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Lyngblomsten
Lifestyle
Holiday Edition 2012

Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.

—Ruth Carter Stapleton

SPECIAL HOLIDAY ISSUE!
See inside for November
& December activities

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Scandinavian Cookie & Craft Fair
Lights for Lyngblomsten

Directory

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Administrator

Jeff Heinecke: (651) 632-5308

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The Heritage at Lyngblomsten

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HOME- & COMMUNITY-BASED SERVICES

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551club@lyngblomsten.org

Web: www.551club.com

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Donate Online:

www.lyngblomsten.org/donate

From the Editor

Dear Readers,

With the Advent and Christmas seasons upon us, resolutions for the new year will soon follow. I hope you will enjoy the following version of a story about three trees. If 2012 didn't shape up the way you had anticipated, perhaps this tale will give you renewed hope for 2013.

Season's Blessings,

Patricia A. Montgomery | Editor



The Story of the Three Trees



Once there were three trees on a hill in the woods. They were discussing their hopes and dreams when the first tree said, "Someday I hope to be a treasure chest. I could be filled with gold, silver and precious gems. I could be decorated with intricate carvings and everyone would see my beauty."

Then the second tree said, "Someday I will be a mighty ship. I will take kings and queens across the waters and sail to the corners of the world. Everyone will feel safe in me because of the strength of my hull."

Finally the third tree said, "I want to grow to be the tallest tree in the forest. People will see me on top of the hill and look up to my branches and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time, and people will always remember me."

After a few years of praying that their dreams would come true, a group of woodsmen came upon the trees. When one came to the first tree he said, "This looks like a strong tree. I think I should be able to sell the wood to a carpenter," and he began cutting it down. The tree was happy, because he knew that the carpenter would make him into a treasure chest.

At the second tree the woodsman said, "This looks like a strong tree. I should be able to sell it to the shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship.

When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down, his dreams would not come true. One of the woodsmen said, "I don't need anything special from my tree, I'll take this one," and he cut it down.

continued on page 6



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

On the Cover: Christmas Tree in the Newman-Benson Chapel during the 2011 Lights for Lyngblomsten Tree Lighting Ceremony.

November & December Holiday Events



The 5-5-1 Club is a community center proudly sponsored by Lyngblomsten.

Learn more: www.551club.com • Connect with us: www.facebook.com/551club



A Cup of Christmas Tea with Warren Hanson

Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings! Along with such favorites as *A Cup of Christmas Tea*, Warren will share from his newest book, *What Really Matters*.

Enjoy tea and treats at this charming morning retreat. Books will be available for sale after the presentation, and Warren will stay for book signing.

Monday, November 26 | 10 – 11 AM
in the Newman-Benson Chapel at Lyngblomsten
(1415 Almond Ave., St. Paul)

\$5 suggested donation. No reservations needed.

Questions? (651) 632-5335

New Year's Eve Party!

Monday, December 31
1 – 4 PM at the 5-5-1 Club

Lower level of the Lyngblomsten campus at 1415 Almond Ave., St. Paul

Ring in the New Year without having to prop open your eyelids! Join us for food, music, and a toast to 2013!

Fee: \$14

Register: (651) 632-5330 or
551club@lyngblomsten.org
by December 26

Transportation is available.
Call (651) 632-5330 to reserve a ride.



Christmas Outings — Reservations Required —

Bachman's Holiday Ideas House Tour

Tuesday, November 27

Tour the historic Bachman house dressed for the holiday season with hundreds of creative home décor and entertaining ideas. Lunch at *The Cheesecake Factory*.

11:15 AM Lunch, 1:30 PM Tour

\$10 (transportation included) plus cost of lunch

Bus site pick-ups: 10:15 AM at the 5-5-1 Club (1415 Almond Ave., St. Paul), 10:30 AM at Applewood Pointe of Roseville (1480 Applewood Court W, Roseville 55113)

A Christmas Carol Reading & Program

Monday, December 3

Read along and learn about Charles Dickens, the times in which he wrote this classic, and be reminded how the true Christmas spirit comes from giving with love.

1 – 3 PM at Gustavus Adolphus Lutheran Church
(1669 Arcade St., St. Paul 55106)

\$5 | Register by Wednesday, November 28

Christmas of Swing

at the Minnesota History Theatre

Thursday, December 6

A joyful celebration of music, family, and patriotism featuring real letters from WWII soldiers, and favorite swing versions of holiday songs in this musical re-imagining of the Andrews Sisters' USO show.

9 AM – 2 PM | \$22 for play ticket

Lunch after at *Fabulous Fern's* (cost on your own)

Bus site pick-ups: \$4 round trip

9:15 AM at the 5-5-1 Club (1415 Almond Ave., St. Paul),
9:30 AM at Augustana Lutheran Church (1400 South Robert St., West St. Paul 55118)

Registration & questions:

(651) 632-5330 or 551club@lyngblomsten.org

For a complete calendar of 5-5-1 Club programs and activities, visit www.551club.com/booklet.



Lyngblomsten Annual Scandinavian Cookie & Craft Fair

Rosettes • Krumkake • Sandbakkels • Lefse • Spritz
Various Baked Goods • Individual crafters selling their wares

Thursday, December 6

2:00 – 7:00 PM

in the Newman-Benson Chapel at
Lyngblomsten (1415 Almond Ave., St. Paul)

Proceeds go to Lyngblomsten Auxiliary Legacy Fund

Cookie Donations

Donations of cookies and other baked goods will be collected December 4 and 5. Please bring them in dozens (include name of item) to the front desk at the Lyngblomsten Care Center. Cookies from all cultures are welcome!

Questions or for more information:

(651) 632-5357 or alinden@lyngblomsten.org
www.lyngblomsten.org/cookiefair2012

Interested in Scandinavian Cookie-Making Classes?

Don't miss this opportunity to enhance your baking skills and learn Scandinavian cookie-making traditions! After each class, you will get to take home a box of cookies for yourself, and the rest will be donated to the Cookie & Craft Fair on December 6.

See the list of cookie-making classes to the right.

Cookie-Making Classes

Saturday, November 17 | 9 AM – Noon
Augustana Lutheran Church

1400 South Robert St., West St. Paul 55118

Learn to make: Sandbakkels, Spritz, Pepperkakor, and Almond Cookies. While the cookies bake, make Scandinavian crafts too!

Register: (651) 632-5330 or
551club@lyngblomsten.org by November 7
\$10 per adult/child combo

Thursday, November 29 | 6 – 9 PM
5-5-1 Club

Lower level of the Lyngblomsten campus at 1415 Almond Ave., St. Paul 55108

Learn to make: Krumkake and Rosettes. Enjoy chocolate and a glass of wine too!

Register: (651) 632-5330 or
551club@lyngblomsten.org by November 22
\$10 per person

Sunday, December 2 | 2 – 4 PM
The Heritage at Lyngblomsten

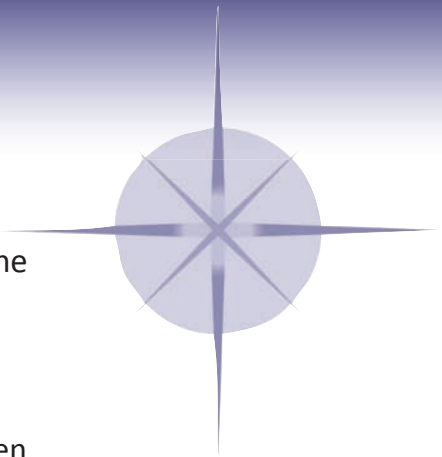
1440 Midway Parkway, St. Paul 55108

Learn to make a variety of Scandinavian Christmas cookies.

Register: (651) 632-5357 or alinden@lyngblomsten.org
\$10 per person (limited space; sign up now!)

For updates and insider extras, visit www.lyngblomsten.org/cookiefair2012!

Lights for Lyngblomsten



Give a gift that counts—keep the beacon of light strong for our older adults. Honor those who have been a light in your life. Give a donation to the Lyngblomsten Foundation this holiday season.

For every person you honor or memorialize, an ornament will be hung on the Christmas tree and his/her name displayed at the Lights for Lyngblomsten Tree Lighting Ceremony on December 4. In addition, you may request a Lyngblomsten holiday card to let your honoree know that you have given a donation to Lyngblomsten on his/her behalf.

Designate a Cause

Designate your gift to support a vital service: Lyngblomsten Auxiliary Legacy Fund, Artful Living, Home- and Community-Based Services (The Gathering, 5-5-1 Club, Community Wellness & Education, Care Team Ministry, and Parish Nurse Ministry Resource Group), The Spirit of Giving, or the Lyngblomsten General Fund.

Choose a Card—Share the Light

A card lets honorees know a donation has been made to Lyngblomsten on their behalf. It also shares information about the cause you support.

Card choices are:

Manger



Wreath



Ornament



Dove



Celebrate!

Annual Tree Lighting Ceremony

Tuesday, December 4, at 7:00 PM
Newman-Benson Chapel

Enjoy Christmas music, stories and the opportunity to honor others who are or have been shining lights in our lives. Everyone is welcome.



For more information, call (651) 632-5324 or visit www.lyngblomsten.org/donate.

Seasonal Worship Services

in the Newman-Benson Chapel at Lyngblomsten

Thanksgiving Service: November 22 at 10:30 AM

Candlelight Service: December 20 at 4:00 PM

Christmas Eve Service: December 24 at 2:00 PM

Christmas Mass: December 26 at 3:30 PM



"Trees" continued from page 2

When the first tree arrived at the carpenter's, he was made into a feed box for animals. He was then placed in a barn and filled with hay. This was not at all what he had prayed for.

The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end.

The third tree was cut into large pieces and left alone in a corner at the lumberyard.

The years went by, and the trees forgot about their dreams.

Then one day, a man and woman came to the barn. She gave birth, and they placed the baby in the hay in the feed box that was made from the first tree. The man wished that he could have made a crib for the baby, but this manger would have to do. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time.

Years later, a group of men got in the fishing boat made from the second tree. One of them was tired and went to sleep. While they were out on the water, a great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man, and He stood and said, "Peace," and the storm stopped. At this time, the tree knew that it had carried the King of Kings in its boat.

Finally, one Friday morning, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. The man was nailed to the tree and raised in the air to die at the top of a hill. When Sunday came and the sun rose, the tree came to realize that it had been strong enough and tall enough to stand at the top of the hill and be as close to God as was possible.



When things don't seem to be going your way, always know that God has a plan for you. If you place your trust in Him, God will give you great gifts. Each of the trees got what they wanted, just not in the way they had imagined.

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, November 8

Celebrating the Magic – Supporters Event

Annual Appreciation Event honoring Lyngblomsten volunteers, donors, and corporate sponsors for their support of Lyngblomsten in 2012. Enjoy fine food and a magic show. Invitations are being mailed. 6 – 8 PM at the Ramada Plaza.

Friday, November 9

Veterans Day Celebration at the 5-5-1 Club

Speaker: Capt. Jim Kosmo, author of *Still Standing: The Story of SSG John Kriesel*. Program also includes Color Guard presentation. Lunch at noon; program at 1 PM. Cost: \$12. Register by 11/2: (651) 632-5330 or 551club@lyngblomsten.org. Complete details at www.551club.com.

Tuesday, November 13

Parkinson's Disease Outreach Event

1–4 PM at the 5-5-1 Club. For more info visit www.lyngblomsten.org/parkinsons.

Saturday, November 17

Scandinavian Cookie-Making Class & Crafts

Learn to make classic Scandinavian Christmas cookies and Scandinavian crafts too! 9 AM – Noon at Augustana Lutheran Church. More details on page 4.

Thursday, November 22

Thanksgiving Worship Service

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

Monday, November 26

A Cup of Christmas Tea

Warren Hanson returns to Lyngblomsten to delight you with music and readings! 10 – 11 AM at Lyngblomsten. Event details on page 3.

Tuesday, November 27

Bachman's Holiday Ideas House Tour

Enjoy hundreds of creative home décor and entertaining ideas, plus lunch. Event details on page 3.

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

Thursday, November 29

**Scandinavian Cookie-Making Class
with Chocolate and Wine**

Learn to make two classic Scandinavian Christmas cookies: Krumkake and Rosettes. Enjoy chocolate and a glass of wine too! 6 – 9 PM at the 5-5-1 Club. Additional cookie-making classes on November 17 and December 2. Details on page 4.

Sunday, December 2

Scandinavian Cookie-Making Class

Learn to make a variety of classic Scandinavian Christmas cookies. 2 – 4 PM at The Heritage at Lyngblomsten. Additional cookie-making classes on November 17 and 29. More details on page 4.

Monday, December 3

**A Christmas Carol Reading & Program – presented by
the 5-5-1 Club**

Read along and learn about Charles Dickens and be reminded how the true Christmas spirit comes from giving with love. 1 – 3 PM at Gustavus Adolphus Lutheran Church. Event details on page 3.

Tuesday, December 4

**Celebrating the Light of Lyngblomsten and Annual Tree
Lighting Ceremony**

7 PM in the Newman-Benson Chapel at Lyngblomsten. Everyone is welcome at this annual holiday tradition. More details on page 5.

Thursday, December 6

“Christmas of Swing” at the Minnesota History Theater
This musical re-imagining of the Andrews Sisters’ USO show is a boogie-woogie Christmas delight! 9 AM – 2 PM. Event details on page 3.

Thursday, December 6

Lyngblomsten Annual Scandinavian Cookie & Craft Fair
2 – 7 PM in the Newman-Benson Chapel at Lyngblomsten. Donations of cookies and other baked goods will be collected December 4 and 5. Event details on page 4.

Tuesday, December 11

Taylor Marie Fashion Show

1 – 4 PM in the Newman-Benson Chapel at Lyngblomsten.

Wednesday, December 12

“A Child’s View of Christmas” with Dr. Michael Rogness

A pastor gave children in his parish an assignment: Illustrate the Christmas bulletins with their own drawings. Their images of Jesus’s birth in Bethlehem were imaginative, surprising, and humorous. Come see the results in a slide show detailing Christmas scenes you’ve never seen before! 5:30 – 7 PM at the 5-5-1 Club. Cost: \$12 includes dinner and program. Register: (651) 632-5330 or 551club@lyngblomsten.org by Friday, December 7.

Friday, December 14

Christmas Lunch at the 5-5-1 Club

Celebrate Christmas with a catered lunch of roast beef, mashed potatoes and gravy, salad, buns, and dessert. Lunch followed by a Christmas sing-along with the Lyng Sisters. Noon at the 5-5-1 Club. Cost is \$12. Register: (651) 632-5330 or 551club@lyngblomsten.org by Monday, December 10.

Thursday, December 20

Candlelight Christmas Service

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

Monday, December 24

Christmas Eve Service

2 PM in the Newman-Benson Chapel at Lyngblomsten. (There will be no Christmas Day Service.)

Wednesday, December 26

Christmas Mass

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

Monday, December 31

New Year’s Eve Party at the 5-5-1 Club

Enjoy food and music with us! 1 – 4 PM at the 5-5-1 Club. Event details on page 3.

 **Blessings**
to you and your loved ones
this Christmas season!

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

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**CHANGE SERVICE
REQUESTED**



**A Gift Collection for
Residents & Tenants
of Lyngblomsten**

How to Participate:

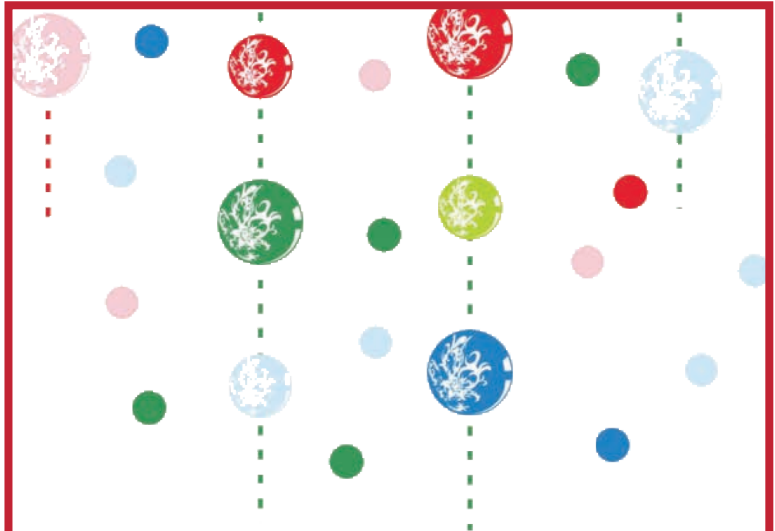
Purchase a \$10–\$15 gift (see suggested gift ideas below). Drop off the unwrapped gift at the front desk of the Care Center (1415 Almond Ave.) between 9 AM and 9 PM. Gifts are due by Wednesday, December 12.

Or you can send a monetary gift, which will be used to purchase gifts for our residents, to Lyngblomsten, Attn: Leah Gravink, 1415 Almond Avenue, St. Paul, MN 55108. Monetary gifts are due by Monday, December 10. Make checks payable to Lyngblomsten Foundation.

Suggested Gift Ideas:

Zip-up or button-down sweaters or shirts, “over-the-head” necklaces, lotion, cookies, sun catchers, purses, wallets, scarves, mittens and large-print books.

Questions: Call (651) 632-5365 or email lgravink@lyngblomsten.org.



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