



Lyngblomsten Lifestyle

Spring 2017



STORIES OF LIFE:

Alive Again—One woman's story of rediscovering life after tragedy

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Aging Matters Mission Tours
Preferences and Dignity

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Letter from the Editor

Dear Readers,

Spring is a natural time to reflect on changes as we have so many observable changes in nature. As I reflect on the stories in this edition of *Lyngblomsten Lifestyle*, and I think about future stories we are planning, seasons of life come to mind as well as seasons for our work.

Indeed, everything has a season—whether it's launching a new way to introduce people to the work of Lyngblomsten (see *Aging Matters*, p. 8), or embarking on the next level of quality for our volunteer program (see *Service Enterprise*, p. 14), or a young supporter believing she could make a difference (see *Youth Volunteer*, p. 12), or two sisters sharing their story of caring for their aunt and thereby inspiring others to learn the little things that promote dignity (see *Preferences*, p. 10). Grief, joy, and discovery are seasons too. I am especially grateful for Marilyn Heuer who shared her story of rediscovering life after tragedy (see *Alive Again*, p. 3).

I hope the stories in this edition are particularly uplifting to you and provide hope as spring bursts forth around us.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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On the Cover: Marilyn Heuer—a tenant at The Heritage at Lyngblomsten who has a passion for the arts—sits in front of the harpsichord she and her husband built in 1965. See her story on page 3.



ALIVE AGAIN—

One woman's story of rediscovering life after tragedy

By Sam Patet



DEBBIE LYON HAS GOTTEN TO work with dozens of adults over the last three years as a teaching artist for Lyngblomsten. One student who stands out is 88-year-old Marilyn Heuer. A tenant at The Heritage at Lyngblomsten since February 2015, Heuer began participating in Lyon's art classes shortly after she arrived. When asked to describe Heuer, Lyon had one word: colorful.

"She always has a hat on—sometimes it has sequins on it. She wears colorful clothing," Lyon said. "She has a vest of feathers, hats with sequins, Italian leather shoes, and incredible jewelry that are really no match for her sparkling personality."

Jeff Bowar of St. Paul, Heuer's son-in-law, couldn't agree more. "She likes to be around people, loves dressing up, loves wearing fun hats," he said.

It isn't just Heuer's personality and artistic flair that impress Lyon. "She is the first one to walk over and see what someone else is doing in our art sessions and just rave about it," Lyon said.

No wonder Lyon was curious about what kind of life her encouraging, colorful student had led.

Still, she never asked Heuer directly, preferring to let her choose if and when she would share a tidbit about herself.

So when Lyon came to teach her Mixed Media Art class the morning of January 24, 2017, at The Heritage, she wasn't expecting Heuer to share something about her life. "I was sitting next to her and she said to me, 'You guys saved me,'" Lyon said. "She continued, 'I want to tell you about that.'"

DESTINED FOR CREATIVITY

Marilyn Heuer (née Zutz) was born on November 16, 1928, in St. Paul. Her life seemed destined to be a creative one, as her father operated his own cosmetics business—Perfume by Zutz—that sold many of its products in France.

continued on page 4

1. Marilyn holds a painting she created with encouragement from Debbie Lyon, an artist who teaches several community art classes held on campus, offered through 2nd Half with Lyngblomsten.

2. Marilyn (seated) poses for a photo with her family in the late 1960s around the harpsichord she and her husband, Eugene (standing), built. Also pictured are their two children: David and Virginia ("Ginny").

Over the years, Heuer was able to express her love for the arts in a variety of ways. For example:

- ≡ She sang in the St. Paul Opera. Heuer said she performed in about 60 shows during her career.
- ≡ She ran for (and won) the title Mrs. Minnesota in the 1960s.
- ≡ She served as executive assistant for Dr. James Lombard, head of the Department of University Concerts and Lectures Bureau at the University of Minnesota. In this position, she got to “rub shoulders with a lot of fascinating people,” Bowar said, including Polish pianist Arthur Rubinstein.
- ≡ She started her own jewelry business with her husband in her 40s. She designed the pieces, and he made them. Some of the materials they used included opals, red coral, and amber. The two sold their work at the Renaissance Festival for 24 years and at all the big shows in the Twin Cities, Heuer said.

While Heuer loved being on stage, she gave it up because she wanted to raise a family. “I had chances to go away [for the opera], but I wanted to stay here and raise my children,” she said. So that’s what she and her husband, Eugene, did. They had two children: Virginia (“Ginny”) and David.

A STRING OF TRAGEDIES

The years progressed, and Heuer continued to live as joyfully and enthusiastically as she always had. She and her husband became grandparents, with both of them relishing the opportunities they had to spoil their grandchildren. Nothing seemed to dampen her positive attitude. As she entered her 70s, however, life dealt her a series of misfortunes—one after the other—that would challenge even the most optimistic person.

In April 1999, her husband died from pancreatic cancer. A couple of years later, much of her house burned down after an electrical fire. Her only sister, Carolyn, died in February 2008. And within the next four years, she received two blows that no parent should have to face: her children passed away—Ginny at the age of 51 in September 2008 after being struck by a car while biking, and David at the age of 52 in September 2012 after a decades-long battle with multiple sclerosis.

Still, despite these tragedies, Heuer pressed on. She participated in a Bible study at her church (Roseville Lutheran) and took classes through the Osher Lifelong Learning Institute at the University of Minnesota. She continued to do these activities even when she wasn’t able to drive anymore, Bowar commented, relying on friends and family to give her a lift.

‘I’VE COME ALIVE AGAIN’

By 2014, however, things had reached a breaking point for Heuer, now 86 years old. She took a fall in her home. “She didn’t break anything, but she was pretty laid up for a while,” Bowar said. This was when he began to notice her declining. “She slowly but surely just seemed to kind of start to shut down,” he said. “She wasn’t going to her adult education stuff anymore, she wasn’t really going to Bible study at church, even though people were offering to give her rides, and she was just sitting around watching TV and, I think, giving up.”

“I guess I quit living,” Heuer said about that time in her life. “I was just blank. I guess I was tired of life.”

Six months later, she received a call—an apartment at The Heritage was available. She’d put her name on the apartment’s waiting list a couple of years earlier, as she was familiar with the organization and the services it offered. Not only did she have friends from Roseville Lutheran who lived on campus, but her sister, Carolyn, had lived in the Care Center for several years. The two had participated in activities sponsored by the Lyngblomsten community center.





**"TO BE HERE, IT IS SO WONDERFUL.
I HAVE COME ALIVE AGAIN."**

Heuer accepted. But she still was feeling depressed, something Activity and Service Coordinator Caryn Erickson noticed when she arrived.

"She was really down," Erickson said. "When she first came here, she was grieving."

Over time, however, something amazing began to happen: Heuer's positive, bubbly personality began to reemerge.

"I've come alive again," Heuer said. "I've just sort of—I don't know what was wrong with me—I just sat. But to be here, it is so wonderful. I have come alive again. And I don't even know if I wanted to."

LIVING FULLY AGAIN—BODY, MIND, AND SPIRIT

What brought about this change? Heuer couldn't point to a single thing or person that helped her through her grief. It likely was a combination of things—Lyngblomsten's caring and dedicated staff, the plethora of activities available on campus, and Heuer's personal gumption to get out of her apartment and meet people—that helped her to start living again.

"Everybody here is so helpful," Heuer said. "I have friends that live in other places [senior housing communities], and they have to go places for some activities. I don't have to go any place for church, for art, or for music. I'm so fortunate. This is really an exceptional place if you want to get involved."

Today, you'll find Heuer participating in a number of things around the Lyngblomsten campus, including:

- ≡ Taking art classes
- ≡ Attending Bible studies and church services
- ≡ Visiting with community members and local authors at Books-Cheese-Wine events
- ≡ Volunteering at the front desk for The Heritage
- ≡ And (one of her favorites) listening to vocalists at concerts in the chapel

Bowar thinks being able to participate in these activities with her peers has helped his mother-in-law not only emotionally and socially, but also physically.

"You can't say that her better health is unrelated to the fact that she's now playing Bridge one night a week and volunteering at the front desk," he said. "Being around people, we need it. We all need it. And I just think she really responded to that."

GRATEFUL TO THE LORD AND TO LYNGBLOMSTEN FOR GIFTS SHE HAS RECEIVED

When Heuer told Lyon in January about her life before she moved to The Heritage, Lyon was deeply moved. But Heuer's story, while unique and compelling, isn't what strikes Lyon the most. She's impressed by how Heuer has chosen to give to others—providing a compliment, volunteering at the front desk, calling a friend who is lonely—even though she's experienced much sadness.

"I'm at peace, the peace of the Holy Spirit," Heuer said. "The Lord has been my constant companion—very high and very low—and the Lord I took with me everywhere, and he's here. It [Lyngblomsten] is such a special place, and I want to give thanks to everybody." **L**

3. Marilyn's family—grandson Daniel, son-in-law Jeff Bowar, and grandchildren Samantha and Brian—pose for a photo around the holidays.

4. Marilyn enjoys a glass of wine with friends at a recent Books-Cheese-Wine discussion, a monthly program offered through 2nd Half with Lyngblomsten.

Lynghblomsten already a key player in White Bear Lake's plans for serving seniors

By Sam Patet

By 2020, the number of Minnesotans age 65 and older will surpass the number of school-age Minnesotans (ages 5 to 17).¹ But in the northeast Metro, it's already happened. The White Bear Lake School District currently boasts over 10,000 seniors (ages 60+) and 8,300 K-12 students.

Why does this matter to Lynghblomsten? In November 2016, it launched 2nd Half with Lynghblomsten, a new model of service for adults in the second half of life (ages 50 to 100+) that consists of life enrichment centers located in the 5-5-1 zip code areas. One of these centers is hosted at Redeemer Lutheran Church in White Bear Lake, a Lynghblomsten corporate congregation for over 50 years.

While 2nd Half has only been in White Bear Lake for fewer than six months, it's already become a key player in ensuring the city and surrounding communities will have adequate, quality services available to their older residents. In fact, for nearly two years, dozens of area businesses, nonprofits, city and school district officials, and community members have been meeting to come up with innovative solutions that address the many and varied needs of White Bear Lake's growing senior population.

This grassroots initiative—called the Community Forum on Seniors—has made a big impact. Just ask Tim Maurer, Director of Community Services and Recreation for White Bear Lake Area Schools. His predecessor, Kristine Wehrkamp (now Executive Director of Community Education for Robbinsdale Area Schools), had the idea to start the Forum.

"We're hearing feedback from people within Ramsey County who are interested in what we've done through the Community Forum on Seniors," Maurer said. "With the population of seniors rising in the near future, I think it is in the best interests of all communities to take a look at how they are serving this population."



Since its founding in the summer of 2015, the Forum has:

- Conducted a district-wide survey of older adults to identify areas they want addressed to help them age well in their homes and apartments
- Formed work groups (or action teams) that have brainstormed solutions to five areas needing attention: housing, health and wellness, recreation, services, and transportation
- Begun to implement ideas generated by the action teams, including having the White Bear Area Emergency Food Shelf offer food at other locations throughout the city, publishing a senior housing guide for the White Bear Lake area, and gathering information for a directory that will list transportation services available in the White Bear Lake area

For Maurer, one of the Forum's biggest accomplishments was simply bringing together organizations and individuals to talk about how they can best serve seniors in the years ahead. Some organizations that have connected through the Forum include the White Bear Area YMCA, Newtrax (transportation services), MICAH (the Metropolitan Interfaith Council on Affordable Housing), and Lakeshore Players Theatre. In addition, members from Redeemer Lutheran Church (including Senior Pastor Pam Stofferahn) have been a part of Forum meetings and discussions since the beginning.

"People have been able to partner together and network and to see how they can help each other out. That was a huge benefit," Maurer said.

When Tara Jebens-Singh, a Forum organizer who serves as Adult Programs Coordinator for White Bear Lake Area Schools, learned that Lynghblomsten was considering Redeemer as a 2nd Half host site, she couldn't contain her excitement.

“We’re thrilled to have 2nd Half in our area,” Jebens-Singh said. “We lobbied Lyngblomsten prior to the announcement that Redeemer Lutheran Church was selected, in hopes that the new program would help expand service offerings in the White Bear Lake area.”

Indeed, 2nd Half has expanded offerings for older adults, including in the areas of education and the arts, health and wellness, spirituality, socials and outings, resources and support, and service opportunities. However, it isn’t able to address every area identified by the Forum, such as housing and transportation.

That’s okay, though, according to Julie Pfab, Director of Lyngblomsten Community Services, who oversees 2nd Half with Lyngblomsten. “I don’t think one organization has the capacity to do everything that’s needed to help older adults age well in their communities,” she said. “So the invitation is: How can we work with others?”

Jebens-Singh agreed. “By working together, we can avoid duplication, fill in the gaps, cross promote, cross refer, and leverage resources to build our community’s capacity to serve older adults,” she said.

¹“Aging: Overview.” *Minnesota Compass*. www.mncompass.org/aging/overview. Accessed 24 February 2017.

The Community Forum on Seniors presented an update on its work at an evening meeting February 15, 2017, at the White Bear Lake School District Center. About 60 community members, city and county officials, and business and non-profit leaders attended, Maurer said.

“We were really happy with the turnout,” Maurer said. Some of the attendees, he continued, expressed how the meeting was “the first time that they felt comfortable and confident as seniors coming out to these kinds of things.”

The highlight of the night was an 11-minute video showcasing the work the Forum had accomplished. It included an interview with Stofferahn, who spoke about 2nd Half with Lyngblomsten. To watch the video and share it with your family and friends, visit www.lyngblomsten.org/2ndHalf, and click on the *Community Forum on Seniors* video link.

Much still needs to be accomplished to provide adequate services and support to the 10,000+ older adults living in the White Bear Lake area. But with organizations like Lyngblomsten at the table, community leaders are confident any challenge can be addressed. **L**

2nd Half with Lyngblomsten

A Center for Enriching Lives after 50

2nd Half with Lyngblomsten life enrichment centers are designed to connect adults 50+ to services, resources, and opportunities in their communities. Everyone from the community is welcome at both host sites:

- **Como Park**—On the Lyngblomsten campus (1415 Almond Avenue, St. Paul)
- **White Bear Lake**—Redeemer Lutheran Church (3770 Bellaire Avenue)



Spring 2017 Catalog Preview (April, May, & June):

- Art History classes
- Essential Oils Make-&-Take Workshop
- Books-Cheese-Wine
- Paths to Faithful Caregiving
- Meet the Mayor in May
- Tai Ji Quan: Moving for Better Balance
- Coach Bus Trip: A Feast for the Senses
- Beginning Spanish Conversation
- And more!

For more spring programming or to download the complete catalog, visit www.lyngblomsten.org/2ndHalf. Questions or to register, contact (651) 632-5330 or 2ndHalf@lyngblomsten.org.

Aging Matters with Lyngblomsten



By Melanie Davis,
Chief Development Officer

As a new reality begins to emerge in Minnesota—that is, the number of adults over age 65 soon will exceed the number of school-age children—it seems our society is beginning to realize that aging issues really do matter in a way they never have before. As a result, new businesses are entering the senior market place, nonprofits are expanding their capacity, and government and foundation funding is shifting to fuel service innovation and program expansion to meet increasing demands.

Aging matters are of increasing importance to our society—yet aging matters have always been of importance to Lyngblomsten. As an organization, which has successfully served older adults for more than 110 years, Lyngblomsten enters this new time of challenge from a strong position of experience in providing a continuum of services for older adults and their caregivers. It is upon this strength that we seek to expand our services to meet these needs as we've never known before. You—our friends, participants and their families, supporters, and employees—are partners with us. Without you, these services simply would not exist.

In March, Lyngblomsten launched *Aging Matters with Lyngblomsten*, monthly one-hour mission tours designed to introduce people to the needs of older adults and the ways that Lyngblomsten uniquely helps to meet those needs through a continuum of services. These events are an ideal way to share Lyngblomsten with others.

We invite you to attend an upcoming *Aging Matters with Lyngblomsten* tour to experience for yourself the impact that our work together makes. And, we hope you'll plan to join us in this effort by

inviting your friends, family, colleagues, or neighbors to also meet Lyngblomsten by attending one of these inspiring events.

Aging certainly matters to the growing population of Minnesotans over the age of 65. But ultimately, aging matters to all of us. Together, we can make a positive difference—something we'd all hope for as we ourselves age. **L**

Join us for *Aging Matters with Lyngblomsten*, a one-hour informational session about the work of Lyngblomsten and the need for continued innovation in older adult services.

Upcoming Dates:

- Thursday, April 13: Noon–1 PM
- Thursday, April 27: 5–6 PM
- Thursday, May 11: Noon–1 PM
- Thursday, May 18: 7:30–8:30 AM
- Thursday, June 8: Noon–1 PM
- Thursday, June 22: 5–6 PM

Sessions are held on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul. They are free and open to the public; they are not fundraising events. Feel free to bring a friend, but please register!

Register online at

www.lyngblomsten.org/AgingMatters.
Questions or for more information, contact
Veronica Williams at (651) 632-5324 or
vwilliams@lyngblomsten.org.



Difference Makers

Lyngblomsten Supporters Impact Report

Lyngblomsten recently published its first-ever *Difference Makers* report. We invite you to read the stories inside our new report that exemplify some of Lyngblomsten’s Difference Makers and the impact their support has made in the lives of those whom we serve. Read the report at www.lyngblomsten.org/get-involved or pick up a copy on the Lyngblomsten campus.

Here’s what a few of our Difference Makers are saying:

“Lyngblomsten is near and dear to my heart. I just want them to be able to continue their extraordinary work.”

-Juliane Kvalbein, Donor and Volunteer

Janet Pankonin ▶



“Lyngblomsten is a wonderful community of people where we can come from all different walks, all different experiences, and we feel welcomed and valued.”

-Janet Pankonin, Community Participant, 2nd Half with Lyngblomsten

“When parents volunteer with their children, they are modeling a lifestyle of care and giving that is hard to emulate in any other way. They are building a community with their family.”

-Shelli Beck, Lead Volunteer Coordinator, Lyngblomsten

“We can talk the talk, but there are not a lot of leaders out there that are going to walk the walk when it comes to helping us build better communities. Don’t just read about it—get out there and do something for your community.”

-Ed Keeling, Corporate Volunteer, UnitedHealthcare Medicare & Retirement

◀ L to R: Family of volunteers Aba Moges, Abraham Ayele, Joseph Ayele, and Ayele Weldegebriel



Be a Difference Maker! Learn more about how you can get involved and make a difference in the lives of older adults through sharing your financial resources, sharing your time and talents as a volunteer, or engaging your business. Visit www.lyngblomsten.org/get-involved or contact Melanie Davis at (651) 632-5356 or foundation@lyngblomsten.org.

Preferences and Dignity:

Learning likes, dislikes, and wishes leads to dignified care and confident decision-making | By Sam Patet

In 2011, Nicole Mills of Cottage Grove had been serving as legal guardian for her aunt, Margene Hirschi (“Genie” as Nicole and her sister affectionately called her) for several months. One day while shopping with her aunt for toiletries and other sundries, Nicole had a thought about her aunt’s future that hit her like a ton of bricks.

“We’d go shopping together and she’d grab the toothpaste,” Nicole said. “I thought, ‘What happens when she can’t remember what toothpaste she wants, or other things in her life? Who will speak for her?’”

This is when Nicole realized that she had to be the person who would speak for her aunt.

A quirky, generous woman

Margene was born on May 7, 1947. For many years, she lived in San Francisco, close to her older sister’s family who lived 15 miles away. Genie did not have a spouse or children, so her two nieces—Nicole Mills and Shannon Parker (Manager of Corporate Engagement for Lyngblomsten)—became, in a sense, her children.

“She was quirky, but she was adventurous, and she had the most generous heart,” Nicole continued. “No matter where she went, people loved her; they were drawn to her.”

Gaining confidence as a caregiver

The years passed, and as Nicole went off to college, met her husband, started raising a family, and moved to Minnesota, she didn’t see her aunt as much anymore. But they kept in contact.

So when Genie needed more help in 2011 due to declining health, Nicole suggested that she move to the Twin Cities, where Nicole and Shannon

both lived. Genie accepted. For the next four years, Nicole served as her aunt’s power of attorney and health care advocate. She admitted it felt awkward at first to make decisions for her aunt. Eventually, though, Nicole realized that her aunt had chosen her to make these decisions for her.

“I realized that she was counting on me to help her,” Nicole said. “After that, it was no longer awkward. I was able to move forward with confidence.”

Grief sets in as Genie’s world becomes smaller

When Genie first moved to the Twin Cities, she was able to live on her own at an assisted living facility in the east Metro. But by May 2013, she had been diagnosed with dementia, and the disease had progressed to where she needed round-the-clock care. Thankfully, there was an opening in one of Lyngblomsten’s two memory care neighborhoods, which provide specialized care to persons with dementia.

While Nicole was relieved that her aunt would be able to live at Lyngblomsten, she also was sad.

“You watch your kids grow and their worlds become bigger. For my aunt, it was the opposite,” Nicole said. “Her world became smaller; life



Shannon Parker (left), Manager of Corporate Engagement for Lyngblomsten, her sister, Nicole Mills (right), and their aunt, Margene (“Genie”) Hirschi, are pictured at a family reunion in June 2014, held on the Lyngblomsten campus.

shrunk to the essentials. You grieve the entire time. You're sad; it's a constant grieving."

Writing down her aunt's wishes and memories

Genie passed away on December 20, 2015. Nicole credits the warmth and dedication of Lyngblomsten's staff with making her aunt's last days dignified and meaningful. But she also believes her aunt's final years wouldn't have been as dignified if she hadn't had that epiphany in the store four years earlier while shopping for toothpaste.

"I realized that the better you know somebody, the better you can take care of them," Nicole said. "I think that leads to a dignified way of living."

So while her aunt was still able to speak for herself, Nicole started writing down her likes, dislikes, and wishes. "I just started observing," Nicole said. "I got a notebook, and I wrote down what I could remember from growing up with her. I also wrote down what I saw. And I asked her questions."

These candid conversations weren't always easy. But they helped Nicole later make decisions for her aunt that honored her wishes. For example, when Nicole asked her aunt what was important to her, Genie mentioned three things: her skin, her teeth, and her faith. These became guideposts for Nicole.

"When I had to make a choice out of where to spend money for her, I knew, 'Put the money into teeth,'" Nicole said. "If you take care of your teeth, that also helps take care of pain."

"When I would visit her," Nicole continued, "I would bring my lotion, and I would lotion her hands and her feet. I'd make sure her face looked nice, and I would file her nails. And when she couldn't remember how to pray, I would pray

with her. Eventually, she couldn't remember that she loved God and Jesus, so I remembered for her and I would tell her."

Nicole's written observations of her aunt's likes and dislikes even helped inform what type of meals she was served while at Lyngblomsten.

"I had asked her what she likes to eat and written it down. She liked a turkey sandwich on white bread with tomatoes, but no mustard and no lettuce," Nicole said. "So when she was served a sandwich with lettuce, she wouldn't eat it. She still knew what she wanted and didn't want; she just couldn't articulate it anymore. The staff and I worked together to serve her food that she enjoyed."

Nicole didn't just talk to her aunt about what she liked and didn't like. They talked about her life history. Nicole and her extended family cherish these stories to this day. The two also discussed Genie's wishes for the end of her life, including where she wanted to be buried and what hymns she wanted sung at her funeral. All of this, Nicole said, helped her make sure her aunt's life was filled with meaning up to the very end.

"The counsel I would give to people is ask meaningful questions of family members now, before they experience a health decline or pass away unexpectedly," Nicole said. "Life is short. We don't know when our health will be compromised to the point that we will need a legal guardian or a caregiver to speak on our behalf. You will feel more confident doing this for a loved one the more you know about him or her."

Nicole misses her aunt immensely. But she's comforted by the fact that she, her sister, and their family were able to provide the best care possible to her—all because she had asked her questions like whether she preferred Colgate or Crest. **L**

ENGAGE

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14-year-old volunteer instrumental in getting new paraments for the chapel

By Sam Patet

Not many teenagers would have the confidence to write a grant application and work with a variety of adults—including church leaders and a professional artist—in order to bring a service project they imagined to completion.

But that’s just what Ingrid Mundt did. Thanks to the eighth grader’s efforts, Lyngblomsten will receive a new set of chapel paraments¹ for the Pentecost season this June.

“I’m really touched that Ingrid would come up with an idea like that,” said Pastor Kelley Bergeson, Director of Spiritual Care for Lyngblomsten. “She’s a really mature young gal.”

Last summer, Ingrid participated in Lyngblomsten’s Summer Youth Volunteer Program (see page 13 for more details about our youth volunteer program). While she knew of Lyngblomsten through her church (Immanuel Lutheran in St. Paul, a Lyngblomsten corporate congregation), she’d never volunteered with the nonprofit on a regular basis.

At the start of the summer, she and her mom attended a volunteer orientation session, which was held in the Newman-Benson Chapel at Lyngblomsten. They both noticed the paraments on display. While they were beautiful, Ingrid thought they looked a little worn. She also couldn’t help but compare them to the ones at her church, as those had recently been replaced.

¹Paraments are decorative hangings that adorn the altar and pulpit in a church. Typically, different colored paraments are used to align with the different liturgical seasons. For example, purple is used during Lent and green during Ordinary Time.

“At our church, we have new paraments designed by a member at our church,” Ingrid said. “We [Ingrid and her mom] thought that it would be a nice idea to be able to get new paraments [for Lyngblomsten] for the time after Pentecost.”

While it was a novel idea, Ingrid faced a major problem: Where would she find the money to pay for the project?

Thankfully, Ingrid’s mother had an idea. Immanuel Lutheran, she told her daughter, had a grant program that awarded funds to parishioners to put their faith into action in the community—provided they had an actionable, measurable project that aligned with Immanuel’s mission and values. Ingrid’s mom thought getting new paraments for Lyngblomsten fit the bill perfectly. Why not give it a shot?

So Ingrid decided to apply for a grant. Immanuel Lutheran parishioner Margaret Horstmann serves as chair of a four-person committee that reviews the grant applications. She said the grants program began approximately three years ago thanks to a significant bequest to the church from a non-parishioner, Harry B. Paulson.

When she and the other committee members reviewed Ingrid’s application, they were impressed.

“Her grant [application] was very well written,” Horstmann said. “She put a lot of thought into it.” Of the dozen or so grants Immanuel Lutheran has awarded over the last three years, Horstmann continued, Ingrid’s was the first one that addressed an issue related to older adults. And Ingrid herself was the first parishioner to apply who was under the age of 18.

Not surprisingly, Ingrid received the grant. Energized and ready to get started, she met twice with Bergeson and the artist they had selected to create the new paraments—Chillon Leach of the Twin Cities. One of Ingrid’s favorite parts of these meetings was learning about the history of the paraments Lyngblomsten already had.

“They’re very meaningful and a very beautiful set,” Ingrid said. Bergeson noted that they were made by local weaver Joyce Harter around the time when the Newman-Benson Chapel was built in the late 1980s.

Leach is currently creating several artistic renderings of what the new paraments could look like. She and Bergeson will present these options to residents and tenants on campus to receive their input. Using this information, Leach will finalize the design and start making the paraments.

“I was excited—really excited—once I met Chillon and saw the beautiful things she’s made,” Bergeson said. “The chapel is a sacred space, and I think sacred art enhances our worship experience. Our residents deserve the best; they deserve to have a lovely environment and quality worship experiences.”

Ingrid doesn’t know whether she’ll apply for another grant from her church in the future. But she does know that for decades to come, hundreds of older adults, their families, and community members will be able to worship in a beautiful chapel with beautiful artwork. That assurance—and not the recognition she’s received—is what’s most important to her.

When the paraments arrive (expected in June), we’ll post an announcement and photos of them on our website at www.lyngblomsten.org/news-events. **L**

Changes to Youth Volunteer Program Raise the Bar



Now that sunshine and vacations are on the horizon, we are planning for our summer youth volunteer activities at Lyngblomsten. We’re excited to share with you some changes to the program—including a new name!

- **Connecting Generations:** Lyngblomsten’s youth volunteer program for every month of the year—not just June, July, and August
- As part of Connecting Generations, we’re asking new youth volunteers to commit to a full year of volunteering with Lyngblomsten, for a minimum of 40 hours during the year.

- In addition, we’re encouraging new youth volunteers to attend at least one Volunteer Development Series event or continuing education event for volunteers during the year (see www.lyngblomsten.org/volunteer for a list of upcoming events).
- We continue to offer the Youth Volunteer Scholarship Program. This program recognizes the contributions of outstanding youth volunteers who have demonstrated a high level of commitment to Lyngblomsten through volunteerism by supporting their decision to attend an institution of higher learning.

Lyngblomsten welcomes individuals and groups—including sports teams, clubs, and school and church groups—to spend time with our older adults in a number of ways. You can play board and card games, perform a musical concert, help out with Bingo, take trips to the Como Zoo, and more!

For more information or to register for youth volunteer opportunities, contact Jenna Yeakle at (651) 632-5357 or jyeakle@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

ARE YOU PART OF LYNGBLOMSTEN'S "MISSION CENTRAL"?

There are 1,400 of them and counting. They're doctors, lawyers, college students, store managers, teachers, retirees, artists, and even fourth graders. And between October 2015 and September 2016, they provided nearly \$1 million worth of service to thousands of older adults and their families in St. Paul and surrounding communities.

Who are they? Lyngblomsten's volunteers, of course, and they're on a mission to make a difference.

April is National Volunteer Appreciation Month, with April 23–29 set as Volunteer Appreciation Week. Here at Lyngblomsten, our theme for Volunteer Appreciation Week is "Volunteers—Mission Central." That's because our 1,459 volunteers are committed to carrying out Lyngblomsten's mission—to provide quality, compassionate care to older adults on our campus and in the community.

Just look at what they've contributed over the last three months:

Between December 2016 and February 2017, a total of **481 volunteers** (including volunteers for The Gathering) gave **7,161 hours of service**.

To all our volunteers, we thank you for your gifts of time, experience, and talents!

Lyngblomsten is currently in need of volunteers for the following activities:

- **Anna's café & gifts:** Volunteers play a large part in the operation of the café and gift shop. Scoop ice cream, work as a cashier, and help customers. All training is provided. Shifts are available Monday through Friday from 8:30 AM–1 PM and 1 PM–4:15 PM. Plus, Anna's volunteers receive 20 percent off on all purchases!
- **Board and card game players:** Volunteers are needed to play board and card games with residents during weekday hours (Monday through Friday during the mid-morning and afternoon). Games include Scrabble, Blackjack, 500, and more.



Upcoming New Volunteer Orientations:

- Saturday, May 20 from 10 AM–Noon
- Thursday, June 8 from 6–8 PM
- Tuesday, June 20 from 1–3 PM

To learn more about volunteering or to register for new volunteer orientation, contact Lana Western at (651) 632-5406 or volunteer@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Lyngblomsten on the path to become a Service Enterprise organization

Lyngblomsten is known for its dedicated, high-quality volunteers. Looking ahead, there are a number of areas (some of them new) where we will need even more of them. That's why in the fall of 2016, Lyngblomsten began a process to become a Service Enterprise organization. This designation from Points of Light (a nonprofit dedicated to volunteer services) means that an

organization has deeply integrated volunteers into its strategic plan and organizational infrastructure. This allows the organization to deliver services better and to fulfill its mission.

Currently, there are 32 Service Enterprise organizations in Minnesota. **If Lyngblomsten achieves this certification, it will be the first senior care organization in the state to do so!** We hope to complete the certification process by the end of 2017. Stay tuned in the months ahead for more details on our progress.

Corporate Connections

By Shannon Parker, Manager of Corporate Engagement



Corporate Volunteers Assisted at All-Campus Party

“Our team really enjoyed spending time with the residents and getting to know them at Lyngblomsten’s Valentine’s Day Party. The experience put smiles on our faces; we cannot wait to come back and volunteer again!” said Rachele Hartmann, UnitedHealthcare Medicare and Retirement volunteer.

*Love the Journey!
All-Campus Valentine’s
Day Party, February 14,
2017, in the Newman-
Benson Chapel at
Lyngblomsten*



Integrating corporate volunteers is an important part of the culture at Lyngblomsten. “The corporate groups are so helpful when it comes to large events. It helps us to get more residents involved,” said Kris Kempf, Therapeutic Recreation Coordinator. If your company is looking for a team-building, volunteer experience this spring or summer, and wanting to make a difference in the community, explore the possibilities with Lyngblomsten.

Does your company match? Many companies offer corporate matching gifts to the nonprofit organizations where their employees volunteer and donate. This is a wonderful way for Lyngblomsten supporters to maximize their gifts of volunteer time and funds. Check with your benefits manager to find out if your company participates.

For more information about how your business can engage with Lyngblomsten through opportunities to volunteer, donate, sponsor, and learn, contact Shannon Parker at sparker@lyngblomsten.org, (651) 632-5358, or visit www.lyngblomsten.org/get-involved.

➤ Volunteer Opportunities for Corporate Groups

Pre-Scheduled Events:

Garden Box Planting: April 18 or 20, 1:30–4 PM. Enjoy some fresh air and assist residents in planting flowers and vegetables in garden boxes. 10–15 volunteers.

May Day Baskets: May 1, 1–4 PM. Assist with making baskets, serve refreshments, and visit residents. 10–15 volunteers.

Cinco de Mayo Social: May 5, 1–4 PM. Assist with activities, serve refreshments, and visit residents. 10–15 volunteers.

Homes for the Aging Week Celebration: May 18, 1–4 PM. Assist with activities, serve refreshments, and visit residents. 15–25 volunteers.

Car Show at the Minnesota State Fairgrounds: June 23, 8:30 AM–12:30 PM. Accompany residents on a short walk to the Car Show and view the cars on display. Tickets provided. Residents will be in wheelchairs. 15–20 volunteers.

Flexible Events: Please contact us two months in advance to coordinate an event.

State Capitol Tours (June–September): 8:45 AM–12:30 PM. Accompany residents on a tour of the State Capitol. 5–8 volunteers.

Big Bingo: Tuesdays and Thursdays, 1–4 PM. Call numbers, hand out prizes, or join residents in the game. In-kind donations of \$1 prizes are welcome. 10–15 volunteers.

Strolls to Como Zoo (Early Spring through Summer): 9 AM–Noon. Accompany residents on a stroll through nearby Como Park and Como Zoo. 20–30 volunteers.

Outdoor Socials (May or June): Come set up, serve refreshments, play lawn games, and socialize in the courtyard (1:30–4 PM) with residents. Morning or afternoon. 10–20 volunteers.

APRIL IS PARKINSON'S DISEASE AWARENESS MONTH

Approximately 1 million Americans have Parkinson's, including tens of thousands of Minnesotans. This chronic, progressive disease affects the nervous system and currently has no cure.

Lyngblomsten is proud to lead the way in offering care, support, and resources to persons with Parkinson's and their families. In addition to providing a program for specialized Parkinson's disease care at the Care Center, we are a part of the Struthers Parkinson's Care Network, offer a support group for persons with Parkinson's and their caregivers, and participate in Moving Day Twin Cities, which raises funds for the National Parkinson Foundation.

Parkinson's Disease Support Group

For caregivers and people living with Parkinson's or other movement disorders. Open to the community; free to attend. Meets the first Thursday of the month from 1-3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul).

Parkinson's 101: Symptoms, Causes & Treatment

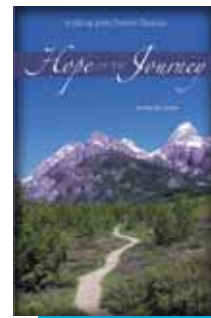
This event is part of Lyngblomsten's Volunteer Development Series. Become more aware and informed about Parkinson's. This free program is Friday, May 19, from 6:30-8 PM on the Lyngblomsten campus. To register, call (651) 414-5297 or email sbeck@lyngblomsten.org.



Join Team Lyngblomsten at Moving Day Twin Cities

Saturday, May 6, at 9 AM at Hilde Center & Park in Plymouth. Sign up to walk with or donate to Team Lyngblomsten at www.lyngblomsten.org/parkinsonswalk.

For more information about the Support Group or Moving Day Walk, contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.



Book Offers Hope

Local author and Lyngblomsten supporter Jean Larson published a book in 2016 on her husband's journey with Parkinson's disease, titled *Hope on the Journey: Walking with Chronic Disease*. Copies of the book are available for purchase at Anna's café and gifts on campus and at amazon.com.



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

Caritas Vocal Ensemble

Husby Memorial Concert Sunday, May 21 at 3 PM

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

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

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

December 1, 2016 through February 28, 2017*



In Memory of

All Past Residents of
the Care Center

Sandra Carlson

Mary Cox

Gloria Greer

Helen Hammersten

Margene Hirschi

Patricia Kosciolk

Shirley Kroona

Lavonne Malloy

Gregory Romero

Marilyn Rowe

Swanhild Thompson

Marcella Weegman

Mrs. Betty Weibel

In Honor of

All Current Residents of the Care Center

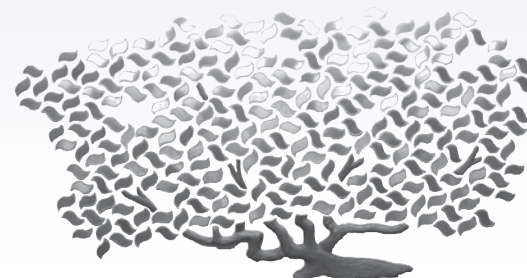
Debra George

Heritage Dietary Department

Heritage Staff

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

**Does not include gifts made through Lights for Lyngblomsten*



Resources for Churches



Older Adult Ministry Forum: Grandma/Grandpa—Precious Names and Important Vocation

Learn how faith communities can support older adults in their vocation

as grandparents. Grandparents have an opportunity to connect and authentically engage in the lives of grandchildren. They are able to share memories, values, and stories that are important to them for familial formation and grounding in family legacy, while also being open to learning from grandchildren and respecting boundaries adult children may set.

Presenter: Rev. Sarah Ciavarrri, Certified Daring Way™ Facilitator-Consultant and a Lutheran Pastor (ELCA)

Thursday, June 8, 2017

10–11:30 AM

Community of Grace Lutheran Church,
4000 Linden Street, White Bear Lake

Fee: \$10 per person or \$25 for a group of 3 or more people from the same congregation. *If you are signing up as a group, please do so at one time.*

Registration required

by June 5 to (651) 632-5330 or
2ndHalf@lyngblomsten.org.



OUR MISSION:

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

OUR GUIDING PRINCIPLES:

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

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

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

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

OUR PROMISE

Lyngblomsten strives to provide unmatched person-centered experiences, valuing: who you are, where you are, and your rights to make choices and decisions.

OUR PILLARS:

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

Events Calendar

Unless noted otherwise, all events are located on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

April is Parkinson's Disease Awareness Month Volunteer Appreciation Month

Sunday, April 9

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten
A musical performance from MacPhail Center for Music featuring Mike Michel on acoustic guitar. FREE.

Friday, April 21

Lyngblomsten Foundation Spring Gala

See back cover for details.

Sunday, April 23–Saturday, April 29

Volunteer Appreciation Week

Lyngblomsten volunteers can stop by the Volunteer Lounge on campus this week for special treats and recognition!

Thursday, April 27

Your Legacy: Family, Church, and Charity

10–11 AM in the Lyngblomsten Community Room (lower level)

The workshop will discuss estate and giving strategies to help you uncover ways to enrich the futures of people or causes you care about, and ensure your legacy lives on. No solicitations. Presenter: Kevin O. Bonine, Wealth Advisor. FREE. Register by April 25 to (651) 632-5330 or 2ndHalf@lyngblomsten.org.

Sponsored by the Lyngblomsten Foundation Planned Giving Committee.

May is Older Americans Month

Tuesday, May 2

Lyngblomsten Corporate Annual Meeting

6 PM dinner, 7 PM meeting. Details will be mailed to delegates, boards, and committees.

Saturday, May 6

Moving Day Twin Cities Parkinson's Walk

9–11:30 AM at Hilde Center & Park in Plymouth

Sign up to walk with or donate to Team Lyngblomsten at www.lyngblomsten.prg/parkinsonswalk.

Sunday, May 14

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

A musical performance from MacPhail Center for Music featuring Caitlin Lucic on marimba. FREE.

Thursday, May 18

Homes for the Aging Week: All-Campus Party

Visit www.lyngblomsten.org/HFAweek for details.

Friday, May 26

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten

Live music and dance featuring a band from MacPhail Center for Music and dance enthusiast Christopher Yaeger. Light refreshments served. FREE.

Wednesday, May 17

Syttende Mai

It's Norwegian Constitution Day, the National Day of Norway.

Friday, May 19

Volunteer Development Series: Parkinson's 101—Symptoms, Causes & Treatment

6:30–8 PM at Lyngblomsten

See page 16 for details.

Sunday, May 21

Husby Memorial Concert: Caritas Vocal Ensemble

3 PM in the Newman-Benson Chapel at Lyngblomsten

FREE. See page 16 for details.

Thursday, June 8

Older Adult Ministry Forum: Grandma/Grandpa—Precious Names and Important Vocation

10–11:30 AM at Community of Grace Lutheran Church, White Bear Lake

See page 17 for details.

Sunday, June 11

Second Sunday Concert

2–3 PM in the Newman-Benson Chapel at Lyngblomsten

A musical performance from MacPhail Center for Music featuring vocalist David Kozisek. FREE.

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



LET'S CONNECT!

1



LIKE

our Facebook page at facebook.com/Lyngblomsten

2



FOLLOW

us on Twitter at [@Lyngblomsten_US](https://twitter.com/Lyngblomsten_US)

3



OPT-IN

to receive ENGAGE, our monthly e-newsletter at lyngblomsten.org/publications

4



SUBSCRIBE

to Lyngblomsten's blog, Navigating Aging, at lyngblomsten.org/blog

Save the Date for the



A Celebration of Arts & Lifelong Learning

Friday, July 21, 2017

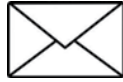
2–8 PM * Lyngblomsten campus, St. Paul

- * Arts Showcase featuring works by older adults
- * Hands-on art activities for all ages
- * Music, dance, and theatrical stage performances
- * Food
- * Games for kids
- * Live music & dance under the Big Tent

More details coming soon!

www.CelebrateMSF.com

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



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**CHANGE SERVICE
REQUESTED**



Lyngblomsten Foundation

Spring Gala

Friday, April 21, 2017 | Vadnais Heights Commons
5:30 PM Doors open/Reception; 7 PM Dinner & Program

Join us to support persons
with memory loss
and their caregivers.



91,000 Minnesotans age 65+ live with Alzheimer's disease. 249,000 caregivers in Minnesota are caring for family members with Alzheimer's/dementias. Nearly 60% of people with Alzheimer's live in their own homes and need support from families and community members. -ACT on Alzheimer's

Through your support at this special evening, Lyngblomsten can continue to provide a continuum of supportive services to assist caregivers and persons living at home with memory loss. These services are provided through 2nd Half with Lyngblomsten.

RSVP by April 7, online at
www.lyngblomsten.org/SpringGala

Questions? (651) 632-5324 or
foundation@lyngblomsten.org.

Event Sponsors
(as of 3/3/17):

- Platinum (\$5,000+):   PRO REHAB
- Gold (\$2,500+): Bremer Bank McGough
- Silver (\$1,000+): CliftonLarsonAllen

