



# Lyngblomsten Lifestyle

Summer 2018

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### STORIES OF LIFE:

Mid-Summer Festival brings more than a century of celebration

### MORE IN THIS ISSUE:

Major care center renovation to update resident rooms, common areas, and more

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# Letter from the Editor

Dear Readers,

*The grace of history.* That phrase came to mind as I read through the collection of articles for this edition. Not many organizations have a century of service behind their names. Where would our organization be today without its rich history?

Treasured constants link the decades together—like a Christian mission and generous volunteers and donors. And, the innovative spirit that propelled the founding women to push forward with their dream is ever present today. Beyond providing necessary services, Lyngblomsten nourishes the human spirit. Just browse the pages of this edition to see how older adults create and contribute!

Our past provides a solid foundation and catalyst for meeting the complexities of today's older adult population. Our deeply rooted call to innovation and quality drives the organization to prepare for the future where expectations will be much different from the days of our predecessors.

A century of history doesn't hold us back or weigh us down. Instead, it resides gracefully in the background of the canvas where the Lyngblomsten story is being painted today.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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**On the Cover:** Historical photos from the Lyngblomsten archives tell the story of the Lyngblomsten Mid-Summer Festival, which has been a staple of the organization for more than a century.



Above: For decades, the campus courtyard has played host to the Lyngblomsten Mid-Summer Festival in all its various forms.

## Lyngblomsten Mid-Summer Festival brings more than a century of celebration to Como Park community

By Brandi Jewett

**A** MEDLEY OF LAUGHTER, music, and awe will soon waft through the Lyngblomsten campus as its annual Mid-Summer Festival takes place in July.

For more than a century, Lyngblomsten has invited visitors to the campus each summer to forge new connections and renew a sense of community among the organization, the surrounding Como Park neighborhood, and the greater metro area.

The Lyngblomsten Mid-Summer Festival has taken various forms and names over the years, but through these transitions, it has continued to offer a day of fun and meaningful engagement for people of all ages who attend.

Each summer, a new page is added to the festival's long history of engaging the community. Its narrative weaves through many generations and remains as a testament to Lyngblomsten's commitment to providing quality, life-enhancing opportunities for older adults.

### STORIED PAST

The Lyngblomsten Mid-Summer Festival's story begins more than a century ago, when the event first took shape in 1913. At the first annual meeting following the death of Lyngblomsten's lead founder and first president, Anna Quale Fergstad, her friend and fellow founding woman Laura Bratager suggested a memorial be held on Fergstad's birthday on February 4. The organization ultimately chose March 4, 1913, for the first festival.

On that day, Lyngblomsten members held a "big, beautiful ceremony" at the original Lyngblomsten Home for the Aged, according to secretary notes from the time. The memorial raised \$150 for the organization's Charity Fund, which was used to help older adults pay the Home's required entrance fee of \$500. Adjusted for inflation, the amount raised in 1913 would be a tidy sum of about \$3,800 in today's dollars.

*continued on page 4*

The event, known then as Mindefest, which means "memorial celebration," took place annually in the spring for a few years before its organizing committee shifted its timing to June. The reason for the adjustment was simple and reflected the practicality of its organizers.

"The date was changed because of the inconvenience to both visitors and occupants," notes a commemorative booklet created for Lyngblomsten's 30th anniversary. "There were no sidewalks about the place, and as a result, mud was tracked into the Home because of the early spring thaws and rains. This meant burdensome cleaning for the servants after the departure of the visitors."

The change of date brought with it a change in name. Lyngblomsten members opted to call the event "Midsummer Festival." The celebration became a highpoint of the season, with people across the Twin Cities converging on the Home to visit, listen to music and speeches performed from the Home's pavilion, and eat the Norwegian dish of cream pudding called fløtegrøt, according to the anniversary booklet.

In an interview with Lyngblomsten conducted before her passing in 2004, St. Paul resident Helen Moberg recalled her mother, Lyngblomsten branch member Mary Rosness, tending the large kettles used to cook fløtegrøt.

Moberg also remembered one festival in particular that made newspaper headlines in 1920. Prior to the event, Lyngblomsten members successfully paid off the Home's mortgage and had cause for celebration.

Later that year, a June 20 newspaper story announced the upcoming Midsummer Festival program, includ-

ing a special entertainment feature: the burning of the mortgage to mark the Home being free of debt.

## FOOD AND FUN

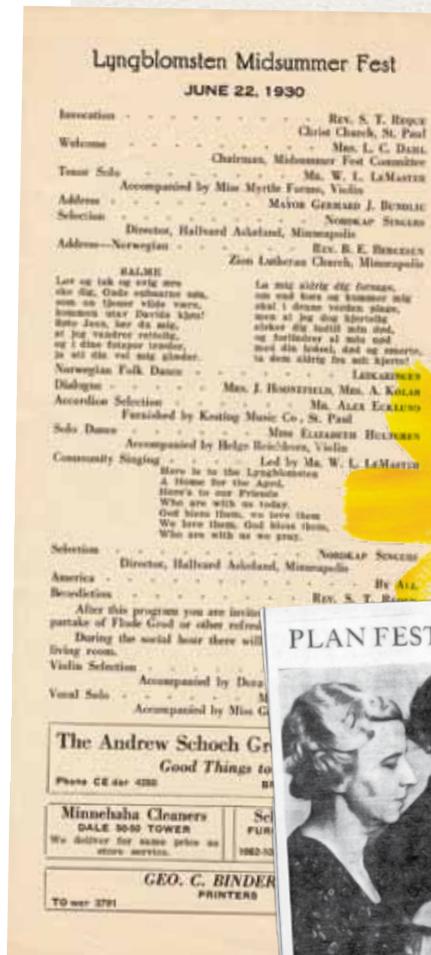
Over the decades, Midsummer Festival has attracted thousands to the Lyngblomsten campus.

During the early days, guests were served free refreshments with other items available for purchase. Donations of cakes, coffee, and cash from Lyngblomsten members and local businesses made it possible to serve visitors without charging.

"But the visitors have always been kind and have given a free-will offering," the Lyngblomsten Thirtieth Anniversary booklet said.

How much coffee and cake did people donate? For the 1916 festival, historical records show members promised to bake 54 cakes and an unnamed local company offered to give the festival committee 20 pounds of coffee. For many years, Lyngblomsten's member congregations also donated cakes for serving to attendees. In addition to cake and coffee, ice cream has been a staple of festival fare since its beginnings and through changes to the event's name and format.

Starting in 1979, Lyngblomsten's annual summertime celebration became known as Summer Festival, expanded to a multi-day event, and featured special outdoor events and activities each day under a big tent in the campus courtyard. The activities included bingo tournaments, picnics, worship services, variety shows, and, of course, ice cream socials.



Fløtegrøt, a creamy Norwegian pudding, was a long-running staple of the Lyngblomsten Midsummer Fest menu.



The event program from the 1930 Lyngblomsten Midsummer Fest lists the day's entertainment and provides song lyrics to help guests sing along.

A newspaper clipping from 1939 previews an upcoming Lyngblomsten Midsummer Fest celebration.



The 1984 Summer Festival introduced a County Fair day to the campus and included games, a visit from a clown, snow cones, popcorn, and even a taxidermist, according to a story in the Fall 1984 edition of the *Life at Lyngblomsten* newsletter.

“Our own County Fair sure gave the State Fair a ‘run for its money!’” the story proclaimed.

In the late 1980s, Summer Festival gave way to a long-running series of Community Ice Cream Socials hosted on the Lyngblomsten campus each year and coordinated by former community center programs supported by Lyngblomsten. Like the festival, the themed socials featured live entertainment, food, games, and other activities. From the late 1980s to 2011, the ice cream socials were a highlight of summers on campus.

### **FAMILIAR NAME, NEW FOCUS**

Almost a century after the festival's inception, Lyngblomsten revived the name Lyngblomsten Mid-Summer Festival in 2011 and introduced a stronger focus on arts to the event. The following year, the festival became a part of ComoFest, an annual lineup of fun summer events located throughout the Como Park neighborhood in July.

From 2013 to 2015, Lyngblomsten applied for and received grant funding from the Minnesota State Arts Board to help cover costs for the event and allow it to grow, said Andrea Lewandoski, Director of Lifelong Learning and the Arts. During those three years, Lyngblomsten Mid-Summer Festival activities encompassed the

Lyngblomsten campus and drew more than 2,000 people each summer. With state grant funding no longer available to the organization after 2015, staff took steps to trim back the festival and ensure it would be financially sustainable for future years.

More transitions were still ahead for the event. A rebranding effort in 2016 put arts and lifelong learning at the center of the annual celebration. The new focus included adding an arts showcase exhibiting the work of Lyngblomsten residents, tenants, and community program participants. The showcase includes a variety of mediums, including painting, ceramics, mixed media, prints, jewelry, poetry, and expressive arts.

“We wanted to incorporate the arts and lifelong learning showcase into the festival as a way to celebrate all of the gifts, talents, stories, and shared experiences of older adults who have engaged in lifelong learning and arts programs throughout the year,” Lewandoski said.

Wellness demonstrations, make-and-take art activities, live music and entertainment, games, food, and more also will be part of this year's Lyngblomsten Mid-Summer Festival.

While the event has changed forms and names throughout the years, the Lyngblomsten Mid-Summer Festival still strives to bring the public into the world of Lyngblomsten for a day to celebrate the contributions of older adults to their communities.

*For more information about the 2018 Lyngblomsten Mid-Summer Festival, check out the festival guide on pages 9-11. *



## New art gallery showcases creativity of Lyngblomsten community members

By Brandi Jewett

Vibrant paintings, stanzas of poetry, and more now brighten a previously nondescript corridor in the Lyngblomsten Care Center.

The pieces are new additions to the hallway, part of recently installed gallery spaces that showcase paintings, poetry, and mixed media arts created by Lyngblomsten residents, tenants, and community participants.

The first exhibit titled “Celebrate Life” made its debut in May during Older Americans Month. The new gallery is part of an increased effort to honor the creative and imaginative contributions that Lyngblomsten older adults make to their communities.

In the past, pieces of art have been put on display during the Lyngblomsten Mid-Summer Festival each year, but the new gallery space allows for even more artwork to be shown to the community year-round.

“It’s an opportunity to have things up throughout the year and create destination points on campus where the people who are participating in our programs can show their family members that their art is on display or their poetry is on display,” said

Andrea Lewandoski,  
Lyngblomsten Director of Lifelong Learning and the Arts.

Exhibits will rotate through the gallery on a regular basis, typically monthly. Current plans include displaying a variety of pieces throughout the year, including art created with various mediums, poetry, and items that showcase creative activities held on campus, such as a photograph of program participants singing accompanied by a printout of lyrics to the song.

So far, the gallery on display in the care center’s first floor hallway is a hit, according to Lewandoski.

“Some people were just completely in awe that residents of the care center had done that work,” she added. “It’s an opportunity for people to see the residents and tenants in a different light, and I love that.”

Other areas identified for gallery installations are the hallway outside the Lyngblomsten Community Room, the hallway leading to the Lyngblomsten Apartments, and vestibules at The Heritage at Lyngblomsten. The Lyngblomsten Auxiliary Legacy Fund provided funding for the galleries’ art display system.

To visit the care center gallery, walk through Lyngblomsten’s main entrance at 1415 Almond Avenue in St. Paul, take a right at the reception desk, and then walk down the first hallway to the right. Visitors are welcome seven days a week from 8 AM to 9 PM. **L**

## MUSIC & MEMORY PROGRAM MAKING POWERFUL IMPACT AT LYNGBLOMSTEN

By Brandi Jewett

The reaction varies by person when the music begins. Some find calm, some smile, and some find themselves swept away in a memory.

And sometimes, Lyngblomsten staff members find themselves with a front row seat to something wonderful.

“I had a woman start crying while listening to a song, and I said, ‘Oh my gosh, are you okay?’” recalled Andrea Lewandoski, Director of Lifelong Learning and the Arts. “She said, ‘Yes, this was my husband and mine’s wedding song.’ It was a happy memory.”

The music creating this impact comes to Lyngblomsten residents and tenants through a program called Music & Memory®. Founded in 2010, the nonprofit Music & Memory works to bring personalized music programs to residents of long-term care facilities using iPods and other digital music players.

The program's work is rooted in extensive neuroscience research that shows music can increase resident cooperation and attention, reduce resistance to care and agitation, and enhance engagement and socialization with others.

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Lyngblomsten volunteer Andrew Tisell helps resident Jane Hanten with her Music & Memory iPod playlist.



“It’s great to see someone listening and feeling comfortable enough to move to the music, tap their toes, and even just swing in their chair,” said Lewandoski, who serves as a co-leader for the program. “It’s engaging so many parts of their brain.”

Lyngblomsten became a Music & Memory Certified Care Facility in 2015. After completing program training, staff piloted Music & Memory in the care center’s Stanford and Ostrand neighborhoods with memory care residents. Positive feedback pushed an expansion of the program throughout campus.

At Lyngblomsten, iPods containing personalized playlists are stored for each program participant. While most participants use headphones to listen, not all enjoy them. In response, Lyngblomsten also offers small speakers that can be placed on a table or tucked into neck pillows, shirt pockets, and specially designed stuffed animals.

“Headphones are not an obstacle here,” said Shelli Beck, who serves as Lyngblomsten’s Lead Volunteer Coordinator and a co-leader of the Music & Memory program.

Volunteers play an integral role in keeping playlists current, acquiring new music, and helping residents play music. To create a custom playlist, volunteers talk with residents, tenants, and sometimes their family members about favorite types of music, memories associated with certain songs, and the importance it holds for them.

For many program participants, the memories tied to music can be soothing during times of stress and transition, whether it’s moving from one room to another or adjusting from a home setting to a care center.

“How often do we listen to music in our daily life? Every drive to and from work. Maybe every time you make dinner the radio is on,” Beck said. “How often is music there and then all of a sudden you come to a place like this and there’s no background music? To have your own is powerful.”

Want to support the Music & Memory program? Learn how you can contribute to the Lyngblomsten iPod Project for Music & Memory by visiting [www.lyngblomsten.org/MusicandMemory](http://www.lyngblomsten.org/MusicandMemory). **L**

## Major care center renovation will bring updates to resident rooms, common areas, and more

By Brandi Jewett

For the past 55 years, the Lyngblomsten Care Center has welcomed older adults of all backgrounds through its doors. This summer, it will welcome construction crews tasked with giving the building a major facelift. The nearly \$9 million renovation project will update residents rooms, common areas, building infrastructure, and landscaping with a goal of increasing the care center's functionality and aesthetics.

Changes have been made to the care center since construction of the North Building in 1963 and the South Building in 1977, including an expansion in the 1980s (dining rooms and chapel) and a 2003 remodeling project that transformed resident common areas into smaller neighborhoods.

Resident rooms were not updated during the 2003 remodel, but they are a main focus of the current renovation project. Lyngblomsten residents have been actively involved in the planning process and have weighed in on choices for décor and other aspects of the room remodeling.

Common areas in neighborhoods also will see changes intended to make them homier and encourage

residents to linger and use the space throughout the day with family, friends, and one another.

“My hope is to design the dining rooms so they could be used between meals as spaces for people to gather over a cup of coffee, to play a game of cards together, or have a quiet place to visit and share memories or maybe do an art project together,” said Care Center Administrator Brenda Johnson. “This transforms all corners of our building into intentional space for gatherings.”

Lyngblomsten residents and visitors also will be greeted by new additions to the care center's main lobby and outdoor areas. The main lobby will be remodeled and a fireplace installed. Outside, a beautifully landscaped park-like island will be created near the main entrance to the care center, which will include shaded seating areas.

Upgrades to the care center's infrastructure also are part of the renovation. Maintenance and system upgrades will include items such as repairing the care center building exterior, replacing windows, and replacing the emergency generator.

Lyngblomsten has secured 25-year conduit revenue bonds to cover the majority of the renovation costs. A fundraising campaign by the Lyngblomsten Foundation will provide a portion of the funding. Construction begins this summer and is expected to be completed in early 2020. **I**



1. View of front entry landscaping while standing at the renovated island looking toward the main entrance at 1415 Almond Avenue.
2. Proposed renovation of the Lokensgard Neighborhood kitchen and dining room.
3. Sketch of the remodeled main lobby, which will include new lounge areas and a fireplace.
4. Proposed renovation of a resident room, which includes new flooring and updated furnishings.

*A Sneak-Peek at the 2018*



# LYNGBLOMSTEN MID-SUMMER FESTIVAL

*A Celebration of Arts & Lifelong Learning*

*Come and celebrate enrichment activities that promote artistic exploration and lifelong learning. There's something for everyone!*

**2–8 PM** on the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108

- \* Arts showcase featuring works by older adults
- \* Make-&-take art activities for all ages
- \* Live music, dance, and theatrical stage performances
- \* Wellness demos & activities
- \* Food
- \* Games for kids



Friday  
**JULY 20**  
2018

### **Admission & Tickets:**

Admission to the Lyngblomsten Mid-Summer Festival is FREE! Admission includes the arts showcase and all music and entertainment. Tickets are 50 cents each and are needed for food, games, and make-&-take art activities. Tickets can be purchased in advance at the Lyngblomsten Care Center reception desk July 13–19 or on site at the festival. Cash and checks accepted.

### **Parking & Shuttle Bus:**

Street parking around campus will be limited. A free Lyngblomsten shuttle bus will run every 20 minutes, 1:30–8:30 PM, from the Cub Foods parking lot at 1201 Larpenteur Avenue West, Roseville. Please park in the southwest corner of the lot, near the pavilion.



*more Festival details* →

# LYNGBLOMSTEN MID-SUMMER FESTIVAL

## MAKE-&-TAKE ART ACTIVITIES

Spark your creativity, learn something new, and create your very own masterpiece to bring home and showcase. Activities are for all ages and abilities! Projects will include clay garden plaques, polymer clay pens, nature prints, patriotic ink prints, and mini canvas art.



FREE!

## ARTS & LIFELONG LEARNING SHOWCASE

An exhibit displaying a variety of art forms created by older adults throughout the year through Lyngblomsten's arts and lifelong learning programs, including Alzheimer's Poetry Project—MN, Art with Heart, MacPhail Center for Music, Memoir Writing through the Decades, Northern Clay Center, Polymer Clay Guild of Minnesota, and photography.



## MUSIC & ENTERTAINMENT

FREE!

### Outdoor Main Stage:

- \* Minnesota Opera
- \* Lakeshore Radio Players
- \* Park Square Theatre
- \* Zorongo Flamenco
- \* MacPhail Jazz Quartet
- \* Live Music & Dance

### Lyngblomsten Apartments Stage:

- \* HealthRHYTHMS Drum Circles

### Arts Showcase Stage:

- \* Live music from MacPhail Center for Music throughout the day



## FOOD

Delicious food and beverages will be for sale from Grand Ole Creamery including ice cream cones, corn, pulled pork and chicken sandwiches, hot dogs, brats, hamburgers, and veggie burgers. Smoothies will be for sale from I ♥ Smoothies.



## WELLNESS LOUNGE



Sample some of Lyngblomsten's wellness programs designed for older adults and caregivers with a focus on caring for mind, body, and spirit.

- \* 2nd Half with Lyngblomsten caregiver resources and art selfies **FREE!**
- \* Adult coloring pages
- \* Aromatherapy and hand massages
- \* Chair massages
- \* Hydration station **FREE!**
- \* Lyngblomsten Spiritual Care & the Arts Devotional Coloring Pages
- \* Wellness demos of Ageless Grace and Tai Chi **FREE!**

## GAMES & ACTIVITIES



Games and activities will include a bouncy house, tattoos, crazy hair, face paint, fishpond, bubble ring toss, and beanbag toss.

### Thank you to our sponsors:

#### Music & Entertainment (\$1,000):



#### Arts & Lifelong Learning Showcase (\$750):

- \* Blick Art Materials (Roseville)

#### Make & Take (\$500):

- \* Advanced Capital Group
- \* Custom Medical Solutions
- \* FastSigns (Roseville)
- \* Griffith Printing
- \* Hermes Floral
- \* Piché & Associates Real Estate
- \* Wet Paint Artists' Materials and Framing

The Lyngblomsten Mid-Summer Festival is proudly part of ComoFest: Fun Every Weekend in July.

- \* ASL interpreters provided
- \* Wheelchair accessible

*Come and experience for yourself how Lyngblomsten is promoting artistic exploration, wellness, and lifelong learning for all ages 365 days a year.*

Bring your family, friends, and neighbors! Admission is **FREE**, and creative activities, food, and games are priced for affordable fun.

Visit [www.CelebrateMSF.com](http://www.CelebrateMSF.com) for more information and to download the official Festival Guide to help plan out your day. General questions? (651) 646-2941 or [info@lyngblomsten.org](mailto:info@lyngblomsten.org).

# Winning art selected for Lyngblomsten greeting card project



By Brandi Jewett

The work of Lyngblomsten art program participants will grace the covers of a new set of greeting cards to be used by Lyngblomsten.

Art class participants were invited to submit original artwork during Older Americans Month in May.

“Lyngblomsten residents, tenants, and community participants are discovering the possibility of vibrant living as they age by exploring and engaging in a variety of creative and educational programs offered through Lyngblomsten,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts. “We at Lyngblomsten are proud to display the creative works as a testament that

getting older is not so much about aging as it is about choosing to thrive.”

Winners of the Lyngblomsten art competition were selected in early June by a panel of staff. Designs were chosen in three categories: general greeting card, thank-you card, and sympathy card. In all, 17 pieces were submitted by residents, tenants, and community participants from a variety of art programs. All submissions will be on display at the Lyngblomsten Mid-Summer Festival in the Arts & Lifelong Learning Showcase. Thank you to everyone who contributed artwork!

Below, see the designs selected for the greeting cards. 

## Sympathy Card

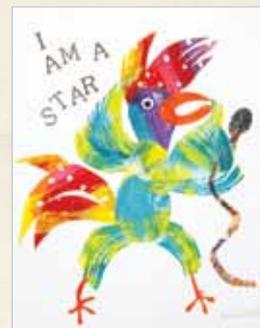


Richard Bartz  
*Lyngblomsten Butterfly*

## General Greeting Cards



Gary Oftedahl  
*Come in for a landing...*



Wanda Shelton  
*Feathered Star*

## Thank You Cards



Gary Oftedahl  
*New Day Arising*



Robin Bristol  
*Beautiful Music*



Coral Berge  
*Tucson Desert*



Diane Thomas  
*Tropical Flower*



## State grant opens door for 2nd Half with Lyngblomsten in-home respite services pilot program

By Brandi Jewett

New respite services are set to make a big impact this year in the lives of older adults with memory loss and their caregivers.

Lyngblomsten Community Services received a \$132,000 grant from the Minnesota Department of Human Services to provide in-home respite services through the department's Live Well at Home program. Live Well at Home grants help older Minnesotans remain in their homes rather than move to nursing homes or other more expensive settings.

With the grant money, Lyngblomsten is launching pilot programs this year for in-home respite services that include in-person and virtual visits from trained volunteers. In addition, each caregiver will work with Lyngblomsten Respite Program Development Coordinator Jeanne Schuller, LSW, MSW, to put an emergency respite plan together. Respite is short-term relief for caregivers that allows them to take a break from their caregiving duties.

While caregivers step away, volunteers called in-home respite companions will step in and engage with older adults through one-on-one interactions that encourage building and maintaining meaningful relationships.

"There's an isolation that happens when you have a progressive health issue like dementia," Schuller said. "People can feel lonely, and this gives them another opportunity to have a friend who they can interact and find meaning with."

The in-home respite program will be facilitated through 2nd Half with Lyngblomsten, enrichment centers located in St. Paul and White Bear Lake that take an integrative approach to supporting adults aging well in their communities. In June 2018, 2nd Half with Lyngblomsten began providing in-home respite services to a small group of caregivers and care partners who currently attend The Gathering group respite program in Roseville

or White Bear Lake. If this pilot program is effective and sustainable, it would be opened up to other participants and caregivers served by 2nd Half with Lyngblomsten.

A trained volunteer for the in-person respite care program will visit the home of an older adult with memory loss once a week for two to three hours. During the visit, the volunteer will engage the person in stimulating and meaningful activities.

As part of the pilot program, volunteers receive training through Lyngblomsten, which offers a nationally recognized, evidence-supported program called REST® (Respite Education & Support Tools). The training provides individuals with the education and tools they need to be confident and successful respite companions. Lyngblomsten will recruit, screen, and train these volunteers to ensure they are well prepared to provide this important service. REST® training also will be made available to family members and friends who are interested in supporting caregivers by providing informal respite visits.

Once this offering is developed and running, 2nd Half with Lyngblomsten will turn to developing virtual respite services provided on a short-term basis from a remote location. A pilot program would explore this new model of respite care with the same group of caregivers and participants.

"Technology is going to have to play a role in how we care for people just because of the large number of people who will need care," Schuller said. "Families don't always live in the same area; technology can be a tool for keeping families connected and supporting the primary caregiver."

The in-home respite program is still in need of volunteers. If interested, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org). For information about the program, contact Jeanne Schuller, Respite Program Development Coordinator, at (651) 632-5320 or [jschuller@lyngblomsten.org](mailto:jschuller@lyngblomsten.org). 



## **Perspective Collective program encourages intergenerational dialogue**

By Brandi Jewett

An intergenerational program debuting this year at Lyngblomsten brought a dozen new faces and perspectives to campus.

The Perspective Collective program grouped students from Macalester College in St. Paul with tenants of the Lyngblomsten Apartments for dialogues on a number of topics. Two instructors headed the program and guided the discussions.

“We weren’t really sure what would come of it but thought that it would be amazing to have young people talking with seniors,” Lyngblomsten Apartments Manager Jill Hult said.

The group met twice a month from the end of January to mid-April. About 25 to 30 people attended each session, with a ratio of nearly one older adult to one student.

At each session, participants engaged in small- and large-group discussions that reflected their lived experiences, aspirations, and perspectives on life, and they completed individual and group activities.

Lyngblomsten Apartments tenants Joyce Danner and Susan Robinson attended the sessions and said they enjoyed speaking with young people. Both women found the college students’ optimism toward their future refreshing in a world where negativity can seem to dominate headlines.

“I think it really improved my attitude,” Robinson said of the students’ positivity.

She and Danner both have young grandchildren, so engaging with students in their 20s was a new but meaningful experience for them. They recalled some students mentioned not having older adults present in their lives, and they too found themselves in unfamiliar waters when speaking with Lyngblomsten tenants. **L**

## **VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS**

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

- **Special Event Volunteer Opportunities:** Get involved with the Lyngblomsten Mid-Summer Festival on July 20 through a variety of opportunities at the event. Or, accompany residents on an outing to the Minnesota State Fair.
- **Resident Mobility:** Transport residents to and from in-house appointments (physical therapy, dental, beauty shop, or foot doctor) and provide a friendly word and encouragement along the way. Flexible hours.
- **Arts Activities:** Help residents and tenants explore their creative sides while you volunteer as an art activity assistant. Ceramics, music, mixed media, and storytelling class assistants are needed. No experience necessary; on-site training is provided.

In March, April, and May, a total of **427 volunteers** (including volunteers for The Gathering) gave **7,918 hours of service**. Another **117 group volunteers** gave **778 hours**.



Upcoming New Volunteer Orientations:

- Wednesday, July 11, from 4:30–6:30 PM
- Tuesday, August 7, from 6–8 PM
- Saturday, September 15, from 10 AM–Noon

To learn more or register for new volunteer orientation, contact Peggy Cerrito at (651) 632-5406 or [pcerrito@lyngblomsten.org](mailto:pcerrito@lyngblomsten.org), or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer).

# Who, Me? A Philanthropist?



By Melanie Davis,  
Chief Development Officer  
Lyngblomsten Foundation

How we behave can be influenced by the assumptions at work in our minds—assumptions of which we may not be aware. I like to compare them to obnoxious spyware that our computers pick up from time to time, programs that are active in the background unbeknownst to us, affecting our data processing, controlling what we perceive before us, and moving us toward acting and responding in a particular way.

Just as it is important to do a sweep on the computer routinely to recognize and remove any unwanted spyware, so too is it important once in a while to see what assumptions may be at work in our own lives influencing our behaviors. It may sound strange, but it is true.

I encourage you to run an assumption check sometime about a behavior you do. Ask yourself why you did it. What was the thought or experience that motivated you to take that particular action? Once you have that answer, ask yourself “Why?” again. Keep asking “Why?” until you come to the root assumption at work. Finally, ask yourself if that assumption is true. You may be surprised to discover that the assumption you’ve been operating under for so long is false or no longer true, yet it is still influencing how you see and interact with the world! Assumptions are powerful.

So, I’m curious. How do our assumptions guide our behavior related to charitable giving and volunteerism? For instance, what subconscious messages may be running in the background of your mind regarding philanthropy? Who is or can be a philanthropist? How do you see yourself in regard to philanthropy?

I don’t know if you are like me, but at one time I associated philanthropy with being wealthy, and therefore, I never viewed myself as a philanthropist. That assumption operating in the background made me behave in a way that devalued my own gifts.

But that untrue assumption is no longer at play in my life. Fortunately, I have learned philanthropists come in all shapes and sizes and giving capacities. According to the Merriam-Webster dictionary, a philanthropist is someone who makes an active effort to promote human welfare. In Greek, philanthropist simply means *lover of mankind*. You’ll note that these definitions do not say that one has to give a certain amount of money to be a philanthropist. Rather, it is a condition of the heart: loving mankind, intending to seek the welfare of one’s neighbor.

Philanthropists, in their true definition, make the Lyngblomsten community so special and accessible to all, helping ensure that all older adults have the support and care that they may need along their journey. As we step into a bold future to renovate the Lyngblomsten Care Center and expand our services through 2nd Half with Lyngblomsten, we are acting philanthropically. And we will need more philanthropists than ever—philanthropists who come in all shapes, sizes, and capacities of giving!

Who, me? A philanthropist? Yes, I am a philanthropist, and I hope you see yourself as one too! Together, our love for older adults and their caregivers makes a powerful difference in their world. 

## Corporate Connections

By Tim Overweg, Director of Community Engagement

Huron Consulting recently brought a group of 18 volunteers to our campus, hoping to enjoy some time at Como Zoo with some of Lyngblomsten's animal-loving residents. Unfortunately, the weather didn't cooperate, so everyone stayed indoors and enjoyed some fierce competition with board games.

Even though the weather was damp and cold, spirits were just the opposite. Volunteers' comments included:

"We had an awesome time even though the weather didn't permit a trip to the zoo." "What a great use of my time." "I am delighted to have the opportunity to meet your residents."

And the kind words flowed in reverse as well. Many Lyngblomsten staff remarked how impressed they were with the willingness of these volunteers to adapt to the change in plans and their gracious and kind interactions.

This kind of volunteer magic happens often. We have many corporate groups that engage with Lyngblomsten, and we are grateful to be the



recipient of their service. We never take them for granted and do our best to provide for a well-planned, worthwhile, and enjoyable volunteer experience. The highest compliment we can receive is when an organization returns. And many do.

Kudos to every corporate volunteer who contributes to the liveliness and appeal of Lyngblomsten. Atta boy to every employee who makes these volunteers feel welcome and appreciated. Mission accomplished.

### Corporate Volunteer Groups

Thank you to the following corporate volunteer groups who have given of their time between March and May 2018:

- APl Group
- Cargill
- Huron Consulting
- Meridian Services
- UnitedHealthcare Medicare & Retirement

For more information, contact Tim Overweg at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org), or visit [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).

## LYNGBLOMSTEN FOUNDATION SPRING GALA RAISES \$113,000 TO BENEFIT SERVICES FOR PEOPLE WITH MEMORY LOSS, CAREGIVERS

More than 250 people turned out to support services for people with memory loss and their caregivers at the annual Lyngblomsten Foundation Spring Gala on April 20.

The event raised about \$113,000 to support programming offered through 2nd Half with Lyngblomsten. Karla Hult, a veteran anchor and reporter for KARE 11, hosted the evening and shared the story of her father's Alzheimer's diagnosis and her family's journey with him.

*Thank you to everyone involved who helped make the evening a success, including our generous sponsors.*

**PLATINUM**  
(\$5,000+):



**GOLD** (\$2,500+):  
Bremer Bank, CFS Interiors & Flooring, McGough Construction

**SILVER** (\$1,000+):  
CliftonLarsonAllen, Delta Dental of Minnesota, Ideacom Mid-America, Wold Architects & Engineers

**BRONZE** (\$500+):  
Griffith Printing

## Take a trip with 2nd Half with Lyngblomsten!

The wheels on our bus go round and round to new destinations all summer. Hop on and visit three locations through 2nd Half with Lyngblomsten's Coach Bus Trips.

Wednesday, July 18

### Eat My Fish

A fun-filled day that will include casting for trout or just relaxing by the pond at **Jeremiah's Bullfrog Fish Farm** in Menomonie, WI. Cook up the fish you catch for lunch. \$55; includes bus, lunch, and fishing. Call for availability, (651) 632-5330.

Wednesday, August 15

### Pearls Aren't the Only Gems

Join us for a day in **Lake City**. Eat a tasty lunch at the renowned **Chickadee Cottage** and then board the "**Pearl of the Lake**" paddleboat for a narrated 90-minute cruise on the largest lake on the Mississippi. \$67; includes bus, lunch, and boat cruise. Registration required by July 25.

Wednesday, September 26

### Buddhas, Burgers, & Byways

Take in the beauty of the **Watt Munisotaram**, the largest Cambodian Buddhist temple in the U.S. Then, lunch in Miesville at **Kings**, the home of more than 50 burger combinations, followed by a stop in Hastings for ice cream. \$50; includes bus and lunch. Ice cream expense is on your own. Registration required by September 5.

For more information about each trip and other enrichment opportunities, read the Summer 2018 catalog at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## Make the most of summer with 2nd Half with Lyngblomsten!

2nd Half with Lyngblomsten's Summer 2018 catalog is filled with a variety of creative offerings, social outings, and wellness opportunities for people age 50 and over.

For more information or to register, visit [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf) or call (651) 632-5330.



A Center for Enriching Lives after 50

## Join the Parish Nurse Ministry Resource Group

2nd Half with Lyngblomsten offers a resource and networking group for nurses serving in faith communities to connect for education and professional support.

Parish Nurse Ministry Resource Group membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new Parish Nurse Ministry programs, monthly nurse network meetings, continuing education opportunities, access to grants, and more.

Join at any time for an annual membership of \$125; scholarships are available.

**Learn more:** Contact Becky Hulden, RN, at (651) 632-5335 or [bhulden@lyngblomsten.org](mailto:bhulden@lyngblomsten.org).

## CALL FOR ARTWORK

### A summer project for artists

We were so pleased with the results of the call for artwork this spring (see page 12) that we are extending another opportunity to participate.

**TASK-** Depict lyng flowers to be featured on the general Lyngblomsten greeting card. Please refer to the artwork guidelines for details.

**MEDIUM-** Preference given to illustrations or paintings, but other mediums will be considered.

**WHO-** Anyone connected with Lyngblomsten in some way is eligible to participate.

**WHEN-** Submit artwork on/by September 30 to the receptionist at Lyngblomsten Care Center.

**DETAILS-** Project details, the submission form, and reference images of lyng flowers available online at [www.lyngblomsten.org/LyngFlowerArt](http://www.lyngblomsten.org/LyngFlowerArt).

**QUESTIONS-** Contact Andrea Lewandoski, Director of Arts & Lifelong Learning, at (651) 632-5308 or [alewandoski@lyngblomsten.org](mailto:alewandoski@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:

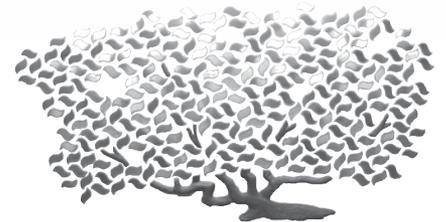
- Influenced by Christ
- Innovation & Leadership
- Resources & Support
- Person-Centered &
- Dignity-Enhancing Experiences
- Engaged Lifestyle

# Gifts to the Remembrance Fund In Memory or Honor of a Loved One

March 1, 2018, through May 31, 2018

## In Memory of

- |                        |                         |
|------------------------|-------------------------|
| Mavis Anderson         | Alice & Bill Hydukovich |
| Karen Barrett          | Darlene Johnson         |
| Arvilla Beckman        | Mary Johnson            |
| Betsymay Beety         | Eileen Keller           |
| Donald Brekke          | Jerome Kelley           |
| Betty Ann Burch        | Janet Moseng            |
| Gwendolyn Christiansen | Virginia Swedeen        |
| Marjorie Fowler        |                         |
| Vera Fullerton         |                         |
| Elizabeth Gebhard      |                         |
| Marvie Gorder          |                         |
| Delores Herbert        |                         |
| Ruth Husom             |                         |



*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.*

## Join Team Lyngblomsten for the 2018 Twin Cities Walk to End Alzheimer's

### Saturday, September 15

Registration at 8 AM; ceremony at 9:30 AM  
at Target Field (1 Twins Way, Minneapolis, MN)  
Route Length: 3 miles or 1 mile shortcut

Join Team Lyngblomsten in the fight against Alzheimer's by walking with us or making a donation to the team's fundraising page. To register for the walk or donate, visit [www.lyngblomsten.org/walk2018](http://www.lyngblomsten.org/walk2018).

**Questions?** Contact Jackie Hesse at (651) 632-5421 or [jhesse@lyngblomsten.org](mailto:jhesse@lyngblomsten.org).



# Events Calendar

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

## NOTABLE DATES

**August 21 – Senior Citizens Day**

**September 9 – National Grandparents Day**

**September 21 – World Alzheimer’s Day**

### July 13–28

#### ComoFest

Enjoy affordable family fun for everyone the last three weekends of July at various locations around the Como Park neighborhood. For a complete list of events, visit [www.ComoFest.org](http://www.ComoFest.org).

### Friday, July 20

#### Lyngblomsten Mid-Summer Festival:

#### A Celebration of Arts & Lifelong Learning

2–8 PM on the Lyngblomsten campus

Details on pages 9–11.

### Sunday, August 12

#### Second Sunday Concert

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

A musical performance from MacPhail Center for music featuring Mill City Jazz. Please consider donating a new or gently used iPod Shuffle, or an iTunes gift card, to support Lyngblomsten’s Music & Memory program. FREE.

### Sunday, August 12

#### Friends of Lyngblomsten Motorcycle Fun Run

Love Motorcycles? Love Lyngblomsten? Join us for a motorcycle run! To register or for more information, contact Lyngblomsten volunteer Thom Campbell at [thomgc5@gmail.com](mailto:thomgc5@gmail.com).

### Monday/Tuesday, August 13 or 14

#### Lyngblomsten Delegate Meetings

Choose Monday at 7 PM or Tuesday at 9:30 AM. All delegates from member congregations should attend. Invitations will be mailed.

### Sunday, September 9

#### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring Eisner’s Klezmerim. Please consider donating a new or gently used iPod Shuffle, or an iTunes gift card, to support Lyngblomsten’s Music & Memory program. FREE.

### Saturday, September 15

#### 2018 Twin Cities Walk to End Alzheimer’s

Target Field, Minneapolis

Details at [www.lyngblomsten.org/walk2018](http://www.lyngblomsten.org/walk2018).

See page 18 for more details.

### Monday, September 24

#### Continuing Education for Lyngblomsten

#### Volunteers: Wellness—Strengthening the Mind & Body, including Music & Movement

9 AM–12:30 PM on the Lyngblomsten campus, Community Room (lower level)

Current and prospective Lyngblomsten volunteers are encouraged to join us for a fun-filled learning experience about the many uses and benefits of wellness, including music and movement, when volunteering with Lyngblomsten. To register, contact Shelli Beck at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

### Sunday, September 30

#### Artwork Submission Deadline

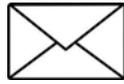
Submissions of lyng flower artwork due today. See page 17 for details.

#### MINNESOTA STATE FAIR NOTE:

During the days of the Minnesota State Fair, August 23–September 3, parking around the Lyngblomsten campus is very limited. Please plan accordingly.

For updates and more events, visit [www.lyngblomsten.org/calendar](http://www.lyngblomsten.org/calendar).





Please help us be a good steward of resources. If you are receiving multiple copies or wish to be removed from our mailing list, please call (651) 632-5324 or email [mailinglist@lyngblomsten.org](mailto:mailinglist@lyngblomsten.org).

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## Age Boldly with Lyngblomsten

Stories are one of the greatest gifts of life. The story of Lyngblomsten's commitment to helping older adults age well in community is worth telling and worth hearing. Join us for an Age Boldly with Lyngblomsten presentation to hear the story of our 2nd Half with Lyngblomsten life enrichment centers.

A pre-scheduled presentation will be held:

**Wednesday, July 25**

7:45 AM breakfast, 8 AM start

at Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake)

**For more information or to register:**

[www.lyngblomsten.org/age-boldly](http://www.lyngblomsten.org/age-boldly). For questions or to host a presentation for your organization or workplace, contact Tim Overweg at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org).

