



# Lyngblomsten Lifestyle

Fall 2018



## STORIES OF LIFE:

Culture of caring inspires longevity  
of Lyngblomsten employees

## MORE IN THIS ISSUE:

Respite volunteers bring joy, relief to older  
adults with memory loss and caregivers

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# Letter from the Editor

Dear Readers,

You may be surprised to learn, as I was recently, that nonprofits employ one out of every nine workers in Minnesota. That's a lot! At Lyngblomsten, we employ 470 of those individuals. In our feature story you will meet a small sample of those who have committed their careers to improving the quality of life for older adults. I think you will be touched by their warm words of why they have chosen the work they have and why Lyngblomsten is their organization of choice. You will read that Lyngblomsten is doing well with retention—to the tune of a more than 20% higher employee retention rate than others in senior care. Providing compassionate care and innovative services are more than words in our mission statement—they are a way of life for Lyngblomsten.

Be sure to check out page 13 where you can learn about Age Boldly with Lyngblomsten—a presentation highlighting how Lyngblomsten serves older adults in the community through 2nd Half with Lyngblomsten—and how you can bring that presentation to your church, place of work, or community organization.

Don't just live; leave a legacy!



Patricia A. Montgomery | Editor



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**On the Cover:** Activity and Service Coordinator Caryn Erickson helps Ray Erickson, a tenant of The Heritage at Lyngblomsten, install wheels on a derby car.

# Culture of caring inspires longevity of Lyngblomsten employees

By Brandi Jewett



**M**ARILYN HASSE COULD TELL something was different about Lyngblomsten the moment she stepped through its doors nine years ago.

She sought a new career opportunity after spending 30 years in a factory assembling electrical cords and recalled how much she enjoyed being a nursing assistant in her 20s. Her job search brought her to Lyngblomsten.

“I applied at maybe three or four care centers. When I applied at Lyngblomsten, everybody smiled and said ‘Hi,’” Hasse said. “A lot of places don’t do that. And it didn’t matter if they were from the office or were nursing assistants or visitors, it felt warm and friendly—like family. Nine years later, it still feels the same way.”

It’s a sense of family and belonging that Hasse and others have found within Lyngblomsten that adds joy to their day and has kept them working here.

Lyngblomsten’s dedication to a culture of caring is highlighted in employment interviews and new employee orientations. It’s lived each day as employees make their impact in the lives of older adults and others Lyngblomsten serves.

It also is reflected in the organization’s turnover rate data, which shows the percentage of employees who leave an organization over a certain period of time. High turnover rates have a negative impact on senior living facilities, including loss of institutional knowledge, increased

*Marilyn Hasse, a Lyngblomsten nursing assistant for nine years, enjoys working in the care center’s Transitional Care Unit.*

recruiting and training costs, and low employee morale. It also can compromise the safety, quality of care, and quality of life for people receiving services.

“You can provide a much higher quality of service when you have the same staff,” said Trisha Hall, Director of Human Resources for Lyngblomsten. “You get to know the residents and tenants who live here in a much more personal way because it’s the same staff day in and day out providing the services.”

At a national level, high turnover rates are often the norm for senior care facilities. Last year, the annual turnover rate for registered nurses was 33 percent and 28 percent for licensed practical nurses, according to data from LeadingAge, a nonprofit advocacy group for senior care organizations.

The picture is much different at Lyngblomsten, where the turnover rates for those positions were 7 percent and 0 percent respectively in 2017. The trend also goes beyond nursing staff. Since 2012, the organization has retained 90 percent

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of its staff members annually, according to Hall. Studies of the industry put that rate between 60 and 70 percent nationwide.

### COMMUNITY OF CARING

Lyngblomsten employs a total of 470 full- and part-time staff who serve older adults in dozens of capacities. In 2017, the typical Lyngblomsten employee had worked an average of nine years for the organization.

Caryn Erickson hasn't quite hit her nine years yet, but the nearly seven years she has worked for Lyngblomsten have been very happy ones. Her journey with the organization started nearly two decades ago in a volunteer role. Erickson was among the first group of volunteers to help with The Gathering group respite program.

Then, while working as a home care occupational therapist and serving as a volunteer tai chi teacher at the Lyngblomsten Apartments, Erickson learned that the Activity and Service Coordinator position based in The Heritage at Lyngblomsten was available. She got the job and now spends her day coordinating a variety of resources for tenants—including transportation, home care, and hospice—and planning activities.

"My favorite part is working in this caring community of individuals," Erickson said. "That

*(Left): Caryn Erickson, Activity and Service Coordinator for The Heritage at Lyngblomsten, loves being an advocate for older adults.*

*(Center): Director of Community Services Julie Pfab (right) is inspired by Lyngblomsten's dedicated staff to be the best leader she can be.*

*(Right): Francis Mwangi finds joy each day working in the Fergstad neighborhood of the care center.*

extends from the people living here to the families and caregivers, the volunteers, the staff."

Whether it's helping connect tenants with resources or coordinating fun activities, Erickson finds herself working alongside staff and volunteers from a variety of areas to carry out Lyngblomsten's mission of enhancing the lives of older adults.

That dedication to the mission is something that separates Lyngblomsten from other senior care organizations, according to Hall.

"We're very blessed with the people we have here," she added. "That's so important because we are a service-oriented organization. That means our whole mission is about people and who we have doing the work is incredibly integral to us being successful."

### INSPIRING SUPPORT

The people Julie Pfab, Director of Community Services for Lyngblomsten, has worked with every day in her 17 years with organization have become like her family. They inspire her to continue to find new ways and develop new opportunities to serve older adults and their families, caregivers, and others.

As director, she oversees a staff of eight and guides the work of Lyngblomsten Community Services, which provides opportunities, resources, and support to older adults living in the community through 2nd Half with Lyngblomsten life enrichment centers.

"I work with a great team that is really passionate," Pfab said. "The people we work with can really make a difference in our day-to-day work and



make coming to work a joyful time, even with the challenges.”

Coworkers also have provided support in times of personal challenges. Shortly after stepping into her current role eight years ago, Pfab’s husband was diagnosed with cancer. And earlier this year, Hasse found herself in a battle with breast cancer.

Pfab said her husband is doing well in the years since his treatment, and Hasse is healthy after taking five months away to receive treatment—months she couldn’t wait to get back to work.

“I begged the doctors to let me come back, but with it being winter and the flu going around, they didn’t want to risk it,” Hasse said. “But I was so happy when I returned.”

Both Hasse and Pfab say they are grateful for the support of their coworkers through these periods of adversity and that it serves as a testament that compassion runs deep at Lyngblomsten.

“Here at Lyngblomsten, no matter what challenges you might face and what strengths you do have, we focus on those strengths and work around those challenges to help everyone live the best life possible,” Pfab said.

### **PUSHING AHEAD**

Helping others live their best life possible is the goal each day when Nursing Assistant Francis Mwangi steps out onto the floor of the Fergstad Neighborhood in the care center.

“After we get the morning report, I go to every room that’s in my group to see how the residents are before I start doing anything,” he said.

The one-on-one time with residents is his favorite part of the job. He listens as they tell stories about their lives and ask him about his. Through these visits, Mwangi says he gets to know residents well and that this engagement creates a trust between them that helps him provide the best care possible.


With 12 years at Lyngblomsten under his belt, Mwangi can say with confidence it’s been a great fit for him.

“Lyngblomsten is a very good place to work,” he said. “The management is very open and flexible when it comes to schedule adjustments. And they motivate staff a lot to do the best they can.”

Motivation and innovation help Lyngblomsten stand apart from its peers, whether it’s adopting state-of-the-art technology to provide higher quality healthcare and safer housing experiences or developing new types of services that help older adults age vibrantly on campus and in the community.

But none of that can be accomplished without a dedicated workforce. Hall, who has spent 14 years with Lyngblomsten, has watched the organization continue to innovate to provide opportunities for staff to learn and grow in their roles. These include continued education opportunities and scholarships for employees to earn a degree.

These opportunities contribute to a culture that asks employees to treat one another as family and do their best to support one another and everyone Lyngblomsten serves.

“Once you get the right people in the roles, it’s everybody doing the right things with and for everybody, each and every day, that makes the difference,” Hall said. 



*Interested in becoming part of the Lyngblomsten family? Check out our employment openings at [www.lyngblomsten.org/employment](http://www.lyngblomsten.org/employment) and fill out an application.*

## ***Lyngblomsten preparing for the future with major renovation plus search for second campus site***

By Brandi Jewett

Four years ago, Lyngblomsten created a roadmap to help it navigate increasing demands for housing and services.

Since then, Lyngblomsten has achieved several goals outlined amid its 2015–2020 Strategic Priorities, including the launch of 2nd Half with Lyngblomsten life enrichment centers, the expansion of mobile dining application eMenuCHOICE® to other facilities, and the creation of endowment funds for employee and business development.

“I’m very pleased at the progress that we have made on the initiatives outlined by our strategic priorities,” Lyngblomsten President & CEO Jeff Heinecke said.

Now, the organization’s focus has shifted to two large-scale undertakings: the renovation of its care center and the search for a site for a second campus.

“These are both investments into the future of our organization,” Heinecke said of the initiatives. “The \$9 million renovation is the most substantial investment into the care center since an

expansion in the 1980s. As for the creation of a second campus, as the demand for the services we offer grows, we must also. We’ve heard from our consumers that they wish there was a Lyngblomsten closer to them.”

### ***Second campus***

Meeting an ever-increasing demand for housing and services influences Lyngblomsten’s strategic priorities.

Proposals for a second campus seek to expand Lyngblomsten by building 200 to 248 units of housing and skilled nursing units and continue its priority of creating destination services.

With a landlocked campus in Como Park, Lyngblomsten has approached two cities, Arden Hills and Lino Lakes, about potentially constructing a second campus within their communities.

“We have been encouraged by both the city and neighbor reactions to projects at both sites,” Heinecke said. “While both sites still hold a fair number of challenges, we remain confident in the prospect of one or both working out.”

The proposed site in Arden Hills, a city of nearly 10,000 located to the northwest of St. Paul, would be located adjacent to North Heights Lutheran Church, a Lyngblomsten member congregation since 1975. Under this proposal, land would be purchased from the church and



*A rendering depicting the possible exterior of Lyngblomsten's proposed second campus.*

developed into 100 independent living units, 50 assisted living units, and 50 skilled nursing care units.

Site plans indicate a second campus built in Lino Lakes, a city of 20,000 located north of St. Paul, would be slightly more robust. Included in the proposal for this site are 100 senior independent living apartments, 50 assisted living apartments, 48 skilled nursing care units, and 30 detached townhomes.

Plans for either site include a chapel and a 2nd Half with Lyngblomsten life enrichment center.

Presentations have been made to leaders in both cities, and neighborhood meetings for Arden Hills and Lino Lakes took place in July and August respectively. Heinecke said feedback on the project proposals has been encouraging so far.

“The majority of individuals view Lyngblomsten as a strong and steady provider of services to older adults,” Heinecke said.

Lyngblomsten will continue evaluating the potential of both proposed sites.

## Renovation

Construction on the care center renovation began in July and has made steady progress, according to Care Center Administrator Brenda Johnson. The \$9 million renovation will bring an updated appearance to the care center’s interior while shoring up important infrastructure.

Phase 1 of the renovation got underway in July and includes updating four dining rooms in the care center’s North Building and several resident rooms on the third floor. The overall renovation plans include:

- Updates to resident rooms, including new flooring, paint, lighting, and updated furnishings.
- Remodeling kitchen and dining areas to include fireplaces, 24-hour snack and beverage bars, and additional lounge seating.
- Creation of new multipurpose spaces.
- Remodeling the main lobby, including installation of a fireplace and new lounge areas.
- Creation of an outdoor park-like island near the care center’s main entrance.
- Maintenance and system upgrades.

Construction is expected to wrap up in 2020. **L**



*Upper left: Upgrades to flooring, lighting, and more bring a new look to the Allison Neighborhood in this rendering.*

*Upper right: New landscaping will bring a park-like atmosphere to the Lyngblomsten front entrance.*

*Lower left: A digital screen broadcasting the sky will be a new feature of the Stanford Neighborhood.*

# Volunteers knit comfort one stitch at a time

By Brandi Jewett

Each thread woven into prayer shawls and lap robes knitted by volunteers of Community of Grace Lutheran Church is intended to bring comfort to their recipients.

Lyngblomsten residents and tenants are among those to whom the knitting group gifts the shawls and robes throughout the year. The lap robes, which resemble small blankets, bring the comfort of warmth while the prayer shawls bestow the comfort of peace and God’s love on their wearer.

“We give them to people who are cold, and I’ve given them to some people as a welcome to Lyngblomsten,” said Pastor Kelley Bergeson, Director of Spiritual Care for Lyngblomsten.

The group of knitters meets once or twice each month in White Bear Lake at Community of Grace Lutheran Church, which is a Lyngblomsten member congregation. About 10 people attend each meetup.

“We bring a little treat, drink some coffee, and have a great conversation,” volunteer knitter Arlene Handlos said.

Volunteers have gathered to knit items for various causes for the past five years or so, Handlos added. This includes crafting knitted caps for newborns that are sent around the world by Global Health Ministries.

Several members also sew quilts for the church’s quilt ministry, which donates the blankets to developing countries and for the homeless in the community.

Earlier this year, Bergeson joined the knitting circle for a session to learn more about its members and express gratitude on behalf of Lyngblomsten.

“We just wanted to say thank you for all the blankets and prayer shawls that have been given to us over the years,” she said. **L**



Above: (Left to right) Loretta Peterson, Arlene Handlos, Jill Olson, and Phyllis Wavis are members of Community of Grace Lutheran Church’s volunteer knitting ministry, which gifts prayer shawls and lap robes to Lyngblomsten.

Right: Lap robes crafted by Community of Grace Lutheran Church’s knitting ministry provide comfort to Lyngblomsten residents and tenants.





# Away from Home:



## Caregiver receives support while tending to husband living at Lyngblomsten Care Center

By Brandi Jewett

*Across the United States, more than 44 million people serve as family caregivers. These individuals provide unpaid care for family members and friends in many types of environments, including skilled nursing facilities like Lyngblomsten.*

*Each year, their sacrifices are honored during November, which is designated as National Family Caregivers Month. We'd like to share the story of one caregiver who has found support while caring for her husband living at our care center.*

Shannon Baker's face is a familiar one on the second floor of the Lyngblomsten Care Center.

She spends most of her afternoon visits to the care center with her husband of 51 years, Bill, who's lived at Lyngblomsten since 2010, but you can catch her sharing a laugh with staff in the hallway or volunteering to help residents with activities like yarn club.

"She's not just a caregiver to Bill, she's a caregiver to everyone," said Kris Kempf, Therapeutic Recreation Coordinator for Lyngblomsten.

Being a caregiver wasn't a role Shannon expected to find herself in at this point in her life, but when Bill had a stroke nine years ago that left him unable to speak or write, the couple's world changed forever.

"Bill was actually pretty healthy," Shannon said. "He was physically active and did everything he was supposed to do. It caught us off guard. He had a brain bleed, so this happened very unexpectedly."

Following the stroke, Bill was diagnosed with severe expressive aphasia, the effects of which require him to live in a skilled nursing facility. That transition came with many changes, including Shannon selling the house they shared and

*Shannon Baker (left) is a caregiver to her husband of 51 years, Bill, who has lived in the Lyngblomsten Care Center for nine years following a stroke.*



purchasing a handicap-accessible townhome that Bill now visits for holidays and other occasions.

Caring for someone who doesn't share the same address has been difficult at times, but Shannon said family members and friends have been wonderful in helping her and Bill adjust to their new life over the past nine years.

"What has made it easier for me as a caregiver compared to others is we have a wonderful support system," she said. "We have friends that come visit Bill on a regular basis. His sister comes every week, his brother comes every week."

During Bill's time at Lyngblomsten, Shannon also found resources that help support her as a caregiver. She's participated in 2nd Half with Lyngblomsten's caregiver support group and taken Bill to meetings of the Aphasia Conversation Group that gathers weekly on the Lyngblomsten campus.

Finding support in people with similar experiences is a recommendation that Shannon gives from her caregiving experience. She also encourages caregivers to take time to care for themselves and seek assistance when they can.

"When I see other people who are caregiving, I see them wait too long—they wait too long to ask for help," she said. "Don't keep putting it off till you're so worn out you can't handle it anymore."

Through it all, Shannon and Bill have resolved to make the best of their situation and enjoy the little moments with one another and sharing time with new friends they've met through Lyngblomsten.

"I'm very grateful we're here," Shannon said. **L**

# 2nd Half with Lyngblomsten to offer Caregiver Support Series



A Center for Enriching Lives after 50

Through 2nd Half with Lyngblomsten, adults in the second half of life (ages 50 to 100+) are connected with community services, resources, and opportunities to enhance their quality of life.

One group that 2nd Half with Lyngblomsten serves is caregivers. Its staff is able to provide personalized support and resources to older adults and their caregivers.

Throughout October and November, 2nd Half with Lyngblomsten's Caregiver Support Series invites caregivers to learn more about resources that can assist them on their journey. The events (listed below) are FREE. Choose which sessions work for you. No experience necessary. Registrations preferred; walk-ins welcome. Learn more and register online at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## Caregiver Support Series: Open House

**White Bear Lake:** Tuesday, October 2  
3–4 PM at Redeemer Lutheran Church,  
Fellowship Hall

**Como Park:** Thursday, October 4  
6:30–7:30 PM on the Lyngblomsten campus,  
Community Room

Attend open houses to meet the teaching artists and facilitators who will be leading the Caregiver Support Series sessions this fall.

## Caregiver Support Series: Essential Oils for the Mind, Body, & Spirit

**White Bear Lake:** Tuesday, October 16  
10:30 AM–Noon at Redeemer Lutheran Church,  
Classroom

**Como Park:** Tuesday, October 23  
10:30 AM–Noon at Centennial United  
Methodist Church

Care for your mind, body, and spirit through the use of essential oils and aromatherapy to help with personal needs, including increased energy, more restful sleep, and ways to calm down or lift up your spirit.

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## Caregiver Support Series: HealthRHYTHMS Drumming

**White Bear Lake:** Monday, October 29  
6–7:30 PM at Redeemer Lutheran Church,  
Fellowship Hall

**Como Park:** Thursday, November 1  
2–3:30 PM on the Lyngblomsten campus,  
Community Room

As a caregiver, we invite you to take time to discover your personal rhythm. HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system.

## Caregiver Support Series: Healing Circle

Tuesday, November 6  
10:30 AM–Noon at Centennial United  
Methodist Church

Relax and refresh as you are guided through simple exercises to restore your energy and spirits. Through breathing exercises and guided reflections, this group will help you reconnect to the support of community and your spiritual source.

## Caregiver Support Series: Caring Wellspring

Wednesday, November 14  
1–2:30 PM at Redeemer Lutheran Church,  
Fellowship Hall

Caring for others is a beautiful gift that flows from the heart. Cultivate your inner wellspring for caring through this creative, playful class that nurtures the flow of caring for ourselves and caring for others. Learn simple exercises and gentle movements as antidotes to being run dry.

## Locations:

**Lyngblomsten:** 1415 Almond Avenue, St. Paul  
**Redeemer Lutheran Church:** 3770 Bellaire Avenue,  
White Bear Lake  
**Centennial United Methodist Church:**  
1524 County Road C2 West, St. Paul (Roseville)

## *Respite volunteers bring joy, relief to older adults with memory loss and their caregivers*

By Brandi Jewett

It only takes a few hours a week for volunteers to make a difference in the lives of older adults living with memory loss and their caregivers.

While Lyngblomsten provides many opportunities on its campus for volunteers to make an impact, other programs allow them to serve older adults in the community.

Joy Johnson, a retired pastor, can't help but smile, laugh, and dance when she visits with older adults through Lyngblomsten's respite programs.

"It's a very meaningful way to engage with people one on one," she said. "We're truly blessed to be able to spend each day with them."

Johnson volunteers for 2nd Half with Lyngblomsten's in-home respite program and The Gathering group respite program. The programs create an engaging experience for an older adult, known as a participant, and provide respite for his or her caregiver.

Respite is a service that allows caregivers to step away from their caregiving duties for a short period of time. This temporary relief helps caregivers reduce stress and improve their overall well-being.

Respite also has a positive impact on program participants. The Gathering offers a day each week of brain-stimulating activities for groups of eight to 10 participants, who are paired one-on-one with volunteers like Johnson. The in-home respite program allows volunteers to engage one-on-one with older adults in their homes for a period of two to three hours a week.

"Volunteers think initially that their gift is giving caregivers a break, but then they realize that it's twofold, that the time spent with the participant



*The Gathering participant Kathy Thorson (left) and volunteer Jean Xiong clap hands together as part of an exercise activity at Centennial United Methodist Church in Roseville.*

is very meaningful and enlightening," said Jeanne Schuller, In-Home Respite Program Development Coordinator for Lyngblomsten. "They see that people with cognitive decline can still participate in many activities of life."

The respite volunteering experience has been eye-opening for Jean Xiong, a Century College student studying psychology. Xiong has spent the summer interning with The Gathering site at Centennial United Methodist Church in Roseville.

"I feel like every time I come here, it's a blessing to see how much joy we bring into their lives," Xiong said.

The Gathering is offered through 2nd Half with Lyngblomsten in collaborative partnership with more than 20 churches in the east metro area. 2nd Half with Lyngblomsten's in-home respite program currently is in a pilot phase being tested with a small group of caregivers and participants and is supported by a Live Well at Home grant from the Minnesota Department of Human Services and by the Lyngblomsten Foundation.

Both respite programs rely heavily on a pool of dedicated volunteers to serve their participants.

*continued on page 12*




*The Gathering volunteer Joy Johnson (center), participant Kathy Thorson, and volunteer Jean Xiong watch hobbyists launch model rockets as part of a presentation on rocketry at The Gathering's Roseville site.*



*The Gathering participant Kathy Thorson (left) and volunteer Jean Xiong share a hug before joining other participants and volunteers for a day of activities at Centennial United Methodist Church in Roseville.*

“The programs are totally volunteer-dependent—we couldn’t do this without volunteers,” Schuller said.

Volunteers for both programs receive extensive training and access to resources to help them succeed in their roles.

If becoming a respite volunteer sounds interesting to you, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org). For more information, visit [www.lyngblomsten.org/individualvolunteer](http://www.lyngblomsten.org/individualvolunteer). 

## *Join us for Respite Q&A events!*

Learn more about respite and volunteer opportunities available through Lyngblomsten. Upcoming Respite Q&A visits are open to potential individual volunteers and representatives from corporate, volunteer, or other groups. The visits will be from 10–11:30 AM and include a brief overview of respite and volunteer opportunities, observation of The Gathering group respite program, and question-and-answer session.

- September 20 at White Bear Lake First Presbyterian Church
- October 23 at Salem Lutheran Church in West Saint Paul
- November 13 at Centennial United Methodist Church in Roseville
- December 11 at Woodbury Baptist Church in Woodbury

*If you're interested in serving as an In-Home Memory Loss Respite Companion, attend an upcoming training.*

Tuesday, October 30  
9 AM–3:30 PM at  
Redeemer Lutheran Church  
in White Bear Lake

For more information and to RSVP, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

# Age Boldly with Lyngblomsten tells a story worth hearing

By Brandi Jewett

Since its launch in 2016, 2nd Half with Lyngblomsten has enhanced the lives of many older adults, and Tim Overweg, Director of Community Engagement for Lyngblomsten, wants more people to hear its inspiring story.

2nd Half with Lyngblomsten life enrichment centers help older adults care for their minds, bodies, and spirits through supportive services that include educational programs, wellness and spirituality resources, caregiver support, social programs, and service engagement opportunities.

Recently, the Lyngblomsten Foundation began holding Age Boldly with Lyngblomsten presentations. The 50-minute presentations invite community members to hear the story of how 2nd Half with Lyngblomsten came to be, learn all the ways that older adults can participate, and listen to stories of participants whose lives have been positively impacted.


“We believe those hearing these stories will be moved to support 2nd Half with Lyngblomsten in a variety of ways,” Overweg said. “Some may choose to attend some of the many program offerings, some may choose to volunteer, some may invite others to attend an Age Boldly presentation in the future, and others may choose to become a donor.”

So far, presentations have been hosted at 2nd Half with Lyngblomsten’s Como Park and White Bear Lake sites, but community members should know they don’t have to travel far to hear the story of 2nd Half with Lyngblomsten.

“Age Boldly can be presented at your place of work, to your book club, to your civic group, to your faith community—just about anywhere people are gathering,” Overweg said.

Aside from the presentations, a very special Age Boldly with Lyngblomsten event is on the horizon.

The initiative’s first fundraising luncheon event will be held from 11:30 AM–1 PM on Thursday, November 15, at the White Bear Lake Country Inn. This is a free event where those who attend will learn all about the 2nd Half with Lyngblomsten experience and how vital it is to the communities it serves. While there is no cost to attend, participants will be asked to consider making a donation. See below for more information about the luncheon.

To learn more about Age Boldly with Lyngblomsten and upcoming events, visit [www.lyngblomsten.org/AgeBoldly](http://www.lyngblomsten.org/AgeBoldly). 

## Age Boldly with Lyngblomsten Luncheon

*Join us for the Age Boldly with Lyngblomsten fundraising luncheon to support 2nd Half with Lyngblomsten*

**Thursday, November 15 | 11:30 AM–1 PM**  
White Bear Lake Country Inn  
(4940 State Highway 61, White Bear Lake)

For complete event details and to RSVP, visit  
[www.lyngblomsten.org/AgeBoldlyLunch](http://www.lyngblomsten.org/AgeBoldlyLunch).

*Sponsors (as of 9/6/18):*

**Presenting** (\$2,500):

 **SourceGroup**

**Gold** (\$750):

Northland Securities

# VOLUNTEER OPPORTUNITIES TO ENHANCE THE LIVES OF OLDER ADULTS

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

- **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.
- **Support someone with memory loss:** Participate in activities with residents at the Lyngblomsten Care Center who have memory loss. Examples: help with a baking class or lead a “brain game.”
- **Anna’s café and gifts:** Volunteers play an important role in the operation of the café & gift shop. Scoop ice cream, work as a cashier, and meet the friendly faces of Lyngblomsten community members. Training is provided, and Anna’s volunteers receive 20% off all purchases! Shifts are available Monday–Friday: 8:30 AM–1 PM and 1–4:15 PM. Interested? Contact Deb White at (651) 632-5432.

In June, July, and August, a total of **600 volunteers** (including volunteers for The Gathering and group volunteers) gave **7,500 hours of service.**



## Upcoming New Volunteer Orientations:

- Saturday, October 6, from 10 AM–Noon
- Tuesday, November 13, from 6–8 PM

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).

## MERRY & BRIGHT: HOLIDAY OPEN HOUSE

**Wednesday, November 28**  
**10 AM–3 PM at Anna’s café & gifts**  
**on the Lyngblomsten campus.**

Holiday games, hot chocolate, cookies, and drawings for discounts (10, 20, 30, 40, and 50% off!).

Stop by Anna’s throughout the holiday season for a selection of festive gifts, or drop by for lunch or a snack when you’re on campus: Monday–Friday, 9 AM–4 PM, and Saturday and Sunday, Noon–4 PM.

## Prepare the Way!

*Welcoming the Season of Advent  
at Lyngblomsten*

**Sunday, December 2, at 10 AM**  
Newman-Benson Chapel at Lyngblomsten

Everyone is invited to join us for a special ceremony of prayer, music, and treats as we light the Advent wreath and the chapel Christmas tree. No reservations needed; just come! 10:30 Sunday Worship follows the Advent lighting ceremony.

*The special collection this Sunday will be for  
Hats & Mittens—a local charity that collects hats  
and mittens to provide a warmer winter for 30,000  
children and youth in need.*

*Donate cash or bring hats, mittens, and/or scarves.  
They can be store-bought, handmade, or gently used.*

# Corporate Connections

By Tim Overweg, Director of Community Engagement



Nonprofits typically partner with the corporate world for fundraising, sponsorships, and service opportunities for volunteers. All are helpful and good, and as an organization we are grateful for these alliances. But if we probe just a little bit deeper, we discover something not as measurable as dollars and hours but just as valuable—impact.

*“I think we brought a little bit of joy to three wonderful women.”*

This quote came from a Wells Fargo employee, who—along with 14 coworkers—took care center residents on an outing to Como Zoo & Conservatory. Measuring joy is not something one is taught in measuring class, but we know it when we feel it and when we see it.

In this slow and gentle stroll through Como Zoo, I am quite sure joy was both felt and seen. Impact was on display because a group of individuals, and the organization they work for cared enough to help Lyngblomsten fulfill its mission—preserve and enhance the quality of life for older adults—in the form of joy.

## Give the Gift of Joy this Holiday Season

Corporate groups are invited to help spread holiday cheer and make a difference in the lives of older adults this holiday season. Opportunities include:

- Decorating and tree trimming
- Wrapping gifts
- Hosting a gingerbread and hot toddy social
- And much more!

To find out how your corporate group can make a difference this holiday season or anytime throughout the year, 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).



*Volunteers from UnitedHealthcare (top) and Wells Fargo (right) brought Lyngblomsten Care Center residents to the Como Zoo for some summer fun.*



7. How was your experience at Lyngblomsten meaningful?

I think we brought a little bit of joy to three wonderful women!

### Corporate Volunteer Groups (YTD)

Thank you to the following corporate volunteer groups who have given of their time during June, July, and August 2018!

- 3M Retirees
- APi Group
- Crystal D Creations
- Girl Scouts
- Thomson Reuters
- UnitedHealthcare Medicare & Retirement
- Wells Fargo

# Festival brings day of celebration to Lyngblomsten campus

By Brandi Jewett

Around 1,000 people of all ages celebrated arts and lifelong learning during the annual Lyngblomsten Mid-Summer Festival on July 20.

“The event was a success as attendees were able to see and experience firsthand how Lyngblomsten is empowering older adults to live meaningful lives filled with the arts, lifelong learning, and wellness,” said Andrea Lewandoski, Director of Lifelong Learning and the Arts for Lyngblomsten and lead organizer of the Festival.

Rain showers paid a visit during the last few hours of the event, which meant moving some activities indoors, but they couldn’t put a damper on the fun had by all.

Festival guests had a chance to take in a variety of music and entertainment acts, find their inner artist through make-and-take art activities, view a showcase of art created by older adults, play games, enjoy delicious food, de-stress in the wellness lounge, and have lots of fun along the way.

Working alongside Lyngblomsten staff were 132 volunteers, who gave more than 480 hours of

service to make the day a success, including members from several of Lyngblomsten’s corporate congregations and individuals from corporate volunteer groups.

“On behalf of Lyngblomsten, I want to thank everyone who attended and supported the 2018 Mid-Summer Festival,” Lewandoski said. “It truly was a celebration of arts and lifelong learning.” **L**

## 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



1. A little rain couldn't keep the smiles off of Mid-Summer Festival guests.

2. Festival guests enjoyed a variety of activities, including make-and-take art.

3. Dancers with Zorongo Flamenco take to the stage to perform traditional flamenco dances.





## A Timeless Love Film Screening



**Friday, October 5**  
6:30 PM on the Lyngblomsten  
campus, Newman-Benson Chapel

FREE

*A Timeless Love* is the story of Harvey and his wife, Mary, who has early-onset Alzheimer's disease. The film shows honestly the effects of the disease on Mary, the entire family, and community as it focuses mostly on the tireless work of the caregivers.

After the film, there will be a Q&A session with Lori La Bey, CEO and Founder of Alzheimer's Speaks, and Carolyn Klaver, RN, Community Dementia Care Specialist for Lyngblomsten. Refreshments will be served.

*Sponsored by Lyngblomsten Volunteer Services.*

**RSVPs are appreciated, but not required:**  
(651) 414-5297 or sbeck@lyngblomsten.org.

## Be the Light



**LIGHTS FOR LYNGBLOMSTEN**  
*November–December 2018*

Who has traveled life's journey with you? This holiday season, honor someone who has brightened your days with a gift to Lights for Lyngblomsten. Your tax-deductible donation will help support the mission of enhancing the quality for life for older adults in our community.

Learn more about Lights for Lyngblomsten at **[www.lyngblomsten.org/BeTheLight](http://www.lyngblomsten.org/BeTheLight)**.

Lyngblomsten Foundation



### A Special Giving Opportunity:

Christmas Gift Collection for Residents & Tenants of Lyngblomsten

The Spirit of Giving program strives to provide a personalized gift for each of the 225 residents of the Lyngblomsten Care Center and to the 165 tenants who also live on the Lyngblomsten campus. Your gifts have become a wonderful part of the holiday traditions for our residents and tenants.

**How to participate:** Monetary donations and gift cards will be collected to allow staff to purchase the gift items for Lyngblomsten residents and tenants. For monetary donations, please make checks payable to "Lyngblomsten Foundation."

Bring or mail donations and gift cards to:  
Spirit of Giving, c/o Leigh Emmerich  
Lyngblomsten Care Center  
1415 Almond Avenue, St. Paul, MN 55108

#### Suggested stores for gift cards:

\* Target \* JCPenney \* Walmart \* Kohl's

Monetary donations and gift cards due to Lyngblomsten by **Monday, December 10.**

**Questions?** Contact Leigh Emmerich at (651) 632-5370 or lemmerich@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 caregiving, innovative thinking, problem-solving, and opportunity seeking.

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

### 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:

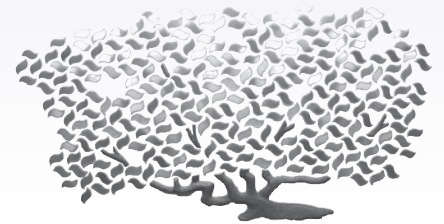
- Influenced by Christ
- Innovation & Leadership
- Resources & Support
- Person-Centered & Dignity-Enhancing Experiences
- Engaged Lifestyle

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

June 1, 2018, through August 31, 2018

## In Memory of

- |                         |                    |
|-------------------------|--------------------|
| Elda Bjork              | Delvert Oftedahl   |
| Marjorie Fowler         | Thelma E. Pedersen |
| Helen Hjelmeland        | Laverne Simle      |
| Richard Hoekstra        | Paul A. Weibel     |
| Alice & Bill Hydukovich | Tsup Y. Wong       |
| Dick Kuettel            |                    |
| Arline Lasky            |                    |
| Marvin Lee              |                    |
| Lois Luedtke            |                    |
| Mae & Andy Margl        |                    |



*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) 632-5326.*

## 2nd Half with Lyngblomsten Resources for Churches

### Older Adult Ministry Forum: Supporting Older Adults in the Midst of Multiple Losses

Loss accumulation and loss overload are all too common for many older adults: death of friends or family members; health adjustments; and postponement of long-held dreams because of changes in budget, safety, or ability levels. It's crucial that volunteer and professional helpers be alert to such losses and assist individuals and families in facing these challenges. *Presenter: Ted Bowman.*

### Tuesday, November 6

9:30 AM check-in; 10 AM–Noon program  
Newman-Benson Chapel at Lyngblomsten  
(1415 Almond Avenue, St. Paul)

**Fee:** \$10/person or \$25/group of 3 or more people from the same congregation. *To sign up as a group, please do so at one time and provide names of all registrants.*

**Registration required** by November 1 to (651) 632-5330 or online at [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

# Events Calendar

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

Unless otherwise noted, register at (651) 632-5330 or [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

## Thursdays, October 11, November 8, & December 13

### Books-Cheese-Wine

5:30–7 PM in the Lyngblomsten Community Room (lower level)

- October 11: Author John Wingate on *Lost Boys of Hannibal: Inside America's Largest Cave Search*.
- November 8: Author Lucy Rose Fischer on *I'm New at Being Old: Close Encounters with the Third Age*.
- December 13: Authors Cecelia MacDonald and Kathryn MacDonald Schneeman on *Running the Cobblestones*.  
\$6. Registration preferred; walk-ins welcome.

## Sunday, October 14

### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring vocalist Paula Lammers accompanied by piano. FREE.

## Sunday, November 4

### President's Dinner

5 PM social hour; 6 PM dinner at Midland Hills Country Club

A special evening with Lyngblomsten President & CEO Jeff Heinecke for donors in the President's Club and Heritage Society. Invitations will be mailed.

## Tuesday, November 6

### Older Adult Ministry Forum: Supporting Older Adults in the Midst of Multiple Losses

10 AM–Noon in the Newman-Benson Chapel at Lyngblomsten

See page 18 for details.

## Sunday, November 11

### Veterans Day Concert

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

See back cover for details.

## November is National Family Caregivers Month

### Thursday, November 15

Age Boldly with Lyngblomsten Fundraising Luncheon  
11:30 AM–1 PM at White Bear Lake Country Inn  
(4940 State Highway 61, White Bear Lake)  
See page 13 for details.

### Thursday, November 22

#### Thanksgiving Service

10:30 AM in the Newman-Benson Chapel at Lyngblomsten  
All are welcome!

### Wednesday, November 28

#### Merry & Bright: Holiday Open House

10 AM–3 PM at Anna's café & gifts  
See page 14 for details.

### Sunday, December 2

#### Prepare the Way! Welcoming the Season of Advent

10 AM in the Newman-Benson Chapel at Lyngblomsten  
See page 14 for details.

### Sunday, December 9

#### Second Sunday Concert

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

A musical performance from MacPhail Center for Music featuring OboeBass performing "The Nutcracker" and other holiday music. FREE.

### Thursday, December 20

#### Candlelight Service

4 PM in the Newman-Benson Chapel at Lyngblomsten

NOTE: The Care Center Resident and Family Christmas Meal follows the service.

### Monday, December 24

#### Christmas Eve Service

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

### Monday, December 31

Year-end gifts due to the Lyngblomsten Foundation

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) 632-5326 or email [mailinglist@lyngblomsten.org](mailto:mailinglist@lyngblomsten.org).

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## Lyngblomsten Community Sage Singers Veterans Day Concert

**Sunday, November 11**

2-3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

**FREE**

Join the Lyngblomsten Community Sage Singers for their Veterans Day Concert featuring patriotic music. Light refreshments served afterwards.

*Please consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten's Music & Memory program.*



### Does your employer match?

Many employers offer programs that match charitable contributions and volunteer hours made by their employees, retirees, and/or employees' spouses.

Your charitable contributions help to support vital programs and services for older adults Lyngblomsten serves on campus and in the community.

For more information and to see if your employer offers a program, visit [www.lyngblomsten.org/matching-gifts](http://www.lyngblomsten.org/matching-gifts) and search our database.

**Have questions?** Contact Tim Overweg, Director of Community Engagement, at (651) 632-5319 or [toverweg@lyngblomsten.org](mailto:toverweg@lyngblomsten.org).