



Lyngblomsten Lifestyle

Summer | Fall 2012



STORIES OF LIFE:
*Celebrating a Century of
Creating "Home"*

MORE IN THIS ISSUE:
Preserving Your Stories for Future Generations
Raising Awareness for Memory Loss

Directory

MAIN NUMBER: (651) 646-2941

WEB: www.lyngblomsten.org

RESIDENTIAL SERVICES

Lyngblomsten Care Center



Care Center Admissions

Kathy Starr, LPN: (651) 632-5301

kstarr@lyngblomsten.org

Administrator

Jeff Heinecke: (651) 632-5308

jheinecke@lyngblomsten.org

Lyngblomsten Apartments

1455 Almond Avenue, St. Paul

Sylvia Newgren: (651) 632-5424

snewgren@lyngblomsten.org

Superior Street Cottages

Located near West 7th Street, St. Paul

Paula Stauffacher: (651) 632-5422

pstauffacher@lyngblomsten.org

The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul

Jennifer Veitenheimer: (651) 632-5428

jveitenheimer@lyngblomsten.org

HOME- & COMMUNITY-BASED SERVICES

Care Team Ministry

Dorthea Doty, LSW: (651) 632-5333

ddoty@lyngblomsten.org

Community Wellness & Education

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

dbowman@lyngblomsten.org

Parish Nurse Ministry

Mary Nordtvedt, RN: (651) 999-2592

mnordtvedt@lyngblomsten.org

The Gathering

Carolyn Klaver, RN: (651) 414-5291

cklaver@lyngblomsten.org

5-5-1 Club Community Center

Geri Rutz: (651) 632-5320

gmrutz@lyngblomsten.org

Web: www.551club.com

HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

thall@lyngblomsten.org

COMMUNITY ENGAGEMENT

Volunteer Services, Corporate Engagement, and Lyngblomsten Auxiliary

Melanie Davis: (651) 632-5356

mdavis@lyngblomsten.org

Lyngblomsten Foundation

Dale Fagre: (651) 632-5319

dfagre@lyngblomsten.org

Donate Online:

www.lyngblomsten.org/donate

Letter from the Editor

June 1, 2012

Dear Readers,

In this edition, we celebrate a century of creating home for older adults. At our Corporate Annual Meeting in May, I was honored to give the keynote address and dig into some lesser-known parts of our organization's history—specifically, who were the women involved in visioning, planning, and building the “Lyngblomsten Home for the Aged,” as it was first called, and what was happening in society from 1903 to 1912 when they achieved their dream? Culling through the archives uncovered some interesting tidbits, as well as a few mysteries yet to be solved. On our web site (www.lyngblomsten.org/history), you can view videos of the history presentation as well as bonus material from the interview with Karina Allen, who is featured in our lead story. I hope you enjoy this history snapshot.


At the time of this edition going to press, we are in the final week of a union organizing campaign for some of our staff with a vote anticipated on June 7. Much passion has been displayed during this time. My prayer is that in the end, no matter how the vote turns out, unity will be restored, and Lyngblomsten staff and Lyngblomsten the organization will be stronger for having experienced this time of trial. With such shared commitment to our mission of enhancing the lives of older adults, I firmly believe this will be the case.

And then last week, an experience I can only describe as “beautiful tears,” staff were moved with emotion as the surveyors from the MN Department of Health announced zero deficiencies found during their annual inspection of our care center—an extremely rare achievement for any nursing home.

No organization exists for over a century without facing trials sprinkled in between the great achievements.

Make today a great day!

Patricia A. Montgomery | Editor

 **Lyngblomsten Lifestyle** is published by the Marketing Communications Department in cooperation with the Lyngblomsten Foundation.

Patricia Montgomery, Editor — *Director of Marketing Communications*

Ethan Cook, Webmaster — *Ministry & Media Specialist*

Christina Rhein, Lead Writer — *Marketing Communications Specialist*

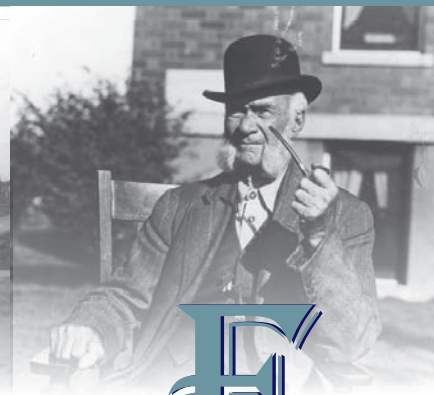
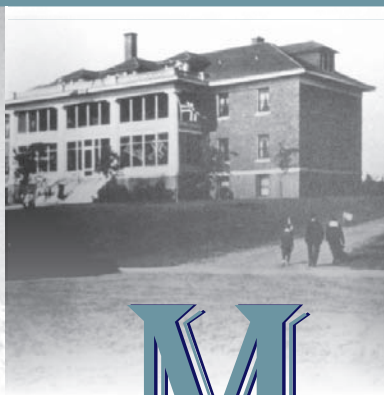
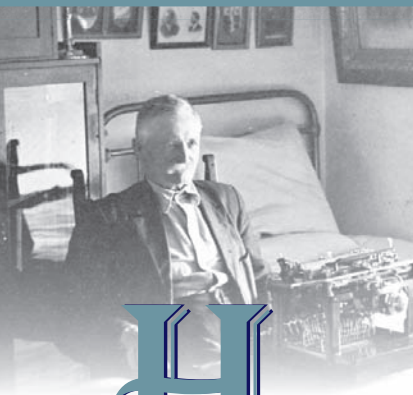
Rebecca Schwartz, Lead Designer — *Marketing Communications Specialist*

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

Contents

Celebrating a Century of Creating “Home”.....	3
Resource Roundtable: Keepers of the History.....	6
Senior Ministry Conference.....	7
Raising Awareness for Alzheimer’s Disease.....	9
Two Men: A Reunion Story.....	12
Remembrance Fund.....	17
Events Calendar.....	18

On the Cover: Photo collage of the founding women, the original “Lyngblomsten Home for the Aged” building, early skyline of St. Paul, and a lyng flower. Read history on page 3.



H O M E

CELEBRATING A CENTURY OF CREATING HOME

by Christina Rhein

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

— A Lyngblomsten Guiding Principle

The year 2006 marked the 100th anniversary of the incorporation of Lyngblomsten. Now in 2012 we celebrate the 100th anniversary of the completion of the first building, the “Lyngblomsten Home for the Aged.” The idea of creating HOME was front and center on the minds of the founding women of Lyngblomsten (pictured on the cover), so 2012 marks not only a celebration of the first building, but also a special commemoration of those who have called Lyngblomsten home during the past century.

The story of Lyngblomsten began with a group of Norwegian women meeting to form a literary society in 1902, but then they began talking about doing charity work together instead of discussing literature. In 1903, one of the society members, Anna Quale Fergstad, put this ambition into action. Reflecting on how the elderly were taken care of in her beloved home country of Norway, she proposed they build a Christian home for the elderly who had no one to care for them. As the idea gained momentum, the women incorporated in 1906, choosing the name Lyngblomsten to honor their home country of Norway, where at that time, the lyng was the national flower. (See the timeline of Lyngblomsten’s beginning milestones on page 5.) The founding women organized groups of supporters called “branches” who helped spread the word and raise money for building a home for the elderly.

According to the *Lyngblomsten Herald*, a newspaper published from 1914 – 1916, the founding women’s mission for Lyngblomsten is described like this: “The object is to give a Christian and comfortable home to those aged who

may be in need of one. Many a person may have a good home, relatives and friends, but death and other circumstances often work radical changes and leave them in deplorable positions. Enfeebled by age, unable to care for themselves, they must look to charitable persons for assistance. Here is where Lyngblomsten wants to step in and offer that which is needed—a comfortable, Christian home—at a time when it is needed most and seems the most hopeless to get.”

Fast forward: The women, their friends, daughters, and granddaughters ran Lyngblomsten until in the 1950s when they realized they could no longer do it alone. Women were entering the workforce, leaving fewer of them available to help at the Home. New government regulations were coming into existence, making it much harder to run the operation. In 1960, Lyngblomsten was gifted to the American Lutheran Church (ALC, now the Evangelical Lutheran Church in America—ELCA), and congregations could become members of the Lyngblomsten organization. Today Lyngblomsten welcomes people of all faiths and cultures; however, the Lutheran identity is retained in that 51% of corporate congregations must belong to the ELCA.

Lyngblomsten has been home not only to the older adults who have lived in one of our buildings, but also a source of support and pride for families, employees, volunteers, congregations, and neighbors who have helped build its legacy.



For one woman, Karina Allen (left), Lyngblomsten has been both a significant part of her lifestyle and her family’s legacy. Karina’s mother, Maria Vassbotn, immigrated from Norway in 1921 and became readily involved with Lyngblomsten. From a young age, Karina (born in 1925)

continued on page 4



Photos on top of page 3 (left to right): A resident sits at his typewriter in his room; Mrs. Anna Quale Fergstad, one of Lyngblomsten's founding women and the first president; the original "Lyngblomsten Home for the Aged" building, circa 1914; a resident enjoys his pipe on the lawn.

The parlor in the original building (left), circa 1912.

was volunteering, accompanying her mother to branch meetings and various functions at Lyngblomsten. In the early 1960s Karina helped start the Lyngblomsten Auxiliary as a way to continue the work of the branches. Having earned a master's degree in social work, Karina worked for a few years at Lyngblomsten in social services. She also served on the Corporate Board of Directors for 18 years. While Karina has much history to share about Lyngblomsten, even more delightful are her stories and fond memories of this organization—a different side of Lyngblomsten's history that is just as important to record.

“The building was always referred to as a home, because it was actually kind of a home.”

—Karina Allen

Instilled in many of Karina's memories are Lyngblomsten's commitment to community and mission. “There was a committee that looked into any person who wanted to come in,” Karina reported. “Once they [a prospective resident] sent in their application, someone from Lyngblomsten would go visit them to see how much they really needed this. And one of the things that I thought was pretty nice in reading the old notes, was that they tended to take those who needed it the most—those who were truly in need,” Karina recalls. She also remembers that at first, Lyngblomsten was originally to be a home only for women. “There were so many women that came over [from Norway], and if they never married, they did housework and such and made very little money. But it was soon realized that there were men who were in just as tough a spot as many of the women were.”

Family also has been an essential value at Lyngblomsten since its beginnings. One of Karina's first memories as a

young girl at Lyngblomsten was of Mrs. Narwood, a woman who organized Branch 13 in Minneapolis. “I remember her very well. Because both of my parents were immigrants, I didn't have a grandma and grandpa here, so she said, ‘Just call me Grandma,’” Karina remembered fondly. Not only does Karina have memories of Lyngblomsten from a very young age when her mother brought her to branch meetings, but she also brought her own children to Lyngblomsten when they were growing up. “What made it so nice was that I could take my kids with me, and so when they were small and I was home with them, that's when I could do the most for Lyngblomsten,” Karina said. It was a bonus that the older adults enjoyed visiting with the children, and the children had fun too.

The community of support that has helped Lyngblomsten thrive has been strong over the years. Karina shared just a few memories of how the community has done this. “There was good-heartedness among many,” Karina expressed. “If residents needed hospitalization, they took them to Fairview Hospital, and Fairview only charged half of what they normally would charge because Lyngblomsten was a nonprofit.” When Lyngblomsten was gifted to the Lutheran church, Karina remembered a shared sense of teamwork and selflessness for the good of the residents between the Lyngblomsten Board and Rev. John Mason from the Board of Charities of the ALC. Karina saw first-hand the benefit of Lyngblomsten's partnership with the Lutheran church as helping to bring Lyngblomsten up-to-date. “The Lutheran church has always been aware of changes,” Karina said, “so they hear the problems—and what people are looking for—what their needs are.” In addition to the Lutheran church and hospital (and many, many more supporters), a great deal of support for Lyngblomsten has always come from volunteers. “I think it's wonderful the number of volunteers they have!” exclaimed Karina. “They've always had volunteers—it's

extremely important to have that in hospitals and nursing homes. They're the ones who notice things and say something about it."

Most importantly, creating "home" has always been a pillar for Lyngblomsten's vision. "In the old building there was a very nice parlor. The building was always referred to as a home, because it was actually kind of a home," Karina stated. People took care of each other like family. "My Aunt Martha was a good sewer," said Karina, "and so she had a sewing committee. They would make dresses for some of the ladies who didn't have a lot of money." Residents had the choice to participate in the upkeep of the home. For example, "They had people work in the gardens if they felt like it. They tried to provide as much of the food as they could to help keep expenses down. People were used to working, and they didn't have all of the other activities like they do now," Karina described. The employees also played a significant role in making Lyngblomsten feel like home by developing positive and friendly relationships with the residents. "Mrs. Tunheim [the house matron] wanted the residents to be able to talk to employees. The aids and women who worked there, cleaning and making beds, would help residents with walking and whatever else needed to be done," Karina commented.

While so much has changed at Lyngblomsten in the past century, such as technology, buildings, and programs, there remains one constant: Lyngblomsten creates home. The founding women's mission prevails at the forefront of Lyngblomsten's work, with a Christian foundation striving for person-centered care, and most importantly, a place to call home whether it be in one of our buildings or through our community-based services. Through a community of support—a cast of donors, volunteers, corporate congregations, employees, families, and participants, all those involved with Lyngblomsten are continuing to build upon the Christian foundation and legacy of compassion for older adults that was begun so long ago. Could the founding women have ever imagined how their heeding the call to love and serve the elderly would bloom into the organization we have today? Through the genuine collaboration of all who feel called to enhance the lives of older adults through Lyngblomsten, a place to call home truly did, and does, exist. **L**

All those connected with Lyngblomsten are "Keepers of the History," and like Karina, your recollections are a unique and valuable view of history worth saving too, especially for the benefit of future generations. If you have a Lyngblomsten story to share or are interested in lending your skills to help uncover the missing pieces of the Lyngblomsten story, see page 6 for details about how to contribute to this project.

VIDEO BONUS:

Visit www.lyngblomsten.org/history to watch:

- Some of the interview with Karina Allen, and hear first-hand her stories and memories of Lyngblomsten in its earlier years.
- A Lyngblomsten history presentation by Patricia Montgomery dedicated to the founding women and those who worked alongside them—Brick by Brick: The Early Years of Building the Lyngblomsten Legacy.



HISTORY TIMELINE OF CREATING THE ORIGINAL "LYNGBLOMSTEN HOME FOR THE AGED"

October 1903: A literary club (based in Minneapolis) begins a charity project (build a Christian home for the elderly). They chose the name "Lyngblomsten Society" (for lyng—the national flower of Norway at that time) to honor their home country.

February 1905: The first member "branches" form in St. Paul (branches were formed earlier in Minneapolis).

February 1906: Lyngblomsten is incorporated. Anna Quale Fergstad is named president.

March 1908: The search for land begins.

August 1909: Land (the first 1¾ acres) is donated "midway" between St. Paul and Minneapolis; 4 more acres are purchased later that year.

March 1912: Building contract approved (construction begins in April).

July 1912: Cornerstone Laying Ceremony is held. Mrs. Fergstad dies one week before this milestone.

December 1912: The "Lyngblomsten Home for the Aged" is finished and dedicated.

Architect: Arthur Claussen

Builder: Paul Steenberg

Construction Costs: \$30,000

Accommodations for: 30 residents

Keepers of the History Preserving Your Stories for Future Generations

These two local resources inspire current and future generations to learn from and value their history by offering a variety of programs for researching, presenting, and preserving.

Minnesota Historical Society

The Minnesota Historical Society offers many resources for researching family history and tips for preserving your family treasures and stories. Search an index of birth and death certificates, a library catalog, the Minnesota State Census Index, immigration resources and more. Learn how to record oral histories, and how to display and store historical letters, papers and photographs.

The Minnesota Historical Society also offer a FREE library class introducing their library's resources, with tips on how to use catalogs, request materials and purchase photocopies. The library contains an array of sources for finding family history; researching a term paper; looking into the history of houses, businesses, organizations or neighborhoods; or just discovering more about Minnesota's rich past and many cultures.

The class is held from 9:15 AM – 10:15 AM each Saturday, year round. Reservations recommended.

Location: 345 W Kellogg Blvd, St. Paul, MN 55102
(Minnesota History Center)

Contact: (651) 259-3000 or www.mnhs.org

Ramsey County Historical Society

The Ramsey County Historical Society Research Center contains non-circulating collections documenting the history of Ramsey County and St. Paul. The collection contains books, periodicals, city directories, maps, photographs, personal papers, business and organization records, architectural information and materials on clubs, schools, and churches. The Research Center is open to the public Monday through Thursday, 10 AM – 4 PM.

Location: 323 Landmark Center, 75 W Fifth Street
St. Paul, MN 55102

Contact: (651) 222-0701 or www.rchs.com

Share Your Lyngblomsten Story

Fortunately, many of the stories, photos, and documents encompassing the last century of life at Lyngblomsten have been preserved in our archives. Although much is known about our history, gaps still remain in the story.

Here are examples of just a few of “History’s Mysteries”:

- How many founding women were there *really*?
- When was the groundbreaking—July 30, 1911 or March, 23, 1912?
- When did the home actually open—October, November or December of 1912?

Perhaps time, or your help, will solve these mysteries! We are considering forming a new **Lyngblomsten History Preservation Society** to fill in the blanks. If history or genealogy interests you, would you consider lending your skills to uncover the missing pieces of the Lyngblomsten story?

If you have personal stories, photos, or documents from Lyngblomsten's historic past and/or are interested in keeping the history being made here every day, please contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Visit www.lyngblomsten.org/history to watch the video *Brick by Brick: The Early Years of Building the Lyngblomsten Legacy*, and a video of some of the interview with Karina Allen (see page 3) as she shares her Lyngblomsten memories.



**Have you seen a
Lyngblomsten
Herald?**

The *Lyngblomsten Herald* was published from 1914–1916. Only a few copies exist in our archives. Do you know where the rest could be? Contact Patricia Montgomery at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Old Enough to Quit?

At what age does God stop calling you into a deeper relationship with Him?

By Ethan Cook, Ministry and Media Specialist

The Senior Ministry Committee at Lyngblomsten has been reading a book by Amy Hanson called *Baby Boomers and Beyond: Tapping the Ministry Talents and Passions of Adults Over 50* (Hanson will be the keynote speaker for this year's Senior Ministry Conference in October; see ad below). Much of *Baby Boomers and Beyond* talks about engaging the aging boomer demographic specifically in the areas of faith and spiritual development. You may or may not be over age 50. Whether you're 3, 23, 63, or 93, we are ALL growing older by the minute.

With this evolution of aging comes considerable stereotyping. The young are impulsive and selfish, while the old are closed-minded and increasingly critical. The young are the active and strong, while the old are the tired and weak. Such broad generalizations may accurately describe some people in those particular life phases, but far more people slip through some rather gaping cracks in those definitions.

Young or old, no one is ever done maturing in the image of Christ.

Hanson exposes many of these "cracks" in her book. One such crack is addressed in her second chapter titled "Not What You Thought," where she dissects the conception that older adults tend to become more religious as they age. Although more people born before 1946 attend church than other age demographics, their active attendance and participation at church and church activities doesn't necessarily correlate to an increasingly active faith life (Hanson, 26). Hanson quotes author Gary McIntosh who writes in his book *One Church, Four Generations* that, "A great deal of time was given to Bible study and prayer, and older adults did learn much about the Bible...but many learned the Bible without letting it penetrate their lives" (Ibid).

Driven by statistics like 64% of Americans who accept Jesus into their heart do it before their 18th birthday, some churches along with their older demographics have, perhaps unintentionally or unknowingly, bred and accepted a culture where older adults are either deemed "all good" spiritually or written off as "too late," "set in their ways," or "lost causes" when it comes to a relationship with Christ.

Christ makes it very clear that we are to be ONE in our efforts to continue emulating, reflecting on, and sharing Jesus' actions...regardless of age. While religious observance and participation may statistically increase in older adults, aging—whether from 3 to 4 or 98 to 99, does not guarantee a "penetrating" and active faith. The quest for a mature Christ-like faith is a constant maturation process—a process that is not just for the young.

I encourage you to ask less often if you're active enough in church, or go to all the right committees and activities, or are "religious" enough, and instead question, is my faith in Christ truly alive? How deep are its roots in me? And most importantly, does my faith continue to grow?

For those of you who are pastors, church staff, or lay leaders and volunteers in your congregation, ask yourself, what are we doing to reach out to older adults to enliven their faith and their opportunities to serve others? How are we reaching out to bring middle-aged adults into the church and grow our congregation?

You are never too old yourself, nor is it ever too late to help someone else grow in their relationship with Christ or to serve in His name. **L**

Join us for the 2012 Senior Ministry Conference

A conference to equip clergy, church staff, and lay leaders for enhancing ministries to, with, and for the older adults in their congregations

The focus of the conference will be:

- Reaching Boomers and engaging them in the life of the church
- Understanding the myths of retirement and the church's role
- Growing your congregation by welcoming adults age 50+
- Re-tooling ministries for maximum impact with older adults

Date: Monday, October 1 (evening) & Tuesday, October 2 (daytime)
You can choose to attend either or both sessions.

Location: Wilder Center | St. Paul, MN

For more details: www.lyngblomsten.org/SrMinConf2012,
or contact (651) 632-5322 or pmontgomery@lyngblomsten.org.



featuring
**Amy Hanson,
PhD**

national speaker,
writer, and consultant
with a passion to help
older adults discover a
life of Christ-centered
meaning and purpose.
She is the author of

*Baby Boomers and Beyond—Tapping the Ministry
Passions and Talents of Adults over 50.*

Learn more at www.amyhanson.org

Sponsored by Lyngblomsten Church Relations

Lyngblomsten Corporate Board Profiles

Meet our new Board Members



Dr. Beth Detlie

Beth became acquainted with Lyngblomsten as a child and had her first professional experience about 24 years ago when she cared for patients in the care center. “I would do rounds from time to time for these patients, and I was pleased with the care they received and the friendliness and cleanliness I observed.” Beth is currently a physician at Family Health Services Minnesota. She earned her B.A. degree in chemistry and biology at Augustana College and attended medical school at the University of South Dakota. She is the Treasurer for Lakselaet—an organization for professional women and college students who are Norwegian, of Norwegian descent, or are interested in contemporary Norwegian issues and all things Norwegian. In regards to her work on the Board, Beth said, “What interests me is the development of a network of care and support options that will allow people to stay in their homes. There is definitely a need for creative thinking as our population ages.” Beth and her husband, Tore, live in Maplewood and are members of Como Park Lutheran Church in St. Paul.



Andrew Lowther

A member of Gustavus Adolphus Lutheran Church, Andy was approached by fellow member and current Lyngblomsten Corporate Board member Wes Johnson about serving on the Lyngblomsten Board. “Ever since my first visit to Lyngblomsten, people have been telling me how great the working atmosphere is,” Andy shared. “I hope to learn from these great examples and be able to offer my own unique perspective for the continued success of Lyngblomsten.” Andy earned his J.D. degree from Hamline University School of Law. He now owns and operates a general solo practice, Lowther Legal Services, LLC in St. Paul. He is active in social ministry at Gustavus Adolphus and also participates in the *Wills for Heroes* program through his work. Andy and his wife, Lindsay, live in Shoreview.



Bill Stacey

Bill has joined the Corporate Board, serving as Treasurer. He served on the Lyngblomsten Foundation Board from 2010 to 2012. He has a heart for nonprofit organizations and has been involved with them for over 35 years, including 19 years as CFO/Director of Finance for various nonprofits in Ohio and Texas. “I enjoy being involved with nonprofits, like Lyngblomsten, because things feel so much more hands-on and there’s just a different spirit than with other corporations,” Bill explained. With a healthcare background and parents who live in a similar senior care facility in Cincinnati, Bill’s involvement with Lyngblomsten is a great fit. “Being involved with Lyngblomsten helps me feel connected to my parents even though I’m not in Cincinnati,” he expressed warmly. Bill works at Goodwill/Easter Seals serving as the Director of Financial Systems, Budgets, and Compliance. His previous job experience also includes several years with KPMG (public accounting) and 13 years with Blue Cross Blue Shield. Bill and his wife, Janet, have three children and two grandchildren.



Volunteer Drivers Wanted

We are always on the lookout for volunteer drivers! Please take a moment to think about your friends and family to see if there might be a potential driver in the group. We provide all training, and it is a satisfying experience to be of service in such a meaningful way.

Contact Mary Deaner at (651) 414-5293 or mdeaner@lyngblomsten.org.

Raising Awareness for Alzheimer's Disease

World Alzheimer's Day, September 21 of each year, is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.

Here are 4 ways Lyngblomsten supports and serves those with memory loss:

Teepa Snow, Dementia Care Educator



In September Lyngblomsten will host Teepa Snow, a dementia care and education specialist with more than 30 years of experience in geriatrics. She works with dementia specialty service providers throughout the U.S. to improve and optimize programs and services for people with dementia. Her focus is to help care providers, family members, and professionals

better appreciate and value the world from the perspective of the person living with dementia, by understanding how to modify the caregiver approach, environmental conditions, task expectations, and opportunities for engagement and interaction. *Learn more at www.teepasnow.com.*

Don't miss this opportunity to hear Teepa Snow's valuable information, and experience her dynamic, engaging presentation style. An evening presentation directed to caregivers, volunteers working with those with dementia, and the general public will be held on Tuesday, September 25, from 6:30 – 9 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Avenue, St. Paul, MN).

Space is limited; please reserve a spot for the evening session by contacting Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org. Cost: Freewill offering.

Partial funding for this event provided by the Lyngblomsten Foundation.

Early Memory Loss Group

Early Memory Loss Group is a service coordinated by Lyngblomsten Home- and Community-Based Services. It is a proactive, educational program providing memory enhancement techniques and social support for people in early stages of memory loss.

After a successful series this past spring, another 12-week series is being offered September 19 – December 19, 2012 (*group will not be held Thanksgiving week, 11/21*). Sessions are held Wednesdays, 10 AM – 3 PM, located at St. Paul's United Church of Christ. Download a brochure at www.lyngblomsten.org/MemoryLossServices.

For more information, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org. Your contact information will be put on a waiting list until August 20 when assessment appointments will be scheduled.

Join Team Lyngblomsten for the Twin Cities Walk to End Alzheimer's

The Alzheimer's Association Walk to End Alzheimer's™ is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. To learn more, visit www.alz.org.

Saturday, September 22 at 8:30 AM

Location: Three Rivers Park District
Hyland Lake Park Reserve, Bloomington, MN

To join Team Lyngblomsten on the walk or donate to our team, contact Jackie Hesse at (651) 632-5421.

If We Forget... Wisdom and Reflections from Those Living with Memory Loss



Lyngblomsten and *The Gathering* at Oak Knoll Lutheran Church (Minnetonka, MN) worked together to create a book dedicated to all persons with memory loss and all those who care for them. *The Gathering* is a program offered in collaborative partnerships with churches in the Twin Cities, serving people with early- to mid-stage memory loss and giving respite to caregivers who desire a break.

This book compiles the voices of *The Gathering* participants at Oak Knoll, sharing what they want others to know about people with memory loss. Their insightful comments illustrate how important it is to listen with our ears, hearts, and minds. Let us use their words to help us better understand the world of those experiencing memory loss.

If you are interested in purchasing a book for yourself or a loved one, there are 3 ways to order:

1. Online: Search the book title on Amazon.com OR order at wwwcreatespace.com/3809351. \$10 each.
2. Pick up a copy at Oak Knoll Lutheran Church, located at 600 Hopkins Crossroad, Minnetonka, MN. \$10 each. Office Hours: M–Thurs 9 AM–4 PM, Fridays 9 AM–noon
3. Send a check (address above) made out to Oak Knoll Lutheran Church \$13 (\$10 plus \$3 for shipping and handling).

Questions about this project or how to order a book?
Call (763) 546-4630.

Lyngblomsten Scrapbook



Jeloy Church Choir Concert

After hamming it up outside for tour photos, the Jeloy Church Choir from Norway, a 75-voice choir of girls (average age 16-17), performed in the Newman-Benson Chapel on April 5, 2012.

Thank you, Board Members

At the Annual Meeting in May, retiring board members were presented with a parting gift of a handpainted Norwegian rosemaled keepsake box. Thank you for your years of service!

Pictured left to right: Paul Mikelson (President/CEO), Dr. Carol Pletcher (Corporate Board Chair), and retirees Howard Ostrem, Feryle Borgeson, and Rev. Jay Eberth.





Wellness Conference: Living the Creative Life

Participants of Lyngblomsten's Annual Wellness Conference on April 14, Living the Creative Life, tried their hand at various art forms during breakout sessions. Look for some of these classes such as Rosemaling and clay workshops being offered through the 5-5-1 Club this fall!

Above: Scandinavian Flat-Plane Woodcarving with Al Nielsen.
Right: Clay Workshop with Northern Clay Center.



Videotaping of the Sing for Life™ Class

In May, MacPhail Center for Music videotaped the Lyngblomsten participants of MacPhail's Sing for Life™ class (part of *Artful Living with Lyngblomsten™*) to be used at the national Chorus America Conference. Being featured in this video is a special honor; we are proud of our participants!

Celebrating 100 Years

Lauretta Wolff and Mildred Wolff (no relation), tenants of the Lyngblomsten Apartments, celebrated their 100th birthdays in May. Birthday blessings to both of them!



TWO MEN

Thank you to guest author, Jean Larson, for submitting this extraordinary story about a reunion that happened at Lyngblomsten for two friends following nearly 40 years of separation.

“The Lord has done great things for us, and we are filled with joy.”

—Psalm 126:3

Allow me to tell you a new story about an old story with roots nearly four decades long. It’s about two men—each with different talents with which to serve the Lord. One was a physician, and one was a teacher. Each was called to serve in a land far away. In fact, it is so far away from St. Paul, Minnesota, that, if you go any farther, you will be on your way back!

From different places, each of these two men, along with his wife and three children, went to the land of Madagascar, the fourth largest island in the world (and not much like the movie by the same name, except that there are lemurs there). Each had a fourth child born on that island. One was a missionary doctor at a mission hospital. He doctored the family of the other, along with doctoring many other missionaries and also Malagasy people. One was a missionary teacher at a mission school. He taught the children of the other, along with teaching many missionary children. The two men were called Larson doctor and Larson teacher.



Original box of Larson Bros. Cough Drops

These two men had great senses of humor, and their families loved having fun (missionaries in Madagascar made their own fun).

When they got together, they sometimes had “talent shows” to amuse one another. One year, Larson doctor said to Larson teacher, “You know, we could do the Larson Bros Cough Drops together. It’s true that we aren’t brothers, except by our faith. But we are both Larsons! You have a beard and mustache, and I can grow a beard and mustache; then we’ll take a picture and do the cough drop box and all. It will be fun! It will make a great talent show piece.”

Well, they did it, these two men. They sent their picture to Minnesota, where the son of one was attending Augsburg College. He drew the box on flat cardboard and sent multiple copies back to Madagascar. The two men’s families got together, cut out and assembled the boxes. They agreed that they would offer the boxes to their missionary colleagues for a donation to the poor fund at the

hospital where the doctor worked. At the next gathering of American missionaries, the two Larson families stood up with their trays, holding many boxes of Larson Bros Cough Drops! The good doctor gave the sales pitch.

It went something like, “You know when you get a most awful cold, which is also accompanied by a most terrible cough? When you cough like that, it goes way, way down into your lungs, and shakes even the alveoli? Well, what you need is Larson Bros Cough Drops! Not just a cough depressant, not just an analgesic—LARSON BROS COUGH DROPS are a cough deterrent . . . take one drop every two or three hours and you don’t dare cough!”

They “went like hotcakes”—well, like cough drops. As their American missionary colleagues opened the boxes, laughter broke out all around, for each box contained a little foil-wrapped packet of Ex-Lax! Such fun! And how nice to have done some fundraising for the mission hospital. In all of the excitement, someone suggested they had better hold back a cough drop box or two for the two men’s families to keep.

After a number of years of service, Larson doctor and Larson teacher found their way back to the United States and continued their service there. One was then in South Dakota and one was in Minnesota.

Fast forward to the year 2012. On a late Monday afternoon in the month of March, a daughter helped to move Larson doctor into Lyngblomsten Care Center. Can you believe that, in the very same facility, but on another floor, lives Larson teacher, who has been there for over a year? How extraordinary is it, that half-a-world away—in another time—two men cared and served together on a mission field, and now, wrecked by the havoc of age and disease, the Larson doctor and the Larson teacher have each made their way to Lyngblomsten—a place where they can be served by those who make caring their mission?

What rejoicing! Thirty-eight years later, all the half-a-world back from Madagascar, the two men—the Larson Bros—are together again! (And, yes, for any curious person—a couple of boxes of Larson Bros Cough Drops still do exist!) **L**

Editor’s Note: Jean is the wife of “Larson teacher” and is a Lyngblomsten volunteer and member at St. Anthony Park Lutheran, a corporate congregation.

Zero!

Health Department announced zero deficiencies at Lyngblomsten



The Minnesota Department of Health (MDH) conducts annual inspections of all nursing homes for the purpose of determining compliance with federal regulations. During the process, MDH inspectors interviewed residents, observed medication passes and direct nursing cares, and reviewed many residents' charts. When they concluded the survey on May 23, they announced that they had found ZERO deficiencies! This is rare news for any nursing home.

To celebrate this impressive achievement, staff on all three shifts were treated to special meal. Donning their "zero" shirts, pictured are some of the staff at the celebrations (Shown Upper Left: night shift, Middle: day shift, and Lower Left: PM shift.) **L**

2012



**Proud to be
deficiency free!**



Congratulations!

Thank You

to our sponsors for the t-shirts and
food for the staff celebration:

Frank Caulfield with Lee F. Murphy

Jeff Dagen with ProRehab

Mark Badenhoff with Northwest Respiratory

Medication Pass Receives a Technology Lift

by Brenda Johnson, RN, BSN—Director of Nursing

On March 27, the Care Center made its long-anticipated transition to an electronic medication pass. Nursing staff have now relinquished their books, filled with page after page of lists of medications that must be administered to our residents. Instead, laptop computers are mounted onto the medication carts, the employee logs in with a secure password, tells the computer which neighborhood assignment and work shift they are responsible for, and with a click of the mouse, a computerized list of medicines is displayed, sorted by resident, and/or by time of day the medicine is due to be administered. The software also "warns" the employee if a medication is nearly overdue. The objectives of this new system are to minimize medication errors and save staff time for this very labor-intensive process. We are already seeing the benefits of this new system, as evidenced by our zero-deficiencies survey result. **L**

Lyngblomsten
Parish Nurse Ministry
Resource Group

Mind • Body • Spirit

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

Membership Includes:

For Churches

- Opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries
- 1 free Speakers Bureau presentation per year

For Nurses

- Monthly network meetings; some with CEU opportunities. See page 19 for a list of upcoming meetings.
- Consultation with Lyngblomsten Parish Nurse Coordinator
- Access to a Parish Nurse mentor
- Connect with other Lyngblomsten programs and resources, e.g. Care Team Ministry, Senior Ministry Network, Medical Equipment Lending Library

How to Join:

Cost: \$125 annually per faith community

Contact: Mary Nordtvedt, RN

Phone • (651) 999-2592

Email • mnordtvedt@lyngblomsten.org

Web • www.lyngblomsten.org/parishnurse



**Community Education,
Wellness & Fun for Life**

July & August 2012

Thrive • Learn • Explore • Belong



Check out the new booklet of July & August activities and events, presented by the 5-5-1 Club.

The Sept.–Oct. booklet will be posted approximately August 6.

Download a copy of the booklet at

www.551club.com

(Click "News & Events"), or call

(651) 632-5320 to request a paper copy.

The 5-5-1 Club is a community center proudly sponsored 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!

Opportunities Preview:

The Museum of Russian Art

Wednesday, July 18

books • cheese • wine

Thursday, August 2

German Lunch &
Cruise on the St. Croix

Tuesday, July 24

Branson on the Road

at St. Cloud's Paramount Theatre

Tuesday, August 21

General Contact: (651) 632-5320 • 551club@lyngblomsten.org

Location: 1415 Almond Ave. St. Paul, MN 55108

Lower level of the Lyngblomsten campus

Online: www.551club.com • www.facebook.com/551club



Reflection

Proverbs 3:5-7 NIV

⁵ Trust in the LORD with all your heart and lean not on your own understanding;

⁶ in all your ways submit to him, and he will make your paths straight.

⁷ Do not be wise in your own eyes; fear the LORD and shun evil.

James 1: 2-4

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,

³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

In those times when we cannot make sense of that which has happened, it helps to remember that we have not been promised—we are not owed—an explanation from God. We must lean on his instruction to trust in Him.

Gracious God,

Fill our hearts and minds with Your peace which transcends all understanding. Amen.

“The best way to spend a day!”



Lyngblomsten Foundation's

Golf Classic

**Monday, August 6, 2012
Midland Hills Country Club**

Join us for a day of fun and camaraderie, August 6, at Midland Hills Country Club. Brochures will be available in June, and we look for over 100 golfers to sign up this year. The committee has been working hard, and we already have nearly \$30,000 in sponsorships. This year we have added a morning 3-hole shootout with prizes in addition to the traditional 18-hole scramble, social hour, silent auction, dinner and program. Corporate congregation members can participate in the Lyngblomsten Cup contest. Come and join us! Contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org for details.

Golf Classic Sponsors

as confirmed by 05/29/12

Co-Presenting Sponsors (\$10,000+)



Eagle Sponsor (\$5,000+)

Chuck Kadrie/Chancellor Properties

Birdie Sponsor (\$2,500+)

Bremer Bank
CliftonLarsonAllen
Elim Care/ProRehab
Merwin LTC Pharmacy
and
Merwin Home Medical

Par Sponsor (\$1,000+)

Delta Dental
Griffith Printing
Bill & Lorraine Lund
Newman LTC
North American
Banking Company
Joel & Jeanne Poeschl

Fan Sponsor (\$500+)

Berthel Schutter



Go Digital

Reduce paper usage and receive Lyngblomsten Lifestyle electronically

Please help us conserve paper and reduce postage costs by receiving your copy of *Lyngblomsten Lifestyle* electronically. Instead of receiving a copy of the magazine via U.S. mail, you would receive an e-mail with a link to an online copy of *Lyngblomsten Lifestyle*. All online issues include the same information as the hard copy. In addition to reading the current publication online, you can also browse through past editions of *Lyngblomsten Lifestyle*. If you choose to receive *Lyngblomsten Lifestyle* electronically, you will no longer receive a hard copy by mail.

If you would like to start receiving *Lyngblomsten Lifestyle* electronically, please e-mail pmontgomery@lyngblomsten.org the following information:

- Full name and address
- E-mail address

Would you like to be added to or removed from our mailing list? Have a change of address?

Please let us know.

“Lyngblomsten Lifestyle Mailing List” Attn: Mary Grupa: 1415 Almond Avenue, St. Paul, MN 55108 (651) 632-5324 or mgrupa@lyngblomsten.org

COMO FEST


JULY 19-22, 2012

Formerly known as “Staycation,” **COMO FEST** is a backyard weekend celebration for neighbors of all ages. Come enjoy live music, tasty food, art exhibits, a garden tour, a talent show, an outdoor movie, a kickball tournament, an outdoor worship service, children’s games, & more!
www.district10comopark.org/comofest.html

Lyngblomsten’s Mid-Summer Festival kicks off Como Fest on July 19. Como Fest is held at multiple locations in the Como neighborhood of St. Paul.

History: Legacy of Giving

By Dale M. Fagre

The Lyngblomsten Foundation was established in 1985 to raise funds to support Lyngblomsten's programs and services. Since then, nearly \$21 million has been raised through faithful donors and the support of thousands of volunteers. During this stretch, three capital campaigns have been successfully completed. In 2012, we anticipate over 1,300 donors will support Lyngblomsten, up from 892 as recently as in 2006. This legacy of giving and volunteerism was started by the original founding women over 100 years ago, and it still carries on today! Their vision was clear from the beginning, and this vision continues today as Lyngblomsten cares for a growing number of older adults in our community. 

Volunteer Services Receives Award

Lyngblomsten Community Engagement (Volunteer Services team) has received the Minnesota Campus Compact President's Award for its work with the Service Learning Program in partnership with Century College. *Congratulations!*

Learn more at www.mncampuscompact.org

Phonathon Wrap Up

A big thanks to a record number of donors (289) who gave a total of \$35,332 during the 6th Annual Lyngblomsten Foundation Phonathon! Since inception this initiative has raised \$175,538 for Lyngblomsten programs.



Foundation Benefit Forget Me Not: Wrap Up

This year's event was attended by 200 guests at the Minnesota History Center. "Forget Me Not" was the theme this year and approximately \$80,000 net was raised to support Lyngblomsten's Home- and Community-Based services. Special thanks go to our anonymous \$50,000 matching gift donor, the BZ Girls who provided wonderful music, and the Spring Benefit Committee members, volunteers, and staff who worked tirelessly to make the event a smashing success!



Guests



BZ Girls

photos by James Nash

2012 Lyngblomsten Foundation Benefit Event Sponsors

\$50,000 Matching Gift
from a loyal anonymous donor

Platinum (\$3,000+)



Gold (\$1,500+)



Silver (\$1,000+)

Bremer Bank
CliftonLarsonAllen LLP
WAI Continuum

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

December 15, 2011 through May 15, 2012



In Memory of

Nancy Anderson
Adine Aurelius
Sybil Bartyzal
Dick Borre
Edward and Bernice Brink
Walter Brix
Barbara Burrow
Carol Calvert
Verle Carlson
Irene Dady
Stanley Denault
Solveig Farseth
Dr. Eugene Fevold
Donald Fischer
Raymond Fisher
Janet Gibson
Mary Godby
Lois Graham
Glenn Groebner
Helen Haley
Charliene Johnson
Hazel M. Johnston
Mary Johnstone
Margaret Jwanouskos
Margaret Koch
Evelyn Kolars
Patricia Kozeny
Florence LaMantia
Annella Langer
Lois Leskala
Norm McDonald
Doris Mikelson
Vivian Nielsen
Howard Norgaard
Evelyn O'Leary
Ruth Osell

LaVerne Panek
William Panek
Cora Pederson
Emma Prigge
Elfie Robey
Marjorie Rusch
Eloise Salminen
Mabel Schustedt
Lorraine St. Sauver
Virginia Swedeen
Alice Thoreson
Menno Willems

In Honor of

Bill Baker
Earl Hobbs
Wil Langer
Allen Roadfeldts
Swanhild Thompson's Birthday
Jim and Carol Unger



The Remembrance Tree is a way to make a permanent remembrance of your loved one with a gold, silver, or bronze leaf. For further information or if you have questions about this list, contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.



OUR MISSION:

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

OUR GUIDING PRINCIPLES:

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

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

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

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

OUR PILLARS:

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

Events Calendar

Visit www.lyngblomsten.org for updates

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

Thursday, July 19

Lyngblomsten Mid-Summer Festival

Arts | Music | Food | Games

3 – 9 PM; Rain or shine, fun for all ages! Presented by Thrivent Financial for Lutherans. See back cover for more details, or visit www.lyngblomsten.org/MSF2012.

Tuesday, July 24

German Lunch & Cruise on the St. Croix

Join the 5-5-1 Club on a trip to The Winzer Stube, a German restaurant in Hudson, Wisconsin, for a lunch that is sure to please your taste buds. After lunch, board the Afton Princess for a 90-minute cruise on the scenic St. Croix River. Bus departs the 5-5-1 Club at 10:45 AM, returns around 4:30 PM. Cost is \$50. Register by July 9: (651) 632-5320 or gmrutz@lyngblomsten.org.

Thursday, August 2

books-cheese-wine

5:30 – 7 PM at the 5-5-1 Club. *The Silent Governess* by author Julie Klassen. Come listen to Julie talk about what it takes to research and write Christy Award-winning historical romance novels, and enjoy some cheese and wine too. There is no required reading—just come for fun, to learn, and socialize with your neighbors. \$5 if registered before 7/31 or \$8 at the door. Register: (651) 414-5292 or calbing@lyngblomsten.org.

Monday, August 6

Lyngblomsten Foundation's Annual Golf Classic

Enjoy lunch and an afternoon of golfing at Midland Hills Country Club followed by a social hour, silent auction, dinner, and awards. A morning shootout is also an option. Funds raised benefit Lyngblomsten's 5-5-1 Club community center. For complete details/registration, visit www.lyngblomsten.org/Golf2012, or contact Mary Grupa at (651) 632-5324 or mgrupa@lyngblomsten.org.

Thursday, August 16

Wellness for Life Talk: The Healthy Brain – Maintaining Mental Fitness

10 – 11 AM at the 5-5-1 Club. Explore strategies which you can do now to help ensure that your brain span keeps up with your life span. You are never too old to improve your mental fitness. Taught by Deb Bowman, RN, MSN, Lyngblomsten Community Wellness & Education Coordinator. Fee: \$2. RSVP (651) 632-5335 or dbowman@lyngblomsten.org.

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

Sunday, September 16

Husby Memorial Concert

3:00 PM in the Newman-Benson Chapel at Lyngblomsten.

Join us for a delightful concert featuring performers Michael & Shirley Santoro on piano and violin. FREE, thanks to the Gertrude Husby & Ingebor Husby-Smith Memorial Endowment.

Wednesday, September 19

Lyngblomsten Parish Nurse Ministry Resource Group

Monthly network meeting with CEUs available. 1–2:30 PM at Lyngblomsten. Questions? Contact Mary Nordtvedt, RN, at (651) 999-2592 or mnordtvedt@lyngblomsten.org. Visit www.lyngblomsten.org/parishnurse for a complete list of 2012 monthly network meetings.

Wednesday, September 19 – Wednesday, December 19

Early Memory Loss Group

A proactive, educational program to provide memory enhancement techniques and social support for people in early stages of memory loss. 12-week series, Wednesdays, 10 AM – 3 PM. For more information/to register, contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org. See page 9 for details.

Saturday, September 22

Walk to End Alzheimer's – Team Lyngblomsten

8:30 AM at Three Rivers Park in Bloomington, MN
See page 9 for details.

Tuesday, September 25

Lyngblomsten to host Teepa Snow, dementia care educator

6:30 – 9 PM in the Newman-Benson Chapel at Lyngblomsten. Nationally renowned Teepa Snow helps people experience the world from the perspective of the person living with dementia by understanding how to modify caregiver approach, environmental conditions, task expectations, and opportunities for engagement and interaction. RSVP to (651) 414-5291 or bhoffman@lyngblomsten.org. Cost: Freewill offering. See page 9 for more details.

Monday & Tuesday, October 1 & 2

Senior Ministry Conference

Featuring Amy Hanson, PhD, national speaker, writer, and consultant with a passion to help older adults discover a life of Christ-centered meaning and purpose. Sponsored by Lyngblomsten Church Relations.
See page 7 for details.

Wednesday, October 3 – Friday, October 5

Lyngblomsten Auxiliary's Fall Rummage Sale

Donations of items for the sale accepted Monday, September 24 through Monday, October 1. Sale located in the Newman-Benson Chapel at Lyngblomsten on the following dates:

October 3: 9 AM – 7 PM

October 4: 9 AM – 4 PM

October 5: 9 AM – Noon (bag day!)

See back cover for details.

Thursday, October 11

Harvest: The Time of Your Life

Proceeds benefit the *Artful Living with Lyngblomsten* program. Held at the Saint Paul Hotel. Invitations will be mailed. Questions? Contact Dale Fagre at (651) 632-5319 or dfagre@lyngblomsten.org.

Monday, October 15

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. \$10 per person (or \$25 for a group of 3 or more). FREE for members of Lyngblomsten's corporate congregations and Care Team Ministry volunteers. To register, contact Dorthea Doty at (651) 632-5333 or ddoty@lyngblomsten.org. Hosted by Lyngblomsten's Home- and Community-Based Services.

Thursday, November 8

Annual Supporters Recognition Dinner

This event honors Lyngblomsten volunteers, donors, and corporate sponsors. Held at the Ramada Plaza. Invitations will be mailed.

Caregivers Support Group

1:30 – 3:30 PM, 2nd & 4th Wednesdays of the month

Located at The Heritage at Lyngblomsten

(1440 Midway Parkway, St. Paul, MN)

Sessions include a brief education component, time to gather resources, and time to talk. FREE; no reservations needed. Upcoming sessions: June 27, July 11 & 25, August 8 & 22, September 12 & 26, and October 10 & 24. **Questions?** Contact Deb Bowman, RN: (651) 632-5335 or dbowman@lyngblomsten.org.

Lyngblomsten Parish Nurse Ministry Resource Group

Upcoming Monthly Network Meetings:

6/20, 8/15, 9/19 (CEUs available), 10/17, 11/14

(CEUs available). NO meeting in July.

Wednesdays, 1 – 2:30 PM at Lyngblomsten

See page 14 for details.

**CHANGE SERVICE
REQUESTED**



Thursday, July 19, 2012 | 3-9 PM
Rain or Shine, fun for all ages!

1415 Almond Avenue St. Paul, MN 55108

Join us as we celebrate summer!
Enjoy tasty food, free live entertainment on
two stages, carnival games, creative activities,
local artists at work, and more.

Register online to increase your chance of winning
in our prize drawings, and download a festival guide
for everything you need to know about:

- Parking
- Food & Treats
- Creative Activities
- Live Entertainment
- Carnival Games
- Artist Demonstrations
- Cupcake Decorating
- Gift Shop & Gently Used Jewelry Sales
- Prize Drawings

www.lyngblomsten.org/MSF2012

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

**Michael & Shirley Santoro
on Piano and Violin**

Husby Memorial Concert
Sunday, September 16 at 3:00 PM

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

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

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



Come for **great deals** at the
Lyngblomsten Auxiliary's Annual
Fall Rummage Sale

October 3: 9 AM – 7 PM
October 4: 9 AM – 4 PM
October 5: 9 AM – Noon (bag day!)

Located in the Newman-Benson Chapel on the
Lyngblomsten campus at 1415 Almond Avenue,
St. Paul 55108

Drop off donations at the front desk Sept. 24-Oct. 1

Sorry, we cannot take electronics (TVs, VCRs,
computers, microwaves, cell phones, etc.).

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

