



Lyngblomsten  
**Lifestyle**  
Winter 2014



**STORIES OF LIFE:**  
**Celebrating Elderhood**  
Embracing the many virtues of aging

**MORE IN THIS ISSUE:**  
**Older Adult Ministry Network**  
**2014 Calendar & Goals Poster**

# Directory

MAIN NUMBER: (651) 646-2941

WEB: [www.lyngblomsten.org](http://www.lyngblomsten.org)

## RESIDENTIAL SERVICES

### Lyngblomsten Care Center



Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

[kstarr@lyngblomsten.org](mailto:kstarr@lyngblomsten.org)

Administrator

Brenda Johnson: (651) 632-5387

[bjohnson@lyngblomsten.org](mailto:bjohnson@lyngblomsten.org)

### Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

[snewgren@lyngblomsten.org](mailto:snewgren@lyngblomsten.org)

### Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Stauffacher: (651) 632-5422

[pstauffacher@lyngblomsten.org](mailto:pstauffacher@lyngblomsten.org)

### The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Jennifer Veitenheimer: (651) 632-5428

[jveitenheimer@lyngblomsten.org](mailto:jveitenheimer@lyngblomsten.org)

## HOME- & COMMUNITY-BASED SERVICES

### Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

[ddoty@lyngblomsten.org](mailto:ddoty@lyngblomsten.org)

### Parish Nurse Ministry Resource Group

Mary Nordtvedt, RN: (651) 632-5380

[mnordtvedt@lyngblomsten.org](mailto:mnordtvedt@lyngblomsten.org)

### The Gathering

Carolyn Klaver, RN: (651) 414-5291

[cklaver@lyngblomsten.org](mailto:cklaver@lyngblomsten.org)

### 5-5-1 Club Community Center

Geri Rutz: (651) 632-5320

[gmrutz@lyngblomsten.org](mailto:gmrutz@lyngblomsten.org)

Web: [www.551club.com](http://www.551club.com)

Community Wellness Nurse

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

[dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org)

## HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

[thall@lyngblomsten.org](mailto:thall@lyngblomsten.org)

## COMMUNITY ENGAGEMENT

### Volunteer Services, Corporate Engagement, and Lyngblomsten Foundation & Auxiliary

Melanie Davis: (651) 632-5356

[mdavis@lyngblomsten.org](mailto:mdavis@lyngblomsten.org)

### Donate Online:

[www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate)

# Letter from the Editor

People **overestimate** what they can do in a year  
but **underestimate** what they can do in a **lifetime**.

—Multiple authors

Dear Readers,

It's the new year—that time to make resolutions and set goals. It's easy to make a long list of things we want to achieve in the coming 12 months. But what about a longer view... what we'd like to accomplish during our lifetime? Have we written a list for that?

In this edition we highlight Lyngblomsten's guiding principle about orchestrating the best life possible for our participants (residents, tenants, and program participants). I hope you are encouraged by the story of Arline Lasky and the research by Laura Beth Carlson about positive aging. And I hope that at least one of the resources, ideas, or opportunities presented in this edition will speak to you and that you would use the poster on page 9 to reflect not only on goals for the coming year, but also for your lifetime.

May this edition inspire you to orchestrate the best life possible for yourself and others.

Wishing you joy!

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](http://www.lyngblomsten.org/publications).**

## Contents

Celebrating Elderhood: Embracing the Many Virtues of Aging .....	3
Little Free Library Finds A Home in the Lyngblomsten Neighborhood .....	6
Older Adult Senior Ministry Network Launched .....	7
Resource Roundtable: The Power of Giving Back .....	8
Community Engagement: Welcoming Our Supporters .....	12
Community Outreach News & Upcoming Events .....	14
Exploring Sustainable Food Options at Lyngblomsten and in the Community .....	16
Events Calendar .....	19

**On the Cover:** At 95 years old, Lyngblomsten Care Center resident Arline Lasky shares what it means to age successfully. Read the full story, "Celebrating Elderhood," on page 3.

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



# Celebrating Elderhood

## Embracing the many virtues of aging

by Christina Rhein, Marketing Communications Specialist

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

—One of Lyngblomsten’s Four Guiding Principles

Aging is a strength—rich in potential for developing, growing and thriving. Yet, we live in a culture that bombards us with anti-aging messages, focusing on how to “retain youth” and insistently proclaiming young is better than old and adulthood can last forever. American society today faces a great cultural challenge in changing the way society views successful aging. We are challenged to become more accepting of old age and more open to the positive attributes of aging.

**“Aging is not lost youth but a new stage of opportunity and strength.”** —Betty Friedan

This quote captures the concept of successful aging, as it redefines later life as a time of growth instead of inevitable decline. Instead of fearing growing older, we are challenged to understand that aging is integral to human development and growth, and that it is possible for the second half of life to bring much happiness, fulfillment and satisfaction.

Laura Beth Carlson, a doctoral candidate at Saint Mary’s University of Minnesota, sheds some light on this topic as she works on a research study addressing some of the traits of positive aging. “What I hope research like this will do is help us have a better understanding of the aging experience, to learn from older adults’ wisdom about what they’re experiencing and how we can better support that,” Carlson described. While the evidence from Carlson’s study is not yet conclusive, she outlined a few traits she has found to be consistent of older adults (ages 85+) who experience increased life

satisfaction and have a more transcendent—or less materialistic and less rational—view of the world. Some of these traits include: finding an inner sense of self, meaning and purpose; looking at values of past and present life differently; a redefinition of time and space; a redefinition of relationships to others; and a feeling of cosmic or spiritual communion with the universe—the idea that one is part of a greater plan.

**“Do not try to live forever, you will not succeed.”**

—George Bernard

This quote could be interpreted as somewhat of a discouraging message, but not if we accept the fact that there are limits on longevity. By recognizing that no one can live forever, we can take advantage of the life we have and enjoy it as much as possible.

While some of these concepts may seem a little abstract, we can bring them to life through Lyngblomsten Care Center resident Arline Lasky who demonstrates, what we believe is, an example of positive and successful aging. When Arline shared her age, 95 years, during an interview, I gushed at how impressive it was. She responded enthusiastically, “Thank you! You made my day!” It felt special to be in the presence of a woman who was so proud of her age and who, after only speaking with for a few minutes, exuded that old age can, without doubt, ripple with beauty, worth and meaning.

Arline made the decision on her own to come to Lyngblomsten last April. After experiencing congestive heart failure in 2010—after which she could no longer walk without the aid of a walker—and other physical adversities, Arline decided that living independently was no longer the best option for her.

*continued on page 4*

Fortunately, these physical challenges have not inhibited her active personality. “If you don’t use it, you lose it!” she emphasized, “So I try to stay active.” Arline participates in physical therapy twice per week and is determined to keep walking as best, and as long as she can. “If someone says, ‘You want to go walking?’ oh, I never say no. I say yes. I get my walker and I go. I’m trying to be positive!” she asserted.



Arline and a corporate volunteer from Target smiled for the camera as they worked to decorate the care center neighborhoods for the holidays.

While moving to a long-term care facility was a hard decision for Arline, she says, “I’m really trying to make the best of it. I’m learning to accept the help and still do the things that I can do.” Arline is involved in many activities Lyngblomsten offers and has a variety of hobbies, some of her favorites including: playing 500 cards, Fantasy Football, bowling, bingo, going to movies, the Artful Living with Lyngblomsten program, and especially trivia and crossword puzzles. “My body is wearing out, but by brain is pretty good yet,” she said with a smile, “and if I had the choice, I’d want my mind. I can think and take care of myself by being able to make decisions and tell people how I feel.”

Arline values learning, growing, and staying active as she adjusts to a different lifestyle at Lyngblomsten. This is apparent through her involvement in activities as well as her constant eagerness to challenge her brain—through trivia, educational television programs, and reading. Her words of wisdom are, “Read and learn! Whenever you acquire knowledge in the brain, nobody can take that away from you. It’s yours. You never stop learning; you’re gonna learn something all the time!”

Arline also feels blessed by her relationships with family, friends and God. She said it is a morale builder to have a loving family—two children and three grandchildren—who are her support. She values her friendships and socializing with other residents and staff. “I talk to everybody and they talk to me. Sometimes when I’m not at an activity, a friend will ask about me. That’s a nice feeling—to have someone miss me,” she shared. Arline enjoys attending church services two times each week to express her faith and dedication to God. She professed, “Religion and my family are very important, because without them, what have you got? They kind of gel everything in my life together.”

**“Grow old along with me! The best is yet to be.”**

—Robert Browning

This very inspiring characterization of old age fits with the concept of “successful aging,” providing the view that it is possible to enjoy your later years in a way that exceeds your expectations.

Revisiting Carlson’s study and the traits of positive aging that she describes, Arline seems fitting of an individual who has a sense of well-being, value, and inner peace, even during times of adversity. In her own research, Carlson observed that, “As people age and are no longer perhaps able to live or care for themselves independently, there are still individuals who can have a strong sense of self and contribution and can thrive in those [institutionalized] environments and continue to give to us culturally and through the relationships that they have.”

**“As people age and are no longer perhaps able to live or care for themselves independently, there are still individuals who can have a strong sense of self and contribution, and can thrive in those [institutionalized] environments and continue to give to us culturally and through the relationships that they have.”**

—Laura Beth Carlson

Carlson’s study is based much off of a theory in gerontology called gerotranscendence. This theory was coined by Swedish sociologist Lars Tornstam, and the

idea is that as a person reaches very old age, some of the things that they used to think were really important, are not so important anymore. Those who reach this phase have a changed outlook and feel for life. “Studies have shown that it [gerotranscendence] allows some folks who experience it to have a sense of well-being about who they are, their place in the universe, and their place in the world as things are happening around them,” Carlson reported.

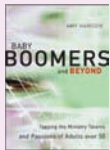
All of this brings us back to where we started—what does it mean to age successfully? It seems apparent that Arline truly demonstrates what it means to embrace the virtues of aging. At 95 years of age, she realizes the important things in life that are crucial to thrive, to be happy and to grow, and understands that physical and health hardships are only one, minute aspect of aging. Carlson stated that one goal of her research is “to learn more about how, even in what we would call very adverse or challenging situations, there are some individuals who cope and survive, but they also really thrive—they continue to have a sense of who they are, their value, and their purpose.” It seems that in this sense, we could learn a lot about life from Arline. She has found fulfillment in life through her age.

Using the term elder to describe Arline is a term of endearment and honor, recognizing her as an individual who is wise and has something to teach us. As a successfully aging elder, Arline’s wisdom and life experience can also be a great resource for younger generations. At Lyngblomsten, it is our mission to provide an environment in which everyone is inspired to support an elder’s quality of life. We continually strive to create better ways to demonstrate respect for older adults’ dignity, personhood and self-determination. With residents like Arline, we can continue to learn from their words and their stories to better serve and support all who call Lyngblomsten home.

Carlson thoughtfully concluded, “I’d love someday to have it be said that ‘I hope someday I can live to be 90, because hopefully I’ll have moved to this new sense of interaction with the world around me and think about things a little bit differently.’” Looking to the future, especially in midst of aging Baby Boomers, we hope that we can accelerate a positive change in the way people think about growing old and the way older adults are met in society. It is important to recognize and respect those, like Arline, who have stories to tell, who have something to teach us, and to celebrate and honor those who can bestow the gifts of their wisdom and life experience. **L**

## Books On Positive Aging

Check out these books that present a positive view of aging:



***Baby Boomers and Beyond: Tapping the Ministry Talents and Passions of Adults Over 50*** by Amy Hanson

Hanson challenges readers to let go of many old stereotypes regarding aging and embrace a new paradigm that sees older adults as active, healthy and capable of making significant contributions.



***The Creative Age—Awakening Human Potential in the Second Half of Life*** by Gene D. Cohen

Using history, scientific research, and inspiring true-life stories, Dr. Cohen shows how the unique combination of age, experience and creativity can produce exciting inner growth and infinite potential for everyone.



***The Fountain of Age*** by Betty Friedan  
Friedan forever changes the way we think about ourselves as we grow older and the way society thinks about aging.



***Mrs. Muddle's Holidays*** by Laura F. Nielsen

This is a children’s picture book that teaches that people of all ages have much in common and much to gain from intergenerational relationships.



***The Teacher Who Would Not Retire*** by Sheila & Letty Sustrin

This is another children’s picture book about positive aging, reminding us that normal aging is not about stereotypes like decline and death or loneliness and grumpiness.



***The Wonder of Aging: A New Approach to Embracing Life After Fifty*** by Michael Gurian

This book focuses on the physical, mental, relational, and spiritual aspects of aging, and offers a new model for embracing the opportunities for growth that come with life after fifty.

# Little Free Library finds a home in the Lyngblomsten Neighborhood

by Christina Rhein, Marketing Communications Specialist

Have you noticed a miniature house full of books on a post on the Lyngblomsten campus lately? It's a Little Free Library—which is quite literally a box full of books—where anyone may stop by and pick up a book (or two) and bring back another book to share. In November, Lyngblomsten joined the Little Free Library movement, which has grown to more than 9,000 since it began in 2010. Little Free Library's mission is to promote literacy and the love of reading by building free book exchanges worldwide and to build a sense of community as we share skills, creativity and wisdom across generations.

Lyngblomsten's Little Library is part of "Friends Through the Years," an initiative funded by the AARP Foundation and in partnership with Little Brothers—Friends of the Elderly. The goal is to provide opportunities to learn how Little Free Libraries can help keep socially isolated older adults engaged in community life. "This is a great way not only to connect older adults with their peers, but also with our Como Park neighbors, family members, youth, volunteers and staff," stated Julie Pfab, Director of Home- and Community-Based Services at Lyngblomsten. Books are a wonderful way to build connections between generations through offering a neighborhood book exchange, reading aloud, promoting friendly visits, and book discussions.

"Take a book, return a book" is the official Little Free Library catch-phrase, encouraging people to revisit Libraries and leave books for others to enjoy. There are no due dates, late fees or library cards, and the doors are always open. Passers-by—including neighbors, friends of Lyngblomsten, and residents, tenants, staff and volunteers—are all welcome to participate.

Lyngblomsten has two Little Libraries. One is located outdoors on campus, right near the entrance to the Newman-Benson Chapel and Anna's café. A second Library is



Little Free Library founder Tod Bol (second row, center) installed the Libraries both on our campus and at Superior Street Cottages (pictured). Lyngblomsten President/CEO Jeff Heinecke (second row, left) also stopped by to lend a hand.

located at Lyngblomsten's Superior Street Cottages (525 W Superior Street, St. Paul 55102).

For questions about this program at Lyngblomsten, please contact Julie Pfab at (651) 632-5331 or [jpfab@lyngblomsten.org](mailto:jpfab@lyngblomsten.org).

**You can learn more about Little Free Libraries, and check to see the closest Library location to you, at [www.littlefreelibrary.org](http://www.littlefreelibrary.org).**

## All Write: Memoir Writing Classes

So many older adults have a lifetime of stories to tell and no way to pass on their experiences to family and friends. *All Write* is a memoir-writing class dedicated to helping you give your memories a place to stay alive. People are often drawn to memoir in older age, when they have time for reflection and want to leave a story for their children and grandchildren to read. Memoir-writing is a process that is valuable for you, and the result will be treasured by those who love you.

This winter, we will set aside quiet time each week to write and encourage each other. Time for instruction, presentations, and inspiration will be built into the schedule as well.

You are welcome to bring a snack and beverage and come early to chat.

**Mondays, January 6, 13, 20 and February 3, 10, 17 & 24  
1–3:30 PM at the 5-5-1 Club**

(lower level the Lyngblomsten campus at 1415 Almond Ave, St. Paul 55108)

**Fee:** \$2/session for materials

**Questions and to register:** (651) 632-5330 or [551club@lyngblomsten.org](mailto:551club@lyngblomsten.org)

Sponsored by Lyngblomsten's 5-5-1 Club  
[www.551club.com](http://www.551club.com) | [www.facebook.com/551club](https://www.facebook.com/551club)

## Inspiring Your Ministry. No Matter Where You Are. An Introduction to the Older Adult Ministry Network

by Ethan Cook, Ministry & Media Specialist

In September 2013 the Church Relations Department at Lyngblomsten launched the Older Adult Ministry Network, a product of nearly two years of brainstorming, research, and construction. The Older Adult Ministry Network is a website created to inspire and equip ministry planners to create robust older adult ministry amid busy schedules and ever-changing church environments while embracing the increasing need for ministry tools to be more mobile-friendly.

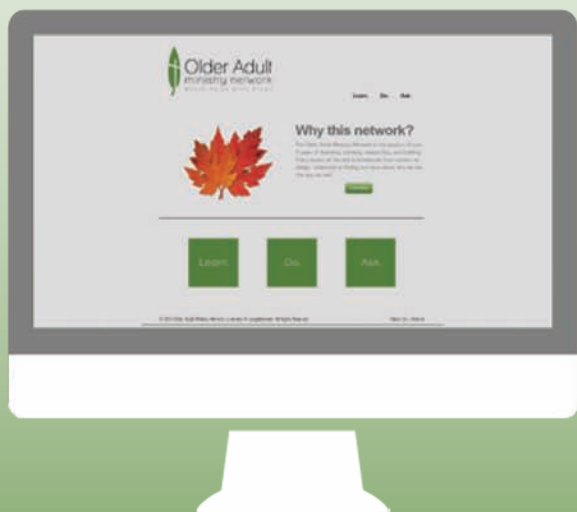
The site is centered around the release of free weekly podcasts (digital audio recordings) that cover a variety of topics impacting older adults in the church. Thus far, podcasts have included topics like “How to Get a Retirement Ministry Started at Your Church,” “Becoming a Balanced Intergenerational Church,” and “The Future Care of Older Adults.” These podcasts are not only available on the week of their release, but can also be found in the expanding podcast archive on the site at any time. Because podcasts can be streamed and/or downloaded, they can be accessed and enjoyed from nearly anywhere on a variety of devices including desktop computers, tablets, and smartphones.

In addition to the weekly podcasts, we anticipate an online store coming in 2014, offering books and other resources that aim to take the ideas and inspiration from the weekly podcasts and put them into action within the ministry planner’s own church congregation.

The Older Adult Ministry Network considers relationship building and interaction as integral elements to cultivating influential and lasting ministry. For this reason, the site includes a prominent “Ask” section with access to email and social media outlets for further discussion and consultation about ministry development and implementation directly with network staff.

No matter your age, one’s faith can still grow, and the Older Adult Ministry Network wants to be a constant source of inspiration for and support of that growth. Join us as we change the face of older adult ministry in 2014. [L](#)

**Want to Experience the Network?  
Visit [www.olderadultfaith.org](http://www.olderadultfaith.org)  
for free weekly podcasts and more.**



A ministry tool for  
A N Y W H E R E

# The Power of Giving Back

by Christina Rhein, Marketing Communications Specialist

What better way to start the new year than with a resolution to give to back to your community? We know that volunteering feels good, and giving back reminds us of how lucky we are. As an organization dependent on so many volunteers, Lyngblomsten understands the importance of giving back and serving others. Research has also shown that the good feelings we experience when helping others may be just as important to our health as exercise and a healthy diet! (Source: Association for Psychological Science, "The Compassionate Mind," Observer Vol. 26, No.5 May/June 2013)

## Here are seven more reasons you should consider volunteering:

1. **Develop new skills, knowledge and expertise.**
2. **Make social connections.**
3. **Give back to your community.**
4. **Grow and develop as a person.**
5. **Gain a new perspective.**
6. **Know that you're needed.**
7. **Boost your self-esteem.**

Seeing the smile from a child, older adult, or any thankful person shows that you're really making a difference in someone's life ... and with a great reward like that, what better reason could you need?

## Below we've gathered a list of a few organizations (including our own!) whose missions might inspire you to get involved:

### Lyngblomsten

*Through our community of donors, volunteers, partner congregations, and socially responsible corporations, Lyngblomsten encourages individuals to live their personal ministries by enhancing the lives of older adults.*

**www.lyngblomsten.org/get-involved | (651) 632-5324**

Volunteers of all ages, welcome! See page 13 for current volunteer needs.

### HandsOn Twin Cities:

#### **Be the Change. Volunteer.**

*We bring people together to strengthen communities through meaningful volunteer action.*

**www.handsontwincities.org | (612) 379-4900**

Find a volunteer opportunity that fits you by searching through opportunities with their 250+ nonprofit partners. Search by keyword, issue area, availability and much more.

### Feed My Starving Children (FMSC)

*Blessed are those who are generous, because they feed the poor. – Proverbs 22:9*

Minnesota locations: Chanhassen, Coon Rapids and Eagan

**www.fmsc.org | (763) 746-2952** (Eagan site)

See page 16 to learn about Lyngblomsten's next trip to volunteer at FMSC.

### Foster Grandparent Program

*The Foster Grandparent Program provides the opportunity for volunteers age 55 and better to make a lasting difference in the lives of Minnesota children and youth as a role model, mentor and friend.*

**www.mnseniorcorps.org | (651) 310-9445**

**On page 9 you can create your own list of goals or resolutions—maybe volunteering is one of them—for 2014. Tear out the page and hang it somewhere you will see each day. This will serve as a daily reminder and inspiration to strive for and achieve those things that are important to your growth as a whole person—in mind, body, and spirit.**





*“People often overestimate what they can accomplish in a year, but underestimate what they can accomplish in a lifetime.”*

—Multiple authors

## **Goals & Resolutions for 2014 .....**

**Focus for the year:** \_\_\_\_\_

\_\_\_\_\_

### **Personal Goals .....**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **Wellness Goals .....**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **Spiritual Goals .....**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **Community Goals .....**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **Lifetime Goals .....**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# Lyngblomsten Scrapbook



## The Art of Polymer Clay

As part of their volunteer continuing education, 80+ volunteers of The Gathering came together at the end of October to learn about finding their creative spirit with polymer clay. They have now shared what they learned with Gathering participants.



## “Key Piece” Supporters Appreciation Event

Lyngblomsten honored volunteers, donors, and corporate sponsors at the Annual Supporters Recognition Event in November.

Lyngblomsten’s long-time supporters were recognized (top), and the River Rats Dueling Piano Show entertained the audience (bottom).



## Thank You, Veterans

The 5-5-1 Club held a special program with food, music, a rose recognition (shown left), and a photo/video presentation to honor local vets on Veterans Day. Thank you for your service to our country.



### President's Club Dinner

Paul Mikelson was named the recipient of the 2013 Anna Quale Fergstad Award for Distinguished Service, shown here with the engraved Norwegian pewter award bowl.



### A Fond Farewell

Well-wishers stopped by Paul Mikelson's retirement party in October to say farewell and show appreciation for his 20+ years of service to Lyngblomsten (and to enjoy a good spread of food, too!).



photos by Jim Nash



### Welcome New CEO

In September, Lyngblomsten held a service of Installation and reception honoring Jeff Heinecke as he began his tenure as President/CEO of Lyngblomsten. Pictured is Jeff being blessed by Rev. Pam Stofferahn.



### Scandinavian Cookie Fair

Lyngblomsten's Scandinavian Cookie Fair was held December 14. In addition to a great selection of baked goods, there was Lefse making (left), pictures with Santa, and musical performances by the Hardanger Fiddlers (above).



photos by Jim Nash

# Community Engagement: Welcoming Our Supporters

by Melanie Davis, Director of Volunteer Services  
& Corporate Engagement




## The Community Engagement Team

(front row, L to R) **Melanie Davis**, Director of Community Engagement; **Allyson Goettsch**, New Volunteer Coordinator, Assistant Manager of Artful Living; **Toni Merth**, Volunteer Coordinator; **Meagan Brostrom**, AmeriCorps VISTA; (back row, L to R) **Tim Overweg**, Manager of Volunteer Services and Special Events; **Shelli Beck**, Lead Volunteer Coordinator; **Shannon Parker**, Manager of Corporate Engagement; **Lana Western**, Team Coordinator

*The Lyngblomsten Community Engagement Team is responsible for engaging and supporting donors and volunteers and for leading the Artful Living with Lyngblomsten™ program.*

At the heart of Lyngblomsten is our promise to promote the dignity of our participants by providing person-centered care through informed choices, respecting individuality and orchestrating the best possible life for our participants. This commitment is carried beyond our participants to include our volunteers and donors as well.

Each Lyngblomsten supporter has a distinctive story about how he/she became connected with Lyngblomsten. Each volunteer has unique gifts, personality and time to share. Each donor has his or her own motivation and capacity for giving. The job of the Community Engagement Team is to welcome you as a supporter and to do our best to assist each volunteer and donor to find just that right fit for participation that respects each supporter's individuality. We seek to do this by providing a wide variety of opportunities that provide choice. And, we know that needs and abilities change over time. As with our participants, our goal is not to have you conform to meet our needs; rather, our goal is to be in journey with you to orchestrate the best possible supporter experience you can have. We want to assist you to give as fully as you are able to support our very important mission of preserving and enhancing the quality of life for older adults. And along the way, we want you to know that we seek to preserve and enhance the quality of your life as well.

On behalf of the entire Lyngblomsten community, thank you for your support in 2013. We look forward to accompanying you in 2014 and seeing all of the amazing ways your gifts will make a difference in the lives of those whom we serve! 

## Fundraising Results

Through the generosity of more than 1,100 donors, the Lyngblomsten Foundation reported receiving \$576,156 during the fundraising year which ended September 30, 2013. This represents an increase of 2.8% in total money raised compared to the previous year.

We give thanks for the donors who, through their gifts, make it possible for hundreds of older adults to receive the additional care and support that they need. Every gift makes a difference.



## Save the Date

for the 2014 Lyngblomsten Foundation Spring Benefit

# “A Toast To Lyngblomsten”

Friday, April 25, 2014

The Town & Country Club | 5:00 PM

More details available soon at [www.lyngblomsten.org/Benefit2014](http://www.lyngblomsten.org/Benefit2014)

# Corporate Volunteer Groups Assist with Holiday Preparations

by Shannon Parker, Manager of Corporate Engagement



photo by Jim Nash

Medtronic volunteers help residents work with polymer clay to create holiday crafts.

Sharing time and talents is a precious gift—a gift made sweeter with the spirit of the holidays. Nine corporate groups gave such a gift in December, assisting with Christmas

tree trimming, holiday socials, crafts, cookie baking and decorating, and gift wrapping for the Spirit of Giving. “The corporate groups add a great sense of community by their reaching out and helping,” said Caryn Erickson, Activities Coordinator at The Heritage (apartments). “The tenants have expressed how helpful the [Target] volunteers were with decorating the tree.”


The groups ranged in size from five to 27 volunteers and proved to be both helpful to staff and engaged with residents. “What the Target group did this year was phenomenal! It was the fastest the trees have gone up and they all look fantastic! What would have taken

us days, took them a little over three hours,” said Kris Kempf, Therapeutic Recreation Coordinator. “The residents also enjoyed visiting with the volunteers and assisting as they were able to.”

With a Medtronic group on board for the fifth year running, a new craft using polymer clay was the holiday adventure this season. “It was great seeing the corporate group members working one-on-one with the residents. Again, this could not happen without the extra hands,” said Kempf.

“Volunteering at Lyngblomsten was a fun and rewarding experience,” said Heather Pilakowski from Ignite Sales Management. “The staff was very well organized and prepared for us so that we could really maximize our time and efforts.”

We extend a heartfelt thank you to the corporate groups that volunteered at Lyngblomsten during the holidays and made a difference in the lives of our older adults.

Seeking a team-building experience in 2014? Inquire about the year-round possibilities. Contact Shannon Parker at (651) 632-5358 or [sparker@lyngblomsten.org](mailto:sparker@lyngblomsten.org). 

## 2013 Holiday Corporate Volunteer Groups:

Ignite Sales Management  
Medtronic  
Merrill Corporation  
Schechter Dokken Kanter  
Target (3 Separate Groups)  
UnitedHealthcare  
US Bank

## Third Quarter Volunteer Stats

July • August • September:  
**Volunteer Hours**  
8,110 hours

**Number of Volunteers**  
710 unique volunteers

*(These numbers are higher than usual due to the Mid-Summer Festival in July.)*

## Lyngblomsten Volunteer Opportunities

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

- **Memory Care Activities Volunteer**
- **Bowling Helper:** No experience needed
- **Bingo Helper**
- **Fancy Fingers:** Painting residents' fingernails
- **Music Player:** Any instrument is welcome
- **Pet Visitor:** You bring your friendly pet—variety of pets desired
- **Bereavement Packer:** New volunteer position starting in February
- **Special Friend Visitor**
- **ASL Volunteer:** To visit with our deaf residents and tenants
- **Transportation Volunteer**

# Community Outreach News

## Parish Nurse Grants Awarded to Six Faith Communities

This fall the Lyngblomsten Parish Nurse Ministry Resource Group, through funding provided by the Lyngblomsten Foundation, awarded the following six faith communities grant money to start up a new parish nurse program or to enhance their current program:

### Amazing Grace Lutheran Church, Inver Grove Heights

Parish Nurse: Judith Moore Thompson

Pastor Chris Becker shared: “We are thrilled to have these funds, as they will ensure us the ability to have three speakers for our “Remember Me” series—a lawyer, a pastor/counselor, and a nurse educator. We are proud to partner with Lyngblomsten and are grateful for the many ways they have supported our parish nurse program and The Gathering.”

### Pax Christi Catholic Community, Eden Prairie

Parish Nurse: Ann Dunagan

Grant project: Begin a new parish nurse ministry program.

### Prince of Peace Lutheran Church, Burnsville

Parish Nurse: Leu Killion

Leu expressed: “Thank you so much for awarding us the grant for professional development and continuing education for our grief support and depression support group facilitators and lay ministers. We all greatly appreciate the opportunity to learn more and take our training to a higher level. This is such an inspiration for all of us.”

### Salem Lutheran Church, West St. Paul

Parish Nurse: Louise Nesdahl

Grant project: Provide nutrition education with a healthy community meal.

### St. Luke Lutheran Church, St. Paul

Parish Nurse: Susan Grzywinski

Grant project: Begin a new parish nurse ministry program.

### Transfiguration Lutheran Church, Bloomington

Parish Nurse: Pat McMullen


McMullen shared: “Thank you from Transfiguration for the grant money. We are excited to use this money to address health-related topics for our

parents and youth. I personally am grateful for all that Lyngblomsten offers and look forward to working with you in my ministry.”

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

Annual membership to the group includes benefits such as opportunities to apply for grant money from the Lyngblomsten Foundation, monthly network meetings for parish nurses (with two to four CEU opportunities annually), small group networking and support, CPR training at reduced rates, connections with other Lyngblomsten programs and resources, and much more.

If you are interested in exploring parish nurse ministry in your faith community, please contact:


Mary Nordtvedt, RN, Parish Nurse Coordinator at (651) 632-5380 or [mnordtvedt@lyngblomsten.org](mailto:mnordtvedt@lyngblomsten.org). 

**More info at [www.lyngblomsten.org/parishnurse](http://www.lyngblomsten.org/parishnurse).**

## New Funding will Extend Support for Caregivers

Lyngblomsten’s Home- and Community-Based Services recently learned that it has been approved to receive funding through the Older Americans Act Title III-E National Family Caregiver Support Program. In partnership with the Metropolitan Area Agency on Aging, these funds are dedicated to meet the needs of caregivers in our community. Funds will help sustain and expand The Gathering program, as well as help in the development of a dementia-specific caregiver support group, and caregiver counseling services.

Unlike a grant, the funding will come in the form of reimbursement for services rendered. Details of the services are being refined now, and we’ll share more information in the spring edition of *Lyngblomsten Lifestyle*.

If you would like more information about The Gathering or the caregiver service programs in the works, contact Julie Pfab, Director of Lyngblomsten Home- and Community-Based Services at (651) 632-5331 or [jpfab@lyngblomsten.org](mailto:jpfab@lyngblomsten.org). 

# & Upcoming Events



## Tuesday, March 11 Transporting Essentials for Volunteer Drivers

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

### Attend this mini workshop and:

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

**6:30–8:30 PM at the 5-5-1 Club community center**  
(lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul 55108)

Cost is \$10 per person or \$25 for a group of 3 or more.  
FREE for Care Team Ministry volunteers and leaders.  
To register, contact Dorthea Doty at (651) 632-5333 or  
ddoty@lyngblomsten.org, by March 7.

*Sponsored by Lyngblomsten's Care Team Ministry*

## Wednesdays, February 14–June 4 You Can Take Control: YMCA's Diabetes Prevention Program

Cut your risk for diabetes in half and gain tools for healthy living in 24 small group sessions. This program helps those at high risk adopt and maintain healthy lifestyles and reduce the risk of developing type 2 diabetes. More details about the program available at [www.551club.com/calendar](http://www.551club.com/calendar).

**10–11 AM at the 5-5-1 Club community center**  
(lower level of the Lyngblomsten campus at 1415 Almond Ave, St. Paul 55108)

Qualifying Medicare beneficiaries may be able to participate in the program at NO COST. Cost for a full year access (financial assistance available): \$249 Y members or \$320 for non-members.

For more information and registration, contact Sheryl Grover, YMCA at (612) 465-0489 or [Sheryl.Grover@ymcatwincities.org](mailto:Sheryl.Grover@ymcatwincities.org).

*Free information session and glucose screening on  
Thursday, January 16 from 10–11:30 AM at the  
5-5-1 Club.*



## 5-5-1 CLUB Community Education, Wellness & Fun for Life

The 5-5-1 Club is a program proudly supported by Lyngblomsten, promoting wellness and fun through social, cultural, and educational programs for people age 55+ working or living near the 551 zip code areas. **Everyone from the community is welcome!**

**Check out the new booklet of January & February programs and events.** Download the booklet at [www.551club.com/booklet](http://www.551club.com/booklet) or call (651) 632-5330 to request a paper copy.

### Opportunities Preview:

- Raptor Center Tour
- Dance Hall Days
- Stomp & Sing at Orchestra Hall
- books-cheese-wine
- Memoir writing
- Painting classes
- Museum Adventure Series

**Contact:** (651) 632-5330 or [551club@lyngblomsten.org](mailto:551club@lyngblomsten.org)

**Online:** [www.551club.com](http://www.551club.com)  
[www.facebook.com/551club](http://www.facebook.com/551club)



# Lights For Lyngblomsten

by Melanie Davis, Director of Community Engagement



Despite the bitterly cold weather, approximately 150 participants were warmed by the spirit of the evening as they gathered together to welcome in the Christmas season at the annual Lights for Lyngblomsten Tree Lighting Ceremony in the Newman Benson-Chapel. Attendees were each given a candle to remember those persons who had been shining lights in their lives and invited to talk about the person(s) they were remembering with one another. *The Trebles with Age* (left), Lyngblomsten's own choral group instructed by MacPhail Center for Music instructors Jeanie Brindley-Barnett and Jeanne Bayer with bass guitarist Steve Barnett, led attendees in singing various carols and shared their parody of *My Favorite Things*. Professional storyteller Bill Eisenmann shared inspirational tales of love and light, and President/CEO Jeff Heinecke extended Christmas greetings.

While the event welcomed the Christmas season, more than 150 donors were already sharing their Christmas gifts with Lyngblomsten, paying tribute to persons who had been shining lights in their lives! We are grateful for these donors and for their generous gifts to support older adults, which totaled more than \$18,000. **L**

## Exploring sustainable food options at Lyngblomsten and in the community

by Meagan Brostrom, AmeriCorps VISTA

In August Lyngblomsten began working with me, an AmeriCorps VISTA volunteer, in an effort to bring affordable and sustainable (meaning both secure and maintainable) food options to tenants and staff at Lyngblomsten and to individuals in the surrounding community. The overall aim of the hunger initiatives project with AmeriCorps VISTA is to raise awareness of hunger issues, increase food security to people with limited access to quality and affordable food, and to help the food program become part of a larger resource to the community.

The work began by researching various food programs in the area to see what will work best for Lyngblomsten. We've made connections with Meals on Wheels, Fare For All, Nutrition Assistance Program for Seniors through Second Harvest Heartland, and Wings of Nutrition bread program through North Heights Lutheran Church. These programs provide direct food services to seniors, and each program focuses on the different food needs for their participants.

In collaboration with Lyngblomsten housing managers and volunteer services staff, we created and distributed a survey to tenants at The Heritage (apartments), Superior Street Cottages, and Lyngblomsten Apartments to see what exactly their food needs are (if any) and to see what food options they would like to see offered to them.

Looking ahead, we are planning to incorporate volunteers into positions to assist with the above food-related events and will seek involvement from Lyngblomsten's corporate



congregations. Other objectives for the future include exploring farmer's markets and community garden initiatives.

Community outreach is also important to pursue, and in November a group of volunteers with the 5-5-1 Club packaged food at the Feed My Starving Children (FMSC) site in Eagan (pictured above). The event was a great success and another FMSC trip is planned for April 2, 2014. If you are interested in participating as a volunteer, please contact the 5-5-1 Club at (651) 632-5330 or [551club@lyngblomsten.org](mailto:551club@lyngblomsten.org).

To learn more about the connections Lyngblomsten has made with various affordable food services for seniors, contact Meagan Brostrom at (651) 632-5422 or [mbrostrom@lyngblomsten.org](mailto:mbrostrom@lyngblomsten.org). **L**



# Gifts to the Remembrance Fund

## In Memory or Honor of a Loved One



July 1 through November 30, 2013

(Does not include gifts to Lights for Lyngblomsten.)

### In Memory of

Deloris Barton  
Tamar V. Bartz  
Lillie Callahan  
Lorraine Cedarberg  
Stephanie S. Connolly  
Robert Conophy  
Veronica B. Davis  
Dave Dingman  
Margaret H. Eubanks  
Bunyon C. Gibson  
Harvey Giese  
Stanley Grupa  
Helen B. Heinen  
Ohenio Holst  
Mary Lou Juhnke  
Peter Kaufenberg

Wilfred Langer  
Lucille Langley  
Bernard Lorimer  
Ed & Mary Netteburg  
Irene Nielsen  
Carol Nord  
Lorraine Pederson  
Joanne P. Peterson  
Eleanor C. Poppel  
Marilyn Schreiner  
Edward Sheppard  
George Speed  
Dorothy D. Stach  
Ruth Strafelda  
Katherine Strauch  
Virginia L. Swedeen

Clara Swenson  
Vahey Tateosian  
Anne Mayall Underhill  
Nina Wadlund  
Paul A. Weibel

### In Honor of

Marion Eklund  
Aileen Melbostad  
Paul L. Mikelson  
John Mozey  
Harry Stephenson  
Ken and Ginny Walker



Lyngblomsten accepts donations online at:  
[www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate)

Donations for the Lyngblomsten Foundation can be gifted to a general fund or a specific Lyngblomsten program or service. Contact Melanie Davis at (651) 632-5356 with questions or to explore other opportunities to give.

**Thank you for sharing your gifts and making a difference!**



## Stay updated and engaged on [www.lyngblomsten.org](http://www.lyngblomsten.org)

Visit Lyngblomsten online to stay updated on current news, to browse the calendar of events and opportunities, or to find resources for a support group or senior ministry (and much more!). You can also find us on Facebook and Twitter:



[facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten)



Follow us @Lyngblomsten\_US



## OUR MISSION:

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

## OUR GUIDING PRINCIPLES:

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

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

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

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

## OUR PILLARS:

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

# Lyngblomsten Support Groups

**All support groups are FREE. Participants are welcome to come as often as they are able.**

For questions or more information, please contact Deb Bowman, RN, MSN at (651) 632-5335 or [dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org).

## Caregivers Support Group

*Caring for yourself while caring for your loved ones*  
1:30–3:30 PM each 2nd & 4th Wednesday of the month

Located at The Heritage at Lyngblomsten  
1440 Midway Parkway, St. Paul 55108

Being a caregiver for a loved one requires an abundance of emotional and physical energy. Learn to take better care of yourself so that you can continue taking good care of others. Sessions include a brief education component, time to gather resources, and time to talk. By participating, you can support yourself and others in the journey of caregiving.

## Parkinson's Disease Support Group

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

1–3 PM each 1st Thursday of the month

Located at The Heritage at Lyngblomsten  
1440 Midway Parkway, St. Paul 55108

This is an informal, self-directed group facilitated by social workers for persons with Parkinson's Disease (at any stage) and their caregivers, family and friends. The purpose is to share information and offer mutual support in a spirit of self-acceptance.

## Vision Loss Support Group

10–11 AM each 3rd Monday of the month

Located at the 5-5-1 Club, lower level of the Lyngblomsten campus  
at 1415 Almond Ave, St. Paul 55108

Does vision loss impact your daily activities such as reading, cooking, or watching TV? Come for info, resources, and support. A representative from Vision Loss Resources will be available at each meeting.

# Events Calendar

For updates and more events, visit  
[www.lyngblomsten.org/calendar](http://www.lyngblomsten.org/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.

## **Mondays, January 6, 13, 20 & February 3, 10, 17, 24**

All Write (Memoir writing classes)

1–3:30 PM at the 5-5-1 Club

Set aside quiet time each week to write about your life's stories and encourage one another. There will be time for instruction, presentations, and inspiration. Cost: \$2/session for materials. Register at (651) 632-5330 or 551club@lyngblomsten.org. See page 6 for more details.

## **Tuesday, January 7**

New Volunteer Orientation

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

## **Sunday, January 12**

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten

“Opera Music” featuring Momoko Tanno and Barbara Brooks. 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. FREE; open to the public.

(NOTE: No February concert)

## **Wednesday, February 5**

New Volunteer Orientation

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

## **Sunday, February 9**

VocalEssence WITNESS: Stomp & Sing

2–7 PM at Orchestra Hall

Feel the rhythmic spirit of the Gullah people flow through you as inspiring vocal activist Melanie DeMore takes you on a journey to the Sea Islands of Georgia and South Carolina. Cost: \$15 for ticket, coach bus (departs from 5-5-1 Club) and dinner at the 5-5-1 Club. Register at (651) 632-5330 or 551club@lyngblomsten.org by January 20. Complete details at [www.551club.com/calendar](http://www.551club.com/calendar).

## **Wednesdays, February 19–June 4**

YMCA's Diabetes Prevention Program

24 sessions, 10–11 AM at the 5-5-1 Club

See page 15 for more details.

## **Friday, February 28**

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten  
Join us for a great night of socializing, dancing, refreshments, and live music! FREE; donations welcome.  
No RSVP required. Questions? (651) 632-5330 or 551club@lyngblomsten.org.

## **Sunday, March 9**

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten

2–3 PM in the Newman-Benson Chapel at Lyngblomsten  
FREE; open to the public.

## **Tuesday, March 11**

Transporting Essentials for Volunteer Drivers

6:30–8:30 PM at the 5-5-1 Club

Learn to safely transport older adults and persons with special needs. Topics include proper body mechanics, safe wheelchair transfers, and effective positioning. See page 15 for details.

## **Saturday, March 22**

New Volunteer Orientation

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

## **Friday, April 4 or Saturday, April 5**

A Day of Weaving on the Floor Loom

10 AM–4 PM at the 5-5-1 Club

In just one day, weave a set of colorful cotton placemats or a table runner on the floor loom. Cost is \$79. Bring a bag lunch. Register at (651) 632-5330 or 551club@lyngblomsten.org by Thursday, March 27. Co-sponsored by the Weavers Guild of Minnesota. Complete details at [www.551club.com/calendar](http://www.551club.com/calendar).

## **Friday, April 25**

Lyngblomsten Foundation Spring Benefit:  
“A Toast to Lyngblomsten”

5 PM at The Town & Country Club. More details to follow.

## **AARP Tax Assistance**

Every Tuesday & Thursday, February 4–April 10

9 AM–3 PM at the 5-5-1 Club

Appointments are required.

AARP volunteers will help you file your returns. This is a free service for seniors and people with low income.

**Call (651) 999-2499 to schedule an appointment.**

Bring your W-2s and 1099 forms in addition to information relating to sales of stocks, bonds, real estate, etc., and social security numbers of dependents. You will need your Property Tax Statement to complete your property tax refund papers.

**CHANGE SERVICE  
REQUESTED**

## Winter 2014 **Monthly Observances**

The biggest holiday season is over ... now what? Here are some lesser-known, nontraditional, and even some silly holidays and observances to recognize this winter.

**How will you celebrate?**



### January

**National Mentoring Month**

**Get Organized Month**

**National Hot Tea Month**



### February

**American Heart Month**

**Avocado & Banana Month**

**Library Lovers Month**



### March

**National Nutrition Month**

**Spiritual Wellness Month**

**National Kite Month**



Watch on Lyngblomsten's Facebook page for reminders and ideas how to celebrate each month!  
[Facebook.com/Lyngblomsten](https://www.facebook.com/Lyngblomsten)