

# LYNGBLOMSTEN

## *Lifestyle*



**STORIES OF LIFE:**  
*Making a Difference in a New Era*

**MORE IN THIS ISSUE:**  
Tips to Beat the Holiday Blues  
Holiday Events Calendar

# Directory

**MAIN NUMBER: (651) 646-2941**  
**WEB: [www.lyngblomsten.org](http://www.lyngblomsten.org)**

## RESIDENTIAL SERVICES



### Lyngblomsten Care Center

Short-term rehab, long-term care & Alzheimer's care

*Care Center Admissions*

Kathy Starr, LPN: (651) 632-5301

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

*Administrator*

Jeff Heinecke: (651) 632-5308

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

### Lyngblomsten Apartments

Located at 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

Located at 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)

### Community Wellness & Education

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

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

### Parish Nurse Ministry

Julie Pfab: (651) 632-5331

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

### The Gathering

Carolyn Klaver, RN: (651) 414-5291

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

### 5-5-1 Club & Café Community Center

Geri Rutz: (651) 632-5320

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

Café: (651) 632-5332

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

## HUMAN RESOURCES

Trisha Hall, SPHR: (651) 632-5302

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

## COMMUNITY ENGAGEMENT

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

Melanie Davis: (651) 632-5356

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

### Lyngblomsten Foundation

Dale Fagre: (651) 632-5319

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

### Donate Online:

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

## 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.*

## Lyngblomsten's 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.

## Contents

Making a Difference in a New Era .....	3
Board Profile: Wes Johnson .....	6
Reflections .....	6
Resource Roundtable .....	7
Scrapbook .....	8
Tradition, Transition & Legacy .....	10
Board Profile: Bill Stacey .....	10
Artful Living with Lyngblomsten .....	12
Remembrance Fund .....	13
Events Calendar .....	14

### On the Cover:

A collage of Lyngblomsten Auxiliary photos. See page 5 for captions of each photo.



### LYNGBLOMSTEN LIFESTYLE

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

#### Patricia Montgomery | Editor

*Director of Marketing Communications*

#### Christina Rhein | Lead Writer

*Marketing Communications Specialist*

#### Rebecca Schwartz | Lead Designer

*Marketing Communications Specialist*

**Lyngblomsten Lifestyle can be found online at [www.lyngblomsten.org](http://www.lyngblomsten.org). Click on "News & Events."**

**Would you like to be added to or removed from our mailing list? Have a change of address? Prefer to receive Lifestyle electronically? 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](mailto:mgrupa@lyngblomsten.org)





# Making a Difference in a New Era

## The Auxiliary Writes its Next Chapter

by Christina Rhein

*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.*

– A Lyngblomsten Guiding Principle

*“For time and the world do not stand still.  
Change is the law of life. And those who look  
only to the past or the present are certain  
to miss the future.”*

– John F. Kennedy

After half a century of dedicated service and financial support to Lyngblomsten's residential programs and outreach services, the Lyngblomsten Auxiliary has voted to formally dissolve their leadership as a group and gift their role to a committee of the Lyngblomsten Foundation. As the year comes to a close, it is not only a time of transition for the Auxiliary as they turn to a new chapter of service, but also a time to celebrate these committed and passionate supporters of Lyngblomsten.

The Lyngblomsten Auxiliary was organized 50 years ago in 1961. Their primary function has been to provide financial support for Lyngblomsten's residential programs and outreach services, helping to facilitate the well-being and comfort of all the older adults Lyngblomsten served by providing the special life-enhancing “extras.” Some examples of things the Auxiliary has done over the years to accomplish their objective are: rummage sales, Scandinavian Cookie and Craft Fairs, operation of the Lyngblomsten Gift and Coffee Shop, and various other special projects such as gift wrapping during the holidays at local bookstores. The “extras” the Auxiliary has been able to provide have ranged from smaller things such as purchasing a salt-water aquarium for Lyngblomsten's Alzheimer's unit, to

larger contributions like their \$200,000 gift to the “Focused on the Future” fund drive.

Progress and longevity make change inevitable. Ironically, the Auxiliary itself was born out of an opportunity that arose because of a major change that occurred to the structure of Lyngblomsten. After Lyngblomsten had been in very successful operation for about 50 years, the founding women, their daughters and granddaughters could no longer run Lyngblomsten by themselves—partly due to women entering the workforce in significant numbers and partly due to new government regulations. In 1960, they gifted Lyngblomsten to what is now known as the ELCA (Evangelical Lutheran Church in America). In 1961, the Auxiliary was formed and replaced the role of the community “branches” that had financially supported Lyngblomsten since 1906. These similar times of transition for Lyngblomsten have called for a shared appreciation for teamwork and selflessness to design what is best for the good of all those older adults being served through Lyngblomsten.

As the Auxiliary moves toward a new era and a new way of providing support to Lyngblomsten, their objective will continue to stay at the forefront of the work being done. “We want to ensure that the values of the Auxiliary that live on are their advocacy for our residents and continued support for all the little extras that make life special,” commented Melanie Davis, Director of Volunteer Services and Corporate Engagement for Lyngblomsten and staff liaison to the Auxiliary.

*continued on page 4*

*“Auxiliary,” continued from page 3*

There were several factors that led up to the Auxiliary’s need for a new model of operation. The most apparent aspect was the dwindling membership of the group. The Auxiliary was unable to maintain or grow its membership largely due to the increasing number of women working full time, members’ desire for daytime meetings, and competition for people’s time. Those involved had served their time in leadership roles and preferred to now be workers and helpers. Melanie reflected that, “Not having sustainable leadership for this separate support organization became the turning point when it became clear that we had to look at a different way to run the organization. It couldn’t continue to exist the way it had been.” In addition to fewer people to carry out the services of the Auxiliary, the physical labor-intensive work required for many of the events became burdensome for members as they aged.

**“We are grateful for the gift of the Auxiliary and for all their seeds of good work that will continue to be honored, passed on, and cherished at Lyngblomsten.”**

This forward-thinking group of individuals experienced a few transformations over the years, including opening the group for men to join in 1997 and relinquishing the operation of the Gift and Coffee Shop to Lyngblomsten just a few years ago. To design a new model of operation, members of the Auxiliary were asked to be a part of the process. It was important that their voices were heard, their values acknowledged, and that the desires to carry on the group’s traditions were incorporated in the shaping of the new model of structure and leadership. Members were involved in the decision-making process, attending a series of meetings over two years, and participating in a retreat to discuss the losses and changes, goals, and future vision for the group. The final model chosen for the Auxiliary’s transition was called the “Bequest Model.”

The essence of the Bequest Model is to leave a legacy and pass on the rich heritage the Auxiliary has created. It is comprised of several components that are pivotal to ensure the longevity of the Auxiliary’s mission to provide the life-enhancing “extras” to all those Lyngblomsten serves. For example, the model states that the spirit of the Auxiliary and many of the tradi-

tions will live on and be adopted by new volunteers and staff members of Lyngblomsten. This includes traditional Auxiliary events such as the rummage sales and the Scandinavian Cookie and Craft Fairs. The new model also asserts that each of these activities and the leadership for the Auxiliary will be passed over to Lyngblomsten staff and volunteers beginning in 2012. Auxiliary members can continue in their “doing” roles as they are able and serve as they desire on the Auxiliary event committees under the Lyngblomsten Foundation, but will intentionally focus on teaching and mentoring staff and volunteers to carry on their traditions. Melanie also noted that as part of the new model, Lyngblomsten’s Volunteer Services staff will engage in discussion with each current member to celebrate their histories and services and then determine if there are additional ways to continue involvement on a personal level within the organization. “Our volunteer opportunities have expanded by leaps and bounds, and there is likely to be something that is a potentially great fit for each of them,” she commented.

Melanie also explained that under the new Bequest Model, as long as there are three or more Auxiliary volunteers who continue to come together twice a year to vote on funding requests, they will carry on the responsibility of approving the distribution of funds raised. The Lyngblomsten Auxiliary Legacy Fund will be used to perpetuate the Auxiliary’s proud tradition of providing for the “extras” to enhance the lives of those Lyngblomsten serves.

You can become involved to help support the ongoing cause of the Auxiliary. One opportunity is to make a financial gift to the Lyngblomsten Auxiliary Legacy Fund (please refer to the donation envelope included in this magazine, or see the legacy article on page 10 for details about how to give). With this fund, the good work of the Auxiliary can continue indefinitely through interest earnings and financial donations from anyone who designates their gift to this fund.

You can also contribute to the Auxiliary cause by helping carry on the rich traditions of fundraising activities through volunteering for the rummage sales, Scandinavian Cookie and Craft Fairs, or wrapping gifts at Barnes & Noble during the holiday season. If you are interested in volunteering for any of these events, contact Melanie Davis at (651) 632-5356 or [mdavis@lyngblomsten.org](mailto:mdavis@lyngblomsten.org). Learn more about getting involved at Lyngblomsten at [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).



Melanie proudly stated, "I think these women and men have been extremely dedicated, and they are to be commended for their commitment to this organization. They are a wonderful group of people who have shared their gifts, time, service, and money. It's been a real privilege for me to get to work with them, and this process has helped all of us to understand the heritage, history, and the deep respect that this group deserves." We are grateful for the gift of the Auxiliary and for all their seeds of good work that will continue to be honored, passed on, and cherished at Lyngblomsten. **L**

## Thoughts from Auxiliary Members

**Ruth Hagander**, *member of transition planning team*

"These women have a tremendous passion for what they do at Lyngblomsten to make life as pleasant as possible for the residents."



**Mim Heggerston**, *Auxiliary President 2008-2010, and Lyngblomsten volunteer*

"Traditions are truly the things that help us stay connected with our past. We can learn from traditions - what worked, what and how things changed. Traditions keep people connected."



**Ruthann Ryberg**, *Auxiliary President 2006-2007, and former Lyngblomsten Volunteer Director*

"Change happens slowly. For the Auxiliary, Lyngblomsten is home, and we don't like to leave home very quickly. This is a place we've personally invested our hearts."

### Cover photo captions:

1st Row (L to R): Auxiliary members organized and priced donated items for a rummage sale; Auxiliary member Jeanette Severson helped staff the Lyngblomsten Gift & Coffee Shop.

2nd Row (L to R): Auxiliary member Elaine Ogren showcased homemade rosette cookies at the Scandinavian Cookie & Craft Fair; the Auxiliary is thanked for donating the cost of the tent rental at the annual Ice Cream Social.

3rd Row: In May of 2000, the Auxiliary presented a check for \$110,000 to the Lyngblomsten Foundation as part of its \$200,000 pledge to the "Focused on the Future" fund drive.

### Page 3 photo captions (L to R):

A few Lyngblomsten corporate congregations loaned their kitchens for Auxiliary members to bake cookies for the annual Scandinavian Cookie & Craft Fair; men got involved with the rummage sale by testing donated appliances and electronics to make sure they were in working condition; the Auxiliary helped finance the purchase of a new bus for the care center.

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

# Fall Rummage Sale

Wed., Oct. 5: 9 AM – 7 PM  
Thurs., Oct. 6: 9 AM – 4 PM  
Fri., Oct. 7: 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. 26 – Oct. 3.**

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

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



Lyngblomsten Auxiliary's

# Annual Scandinavian Cookie & Craft Fair

Friday, December 2, 2011  
9:30 AM – 4:00 PM

Newman-Benson Chapel at Lyngblomsten  
1415 Almond Avenue., St. Paul 55108

Admittance numbers available at 9:00 AM.



- Donations of cookies (and other baked goods) will be collected on November 30 and December 1. Please bring them in dozens to the front desk at the Lyngblomsten Care Center.
- Cookies and goodies from all countries welcome! Please include name of item.

**Questions? Call Melanie Davis at (651) 632-5356.**

# Board Profile

## Corporate



### Wes Johnson

by Christina Rhein


Wes Johnson is a newer member of the Lyngblomsten Corporate Board, joining this past May. He also now serves on the Lyngblomsten

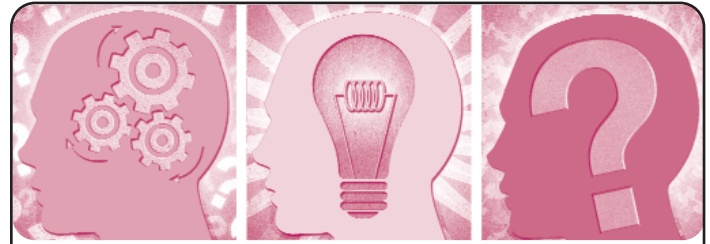
Senior Ministry Committee. His involvement with Lyngblomsten, however, began many years ago in 1979. Wes first became acquainted with Lyngblomsten as an intern while working toward his long-term health care administration license. He eventually made his way back to Lyngblomsten in 1987 as Director of Human Resources and stayed for 14 years until he retired in 2004.

During his time at Lyngblomsten, Wes was engaged in several major efforts that impacted the organization greatly. One example was his involvement with the exchange program with a nursing home in Sweden, which later led to Lyngblomsten adopting the service house concept. That groundbreaking work provided the foundation for the “neighborhoods” model we now have at the Lyngblomsten Care Center.

Wes was not always involved in health care administration though. In fact, his experiences have ranged from teaching in the St. Paul Public Schools, to missionary work in Liberia where he developed a youth program for Lutheran churches, and tutoring English as a second language to college students, just to name a few of his career highlights.

Currently, Wes is president and a delegate of the congregation at Gustavus Adolphus Lutheran Church, a Lyngblomsten corporate congregation. He stays active in the church through programs such as the Global Mission Program, and Partnership for Justice and keeps the congregation involved as a Companion Senate Congregation with a church in Tanzania.

As a Lyngblomsten corporate board member, Wes shared, “My goal is to help my home congregation take advantage of Lyngblomsten as a resource for our elderly members and to help them be involved in Lyngblomsten programming and activities.” 



## Lyngblomsten Wellness Conference Event Sponsors

Thank you to our sponsors who helped make the 2011 Lyngblomsten Wellness Conference possible. The conference was held on September 15 at Gustavus Adolphus Lutheran Church in St. Paul, with a special keynote: *Lessons from Brain Science on Keeping a Sharp Mind*.

### Gourmet Sponsor (\$1,500+)



### Gold Sponsor (\$1,000+)



### Silver Sponsor (\$500+)

Professional  
Portable X-Ray

## In the Beauty of a Snowflake



*In the beauty of a snowflake,  
falling softly on the land,  
is the mystery and the  
miracle of God's great,  
creative hand.*

**REFLECTIONS** In the scurry of holiday preparations, let us take time to notice the natural beauty of the season. Watch the graceful snowflakes fall. Ponder the stars that twinkle above. May these simple things remind us how much God has already given us.

– Adapted from “Living Christmas Every Day” by  
Helen Steiner Rice





# 5 Tips to Beat the Holiday Blues

For most of us, the holidays are a wonderful time to share the joys of family life and friendship. Yet often our anticipation and excitement turns into feelings of depression, commonly called holiday blues. The demands of the season are many, and older adults may think about how quickly time has passed or miss loved ones more during this time of year. Here are just a few tips to help get through the holiday season happily or cope with the melancholy that may accompany the holidays.

- **Get out and about.** Ask family and friends for help traveling to parties and events. Don't isolate yourself. If you can't be with family, invite some close friends over to share the holidays. See the calendar of events on pages 14 and 15 to find out what's happening right here at Lyngblomsten.
- **Volunteer.** Helping others is a great mood lifter. Find out what opportunities your church or local schools may have during the holidays. Lyngblomsten also offers a variety of opportunities to choose from — find one that fits your time and talents. Call (651) 414-5297 or fill out a volunteer application online at [www.lyngblomsten.org/get-involved/volunteer](http://www.lyngblomsten.org/get-involved/volunteer).
- **Confide in someone or be a good listener.** Talk about your feelings; it can help you understand why you feel the way you do. If you're a listener, encourage your loved one to talk about their feelings, and acknowledge difficult feelings, including a sense of loss if family or friends have died or moved away.
- **Stroll down memory lane.** Holidays provoke memories, which can be especially powerful in the later years of life. Stimulate memories by using photo albums, music, or family videos, and encourage each other to share stories and experiences.
- **Create new memories.** Add something new to your holiday celebration. Older adults, especially, need new things to anticipate. Enjoy activities that are free, such as taking a drive to look at holiday decorations and lights or window-shopping at the mall.

Sources: *The AGS Foundation for Health in Aging, About.com Senior Health & Living, and Psychology Today*

## Make Your Season Delicious!

Lyngblomsten Cookbooks are available for purchase in the Gift & Coffee Shop and at the reception desk for only \$10.

*What a great gift idea!*



### Pumpkin Pie Dessert Squares

12-oz. can evaporated milk	1 tsp. salt
29-oz. can pumpkin	1 pkg. yellow cake mix
3 eggs	1 c. butter or margarine, melted
1 c. sugar	1 c. chopped nuts, if desired
1 tsp. cinnamon	

Heat oven to 350°. In large bowl, combine evaporated milk, pumpkin, eggs, sugar, cinnamon and salt. Mix well. Pour mixture into a greased 9 x 13-inch cake pan. Sprinkle with dry cake mix, drizzle with melted butter and sprinkle with nuts. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Serve with whipped topping. Yield: 15 servings. Enjoy!



# Lyngblomsten Scrapbook

## Mid-Summer Festival – July 14, 2011

More than 55 young performers from “Sounds of Hope” (right) entertained the crowd with a high-energy concert including music from countries worldwide mixed with English pop songs and much more.



photo by Jim Nash



photo by Jim Nash

People of all ages enjoyed the Pony Hops Race (left), a new game at the Mid-Summer Festival this year. The Mid-Summer Festival was an afternoon filled with food, games, music, a Gift Shop sale, art exhibits and more. Friends, neighbors, residents, and families enjoyed this century-old summer tradition. Special thanks to Bremer Bank for their sponsorship!

## Swing Night at Wabasha Street Caves

Friends and neighbors joined the 5-5-1 Club & Café for a tour of the Wabasha Street Caves in St. Paul, enjoying swing dancing lessons and live swing band music.



photo by Jim Nash



## Paws, Claws, & Hooves

Residents, tenants, families, and employees enjoyed an afternoon outdoors with a traveling petting zoo, surrounded by everything from turkeys, to goats, to cows and alpacas!



## Do-Re-Mi

Participants of MacPhail's Music for Life™ vocal class enjoyed the energy and fun that music brought to the Lyngblomsten community. As part of the Artful Living with Lyngblomsten program, classes were open to Lyngblomsten residents and tenants, as well as everyone in the community.

photo by Jim Nash

## Blue Ribbon Art Show

Artists and art lovers from the Lyngblomsten Apartments and The Heritage displayed their art or artwork of a loved one or family member at the Blue Ribbon Art Show on August 11. Thank you to everyone who participated and shared their beautiful talents!



# TRADITION, TRANSITION & LEGACY

by Dale M. Fagre, Chief Development Officer

We all have traditions and also experience transitions from time to time. Both of these are important elements in our lives and play a role in shaping who we are and what we stand for as families, individuals or organizations.

Think about a *tradition* that you have experienced or maybe even created. Most likely it is something that you look forward to and it makes you feel good. Now, think about a *transition* you have experienced. Sometimes transitions are good, but sometimes they make us feel uncomfortable or uncertain.

No matter how many traditions or transitions we have or will experience throughout our lives, there is one thing certain: they help build our legacy.

In the feature article, you read about the Lyngblomsten Auxiliary. Their story is an example of a great longstanding tradition, the current transition, and the legacy that has been created which will carry on into future generations.

In honor of the long history and work of the Lyngblomsten Auxiliary, you have the opportunity to make a gift to the newly established Lyngblomsten Auxiliary Legacy Fund. These gifts of cash or stock or designations through a donor's will or estate plan will be used to ensure the funds traditionally raised by the Auxiliary in the past will continue in perpetuity into the future—continuing the tradition of supporting special needs or funding “the extras” for the older adults Lyngblomsten serves. For more information about making a legacy gift, please contact the Lyngblomsten Foundation at (651) 632-5324.

**DEC**

**31**

Make a difference AND enjoy a tax deduction! Donations made to the Lyngblomsten Foundation and postmarked by December 31 qualify for a deduction on your income taxes. **Every gift has an impact!**

## Board Profile

### Foundation




### Bill Stacey

by Rebecca Schwartz

Bill has a heart for non-profit organizations; he has been involved with them for over 35 years. In 2010 Bill approached his supervisor at Goodwill/Easter Seals,

Jason Seifert (a former Foundation Board member), inquiring about joining the Lyngblomsten Foundation Board. They had previously golfed together at the Lyngblomsten Foundation's Golf Classic, where Bill first became familiar with Lyngblomsten. Having a background in healthcare and parents who live in a similar senior care facility in Cincinnati, Bill's getting involved with Lyngblomsten seemed to be a great fit. Bill replaced Jason on the Lyngblomsten Foundation Board in May of 2010.

As previously mentioned, Bill works at Goodwill/Easter Seals serving as the Director of Financial Systems, Budgets and Compliance. His previous job experience has been with Blue Cross Blue Shield for 14 years, as well as being the Director of Finance/CFO at a variety of nonprofits. “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.

He earned his undergraduate degree in accounting and graduate degree in finance from Xavier University in Cincinnati, Ohio, where he was born and raised. Cincinnati is still home to Bill's parents, who, as mentioned above, live in a facility similar to Lyngblomsten. “Being involved with Lyngblomsten helps me feel connected to my parents even though I'm not in Cincinnati,” he expressed warmly. Bill is married to his wife, Janet, and has three children and two grandchildren. In his free time Bill enjoys golf, photography, landscaping and biking. 



## Who on your gift list “doesn’t need a thing?”

Put more joy in your holiday season by taking out the stress of finding the perfect gifts. This holiday, instead of shopping and fretting about what to buy for someone, how about giving a donation to Lyngblomsten? Choose hassle-free, meaningful gifts for:

- Friends and family
- Holiday hosts
- Bible study group
- Everyone else!

Let people know what you believe in by sharing the light of Lyngblomsten and enhancing the lives of older adults. Honor those who are a shining light in your life through a donation to the Lyngblomsten Foundation. Watch for a

brochure coming in November or visit [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).

Questions? Contact Shannon Parker at (651) 632-5358 or email at [sparker@lyngblomsten.org](mailto:sparker@lyngblomsten.org).

*Lights for  
Lyngblomsten  
Give a gift that counts—  
keep the beacon of light  
strong for our older adults.*



## Lyngblomsten Voted Best Assisted Living for Seniors

by Lillie News Readers

Each year the *Roseville Little Canada Review* publishes a special section announcing the winners of their annual Readers' Choice Awards where readers pick their favorite business in each category. Thanks for voting Lyngblomsten “Best Assisted Living for Seniors.”

## Annual Golf Classic A Success!

by Dale M. Fagre, Chief Development Officer



The 15th Annual Lyngblomsten Foundation Golf Classic was held on August 22 at the beautiful Midland Hills Country Club. The event originally was set to go on August 1st.

However, on that day after registration and buffet lunch, the golfers were warming up on the practice green and

driving range when a mighty storm of wind and rain descended upon the course. Following a delay, golfing was cancelled.

Fortunately, we were able to re-schedule the event (renaming it Golf Classic 2.0!). There were 88 golfers and about 140 who attended the social hour, silent auction, dinner and program. The event raised over \$25,000 after expenses for Lyngblomsten's 5-5-1 Club & Café community center. **L**

## 2011 Golf Classic Sponsors

### Co-presenting Sponsors (\$10,000+)



### Eagle Sponsor (\$5,000+)



### Birdie Sponsor (\$2,500+)



### Par Sponsor (\$1,000+)

LarsonAllen LLP  
Bill & Lorraine Lund  
North American Banking Company  
Joel Poeschl & Jeanne Pemble  
ProRehab  
Rodney D. Anderson Law Offices

### Fan Sponsor (\$500+)

Delta Dental  
Berthel Shutter LLC

## Artful Living with Lyngblomsten: Art for Every Season of Life

Artful Living with Lyngblomsten:™ *Art for Every Season of Life* is a program of fine arts events and workshops held by resident artists. It celebrates the creativity of older adults at Lyngblomsten and intergenerational community members. Artful Living is designed to enhance lives, ignite creativity and drive passion toward living full, whole, and healthy lives.

### **Featured Fall 2011 Opportunity:**

**Watercolor Classes by COMPAS instructor Anne Krocak**

#### **2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: Classes**

Through November 22

Advanced class: 1:00 PM–2:30 PM

Beginners/Refresher class: 2:45 PM–4:15 PM

#### **1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Open Painting**

Through November 15

1:00 PM–3:30 PM

To sign up for this class or to learn about other opportunities, contact Allyson Linden, Artful Living Logistics Coordinator, at (651) 632-5357 or [alinden@lyngblomsten.org](mailto:alinden@lyngblomsten.org).

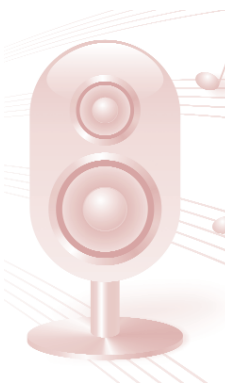
*Classes and open painting is held in the Lyngblomsten Care Center Conference Room (1415 Almond Ave. St. Paul, MN 55108). Space is limited to 10 participants in each class.*



photo by Jim Nash

**Taiko Drumming Showcase with Iris Shiraishi from Mu Performing Arts held on August 16, 2011.**

*These activities are made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the vote of the people of Minnesota on November 4, 2008.*



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

## Hannah Sacred Ensemble

**Husby Memorial Concert | Sunday, October 16 at 3:00 PM**

Hannah Sacred Ensemble is a spiritual choral group.

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](http://www.lyngblomsten.org) | (651) 646-2941



## A Gift Collection for Residents & Tenants of Lyngblomsten



### **How to Participate:**

Purchase a \$10–\$15 gift (see suggested gift ideas below). Then drop off the unwrapped gift at the front desk of the Care Center (1415 Almond Ave.) between 9 AM and 9 PM daily. Gifts are due by Monday, December 19.

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 Friday, December 16.

### **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](mailto:lgravink@lyngblomsten.org)



Gifts to the  
**R**emembrance Fund  
 In Memory or Honor of a Loved One

IN MEMORY OF  
**Mary T. Abraham**  
 Marjorie Abas

IN MEMORY OF  
**George Anderson**  
 Lorraine Anderson  
 Steven and Mary  
 Anderson  
 Lionel and Joanne Baxter  
 Harold and Dorothy Bishop  
 Norman and Joan Fish  
 Jim and Mary Herbert  
 Mr. and Mrs. Roger Jewell  
 Jean Kowalski  
 Peter and Linda Kowalski  
 Wayne and Barbara  
 Kowalski  
 Sharon Lazarus  
 Dorothy Mechura  
 Allan and Veronica Meier  
 Stacy Meier  
 Sophia Nelson  
 Bob and Elaine Ogren  
 Iona Omnaas  
 Thelma Pedersen  
 Doris Simenstad  
 Margaret Spear  
 Dale and Elise Tarnowski  
 Delores Wade

IN MEMORY OF  
**Adine Aurelius**  
 Judith Hall

IN MEMORY OF  
**Lester Gordon Ballingrud**  
 Ballingrud Family Trust  
 Daniel and Irene Brink  
 Gregory and Joyce  
 Pappenus  
 Rebecca and Gary  
 Pappenus

IN MEMORY OF  
**Inez Brownlee**  
 Nancy Hoffman

IN MEMORY OF  
**Helen Chaseley**  
 Ruthann Ryberg

IN MEMORY OF  
**Leonard Fagre**  
 Dale and Deb Fagre

IN MEMORY OF  
**Carl Feske**  
 Bob and Elaine Ogren

IN MEMORY OF  
**Neal Fries**  
 Ruthann Ryberg

IN MEMORY OF  
**Joe Gorecki**  
 Tim and Mary Grupa

IN MEMORY OF  
**Andrew Grostyan**  
 Carol Dolan  
 Lorraine Grostyan  
 James and Sally Jacques  
 Chad and Michelle Julius  
 Colleen and Robert  
 Kroona  
 John Lachenmayer  
 Sue Marabella  
 William and Lorene  
 Pothen

IN MEMORY OF  
**Gladys Hammond**  
 Lucille Dale  
 Darrell and Arlene  
 Hammond  
 Arvid Knudtson

IN MEMORY OF  
**Colleen "Cody" Haney**  
 Ross Peterson

IN MEMORY OF  
**Robert Hiller**  
 Esther Tatley

IN MEMORY OF  
**Marian Holmstrom**  
 Kelley and Steve Bergeson  
 Susan Griffith  
 Dorothy Stach

IN MEMORY OF  
**Robert Hurlbut**  
 Carolyn Glenn

IN MEMORY OF  
**Robert Johnson**  
 Rita Capriolo  
 Sam and Julia Capriolo  
 Mary Cook

Beatrice Dragotta  
 Julie Drake  
 Jeff and Marylyn Jeffords  
 Charlotte Klimpke  
 Bob and Cathy Kwapick  
 John and Kitty Marszalek  
 Ernest Moffet  
 Albert and Marilyn Morrow  
 New Berlin Lioness Club  
 Jane and Edward Phillips

IN MEMORY OF  
**Doug McClellan**  
 Tim and Mary Grupa

IN MEMORY OF  
**Pat Mielke**  
 Pat and Jane Thiags

IN MEMORY OF  
**Mildred C. Olson**  
 Phyllis Olson  
 Robert and Karen Olson  
 James and Ruth Syvertsen

IN MEMORY OF  
**Gordy Pearson**  
 Dale and Deb Fagre

IN MEMORY OF  
**Mary L. Prescott**  
 Luverne Schmitt

IN MEMORY OF  
**Toni Schlump**  
 Gail and Rob Onan

IN HONOR OF  
**Pastor Harry Stephenson**  
 Ballingrud Family Trust

IN MEMORY OF  
**Rose Veum**  
 Ronald and Gloria  
 Engelken

IN MEMORY OF  
**Rev. Orville Wold**  
 Robert and Angeline  
 Barduson

IN MEMORY OF  
**Anna Zibell**  
 Richard Ahlberg  
 Charlotte Alberg  
 Wendell and Dolores  
 Anderson

Anonymous  
 Duane and Carol Brekken  
 Community Resource  
 Bank

Stanley and Darleen  
 Diesch  
 Barry and Becky Edson  
 Marlene Fahning  
 Charles and Barbara  
 Gilbertson  
 Robert and Judith Godfrey  
 Frederick and Phyllis  
 Hooper

Kathleen and James  
 Johnson  
 Dr. George Krienke  
 James and Linda Lee  
 Jingle Mahan  
 Melanie Mogg  
 Curt Nelson  
 Dennis and Ida Mae  
 Niebeling

Lavonne Olson  
 Jane and Edward Phillips  
 Eugene Richter  
 Donald Severson and  
 Margie Bailey-Severson  
 Daphne Thompson  
 Martin and Mary Ellen  
 Tollefson  
 Christopher and Deanne  
 Weber  
 Linda Wenzel



The Lyngblomsten Foundation recognizes donors who have made gifts to the Lyngblomsten Remembrance Fund In Memory of loved ones and In Honor of friends and associates. This listing reflects gifts received from:

**June 1, 2011 – August 31, 2011\***

*\*Includes memorial donations to the Lyngblomsten Auxiliary.*

*If you have questions about this list, please contact the Foundation at  
 (651) 632-5324 or mgrupa@lyngblomsten.org.*



**Community Education,  
Wellness & Fun For Life**  
Fall 2011  
October • November • December



Check out the new  
**Fall 2011  
Opportunities Booklet**  
presented by the 5-5-1 Club & Café

Opportunities promote wellness and fun for life through social, recreational, and educational programs for people age 55+ working or living in or near the 551 zip code areas. Everyone from the community is welcome!

Visit [www.551club.com](http://www.551club.com) (Click "News & Events") to download the *Opportunities Booklet*, or call (651) 632-5330 to request a paper copy.

**Questions:** (651) 632-5320 [551club@lyngblomsten.org](mailto:551club@lyngblomsten.org)

**Location:** 1415 Almond Avenue, St. Paul MN 55108  
Lower level of the Lyngblomsten campus

# Events Calendar

Visit [www.lyngblomsten.org](http://www.lyngblomsten.org) for updates

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

## Wednesday, October 5 – Friday, October 7

Lyngblomsten Auxiliary's Fall Rummage Sale

Newman-Benson Chapel at Lyngblomsten

October 5: 9 AM – 7 PM

October 6: 9 AM – 4 PM

October 7: 9 AM – Noon (bag day!) See page 5 for details.

## Wednesdays, October 12 & 26, November 9 & 23, December 14 & 28

Caregivers Support Group – Caring for yourself while caring for your loved ones

1:30–3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul, MN 55108)

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. Free; no reservations needed. Come as often as you are able.

## Thursday, October 13

Harvest: The Time of Your Life

Proceeds benefit the Artful Living program at Lyngblomsten. Invitations will be mailed.

## Sunday, October 16

Husby Memorial Concert

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

Join us for a delightful concert featuring a performance by Hannah Sacred Ensemble. FREE, thanks to the Gertrude Husby & Ingebor Husby-Smith Memorial Endowment.

Learn more about Hannah Sacred Ensemble at [www.hannahsacredensemble.org](http://www.hannahsacredensemble.org). See page 12 for details.

## Tuesday, October 18

Transporting Essentials for Volunteer Drivers

6:30 – 8:30 PM at the 5-5-1 Club & Café

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. To register contact Debbie Severson at (651) 632-5330. Hosted by Lyngblomsten's Home- & Community-Based Services.

Hosted by Lyngblomsten  
Community Wellness & Education

# A Cup of Christmas Tea

December 9, 2011 | 10 - 11 AM

Newman-Benson Chapel at Lyngblomsten

1415 Almond Avenue St. Paul, MN 55108

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, *Dear Me*.

Enjoy tea and treats at this charming morning retreat. Warren's books and CDs will be available for purchase. No reservations needed.

**Fee: \$5 suggested donation**

**Questions?** Contact Deb Bowman at (651) 632-5335 or [dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org)

[www.551club.com](http://www.551club.com) | [www.lyngblomsten.org](http://www.lyngblomsten.org)

### Friday, November 4

Old Log Theater Presents: *Everybody Loves Opal*  
Enjoy live theater and a meal on this 5-5-1 Club & Café trip. See [www.551club.com/calendar](http://www.551club.com/calendar) for more details.

### Thursday, November 10

#### Jazzed About Our Supporters

Annual Appreciation Event honoring Lyngblomsten volunteers, donors, corporate sponsors, and the Lyngblomsten Auxiliary members. 6–8 PM at the Ramada Plaza. Includes dinner and program with musical entertainment by jazz trio Framework. Invitations will be mailed.

### Friday, November 11

#### This is My Country – Veterans Day Celebration

Celebrate those who have served on behalf of our country by coming to the 5-5-1 Club & Café for lunch and a program. See page 16 for details.

### Monday, November 14

#### Lyngblomsten Gift Shop's "Seasoned with Christmas"

10 AM – 4 PM

Be among the first to browse the Christmas merchandise and find great gifts for everyone on your list! (NOTE: Shop closed Nov. 11 – 13 to prepare).

### Thursday, November 24

#### Thanksgiving Worship Service

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

### Friday, December 2

#### Annual Scandinavian Cookie & Craft Fair

9:30 AM – 4 PM in the Newman-Benson Chapel at Lyngblomsten. See page 5 for details.

### Tuesday, December 6

#### 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.

### Friday, December 9

#### A Cup of Christmas Tea with Warren Hanson

Singer, author, and illustrator Warren Hanson returns to Lyngblomsten to delight you with music and readings! 10 – 11 AM at the Newman-Benson Chapel at Lyngblomsten. See page 14 for details.

### Thursday, December 22

#### Candlelight Christmas Service

4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

### Thursday, December 22

#### Care Center Resident and Family Christmas Dinner

Following the Candlelight Christmas Service, held in the Newman-Benson Chapel.

### Saturday, December 24

#### Christmas Eve Service

4:00 PM in the Newman-Benson Chapel at Lyngblomsten.

### Sunday, December 25

#### Christmas Day Service

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

### Saturday, December 31

#### New Year's Eve Open House at the 5-5-1 Club & Café

2:00 – 5:00 PM. Ring in the New Year without having to prop open those eyelids! Appetizers and social time, followed by dinner and entertainment. Transportation available. Fee: \$12. Reservations/questions: Contact Geri Rutz at (651) 632-5320.

### Saturday, February 11, 2012

#### 5-5-1 Club & Café Soup-Off Contest

Details will be in the January edition of *LimeLight*, the club's monthly newsletter, and posted online at [www.551club.com/calendar](http://www.551club.com/calendar) as well as on their Facebook page at [www.facebook.com/551clubcafe](http://www.facebook.com/551clubcafe).

#### Wellness for Life presentations

##### 10–11 AM at the 5-5-1 Club & Café

- Monday, October 17 – Good Body Mechanics & Good Posture
- Monday, November 21 – Hearing Loss – How does it impact all of us?

Fee: \$2; Coffee and refreshments included.

No reservations needed.

**Questions?** Call (651) 632-5335. For more details, visit [www.551club.com/calendar](http://www.551club.com/calendar).

#### books • cheese • wine

##### 5:30–7 PM at the 5-5-1 Club & Café

- Thursday, October 13 – Sherlock Holmes: Man of Mystery. Presenter: Tim Johnson, curator of the University of Minnesota's Sherlock Holmes collection
- Thursday, November 3 – Our Lady of the New World. Author & Presenter: Susan Power

Fee: \$5 if pre-registered, or \$8 at the door.

**Register/questions:** (651) 414-5292.

For more details, visit [www.551club.com/calendar](http://www.551club.com/calendar).







1415 Almond Avenue  
St. Paul, MN 55108  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

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

**CHANGE SERVICE  
REQUESTED**



## October

## November

## December

### Bread with Fred

By day Dr. Fred Gaiser is Professor of Old Testament at Luther Seminary. By night, he bakes bread. With a B.A. in Chemistry, living in Germany, and years of “hands-on” kneading experience, Fred knows something about the science—and the art—of baking bread, right down to grinding his own flour.

Join us at 5:30 PM for a hearty dinner featuring bread, cheese, meat, jams, fruit, and dessert. If you bake bread and would like to bring a loaf to share, we'd be happy to sample!

#### Monday, October 17

**5:30 PM** Dinner; **6:30 PM** Program

**Fee: \$10**

**Location:** 5-5-1 Club & Café  
Lower level of the Lyngblomsten campus  
at 1415 Almond Ave. St. Paul, MN 55108

**Register by 10/6:** (651) 414-5292 or  
[calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)

### This Is My Country *Veterans Day Celebration*

Celebrate those who have served on behalf of our country. Join us for lunch and a program that includes: Color Guard, Lyng Sisters performance, slideshow and more.

If you wish to have your service photo or that of a loved one shown in the program, please bring it to the Club by **Monday, November 7**. We will scan it and give it right back to you.

If you are a veteran, we would like to recognize you during the program. When you RSVP, please tell us in which branch you served.

#### Friday, November 11

**Noon** Roasted Chicken Dinner; **1PM** Program  
**Fee: \$10** for lunch and program

**Location:** 5-5-1 Club & Café  
Lower level of the Lyngblomsten campus  
at 1415 Almond Ave. St. Paul, MN 55108

**RSVP by 11/7:** (651) 414-5292 or  
[calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)

### *Dinner & Lecture* **The Bible in Handel's Messiah**

Handel's *Messiah* premiered in 1742 and remains to this day among the best loved music in the world. Come and find out the circumstances under which Handel wrote his great masterwork and how he combined music with biblical texts. Music, slides, and Gospel, compliments of Dr. Nancy Koester.

**Dinner menu:** roast beef, mashed potatoes and gravy, carrots, salad, dinner rolls, and dessert.

#### Wednesday, December 14

**5:30 PM**

**Fee: \$10** includes program & dinner  
**Location:** 5-5-1 Club & Café  
Lower level of the Lyngblomsten campus  
at 1415 Almond Ave. St. Paul, MN 55108

**Register by 12/9:** (651) 414-5292 or  
[calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)

***I wish to support Lyngblomsten's services and programs for older adults.  
Here is my tax-deductible gift of \$\_\_\_\_\_.***

Donor's Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

My check made payable to *Lyngblomsten Foundation* is enclosed.

Please charge my:  MasterCard  Visa  AMEX

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**PLEASE USE THIS GIFT FOR:**

**General Fund** *Making a gift to the General Fund allows the Foundation to provide financial support where needed most.*

**Specific Program** *Making a designated gift allows you to choose which Lyngblomsten program or service receives your gift.*

\_\_\_ 5-5-1 Club & Café

\_\_\_ Care Team Ministry

\_\_\_ Community Wellness & Education

\_\_\_ The Gathering

\_\_\_ Parish Nurse Ministry

\_\_\_ Lyngblomsten Auxiliary Legacy Fund

\_\_\_ Artful Living with Lyngblomsten

\_\_\_ Generation Lyngk

\_\_\_ Other: \_\_\_\_\_

I (We) have named Lyngblomsten in our Will.

If applicable, this gift is in Memory of / in Honor of: \_\_\_\_\_  
(circle one)

*If you would like us to send an acknowledgement of this tribute gift, please list the name and address information in the shaded box to the right* →

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Thank you for your support.***

The Lyngblomsten Foundation is recognized by the Internal Revenue Service as a 501(c)(3) organization.

Gifts are tax deductible as provided under regulations.

Questions? Please call (651) 632-5324.



We invite you to donate online at [www.lyngblomsten.org](http://www.lyngblomsten.org) (click "Donate")

Supporting Lyngblomsten's 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.*

**LYNGBLOMSTEN COMMUNITY ENGAGEMENT  
LYNGBLOMSTEN FOUNDATION | VOLUNTEER SERVICES | CORPORATE ENGAGEMENT**



Place  
Postage  
Here



**LYNGBLOMSTEN FOUNDATION  
1415 ALMOND AVENUE  
ST. PAUL, MN 55108-2595**