place Gadgets.”

CaregiverStress.com, 2015, Home Instead, Inc., “5 Benefits of Technology to Share with Seniors and Their Caregivers.”

Center for Technology and Aging, Center for Information Technology Research in the Interest of Society, Public Health Institute, 2014, “The New Era of Connected Aging: A Framework for Understanding Technologies that Support Older Adults in Aging in Place.”

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Stevensen, Sarah. SeniorNet.org, September 2013, “10 Pieces of Technology Seniors Should Embrace.”

Faith-Health Partnerships

Lyngblomsten's Transitional Care Unit and Parish Nurses Uniting Faith and Health

by Christina Rhein

Lyngblomsten's Transitional Care Unit (TCU) recently began working with parish nurses to better support patients in transitions of care. Upon coming to the TCU, patients now have the option to indicate on the admissions form their religious preference, if they belong to a faith community, and if their faith community has a parish nurse or faith community nurse. If the patient chooses, Lyngblomsten staff will notify the parish nurse at their faith community or find a parish nurse available in the community to be in contact with the patient. The Parish nurse would then be contacted with patient updates and notified of care conferences if appropriate.

In this partnership, the role of the parish nurse/faith community nurse is to act as a transition coach, supporting the transition of the patient from the TCU to living well back home. Mary Nordtvedt, Lyngblomsten Parish Nurse Ministry Resource Network Coordinator, explained that "parish nurses at faith communities will work alongside the TCU staff, sharing a common goal: to prevent hospital readmissions and facilitate continuity of care." Mary continued, "Creating awareness of parish nursing and what services we can provide is

also important in helping people understand the benefits of a faith-health partnership."

What is a parish nurse/faith community nurse? A parish nurse is an experienced registered nurse who has completed parish nurse training through schools that have adopted the International Parish Nurse Resource Center curriculum. Blending faith with nursing, parish nurses minister through a faith community to individuals and families. The parish nurse holds the spiritual dimension to be central to the ministry, which encompasses the physical, psychological, social, and spiritual.

Lyngblomsten recognizes the importance of faith communities in keeping people healthy and will continue exploring this partnership of compassionate care uniting faith and health.

To learn more about the transitions of care and parish nurse project with Lyngblomsten's TCU, contact Leigh Emmerich, Director of Social Services at (651) 632-5370 or lemmerich@lyngblomsten.org.

To learn more about the Lyngblomsten Parish Nurse Ministry Resource Network, contact Mary Nordtvedt at (651) 632-5380 or mnordtvedt@lyngblomsten.org. [L](#)

Source: Patterson, Deborah. "The Essential Parish Nurse ABC's for Congregational Health Ministry."

Lyngblomsten Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support. New members are welcome to join at any time.

Grant Money Opportunity

Faith community members of the resource group have an annual opportunity to apply for grant money from the Lyngblomsten Foundation. The grants are to be used to enhance parish nurse/faith community nurse ministry programs that benefit the health and well-being of older adults. *Applications must be submitted by October 1, 2015.*

Learn More

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



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

Short-term transitional care following surgery or serious illness

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

Learn More

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

Dementia-Friendly Faith Communities

Welcoming • Inclusive • Nurturing

by Christina Rhein

With a growing awareness in many faith communities of the challenges posed by Alzheimer's and other dementias, congregants and church staff are beginning to explore ways to make their churches more dementia-friendly and more inclusive. Faith communities want to be welcoming places where people who are living with dementia can continue to nurture and grow their faith.

Dementia-friendly faith communities are welcoming to all who enter their doors, including people who have Alzheimer's or other dementias and those, such as caregivers, who share their journey. Becoming a dementia-friendly faith community will be a work in progress. The most difficult hurdle to overcome will be the first one: getting started. According to Nancy Shatek-Suek, Pastoral Minister at Nativity of Our Lord Catholic Church in St. Paul, a good first step faith communities can take to become more dementia-friendly is getting the support of the leadership. "That may not seem like a small thing, but by learning about the statistics and how this will impact your congregation, it will help to start that conversation about the prevalence of the disease," Nancy shared. "Be proactive. Educate yourself, and then encourage and talk about it with your pastors and leadership and explain why it's of value to your community," she advised.

A second critical step is honoring and building on the strengths and gifts of those living with dementia. In doing so, faith communities can find ways to meaningfully engage those with dementia and their caregivers, so that they continue to feel loved, valued and welcomed. "When someone is diagnosed with Alzheimer's, they still have a lot of gifts to give," said Julie Pfab, Director of Home- and Community-Based

Services for Lyngblomsten. "Focus on their strengths and abilities, and then support and encourage them to use those gifts to participate in the community and feel valued." Most importantly, Julie emphasized, is that "you can still live a good and meaningful life with Alzheimer's disease. Faith communities can continue to bring that hope."

Tips for Creating a More Welcoming & Dementia-Friendly Congregation

Awareness & Education

- Offer congregants education about dementia and Alzheimer's to change attitudes that may exist and build support for those touched by the disease.
- Know the local services available to help people with dementia and their caregivers. (Some resources are listed on page 9.)

Spiritually Engaging a Person with Dementia

- Keep services short and simple—30 minutes or less can help people with dementia feel more engaged and avoid loss of concentration.
- Choose inclusive and engaging worship activities appealing to a range of senses—sight, hearing, touch, and smell.

Supporting the Caregiver

- Form a support group for caregivers of those with dementia or Alzheimer's. Encourage caregivers to use respite care for a break from daily responsibilities.

For more resources about dementia-friendly faith communities, visit www.lyngblomsten.org/blog. 

Sources: Livability—www.dementiafriendlychurches.com
"Growing Dementia-Friendly Churches: A Practical Guide"
—Methodist Homes (MHA) & Christians on Aging

2015 Lyngblomsten Church Partnership Milestones (years)



Como Park Lutheran (55)
Immanuel Lutheran (55)
Lakeview Lutheran (55)
Redeemer Lutheran (55)
St. Anthony Park Lutheran (55)
Salem Lutheran (50)

North Heights Lutheran (40)
Roseville Lutheran (40)
Gloria Dei Lutheran (30)
Incarnation Lutheran (25)
Jehovah Lutheran (20)
Centennial United Methodist (15)



Reporter Boyd Huppert (L) & photojournalist Jonathan Malat (R)

Nala the Nursing Home "Angel"

Pet visitor Nala the teacup poodle and her owner Doug Dawson (pictured left), a Lyngblomsten employee, have been in the spotlight after being featured on KARE 11's *Land of 10,000 Stories* with Boyd Huppert in April. Their heartwarming story has gone viral, with news outlets nationwide and worldwide sharing about the work that Nala does to bring joy to Lyngblomsten residents.

Expect to see them next on KARE 11 on June 25 at 9 PM, and at the Lyngblomsten booth at the Mid-Summer Festival on Saturday, July 11.



Husby Memorial Concert

Harmonic Relief (above) gave a wonderful musical performance for the annual Husby Concert, which also happened to land on Syttende Mai (Norway's Constitution Day). There was Kransekake (left), or "Ring Cake," which is the signature cake of Norway, to help celebrate! This free concert was made possible through the Gertrude Husby & Ingebor Husby Smith Memorial Endowment.

Lyngblomsten Scrapbook



Chuck Norton (L), Jeff Heinecke (R)

Retiring Board Member

At the Corporate Annual Meeting in May, Chuck Norton, retiring board member, was presented with a Norwegian rosemaled keepsake box. Thank you for your service!

Lyngblomsten Dementia Resources

24/7 Dementia Care: Our care center provides 24-hour skilled nursing care, including specialized care programs for Alzheimer's and other dementias. Learn more: www.lyngblomsten.org/carecenter or contact Kathy Starr at (651) 632-5301.

5-5-1 Club: Our community center promotes wellness and fun through social, cultural, and educational programs for people 55+. Those with dementia and their family/friends are welcome to participate and enjoy engaging, meaningful activities together. Learn more: www.551club.com or contact Julie Pfab at (651) 632-5331.

The Gathering: A day of stimulating activities for those with memory loss and respite for caregivers. Offered in collaborative partnerships with churches across the Twin Cities. Learn more: www.lyngblomsten.org/thegathering or contact Betsy Hoffman at (651) 414-5291.

Memory Loss Caregivers Support

Groups: For family and friends who have a loved one experiencing Alzheimer's or a related dementia. Learn more: www.lyngblomsten.org/caregivers or contact Lisa Brown at (612) 559-3646.

Join Team
Lyngblomsten
for the 2015



Twin Cities Walk to End Alzheimer's

Saturday, September 26

Target Field | 1 Twins Way, Minneapolis, MN
Route Length: 3 miles or 1 mile shortcut

Join Team Lyngblomsten in the fight against Alzheimer's by walking with us or making a donation to the team's fundraising page. To register for the walk or donate, visit www.lyngblomsten.org/alzwalk.

Questions? Contact Jackie Hesse at (651) 632-5120 or jhesse@lyngblomsten.org.

Join us for the

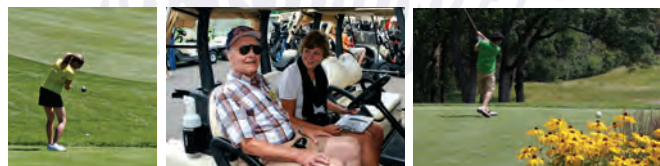
19th Annual



Lyngblomsten Charity GOLF CLASSIC

Monday, August 3, 2015

Keller Golf Course, Maplewood



Golf Scramble | Dinner | Live Auction

Please join us on August 3 for a day of fun at Keller Golf Course. The day will include a Demo Day by Second Swing, a golf clinic, lunch, golf scramble tournament, live auction, and more.

Proceeds raised will support programming for persons with memory loss and their caregivers.

Golf Classic Sponsors

(confirmed as of 6-1-15)

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Minnesota
McGough
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Merwin LTC Pharmacy
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CFS Interiors & Flooring
Griffith Printing
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Joel Poeschl & Jeanne
Pemble

**Details and online registration at
lyngblomsten.org/Golf2015**

The 4 Ps of Planning an Estate

This is the third of four articles on the four Ps of estate planning: People, Property, Plans, and Planners. In this edition, Lyngblomsten Foundation Board Chair emeritus Jaime Hansen helps us to understand more about the important aspects of creating a sound estate plan.

Beyond Wills: Other Essential Elements of an Estate Plan

Article Written By: Wealth Management Systems, Inc.
Courtesy of: Jaime M. Hansen, Financial Advisor
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Jaime M. Hansen

Although writing a will is an important first step, there are other elements and factors to consider when formulating an estate plan, including advanced directives and the roles and responsibilities of individuals charged with managing the disposition of an estate. Creating an estate plan requires taking inventory of all your assets and debts including a

review of all beneficiary designations how your assets are titled.

Estate planning can be a complex and emotional process. Ensuring that your family is secure and that the disposition of your will is carried out according to your wishes are key planning considerations for any individual. In addition, you should consider what would happen if you were to become incapacitated and unable to oversee your own financial and/or medical affairs. In both of these cases, you can name trusted individuals (or entities) to step in and represent your best interests and carry out your express wishes.

Executors

Executors play a critical role in executing your estate plan. The first and most important role of an executor is ushering a will through probate. Until this occurs, the estate cannot be settled and the assets are frozen. The

Court first admits the will to probate and appoints the executor, who is responsible for gathering, inventorying and protecting estate assets, paying bills and taxes. The executor then distributes the estate assets to your named beneficiaries in accordance with the terms of your will.

Executors pay all outstanding bills due at death, as well as expenses incurred after death. The executor is also responsible for the preparation, filing and payment of tax due on the decedent's final income tax returns and the Federal and State estate tax returns (including fiduciary income tax). The executor may need to raise cash by selling assets. The executor must maintain records of every transaction that takes place in the accounts of the estate. Finally, the executor must see to it that estate property is distributed according to the specific terms of the will. If, instead of outright distributions, the will calls for one or more trusts to be set up, the executor distributes the appropriate portion of the estate to the trustee.

Trustees

If you have created trusts as part of your estate plan, you will need a one or more trustees to manage the trust assets. One of the trustee's first responsibilities is collecting estate assets earmarked for the trust. Another is ensuring the safekeeping of trust assets. For instance, if real estate is a designated trust asset, the trustee is responsible for maintenance and upkeep, paying real property taxes, insurance protection and, if applicable, the collection of rent. For financial assets such as cash and securities, the trustee must maintain one or more separate accounts on behalf of the trust and is usually responsible for managing those assets.

A trustee should have a written investment plan that takes into account the needs and (sometimes conflicting) interests of beneficiaries—both current and future. Traditionally, trust investments were expected to generate income for beneficiaries who were entitled to distributions of net income, while the trust retained and reinvested principal. In some cases, the trustee may

have the authority to make distributions of principal to beneficiaries. Today, most states have adopted rules¹ which essentially permit the trustee to utilize modern portfolio concepts and manage the trust assets for total return. The trustee may then elect to make current distributions to the beneficiaries which permits them to participate in the overall total return while the balance of the principal continues to grow.²

The trustee is responsible for the payment of taxes owed on any undistributed trust income and/or capital gains realized by the trust. These are reported on the trust's fiduciary income tax returns. The trustee also informs trust beneficiaries of the amounts they must report on their personal tax returns.

In short, the trustee serves as chief administrator—documenting every transaction that takes place in the trust accounts. Prior to final settlement, the trustee must demonstrate to the satisfaction of the remaining beneficiaries that all assets and income have been properly administered and distributed.

While you may choose a family member or friend to serve as your trustee, given the significance of the trustee's fiduciary responsibilities, an independent professional is often the wiser choice. A corporate trustee can navigate complexities of trust management and estate settlement, bringing technical knowledge, tax planning expertise and continuity of service across generations.

Advance Directives—Naming Alternate Decision Makers

While the roles of executor and trustee come into play after your death, who would act on your behalf to manage your finances and/or make arrangements for your medical care if you were unable to manage your affairs on your own? In these cases, legal arrangements, called advance directives, allow individuals to name alternative decision makers to speak and act on their behalf.

Article by Wealth Management Systems, Inc. and provided courtesy of Morgan Stanley Financial Advisor.

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Among the advance directives you may want to consider are:

- **Durable Power of Attorney**—A power of attorney agreement gives another person legal authority to act on your behalf. The typical power of attorney takes effect when it is implemented; however, many states permit a "conditional" power of attorney that goes into effect only when a specified event occurs, such as incapacitation. The power-of-attorney agreement ends at your death, which means this individual or entity can no longer handle your affairs when you die unless you also name them as your executor.
- **Durable Power of Attorney for Health Care**—A power of attorney for health care is a legal document that gives another person permission to make medical decisions for you if you are unable to make those decisions yourself. The person you name to represent you may be called an agent, attorney-in-fact, health care proxy, patient advocate or something similar, depending on where you live.
- **Living Will/Health Care Directive**—This document authorizes your wishes concerning life support in the event of a terminal medical condition. Health care directives vary from state to state; check to find out the type of directive your state allows.

Developing a personalized estate plan requires a structured approach that is consistent with your overall financial goals. Working with your attorney and other key advisors, I can work with you and your legal and tax advisors to help you create an estate plan that meets your needs.

If you'd like to learn more, please contact Jaime M. Hansen.

¹The Uniform Prudent Investor Act

²The Power to Adjust election is under the Uniform Principal and Income Act, companion legislation to the Uniform Prudent Investor Act.

matters involving taxation and tax planning and their attorney for matters involving trust and estate planning, which may include taxation, and other legal matters pursuant to applicable law and regulation.

Morgan Stanley Financial Advisor(s) engaged Lyngblomsten to feature this article.

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The Lyngblomsten Foundation is 501(c)3 nonprofit recognized by the Internal Revenue Service and in the State of Minnesota by the Attorney General's Office and Secretary of State. Questions regarding your annual or planned charitable giving should be directed to:

Melanie G. Davis | 1415 Almond Avenue, St. Paul, MN 55108 | (651) 632-5356 mdavis@lyngblomsten.org

Upcoming Corporate Volunteer Opportunities

Pre-determined Volunteering Dates

Lyngbloomsten Mid-Summer Festival

A great team-building experience! Assist with event set-up on July 10 in preparation for a fun community event on July 11. It is a Lyngbloomsten tradition summertime must! 10 AM–1 PM or 1–4 PM.

Minnesota State Fair

Join us for the Great Minnesota Get-Together! On August 27, spend a fun-filled morning at the fair with our residents. Lyngbloomsten is a short walk to the fairgrounds; volunteers will be placed in smaller groups and accompanied by staff. 8:45 AM–12:30 PM.

Halloween Bingo Extravaganza

Costumes, games, treats—what could be better? Come join the festivities with our residents on October 30 for a spooky holiday celebration. 1–4 PM.

Flexible Volunteering Dates

Strolls to Como Zoo

Accompany residents on a stroll through nearby Como Park and Como Zoo Spring through Summer—a great way to spend a morning or afternoon.



UnitedHealthcare volunteer assisting with Casino Day.

(flexible dates continued)

Outdoor Socials

Come set up, serve refreshments, play lawn games, and socialize in the courtyard with our tenants and residents this summer—a wonderful reason to spend time outside. 1:30–4 PM

For more information about corporate volunteering, please contact Shannon Parker at (651) 632-5358 or sparker@lyngblomsten.org. Interested in engaging further? Please inquire about sponsorship, donation, and learning opportunities.

Are you a Thrivent Member?

We hope you will consider Lyngbloomsten as a recipient of Thrivent Choice Dollars. For more information, visit www.thrivent.com/making-a-difference/living-generously/thrivent-choice

Our local Thrivent chapter is a 2015 sponsor of the 5-5-1 Club Education Series and The Gathering (Roseville).

A Toast to Lyngbloomsten Vibrant Living

2015 Lyngbloomsten Foundation Spring Benefit



Colorful balloons and decorations added to the vibrant feeling of the event (left); guests chatting during the reception (right).

The 2015 Foundation Spring Benefit, *A Toast to Lyngbloomsten: Vibrant Living*, raised more than \$80,000 to help support Lyngbloomsten services and programs. Thank you to everyone involved who helped make the evening a success!

Event Sponsors

Gold (\$2,500+)

Silver (\$1,000+)

CliftonLarsonAllen
McGough Construction



PRO REHAB

Bronze (\$500+)

Bremer Bank

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

March 1 through April 30, 2015



In Memory of

Elizabeth Abdella	Bernice Maas
Esther Borden	Raymond Martin
Ardelle Burt	Edith McShannock
Owen Foss	Vernelle Merrick
Vivian Foss	Donald Nagel
Arlean Gehl	Gifford and Signe Ovre
Duane Glasow	Rosemary Reynolds
Inez Gugisberg	Carol Sather
Don Iverson	Sophie Sawicki
Karim Jeraj	Alma Stenberg
Geraldine Kohnen	Swanhild Thompson
Patricia Kosciolek	Helen Vacha
Milton Larson	Mary Wittek
Bonnie Leier	Laurette Wolff

In Honor of

Verona Schiller's 100th Birthday
 Mildred Wolff's 103rd Birthday



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.

Volunteer Opportunities

Opportunities for the Recently Retired: Anna's Café and Gifts is a great place to spend a few hours each week helping with food and gift item purchases. We are looking for enthusiastic, friendly people to volunteer once per week, or every other week for a three- to four-hour shift. Training is provided.

Youth Opportunities: Interested in hearing a good story or making a new friend? We have a variety of opportunities ranging from painting fingernails, to taking a resident outside and visiting, to pushing residents in wheelchairs to physical therapy.

Family Opportunities: Would your family like to lead a game of Bingo or Rummy Cube in one of the apartments on the Lyngblomsten campus, or take a couple residents for a walk around the block? Volunteering with your family at Lyngblomsten is an enjoyable way to spend an evening or weekend afternoon.

For details and other volunteer opportunities with Lyngblomsten, call Lana Western at (651) 632-5324 or email the office at volunteer@lyngblomsten.org.

Lyngblomsten Auxiliary Women's Legacy Tea

Women from many generations gathered at the Legacy Tea on May 9. They enjoyed tea, treats, and a fashion show from the Alexander Ramsey House. Thank you to our Silver Sponsors: Hermes Floral and Sysco.



Lyngblomsten Volunteer Stats

March • April • May

Volunteer Hours

4,267 hours

Number of Volunteers

350 unique volunteers



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

Planned Giving & Financial Education Events

presented by Thrivent Financial & offered through Lyngblomsten's 5-5-1 Club

Tuesday, September 15 | 5:30–7 PM
Your Legacy: Family, Church, and Charity

Presenter: Sabrina Fay

Unleash your generosity. Want to help sustain your church's foundation? Or your alma mater's endowment fund? And leave an inheritance? It doesn't matter if you're a Midwestern farmer, Pacific coast fisherman, or a Southern belle. If there are people or causes you care about, we can help you uncover ways to enrich their futures. This workshop will cover estate and giving strategies and how to ensure that your legacy lives on.

Tuesday, October 13 | 5:30–7 PM
Give Now, Give Later, Give and Receive

Presenters: Nick ScottRussell and Brian Macho

There are benefits to giving that go beyond the personal satisfaction of helping others. Whether you want to give now, give later, or give and receive, there are options to help you make the most of your charitable gifts. We will explore solutions that match your interests and financial needs while providing you with maximum tax benefits. We will help you better understand these opportunities to live generously and change lives.

Tuesday, November 10 | 5:30–7 PM
Estate Strategies

Presenters: Michael Skillrud and Brian Macho

An estate strategy is important, and we want to help you learn how to develop one. An estate strategy will help pass the right assets to the right people, trusts, and charities. And it will help pass the right amounts at the right time—with no or minimal estate transfer costs.

Register to attend! (651) 632-5330 or 551club@lyngblomsten.org.

All events are held at the 5-5-1 Club located at 1415 Almond Avenue, St. Paul.

Fee: \$5 (each event) Refreshments provided.

These events are intended to be educational opportunities, not sales presentations.

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.

Saturday, July 11

Lyngblomsten Mid-Summer Festival

11 AM–6 PM on the Lyngblomsten campus
Enjoy a celebration of arts for all ages! 6 stages of music and entertainment, over 100 Minnesota artists, delicious food and drink, and arts activities and games for all ages. More info on back cover or visit www.MSF2015.com for all the details.

Tuesday, July 14

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org
See volunteer opportunities on page 13.

Wednesday, July 29

Lyngblomsten Blood Drive

10:30 AM–3:30 PM at the 5-5-1 Club
The American Red Cross blood donations often decline in the summer when schools are out of session and regular donors are on vacation. The need is constant. The gratification is instant. Give blood! To schedule an appointment: (651) 646-2941 or info@lyngblomsten.org.

Monday, August 3

19th Annual Lyngblomsten Golf Classic

10:30 AM–7:30 PM at Keller Golf Course, Maplewood
Golf scramble, dinner, and live auction. Proceeds support Lyngblomsten's programs for people with memory loss and their caregivers. More details on page 9 or visit www.lyngblomsten.org/golf2015.

Sunday, August 9

Second Sunday Concerts

2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Presented by MacPhail Center for Music: featuring Khupe. Join Eisner's Klezmerim and learn about traditional Jewish music—with violin, double bass, and other string instruments—and culture during this interactive hour. Light refreshments served afterward. FREE. Open to the community. Questions? (651) 632-5318. An *Artful Living with Lyngblomsten* program.

Wednesday, August 19

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org
See volunteer opportunities on page 13.

Notable Dates:



Friday, August 21

Senior Citizens Day

Sunday, September 13

National Grandparents Day

Monday, September 21

World Alzheimer's Day

Saturday, September 26

2015 Twin Cities Walk to End Alzheimer's

Target Field, Minneapolis
Register to walk with or donate to Team Lyngblomsten at www.lyngblomsten.org/alzwalk. Questions? Contact Jackie Hesse at (651) 632-5120 or jhesse@lyngblomsten.org. More on page 9.

Sunday, September 13

Second Sunday Concerts

2–3 PM in the Newman-Benson Chapel at Lyngblomsten
Presented by MacPhail Center for Music. Light refreshments served afterward. FREE. Open to the community. Questions? (651) 632-5318. An *Artful Living with Lyngblomsten* program.

Thursday, September 17

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org
See volunteer opportunities on page 13.

MINNESOTA STATE FAIR NOTE:

During the week of the Minnesota State Fair, August 27–September 7, parking around the Lyngblomsten campus is very limited. Please plan accordingly.

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

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



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**CHANGE SERVICE
REQUESTED**

Join us for a **CELEBRATION**
of arts for all ages!



Proud to be part of Como Fest

**Saturday, July 11
11 AM - 6 PM**

**1415 Almond Avenue, St. Paul, MN
Invite your family, friends, and neighbors!**

Admission is free, and food, games, and arts activities are priced for affordable fun.

www.MSF2015.com



This activity is made possible in part by a grant provided by the Minnesota State Arts Board through an appropriation by the Minnesota state legislature and by a grant from the National Endowment for the Arts.