

Spring 2010

# LYNGBLOMSTEN

## *Lifestyle*



**STORIES OF LIFE**  
*On Life's Journey*  
*Finding Purpose in Transitions*

**WHAT IN THIS ISSUE:**

Resource Roundtable:

Conversation Starters

Ministry programs...  
not just for youth anymore!

# 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: (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)

## LYNGBLOMSTEN FOUNDATION

Dale Fagre: (651) 632-5319

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

Joanne Kellen, RN: (651) 632-5335

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

### Home Health Services

Janet Byrnes: (651) 632-5350

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

### Parish Nurse Ministry

Sandi Krohn, RN: (651) 632-5331

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

## The Gathering

Carolyn Klaver, RN: (651) 414-5291

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

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

Gerri Rutz: (651) 632-5320

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

## VOLUNTEER PROGRAMS & SERVICES, AND LYNGBLOMSTEN AUXILIARY

Melanie Davis: (651) 632-5356

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

## Lyngblomsten's Four Values 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, and corporate congregations, Lyngblomsten encourages the individual to live one's personal ministry by enhancing the lives of older adults.

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## On the Cover:

At the Lyngblomsten Apartments, the men gather on Fridays for "Monkey Business," a time to chat and to tinker with small repairs. See story on page 3.



## LYNGBLOMSTEN LIFESTYLE

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### Patricia Montgomery

Director of Marketing Communications

### Jessica Johnson

Marketing Communications Specialist

### Rebecca Schwartz

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? 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)

# On Life's Journey

## Finding Purpose in Transitions

by Jessica Johnson

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

Those are the words of one of Lyngblomsten's four Values Principles, this one centered on "participants"—those who are senior housing tenants, care center patients and residents, and those who utilize the community-based programs for seniors living in their own homes.

In this story you will meet five individuals who are Lyngblomsten participants. Their stories of change, loss, strength, and friendships illustrate how they've made choices to improve their quality of life during transitions on their life journeys.



### Meet Bob Conophy

*Participant at the 5-5-1 Club & Café*



After retirement, many people feel isolated, overwhelmed by their free time, or easily bored. What is Bob Conophy's advice for living a rich and full life after retirement? "Stay active, try to help others, and get involved with people at the 5-5-1 Club & Café!" Named for the 5-5-1 zip code areas, the 5-5-1 Club & Café is a community center for folks like Bob who live in the Como area and beyond. Bob truly lives by his own advice too—not waiting for fun to fall in his lap, but seeking it out.

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After working in sales for a machinery and industrial equipment company for about 40 years, Bob was ready to retire and was looking for a place nearby his home to get involved. It was through a visit to a friend's mother that Bob was introduced to Lyngblomsten, and in turn, the 5-5-1 Club & Café. "I could sense it right away—that it would be easy to become involved here," Bob reflected.

He frequents the 5-5-1 Club & Café for lunch and has made many friends over the years with whom to chat over coffee, play cards, go on walks, and participate in trips. Bob enjoys traveling, gardening, volunteering, photography, and reading—mysteries and biographies at the moment. "I've met a lot of great people. It's nice to have events centered on holidays like Christmas and New Year's Eve, annual events like the Ice Cream Social in the summer, and new events like the Chili Cook-off. Geri's great with all the things she's organized here," Bob added [Geri Rutz is the 5-5-1 Club & Café Coordinator]. Whether it's a visit to the Train Garden, having lunch at Ikea, or traveling to Hudson Bay, the 5-5-1 Club & Café is known for its sometimes untraditional excursions.

### Meet Don Lindberg and Neil O'Neil

*Tenants at the Lyngblomsten Apartments*



Sometimes friendship is found through the most unexpected circumstances. For Lyngblomsten Apartment tenants Don Lindberg and Neil O'Neil, the timing and similarity of their situations seemed to lend itself to a natural friendship.

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*continued from page 3*

Don and Neil came to Lyngblomsten well over a year ago, within months of each other. “Having the facilities in the care center close by was important for my wife,” shared Don. Neil added, “Yeah, for us too, it relieved a lot of anxiety—having the nurses on duty—we knew the time for 24-hour skilled nursing care would come, we just didn’t know when.”

Don’s wife, Esther, who had had been receiving care through Lyngblomsten Home Health Services, passed away one day in July of 2009. The very next day, while at lunch with Don, Neil received the news that his wife, Dorothy, who had been residing in the care center, passed away. With such change came new circumstances—like moving to a smaller apartment for Neil. “When you move you have the experience of discovering where things have been put, and you learn a lot about how your children think you should arrange everything!” quipped Neil. “That’s one of the adjustments you have to make—living with reduced ‘stuff,’” added Don.

Both men, with their sharp sense of humor, enjoy the community at Lyngblomsten. “Don’s the social one—I like a cup of coffee and the paper,” shared Neil. “Strangely enough, I find it hard to find free time now that I’m retired; you have to plan ahead,” he added.

One way Don fills his time is through a group he helped start which is referred to as “Monkey Business.” A group ranging from four to seven men gathers over coffee and treats in the Lyngblomsten Apartments Craft Room every Friday afternoon to chat and help their fellow Lyngblomsten Apartments tenants by fixing things for them. What “things”? Well, anything from lamps, to tables, to purses, to ALL of the rocking chairs throughout the Apartments lounges. “It’s a way to help people with a lot of little things,” Don expressed. “It’s much appreciated by people here—I think many of the women from our generation aren’t comfortable fixing things, so we help out where we can.”

Taking the initiative to better their community has resulted in stronger friendships, learning from each other and using their strengths for a purpose at the Apartments. “None of us are experts, but we’re willing to try, and so far it’s been very good,” Don said with a smile.

## Meet Lillian Forsberg

*Resident at Lyngblomsten Care Center*



What sets Lyngblomsten apart for Lillian Forsberg, a resident of the Lyngblomsten Auxiliary care center neighborhood? “The care. At every turn there’s someone there to help you,” Lillian said. “It seems there’s always someone there to listen. I don’t know if I’d have the patience that they [care takers] do. I couldn’t ask for anything better, I just couldn’t.”

Throughout her 84 years, Lillian’s optimistic perspective on life has carried her through many difficult circumstances including losing her husband 14 years ago, undergoing double bypass heart surgery, and having her leg amputated a month later. According to Lillian though, “I think that the hardest thing was when I had to sell my house [to have skilled nursing care]. I just have to be thankful for what I’ve got—because I could lose it, just like that.”

Lyngblomsten has been a family tradition for Lillian. It was home to a few of her aunts many years ago, so it was at the top of the list for Lillian’s daughter who helped her mother transition to Lyngblomsten. Lillian, who was recently voted and crowned Queen in the Annual King and Queen of Hearts Coronation, was quickly welcomed to Lyngblomsten by her peers. During the time of this interview she was losing her voice—which she quickly attributed to the fact that she “probably gossips too much!” Embroidery, playing games with friends—like trivia, wheel of fortune, or bingo—and attending any event she can has made the transition to Lyngblomsten fun and generally easy for her.

For many who come to Lyngblomsten, the transition to calling a new place “home” is difficult. Lillian recounted a moment recently when she was looking in the mirror, putting her hair up in pin curls. “I just started crying... thinking about my husband, but I thought to myself, ‘I’m alone—it’s okay, I can cry.’” Just then, a nurse’s aide came into the room, put her arm around me and said, “What’s the matter?” Lillian was just

*Story continues on page 6*



## CONVERSATION STARTERS

One way to help orchestrate the best life possible for older adults is to simply converse with them. Have you ever sat down to have a conversation with a loved one, friend, or older person only to feel ill-equipped to converse in the manner to which you've been accustomed? You are not alone.

Anyone, at any age, can use the tips below to reach out to an older adult who would love to spend time in conversation.

### Refresh yourself with these tips and tools:

- **Incorporate a prop.** Items such as a photo album, artifacts from storage, or a magazine can generate conversation (one is *Reminisce*, "The Magazine That Brings Back the Good Times").
- **Take heart.** Go on a walk, and take a stroll down memory lane simultaneously.
- **Make yourself useful.** Repair, paint, clean or help with something around the house.
- **Indulge in the arts.** Create art—there are no rules! Listen to old-time musical favorites (get copies from the library), or take a trip to see, touch or hear something together.
- **Brush up on current events.** What better excuse to sit and read the paper, than to inform some one else who isn't able to read the fine print?
- **Get in the game.** How many times have you watched a sporting event alone? Why not find an older adult to join in the fun?
- **Classroom flashback.** Learn how to knit, or to understand the rules of baseball, or how to bake homemade bread from scratch. Empower an older adult to share their knowledge with you.
- **Invite a friend.** Having an extra person present can help keep conversation flowing.

### May is Older Americans Month

The month of May was originally designated "Senior Citizens Month" by President John F. Kennedy in 1963, at a time when only 17 million Americans (compared with 39 million today) had reached their 65<sup>th</sup> birthday.

It was Jimmy Carter's declaration in 1980 to change the name to "Older Americans Month." It is a time to acknowledge the contributions of older persons to our country. Research online to find what events are going on in your area!

Source:  
<http://www.census.gov/popest/national/asrh/NC-EST2008-sa.html>

### Join us! Friday, May 14

Lyngblomsten Community Wellness & Education celebrates Older Americans Month with a special presentation, "Joy of Aging: Reach for the Stars."  
*(See the Events Calendar on page 15 for details.)*



### Take the Challenge

Use May to do something extra to help orchestrate the best life possible for the older adults in your life and community. Strive to make two visits this month (or more!)—maybe to someone you know, or reach out to someone new (on the bus, from your church, or a neighbor). Give them one of the cards below during your visit.



#### May is Older Americans Month

I honor your life as an older American. Thank you for the difference you have made in society!



#### May is Older Americans Month

I honor your life as an older American. Thank you for the difference you have made in society!

Continued from page 4

remembering how her husband used to comfort her and say, “It’ll be all right mother, it’ll be all right.” Then the nurse’s aide gently said, “It will be all right, Lillian, it will be all right.” “What an answer to prayer she was! She was like an angel!” Lillian shared with delight.

## Meet Craig Fohrenkamm

Participant in Care Team Ministry



Many individuals throughout the community are impacted through Lyngblomsten’s Home- and Community-Based services, which includes Care Team Ministry. For Craig Fohrenkamm,

a resident of St. Paul, Care Team has been a life-saving blessing on his journey.

While recovering from heart bypass surgery in 2007, Craig suffered a stroke—causing him to lose much of the use of his left arm and leg. After leaving the hospital, he recuperated at Lyngblomsten’s Lokensgard Transitional Care Unit (TCU) for three months. “It was during this time that I first received the services and fellowship of the Care Team Ministry [through his

church, Immanuel Lutheran Church, a Lyngblomsten corporate congregation],” Craig shared.

When Craig returned home, he found himself isolated. His wife, Elsie, works during the day. “The problem was, I’d sit in the house alone with no one to take me out and nothing to do,” he stated. “In the beginning, I was angry and mad—and I wouldn’t ask for any help. I didn’t want Care Team Ministry [to come] at first,” Craig reflected. But after some men from church came to visit, Craig realized Care Team was a fit. His Care Team Ministry friends began taking him on many community outings and activities—to movies, parks, the fair, and the conservatory. “Now we go to car shows together and even drive to the fair in my ’59 Oldsmobile 98. I never would’ve thought that I would need them or would get a lot out of visiting with them,” he reflected. “I got to live a normal life again, and it really made a big difference.” With the help of his Care Team and his daughters, he even coordinated a surprise party for his wife on their anniversary.

Amidst Craig’s new limitations, his desire to create, serve, and love others grew stronger. Craig is now involved with the same Care Team Ministry that helped him. He goes and visits people at Lyngblomsten’s Lokensgard TCU, sharing what he’s learned along his journey. Through his experience he’s passing on the joy, faith and skills to help others orchestrate the best life possible in whatever circumstances they are facing. **L**

## April is National Volunteer Month

Thank you, Lyngblomsten volunteers, for all the ways you enhance the quality of life for older adults.



Celebrate growing older.  
It is a privilege denied to many.

~Author Unknown



We've put more effort into  
helping folks reach old age than  
into helping them enjoy it.

~Frank A. Clark

# Board Profile

## Corporate



## Bill Sanden

by Kristin Mol  
Communications Intern

Life has always been an adventure for Bill Sanden. From his wide range of occupations to the numerous places he has traveled, Bill is always

on the move. Despite this, Bill has found a home with Lyngblomsten.

Carol Kelsey, a long-time friend and Lyngblomsten board member, recommended Bill join the Resident Life Committee in 2007. Three years later, Bill now serves on the Corporate Board, the Nominating Committee, and the Resident Life Committee.

Bill began his career as an ELCA pastor in southern Minnesota. Feeling a need for a little change in the mid-1980's, Bill decided to try law school. After law school,

he worked a few years with a Minneapolis law firm, and then for almost 20 years he worked as a senior trust administrator for Wells Fargo where he was a co-founder of Wells Fargo Elder Services. Currently he is a trust relationship manager at U.S. Bank.

Bill and his wife, Jan, live in Roseville. They have two adult daughters, Karin and Kjerstin. All of them are Concordia-Moorhead "Cobbers". While his daughters were young they attended the Concordia Language Villages Spanish camps and eventually became Village staff. The Villages have become an important part of Bill's life as evidenced by his service on the Parents Advisory Committee for the Language Villages, and they have led to family travels to many Spanish-speaking countries such as Argentina, Nicaragua, Peru, and Mexico.

Older adults have always been important to Bill in his personal ministry and also in his work. He firmly believes in the mission of Lyngblomsten and enjoys serving on the board. "I think this is a place of excellence; it's just about keeping up the good work," says Bill. **L**



## Prayer Changes Things

*This devotion is by Luther Dale, Pastor for Adult Learning at Incarnation Lutheran*

Psalm 22:1-5, 23-24

## REFLECTIONS

We sometimes wonder why we should pray, especially if God knows our heart and mind. There was a plain wooden plaque that hung in my parents' home that had three simple words: "Prayer changes things." Prayer can and does change things — especially us. In Psalm 22 we find words of honest desperation (My God, my God, why have you deserted me?) as well as of expressions of praise and joy (All who worship the Lord now praise him!). We pray because it forces us to be honest with ourselves and God about our truest and deepest needs and feelings. Sometimes we have trouble naming what we really need from God because we try to protect God from the anger or frustration or pain that we are experiencing. But words of praise remind us that God is God and can take whatever we express. God waits to be asked and invited into our lives to help us and change what needs changing. Nothing is off limits or beyond God's promise and power to help. We need to pray with the confidence of the Psalmist, "When I cried out, He listened and did not turn away."

**Let us Pray:** We pray with the disciples, "Lord teach us to pray." Help us to realize your spirit is already at work in us and leading us to you. May we honestly pray the deepest needs of our heart. Amen. **L**



# Lyngblomsten Scrapbook

**The 5-5-1 Club & Café draws waffle lovers of all ages!** Lyngblomsten residents Owen and Vivian Foss enjoy a waffle with their daughter, Marsha, and great grandson, Benjamin.



## Sharing Musical Gifts

Care center resident Vivian Nielsen playing on her own piano, which was brought to the Dorthea Neighborhood.



## King and Queen of Hearts

Lillian Forsberg and Austin Peterson were crowned Queen and King during the 3<sup>rd</sup> Annual King and Queen of Hearts Social and Coronation at the care center.



**30+ Years of Compassionate Care**  
Betty Dickenson, NA/R in the Stanford Neighborhood, recently celebrated 30 years of giving care at Lyngblomsten. “People here have a heart of gold—it’s a privilege to work here,” she stated. It’s a privilege to have you here, Betty!



*“Blessed be the Lord for the beauty of summer and spring, for the air, the water, the verdure, and the song of birds.”*

— Carl von Linnaeus



### **Chili Cook-off—Fun for All**

Community members, tenants, employees, and volunteers rounded up for a Chili Cook-off at the 5-5-1 Club & Café community center on February 22. Winners pictured above L to R: Norman Patton, Ann Rabie, Dale Fagre, and Tony Sarkilahti. The café will feature the chili of Grand Champion Ann Rabie.

## Partnership Profile: Incarnation Lutheran

*Profiling the Twin Cities' congregations partnered in ministry with Lyngblomsten*



1990. Incarnation, an ELCA congregation, was formed in 1962 from the consolidation of two area Lutheran churches.

Bridging the generations through its multigenerational approach to ministry, Incarnation Lutheran is a model for combining the gifts and life journeys of persons of all ages. Although there is a small group of seniors who meet regularly for PrimeTimers, other opportunities such as Bible studies and book groups, Holy Hammers, retreat ministry, and service groups are intergenerational and based more on common areas of interest rather than on age.

Through its partnership with Lyngblomsten, Incarnation laid the groundwork and received training for Care Team Ministry

Nestled in the woods of Shoreview, Incarnation Lutheran is a vibrant congregation of approximately 4,500 members (1,520 households) and has been a corporate congregation since

2009. “This will be a natural extension of our pastoral care support,” shared Luther Dale, Pastor for Adult Learning at Incarnation and pastoral delegate to Lyngblomsten. Thirty volunteers are ready to serve, and matches with congregants are happening now. Their Care Team services will include visitation, meals, and transportation.

In 2010, the covenant partnership between Lyngblomsten and Incarnation has been renewed, and conversations have begun with Lyngblomsten surrounding the shared workplan for ministry to and with the older adults in the congregation. “As a whole, our congregation is relatively young,” said Dale. Therefore, the discussions have focused on exploring the needs of those serving as caregivers for aging loved ones and the issues people face when taking care of their aging parents. “People are really hesitant to identify that they need help,” reflected Dale. “There’s a lot of ‘I can do it myself’ and ‘I don’t want to let my spouse down’ going on.” Resources that will likely be tapped include the Lyngblomsten Speakers Bureau and statistics on caregiver stress. “Until we had this one-on-one shared ministry planning time, we really didn’t understand all the resources available to us through our partnership with Lyngblomsten,” Dale stated. **L**

## Ministry programs . . . not just for youth anymore!

by Patricia Montgomery

In the next 20 years, the number of adults over the age of 65 in the United States is projected to grow by 32 million. In comparison, for the 100-year period of 1910-2010, the number of adults over the age of 65 grew by 36 million.<sup>1</sup>

With this “age wave” upon us, and more of these older adults continuing to live in their own homes in the community, churches are facing a new challenge, a new opportunity. While historically it’s been enough to have a monthly potluck for the “seniors” in a congregation, a true “senior ministry” is much, much broader.

In our work with churches, Lyngblomsten looks at three components to senior ministry:

- 1) What does the church offer to its older adult members?
- 2) What opportunities are there for its older adult members to engage in service?
- 3) What is available for nurturing one’s faith life in the later years?

**One idea we encourage all churches to consider, whether or not they are partnered with Lyngblomsten, is to hold a Senior Ministry Sunday annually.** Not only can this be a time to communicate what resources and opportunities are available for the older members, but also this is a time to “lift up” and honor the older members of your congregation. Consider including special prayers, readings, or music. Have a blessing of older adults. Celebrate retirees. Recognize older volunteers involved in your ministries. Have displays in your gathering space to showcase opportunities for and contributions by seniors.

Any time of year is a great time to celebrate older adults, but you might especially like to do it in May during Older Americans Month. Don’t wait for someone else to start Senior Ministry Sunday; YOU can plant the seed! **L**

<sup>1</sup> US Dept of Health & Human Services, 2009.



Thursday, May 6  
8:00 AM–12:15 PM

## A Gathering of Grandparents: Explore Your Vocation

Featuring Keynote Speaker,  
Marilyn Sharpe, presenting:

### Grandparenting: Called to Love, Laugh, & Leave a Legacy

#### Attend Breakout Sessions Including:

- Loss of Dreams
- Grandparents Raising Grandchildren
- Youth Culture: What We Are Seeing in the Schools
- Sharing Your Grandparenting Wisdom
  - Grandparenting Rights
  - Bridging the Generations

#### Conference Location:

Augustana Lutheran Church  
(1400 So. Robert Street, West St. Paul, 55118)

#### Cost:

\$15 (includes breakfast)

#### Registration due by:

May 2, 2010

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

**Questions?** Contact Cindy Albing at  
(651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)



*In Cooperation With:*  
Augustana Lutheran,  
Church of St. Joseph, and  
Salem Lutheran



The game “Boomerang” is Lyngblomsten’s yearly activity to help fund the actual costs of operating the 5-5-1 Club & Café, our community center primarily serving adults living in 551 zip code areas. Purchasing Boomerang tickets helps to sustain this community resource and **could put money in your pocket too!**

Each ticket is \$52 and enters the ticket holder in 52 weekly drawings for \$100 plus four quarterly drawings for \$200.

Here’s how you can get tickets:

- 1) Stop by the 5-5-1 Club & Café (Mon. thru Fri.) or the reception desk at Lyngblomsten Care Center (7 days a week) and purchase your tickets in person (1415 Almond Ave., St. Paul), or
- 2) Send a check, made payable to “5-5-1 Club” with a memo note of how many Boomerang tickets you would like. Each ticket is \$52. Mail to: Boomerang, 5-5-1 Club, 1415 Almond Ave., St. Paul MN 55108

### Boomerang tickets make great gifts!

*Don’t want to play but want to support the club? Make a tax-deductible donation of \$52 (or more).*



All ticket orders for this year’s game must be received in our office and paid **by July 9, 2010.**

Drawings begin July 19, 2010.  
Need NOT be present to win.

#### Questions?

Contact Geri at (651) 632-5320 or [gmrutz@lyngblomsten.org](mailto:gmrutz@lyngblomsten.org).

Good luck in the drawings!  
May the monies “boomerang” back to you!



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

*The purchase of a Boomerang ticket is not tax-deductible.*



### Need a Speaker?

Use the Lyngblomsten  
Speaker’s Bureau!

#### Just released—a new series on driving:

- Driving for Others
- Stop Driving? A Guide for Families of Impaired Drivers
- Life After the Car
- Driving After 60: Healthy Steps to Keeping the Keys

For more information visit [www.lyngblomsten.org](http://www.lyngblomsten.org) or contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)


# “Shining Lights” Make Life Brighter for Lyngblomsten Participants

by Dale M. Fagre, Chief Development Officer

I encourage you to stop and take a moment to look at the big red and white Shining Lights for Lyngblomsten banner that hangs in the hallway by the Chapel on the Lyngblomsten campus. Listed on the banner are the names of over 2,600 people who engaged with Lyngblomsten this past year as a donor, volunteer, auxiliarian, resident, tenant, church, organization, employee or other constituent. Maybe your name is on the banner?

**DID YOU KNOW** in 2009 over 850 active volunteers participated to the tune of 35,000 hours of service? Volunteers wrapped over 400 gifts for residents at Christmas, volunteers brought residents down from the neighborhoods to the Chapel for scores of events, volunteers staffed the gift shop nearly every day, and volunteers worked with staff to start new initiatives such as a pilot for Generation Connection which uses Skype technology to allow our residents to connect with their friends and family all over the USA and even Europe! In fact, volunteers perform over 100 job functions for Lyngblomsten!

**DID YOU KNOW** Lyngblomsten has 1,200 faithful donors who contributed during the year to financially support our services and programs? These include Care Team Ministry (visiting and light chore work), The Gathering (respite for caregivers of loved ones with memory loss), Community Wellness & Education for seniors in our community, and the 5-5-1 Club & Café community center. We received gifts supporting Spiritual Care, Good Samaritan Fund, and a host of endowment funds as well as special campaigns, projects and a nurse scholarship fund. In addition, the Lyngblomsten Auxiliary holds several key fundraisers that ultimately provide funds to purchase things like blanket warmers (for pain management), campus furnishings, artwork, projectors, tools for the men’s repair shop, AEDs (on-site defibrillators), and so much more!

What all these “shining lights” have in common is that they are joined by a shared passion to orchestrate the best life possible for older adults in our community, and we are grateful. 



**SAVE THE DATE**  
14<sup>th</sup> Annual Lyngblomsten Foundation's  
**Golf Classic**  
Monday, August 2, 2010  
Midland Hills Country Club  
**The Best Way to Spend a Day!**



A little birdie told me there are **great deals** at the Lyngblomsten Auxiliary's Annual

## Spring Rummage Sale

**Thurs.,** April 22: 9 AM - 7 PM

**Fri.,** April 23: 9 AM - 4 PM

**Sat.,** April 24: 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 of new or gently used household items April 12 - 17 (sorry—no electronics accepted).*

*Matching funds will be provided by Thrivent Financial for Lutherans.*



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

# Ambassador Showcase to be Expanded

by Patricia Montgomery, Director of Marketing Communications

**Am • bas • sa • dor** – a representative or messenger; delegate; a teller of stories

Anyone who is involved with Lyngblomsten is in a position to play the role of “ambassador” for our organization—telling others about how we enhance the lives of older adults.

Last year we launched our first annual Ambassador Showcase to highlight and celebrate the role of ambassadors, and we did it as a pilot where only our employees were involved in the showcase (you read about this in the last edition of *Lyngblomsten Lifestyle*). This year we are expanding the Ambassador Showcase to include everyone who is in a capacity to serve as ambassadors – participants (residents, tenants, community-based services participants) and their families, Lyngblomsten employees, and our community of donors, volunteers, and corporate congregations.

The Ambassador Awards, presented at the showcase event, celebrate four people who do an outstanding job telling the Lyngblomsten story and representing our mission and values principles (printed on page 2).

This year’s planning committee is being formed now. Event details will be announced in the next *Lifestyle*. If you would like to be involved in the planning, or if you know of someone who does a great job telling others about Lyngblomsten, please contact me at (651) 632-5322 or pmontgomery@lyngblomsten.org.

Thanks for being an ambassador for Lyngblomsten’s mission. 

**Show • case** – a setting in which something is displayed or highlighted

## Board Profile

### Foundation



### Jaime Hansen

by Kristin Mol,  
Communications Intern


Like the Norwegian women who founded Lyngblomsten in 1906, Jaime Hansen has a strong vision to see

Lyngblomsten continue to prosper. Jaime serves as the Chair of the Planned Giving Committee on the Foundation Board. “I’d like to help educate people about how their gift really helps,” Jaime said. She sees this goal being reached primarily through outreach events like the Legacy Seminar which she is working on now.

Growing up on a farm an hour north of Bemidji, Jaime graduated from Bemidji State University with a B.A. in Computer Information Systems and a minor in

Mathematics. Immediately after graduating, Jaime worked in computer programming but soon realized the profession was not for her. Making a switch to Thrivent Financial for Lutherans, she found the financial world more fitting. She currently is working for Morgan Stanley Smith and Barney as a financial planner.

Focusing primarily on the female market in her work at Morgan Stanley, Jaime felt drawn to the women who started Lyngblomsten. “I like that it was started by women 100 years ago for the good of all people and that it is a faith-based organization,” says Jaime about Lyngblomsten.

In her lunch hours at Morgan Stanley, Jaime enjoys being a group fitness instructor, teaching classes like kickboxing. She is a mother of two children ages three and five. Jaime lives in Saint Paul with her husband and children, and her family attends Roseville Lutheran, a Lyngblomsten corporate congregation. 

# Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

**IN HONOR OF**

**Adine Aurelius**  
Judith Hall

**IN MEMORY OF**

**Joe Austin**  
Nancy Hunziker

**IN MEMORY OF**

**Norma Bartlett**  
Stephen and Randi  
Honigman

**IN MEMORY OF**

**Patrick Bowes**  
Kay Berthiaume  
Deborah Roy  
Carolyn Sorensen  
James and Janet Yoswa

**IN MEMORY OF**

**Corrine Burdash**  
Michael and Bonita Jellinek

**IN MEMORY OF**

**Beatrice Erickson**  
Patricia Walcheski and  
Richard Smalkoski

**IN MEMORY OF**

**Teresa Erickson**  
Shirley Dingman

**IN MEMORY OF**

**Una Hoisser**  
Immanuel Lutheran

**IN MEMORY OF**

**Jack Holmberg**  
Ralph and Joanne Myhrman

**IN MEMORY OF**

**Pearl Husby**  
Carl and Louise Feske

**IN MEMORY OF**

**Madeline E. Johnson**  
Adine Aurelius  
Roselyn Holte  
Verona Schiller  
Betty Sundheim

**IN MEMORY OF**

**Dr. Alfred W. Jones**  
Lorraine Jones

**IN MEMORY OF**

**Barbara Jones**  
Dorothy L. Ritter  
Leora Roth

**IN MEMORY OF**

**Floyd Kratz**  
Children's Hospitals and  
Clinics of Minnesota  
Knutson Construction  
Services  
John and Kathryn Kvinge  
Allan Nelson  
Lowell and Sandy Nelson  
Ruthann Ryberg  
Mark and Karen Rylander

**IN HONOR OF**

**Ella Laqua**  
Karen and Arnold Mosko

**IN MEMORY OF**

**Anna May Malfeld**  
Joe Genereaux and Shannon  
Riley  
Robert and Suzanne  
Silverman

**IN MEMORY OF**

**Magdalene "Peggy"  
McPherson**  
Wick and Jane Morse and  
Muriel Penne

**IN MEMORY OF**

**Dr. Herbert Mueller**  
Susanne Engstrom

**IN MEMORY OF**

**Marion Nelson**  
Anonymous  
Thomas and Linda Eggleston  
H.L. and D.L. Nelson

**IN MEMORY OF**

**Harold Nyquist**  
Wally and Margit Hauge  
Rachel Husom  
Bradley and Pam Jacobson

**IN MEMORY OF**

**Jean Pearson**  
Nancy and Tim Bartusch  
Jean Bass  
Kathleen and Hal Blair  
Martha Frank  
Martha Hawkins  
Philip Keeney and Susan  
McLean-Keeney  
Mary Pat Ladner  
Kathleen McLean  
Bruce and Cheryl Mohn  
Victoria Mohn  
Pete Peterson  
Helen Thompson

**IN MEMORY OF**

**Bob Pooler**  
Ruth F. Myers

**IN MEMORY OF**

**Barbara Ross**  
Jim and Carol Unger

**IN MEMORY OF**

**Donald Ruddick**  
Glynn Aasland  
James and Carol Jungbauer  
Rebecca Patient  
Martha Rice  
Dorothy Stach

**IN MEMORY OF**

**Virginia Swedeen**  
Kenneth and Marjorie  
Swedeen

**IN MEMORY OF**

**Leigh Sweet**  
Barbara Anderson

**IN MEMORY OF**

**Alice Thoreson**  
Eugene Carroll  
Corinne DeLaitsch  
Janet Frey  
Donald and Suzanne Jensen  
Ronald and Priscilla Johnson  
Ronald and Susan Musfeldt  
Daniel and Kathleen Orth  
Joy Proeschel  
Carol Sorenson  
Curtis Thoreson

**IN MEMORY OF**

**Edna Torgeson**  
Ray Midkiff  
Stephen and Brenda Riffée

**IN MEMORY OF**

**Arnold Wangberg**  
Mark and Gwen Halaas

**IN MEMORY OF**

**Edgar and Ruth Williams**  
Elsie Trapp

**IN MEMORY OF**

**Douglas Young**  
Marilyn Hobbs

**IN MEMORY OF**

**Glenn Zacharias**  
Rev. and Mrs. Norman W.  
Heidorn



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:

**November 1, 2009 – January 31, 2010\***

*\*Includes memorial donations to the Lyngblomsten Auxiliary.  
\*Does not include gifts to Lights for Lyngblomsten.*

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



Visit [www.lyngblomsten.org](http://www.lyngblomsten.org) to see the  
Lights for Lyngblomsten listing.

# Events Calendar

## **Tuesday, April 6**

### **Wellness Presentation**

Lyngblomsten Community Wellness & Education presents “Falls Prevention Strategies.” Join us from 10:00-11:00 AM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.) for a presentation by Deborah A. Madanayake, PT, JD (Dipl.), GCS. Questions? Contact Joanne Kellen at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org). A \$1 donation is appreciated; no need to RSVP.

## **Monday–Saturday, April 12–17**

### **Lyngblomsten Auxiliary’s Rummage Sale Donation Drop-Off**

8 AM–8 PM at the 5-5-1 Club (located below the Chapel at 1415 Almond Ave, or enter off Pascal). Please bring your tax-deductible donations of new and gently-used items for the sale. (Sorry, we cannot accept electronic equipment—TVs, microwaves, etc.) NOTE: Collection is happening at the Club, but the sale will be held in the Chapel April 22–24.

## **Saturday, April 17**

### **Youth Volunteer Rally**

All prospective summer youth volunteers are invited to attend a Youth Rally from 12:00 Noon–1:45 PM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave). A New Youth Orientation will immediately follow the Rally from 1:45 PM–3:00 PM. Questions? Contact Shelli Beck at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

## **Thursday–Saturday, April 22–24**

### **Lyngblomsten Auxiliary’s Spring Rummage Sale**

Thursday 9:00 AM – 7:00 PM, Friday 9:00 AM – 4:00 PM, and Saturday 9:00 AM – Noon (\$3 bag day) at Lyngblomsten (1415 Almond Ave). Find fun treasures for your whole family!

## **Friday, April 30**

### **Spring Rhapsody**

Lyngblomsten Foundation’s Annual Spring Gala. Entertainment by the Rockin’ Hollywoods. For more information see page 16, visit [www.lyngblomsten.org](http://www.lyngblomsten.org), or contact Emily Seiber at (651) 632-5323 or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org). Please RSVP by April 16.

## **Saturday, May 1**

### **Boomerang Tickets go on Sale**

Help fund the actual costs of operating the 5-5-1 Club & Café through this game of chance. See page 11 for details. Then join us May 5 for Cinco de Boomerang, where fiesta day in the café meets Boomerang!

## **Tuesday, May 4**

### **Corporate Annual Meeting**

All delegates from corporate congregations: Please save this evening on your calendar. 6 PM (Dinner) and 7 PM (Meeting). Details will be mailed.

## **Thursday, May 6**

### **Gathering of Grandparents: Explore Your Vocation**

Attend a mini-conference on grandparenting from 8 AM to 12:15 PM at Augustana Lutheran Church in West St. Paul.

Keynote speaker Marilyn Sharpe will present “Grandparenting: Called to Love, Laugh, and Leave a Legacy” followed by breakout sessions. For details and registration information, visit [www.lyngblomsten.org](http://www.lyngblomsten.org) or contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org). Please register by May 2; cost is \$15 (includes breakfast).

## **Tuesday, May 11**

### **Lyngblomsten Auxiliary General Meeting**

1:30 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul). Enjoy a program called “Art and Music: Look and Listen.” Everyone is welcome to attend! FREE.

## **Friday, May 14**

### **Wellness Presentation**

Lyngblomsten Community Wellness & Education celebrates Older Americans Month with a special presentation, “Joy of Aging: Reach for the Stars.” Join us May 14 from 10:00–11:00 AM at the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave.) Professor Emerita Anita Makar will explore the truths, myths, and wisdoms as well as the values of aging. Questions? Contact Joanne Kellen at (651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org). A \$1 donation is appreciated; no need to RSVP.

## **Monday, May 17**

### **Syttende Mai Concert**

2:30 PM in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave). Help Lyngblomsten celebrate its Norwegian heritage by attending a FREE concert by the Norwegian Glee Club of Minneapolis in honor of Syttende Mai (Norway’s Independence Day).

## **Friday, May 21**

### **Lyngblomsten Volunteer Recognition Event**

Lyngblomsten volunteers are invited to a luau-themed celebration at North Heights Lutheran Church–Arden Hills campus from 6:00–8:00 PM. Questions? Contact Shannon Parker at (651) 632-5358 or [sparker@lyngblomsten.org](mailto:sparker@lyngblomsten.org). Invitations will be mailed.

## **Thursday, June 17–Wednesday, June 23**

### **Summer Youth Program Kick-off Week**

Lyngblomsten welcomes returning and new summer youth volunteers.

## **Thursday, July 8**

### **Annual Community Ice Cream Social**

Join neighbors, friends and family anytime between 2 PM and 7 PM in the Lyngblomsten campus courtyard (Midway Parkway & Pascal Street, St. Paul) for this annual summer celebration.

## **Monday, August 2**

### **Lyngblomsten Foundation’s Golf Classic at Midland Hills Country Club**

Enjoy an afternoon of golfing followed by a silent auction and sumptuous dinner. For more information, visit [www.lyngblomsten.org](http://www.lyngblomsten.org) or contact Emily Seiber at (651) 632-5323 or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org)



1415 Almond Avenue  
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# Back to the '50s!

Lyngblomsten Foundation's Annual  
**Spring Rhapsody Gala**

**April 30, 2010**

Social Hour • Dinner • Music  
(Starting at 6:00 PM)

Featuring the  
**Rockin' Hollywoods**

**PRICE:**

\$150 per person  
\$1,200 table of 8



Join us for an evening of fun, gourmet food, and some hopping entertainment by the Rockin' Hollywoods. Come and enjoy the night while supporting the 5-5-1 Club & Café, a community center proudly sponsored by Lyngblomsten.

For reservations and more information, contact Emily Seiber  
at (651) 632-5323 or [eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org).

