



Lyngblomsten Lifestyle

Spring 2014



STORIES OF LIFE:
care • giv • er
Identifying as a Caregiver

MORE IN THIS ISSUE:
Q & A with Jeff Heinecke, CEO
Avoiding Robotic Faith

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Letter from the Editor

March 14, 2014

Dear Readers,

I usually wait to write my Editor's Letter until the edition is almost ready to go to print. Although I know what's going to be in the edition at least two months prior, somehow it's different to read the magazine cover to cover. I like to reflect a little on the approximately three-month window into the life of Lyngblomsten that each edition presents.

After reading this edition, the word that came to my mind was: **ALIVE!** From dances, fundraisers, concerts, art activities, workshops, and much more, there is so much life and liveliness throughout Lyngblomsten—on our campus and beyond. Yes, folks are dealing with losses and health issues, but they're managing those struggles while still embracing living. Beyond our residents, tenants, and program participants, their families and our employees, volunteers, donors and other supporters also embrace living and help enhance the quality of life for older adults. Our mission is a living mission. It has been for over a century.

March is Women's History Month, and this year's theme is "Celebrating Women of Character, Courage, and Commitment." Not only is that theme relevant today, but it's also a perfect description of the women who founded Lyngblomsten in 1906. One of those women was Anna Quale Fergstad, the person who proposed the idea and then led the effort to build Lyngblomsten. Anna's great-great-niece, Jane Skinner Peck, visited Lyngblomsten this month. Having Jane as a connection to the very beginnings of our organization is quite special. [See Jane's photo on page 10 and meet her at the Legacy Tea Party on May 10 (see page 12 for details).]

Those same words—character, courage, and commitment—describe the growing number of men and women who serve as caregivers for their loved ones. You'll meet caregiver Mary Hunter in our feature story.

Don't just live; leave a legacy!

Patricia A. Montgomery | Editor



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On the Cover: Mary Hunter is a caregiver for her husband Stan, pictured in the photo frame. Read the full story, "care • giv • er," on page 3.

care • giv • er

noun: an unpaid individual (spouse, partner, family member, friend or neighbor) involved in assisting others with activities of daily living and/or medical tasks. According to Family Caregiver Alliance

by Christina Rhein, Marketing Communications Specialist

She helps her spouse balance the checkbook. She calls Dad each morning to make sure he takes his medications. He picks up groceries for a disabled neighbor. Who of these is a caregiver? Although they may not have realized it yet because they are “just” being a good spouse, daughter, son, or neighbor, each of these people has begun the caregiver journey.

According to Leanna Smith from the Metropolitan Area Agency on Aging (MAAA), the definition of a caregiver is “that often unpaid family, friend, or neighbor who is providing support to someone who needs assistance because they are no longer able to carry out their regular activities or tasks, or they simply need support to continue being at home.” While each situation is unique, caregivers are not alone in their journeys. Are you or is someone you know a caregiver, but not yet identified as one?

Why is it important to self-identify as a caregiver? How can caregivers find balance and support to be better able to keep providing care for their loved ones? Here is one story of a family caregiver, her reluctance to identify herself as a caregiver, and the push to get past that hurdle.

Mary Hunter is a mother, wife, grandmother and a caregiver. Ten years ago Mary started her journey as a caregiver for her husband, Stan, who began dealing with memory loss at the young age of 55. But it was not until a few months ago that Mary even identified as a caregiver. “‘Caregiver’ is a label that I’ve resisted, just because the images are of you feeding someone, or dressing someone, or helping them go to the bathroom or things like that ... and I don’t have to do anything remotely like that,” Mary shared.

Thinking about the term “caregiver,” Mary reflected on the question: Could Stan live by himself just as he is right now? “And I thought, yes, but only with multiple supports, including someone to physically check every day to make sure he’s taking his medication and help with many other things, like finances, his schedule, help

finding things,” Mary acknowledged. “But having said that, I think part of the reason why I resisted [the term caregiver] is that he can still do lots by himself. He bikes, he skis, he volunteers, he gardens—and he loves being a grandpa.”

Caregiving happens across a broad continuum. On the less obvious end of that continuum, caregivers do not identify themselves as such. They see themselves as doing what everybody would do for their loved one, fulfilling family norms, helping out, temporarily stepping in and the like. Mary elaborated, “People have a limited connotation of the word caregiver—that you’re only a caregiver if the person you’re helping needs assistance with very basic care such as bathing and eating. And that doesn’t apply to Stan, so I think, well, it counts me out, but that’s not true.” For example, here is a list of some of Mary’s roles as a caregiver for Stan:

- managing medications
- organizing Stan’s calendar
- posting schedules and reminders each day and throughout the day
- handling finances
- locating things when Stan misplaces or is unable to find them, “Chief Finder”
- recordkeeping, or “Historian of Medical Issues” as Stan refers to her
- building morale—Stan’s “morale squad”

In addition to being the Grants and Contracts Manager/Program Developer at MAAA, Leanna was also a caregiver. She agreed that being a caregiver comes so naturally and automatically, it can be difficult to identify, but adds, “seeing yourself in a special role, in a unique role, something kind of outside the norm of your relationship with that person—it helps you see that there may be need for assistance.” Leanna also pointed out, “Caregivers are much more likely to access services only if they identify.”

Another benefit of identifying is that it helps caregivers realize their value. Leanna shared, “If they see that they are in a unique and special role, and valued, I think that’s the other piece too—it’s helping caregivers see

continued on page 4

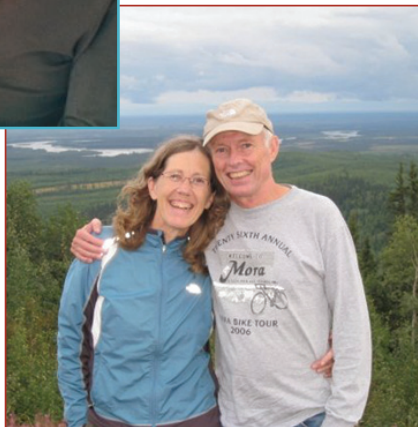
there is value to what they're doing and it's a true contribution."

Although Mary has been attending Lyngblomsten's caregiver support group since last August and has received various forms of support throughout the past few years, she did not identify herself as a caregiver until two months ago. That's when Mary became ill with a bronchial infection. On her sickest day, Stan lost his wallet and was in a state of confusion over it. Normally an incident such as searching for Stan's wallet or reminding him where it might or might not be would not be an issue, but Mary explained, "It was the first time I realized that the kinds of support I give daily actually does take energy. And I had no energy. I guess that's really when I realized."

Self-identifying as a caregiver is one crucial step in the caregiving journey. Once that realization is made, finding support—both informal and formal—may not seem as daunting to think about. Caregiving can be a role with two faces. One face is love, connection, and the growth that comes from meeting difficult challenges. The other face can be burden. How can caregivers care for themselves while still caring for their loved one?



*Stan (Buppa) and
granddaughter
Greta. 2013*



*Stan and Mary,
vacation in
Fairbanks, AK.
2009*

Leanna stated, "One of the things that they can do first for themselves is to give themselves permission to ask for help. That it's okay. That it's a sign of strength if you can reach out and ask for help." While this might be difficult, it is an important step in self-care.

Secondly, finding support and caring for oneself is unique for each caregiver. "I could say that they should

exercise or go to support groups, but each caregiver has to figure out for themselves what it is that gives them something back—something that they're doing for themselves," Leanna stressed. Taking time for themselves and truly making that time is key.

Finally, Leanna discussed the importance of also reaching out and accessing some kind of support—whether it's from a friend or a neighbor or a formal system (like a support group or education session). Getting connected with others for emotional support and information can help confirm caregivers are doing a good job and can help them feel more confident in their role. Most importantly, it can help them feel that they do not have to go through this journey alone.

Mary discussed the benefits she has found from participation in the support group. In addition to being able to come to the group with specific questions, Mary emphasized, "Probably the single biggest thing is I can be completely honest with these people. I don't have to worry like I would when telling one of my kids—is this too much of a burden for them or are they going to think I'm whining? I can say how things really are." Listening to what others bring to the group also helps Mary and at the same time is a way for her to give back—just by lending an ear.

While Mary finds one form of relief in the support group, her family also plays a special role. Mary's parents live nearby and have a close relationship with Stan, and sometimes they will walk or bike together. Stan and Mary's two children also are supportive and have unique roles in the time they spend with their dad. Their son, Ian, looks for opportunities to do activities with Stan such as bird watching, a hobby they both enjoy together. Their daughter, Ellen, takes time to encourage and nudge Stan to get out and exercise and stay physically active, something she knows is important to him.

Mary also makes it a priority to take time for herself in her caregiving journey. "Yoga, music and being a grandma—those are all really good things!" she said enthusiastically. Mary studies yoga philosophy and practice, and that has been a wonderful benefit in her life. She also shared that singing had been a part of her life for a long time. Joining a choir last fall lifted her spirits. While Mary took an early retirement several years ago, she still does freelance editing on a part-time basis. "Now that we have three grandkids and Stan needs a little more help, I'm cutting back on editing. But I hope I can still do a little bit because it's good for my brain!"

Transitioning from working full-time with a hectic schedule to caregiving and living life at a slower pace has been a small struggle for Mary. “I like to be in control, and this situation is a radical loss of control. So it’s taken me a while to get used to,” she admitted. From being a caregiver, Mary has now found some peace in the slower pace of life and the patience that is required. “Stan has always ‘lived in the now,’” she reflected—something Mary is learning to do as well, recognizing the importance of taking things one day at a time or even one hour at a time.

Over 90% of family caregivers become more proactive about seeking resources and skills they need to assist their care recipient after they have self-identified.

National Family Caregivers Association, Survey of Self-Identified Family Caregivers, 2001

Mary’s advice to others who are reluctant to call themselves a caregiver is, “Even if you don’t think the label fits, you can still get some support.” According to Leanna, there are two areas of caregiver support: support for providing the care and support to the individual caregivers in their role. Leanna recognizes that start-

ing the journey can be difficult and that finding support programs is not always easy. “It’s work we have to do to be certain that at all of the different points of contacts that caregivers have—whether it’s at the doctor’s office, their faith community, at the senior center, while they’re getting their hair done—that people know about and can encourage caregivers to go and get connected,” she said.

Caregiving responsibilities will touch most of us at some point in our lives. You can do your best to prepare by becoming educated about caregiving and learning about the support and resources available. After all, being the best caregiver you can be means caring for yourself too.

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

—One of Lyngblomsten’s Guiding Principles

The journey that caregivers experience is just as important as the journey their loved ones they provide care for are experiencing. Lyngblomsten has resources for caregivers and works with other community organizations to enhance the quality of life for caregivers.

Are you a caregiver or do you know someone who is a caregiver? See page 6 for a list of caregiver resources and support services. [L](#)

Dementia Caregivers: Potential Benefits of Joining a Support Group

If you are a caregiver for someone with Alzheimer’s or another type of dementia, you may consider joining a support group as a way to enhance your role as a caregiver and a way to care for yourself. Consider these six potential benefits of joining a support group:

1. A group can remind you that you’re not alone.

Getting together with others can be a reminder that there are others coping with similar challenges.

2. It gives you time off.

Even just that hour or so that you’re away for the meeting is a beneficial thing. That little breather can make a difference in your day.

3. Preparation for what to expect.

Many support groups offer an educational component.

4. Encouragement to each other.

If you’ve been in the same situation someone else is going through, you have the opportunity to encourage that person. Having “been there” and sharing that experience is valuable to others.

5. Accountability.

Support groups can help keep you accountable to maintain balance in your life and take some time off.

6. A safe place to vent.

A support group is a safe place for you to express those feelings you hide from others because you wonder how they will react. You can share your frustration, grief, anger or exhaustion without fear of judgment from those around you.

Tips taken from How Can Support Groups Help Dementia Caregivers? About.com, Health, Alzheimer’s/Dementia, 2012.

See page 6 for Lyngblomsten’s current caregiver support groups. Later this year, Lyngblomsten will start an additional eight memory loss caregiver support groups around the Twin Cities, including a specific support group for deaf caregivers.

To learn more, contact Dorteia Doty, LSW at (651) 632-5333 or ddoty@lyngblomsten.org, or visit www.lyngblomsten.org/caregivers for updates.

Caregiver Support

There are many community services focused on the needs of the caregiver. Below are a few ways to get connected to these caregiver-focused services.

Minnesota Board on Aging—Caregiving

www.mnaging.net/advisor/caregiver

Find information and resource brochures including balancing work and caregiving, holding a family meeting and caring for yourself. Download a free resource booklet and guide.

MinnesotaHelp.info® Caregiver Link

<http://caregiver.minnesotahelp.info>

Find resources on planning ahead, arranging care, managing stress, dealing with family issues, learning new care tasks, and about your role as a caregiver.

Senior LinkAge Line®:

A One-Stop Shop for Minnesota Seniors

1-800-333-2433

This is the Minnesota Board on Aging's free statewide information and assistance service. Get connected with a caregiver consultant in your area and other caregiver planning and support services.

Reading: *Enrich Your Caregiving Journey*

by Margery Pabst & Rita Goldhammer

This book was written to provide emotional and practical help for caregivers in their daily challenges of taking care of others as well as themselves.

Additional Web Resources

Caregiver Action Network: <http://caregiveraction.org>

Family Caregiver Alliance: www.caregiver.org

Metropolitan Area Agency on Aging: www.tcaging.org

MN Live Well At HomeSM: www.mnlivewellathome.org

National Alliance for Caregiving: www.caregiving.org

VA Caregiver Support: www.caregiver.va.gov

Caregiver Resources through Lyngblomsten

Alzheimer's Caregivers Support Groups

Family and friends who have a loved one experiencing Alzheimer's or a related dementia are welcome to attend. FREE; come as often as you are able. Open to the community.

Calvary Lutheran Church, Golden Valley
10 AM | 2nd Tuesday each month
Contact: Becky Clifford at (612) 670-0296

First Presbyterian Church, White Bear Lake
10 AM | 1st Thursday each month
Contact: Joan McGrath at (651) 429-5218

Augustana Lutheran Church, West St. Paul
10 AM | 1st Tuesday each month
Contact: Sherry Simpson at (651) 739-2114

Coordinated through Lyngblomsten's The Gathering, in partnership with the Alzheimer's Association.

Caregivers Support Group

1:30–3:30 PM | 2nd & 4th Wednesday each month
Education, resources and time to talk. FREE, open to the community. Come as often as you are able.
Location: The Heritage at Lyngblomsten
(651) 632-5335 or dbowman@lyngblomsten.org

Family Memory Care Consulting

A service for caregivers living with a family member who has memory loss. To learn more, contact Carolyn Klaver, RN at (952) 261-5235 or cklaver@lyngblomsten.org.

The Gathering

Five hours of respite for caregivers and a day of stimulating activities for their loved ones with a group of others experiencing memory loss. Visit www.lyngblomsten.org/thegathering or contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Parkinson's Support Group

1–3 PM | 1st Thursday each month
FREE, open to the community. Come as often as you are able. See page 14 for more details.
Location: The Heritage at Lyngblomsten
(651) 632-5391 or jhaukom@lyngblomsten.org



Visit www.lyngblomsten.org/caregivers for a directory of additional resources and to learn more about caregiver support and services through Lyngblomsten.

Q & A with Jeff Heinecke, Lyngblomsten President/CEO

In September 2013, Jeff Heinecke took the helm as the new president/CEO of Lyngblomsten. He formerly served as administrator of Lyngblomsten Care Center and has been with Lyngblomsten for eight years.

Jeff holds a B.A. in Public Administration from St. Cloud State University. He is active in long-term care advocacy at the state and federal levels, mentors long-term care administrator students, and is involved with Aging Services of Minnesota. Along with his wife and daughters, Jeff lives in Champlin and attends St. Vincent de Paul Catholic Church in Brooklyn Park.

Q: What brought you to Lyngblomsten 8 years ago, and what has made you stay?

A: After sitting down with Paul Mikelson [former President/CEO], and hearing about Lyngblomsten's commitment to person-centered care, I knew immediately I had found a special place. Now eight years later, the people of Lyngblomsten are the reason I am still here. On a daily basis, I am amazed by their commitment. Our staff, volunteers, and supporters are working together to provide unparalleled compassionate and dignified care.

Q: What has been your favorite part of your new role at Lyngblomsten so far?

A: As Care Center Administrator, a priority was getting to know our staff and residents. Now I have an opportunity to get to know the rest of the people that make up Lyngblomsten—and there are many—including delegates, board members and supporters. I truly enjoy hearing their unique stories of how they became involved with Lyngblomsten.

Q: Outside of Lyngblomsten, with what other organizations are you involved?

A: I am involved with Aging Services of Minnesota, the state's largest association of organizations serving Minnesota seniors. I have served on the Aging Services' Care Center Cabinet and Managed Care Committee, and was recently elected to the Board of Directors for their purchasing group. I believe being active in our association is important. Not only has it assisted in my personal and professional development, but it strengthens the voice of advocacy for seniors.



Q: What do you enjoy most about your time away from work?

A: Spending time with family. I have eight-year-old twin daughters who have plenty of ideas for my spare time! I also enjoy watching any of the four major sports in person or on television. I hope to live long enough to see the Vikings win a Super Bowl.

Q: What is the single most important thing you would like to accomplish in your time as President/CEO of Lyngblomsten?

A: I believe it is important to carry on the tradition of innovative services for the elderly. Innovation was used to establish Lyngblomsten in 1906, and it is the same forward-thinking mentality that has allowed us to maintain our Lyngblomsten identity for over 100 years. Our strong and stable history of innovative leaders have built Lyngblomsten using a “what's next” approach, and it seems to me that approach has served us very well.

Q: What's on the horizon?

A: At some point this summer or early fall we will have a new long-range strategic plan. With help from staff, I have been working diligently on putting together a plan that is consistent with our Board of Directors' vision for the future. The new long-range strategic plan will give us direction in determining the “what's next” for Lyngblomsten.

Little Free Library Mosaic Workshop with Artful Living with Lyngblomsten

The mission of Little Free Libraries is to promote literacy and the love of reading by building free book exchanges and to build a sense of community. Anyone is welcome to stop by and pick up a book (or two) and bring back another book to share. Last fall Lyngblomsten was gifted two Little Free Libraries. One is located at Lyngblomsten's Superior Street Cottages and the other (pictured right) is located on the Lyngblomsten campus near the entrance to the Newman-Benson Chapel and Anna's (1415 Almond Ave, St. Paul).

The Library at Superior Street Cottages was beautifully decorated when we received it ... but now we need to add some life to the Library on campus! Artful Living with Lyngblomsten is working with Resident Artist Anne Krocak to offer a two-day workshop to help decorate the Library with glass mosaic tiles. We invite the community and neighborhood to join us in this project and to leave a piece of their legacy on this public art piece.

Please come with two to four "found objects" such as buttons, jewelry, coins, etc. (no larger than a silver dollar) to include as your personal contribution to the design. Learn all the steps of designing your own glass mosaic and how to create a piece from beginning to end. In addition to decorating the Library, you will have the opportunity to make your own mosaic sun catcher or frame.

Thursday, June 26 & Friday, June 27 • 1-5 PM

5-5-1 Club community center & outside in the Lyngblomsten courtyard
(1415 Almond Avenue, St. Paul, MN 55108)

Fee: \$50, supplies included (limited scholarships available)

Register at (651) 632-5330 or 551club@lyngblomsten.org by June 23.



Little Free Library to decorate in the Lyngblomsten courtyard



An example of glass mosaics at the Lyngblomsten Mid-Summer Festival

Living Well at Home:

Supporting the Older Adults & Family Caregivers in Your Faith Community

Did you know?

There are seven risk factors that predict a permanent move from home to assisted living or a nursing home. Growing numbers of older adults wanting to live longer in the community are using Live Well at HomeSM for risk screening and support.

Attend a Workshop ...

Learn the basics of the model and get a hands-on experience with the Live Well at HomeSM Rapid Screen. Explore how to integrate Live Well at Home into your faith community while supporting older adults and family caregivers to live well at home as they age. This **FREE** workshop is designed for faith community nurses, pastoral staff, and trained faith-based volunteers. *Presenters: Jane Vujovich and Ryan Boosinger from the MN Dept. of Human Services.*

When & Where?

Tuesday, May 13, 2014 | 8:30 AM-Noon
Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul, MN 55108

Register online by May 9 at:
www.lyngblomsten.org/livewellathome

For more information, contact: Mary Nordtvedt,
Lyngblomsten Parish Nurse Ministry Coordinator at
(651) 632-5380 or mnordtvedt@lyngblomsten.org

Made possible by:



Learn more at www.mnlivewellathome.org.

Avoiding Robotic Faith

Seeking Growth—Not Habit, in the Faith of Older Adults

By Ethan Cook, Ministry & Media Specialist

For people of faith, it can be easy to let our faith-life become a robotic cultural habit, something we do simply because we've always done it. We get used to it. It becomes programmed. It becomes mechanized and lacks the feeling it once had.

This tendency can be especially prevalent in older adults whose years of life experience can often lead to engrained spiritual habits and static conclusions of "I'm saved. I go to church. I'm good." For others, they may begin to question for the first time whether or not they are saved. Unfortunately, neither mentality leaves room for something so beautiful—growth.

For humans, faith is not naturally occurring. We are taught to rely on our senses, our gained logic, and the six o'clock news to understand our world. Faith, however, does not rely on these sources of information. It is a spiritual occurrence that can act as a lens through which we view the world in order to understand God's presence and control.

Believe it or not, older adults are especially equipped for continuing to grow a faith lens in their later years because they have something that no other demographic has more of—history. It's simple: older adults have lived longer than any younger demographic; therefore, they have a larger pool of experience from which to recollect and acknowledge God's action in their lives.


By taking this time to acknowledge where God has *shown up* in one's life, it can make it easier to look for and identify where God is *showing up* in one's life currently. This powerful connection can yield

expansion of belief and trust in Him. Such a connection can help return feeling back to prayer, thus growing bigger hopes with healthy expectation. This mentality is alive—not just robotic motion. And if nothing else, an older adult can at least say, "God has gotten me this far in my life, He must still have a purpose for me, so why would He stop providing?"

Time has an amazing ability to wear down a person's faith and motivation. Life's hardships and disappointments can be difficult to overcome, but when looked at through the right lens, time has an amazing ability to actually build up a person's faith and hope. Older adults have time under their belts. It's up to them to decide if it's going to help their faith stay alive or be just another robotic ritual.

Remember Psalm 71:17-20...

Since my youth, God, You have taught me, and to this day I declare Your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare Your power to the next generation, Your mighty acts to all who are to come. Your righteousness, God, reaches to the heavens, You who have done great things. Who is like you, God? Though You have made me see troubles many and bitter, You will restore my life again; from the depths of the earth You will bring me up. You will increase my honor and comfort me once more.

Faith growth can happen at any age, but older adulthood affords a special window. Take advantage. 



Looking for more inspiration to grow your faith and avoid robotic habits? Be sure to check out podcast episodes 12 and 18 on the Older Adult Ministry Network website. These episodes discuss more about using God's history to fuel faith growth

and taking that growth to cultivate bigger prayers. All podcast episodes, including the ones listed above, are available to stream or download for free at www.olderadultfaith.org/archive.



“A Day in the Life” at Lyngblomsten

To celebrate our history, and in honor of Lyngblomsten’s 108th Anniversary on February 17, we captured a moment in time of an ordinary day out and about Lyngblomsten. Ten, fifty, or one hundred years from now, people can look back and see a glimpse of what “a day in the life” at Lyngblomsten looked like.



Lyngblomsten Dietary Aid, Aida Debesay, prepping food in the kitchen.



Apartments tenant Mary Venne getting her hair done by Marilee Mills in the Lyngblomsten Beauty Shop.



Resident Ken Jakes playing cards with his son in the Boss neighborhood dining room.



Jane Peck, Anna Fergstad’s great-great-niece, standing outside *Anna’s* during a visit to campus. The café/gift shop was named in honor of Anna Fergstad, the woman who proposed the idea for Lyngblomsten in 1903.



Resident Lillian Forsberg, from the Auxiliary neighborhood, playing the piano.



St. Paul neighborhoods receive grant to support dementia-friendly work

A local coalition of St. Paul Neighborhoods have received a grant through ACT on Alzheimer's® to support their work in creating a dementia-friendly community. The St. Paul Neighborhood's ACT on Alzheimer's team (SPN ACT) is one of seven community teams in the early stages of building a dementia-friendly community, characterized by being informed, safe and respectful of anyone touched by dementia.

The grant awarded to the St. Paul action team will help them create awareness and provide education by achieving the following priority goals:

- Creating a St. Paul-specific, culturally appropriate resource package to distribute to the community.
- Preparing community members to be *Dementia Friends*, who agree to receive training on interacting with, and if possible, supporting or helping someone with dementia.

As a key organization in leading SPN ACT, Lyngblomsten has been involved in developing train-

ing for *Dementia Friends*. The hope is that through this training, community members will have reduced stigma and improved skills for interacting with people with dementia, and that people with dementia will feel more supported and understood when out in the community.

Resource packets and training opportunities for *Dementia Friends* will be available to the public in Spring 2014. If you are interested in learning more about this community action plan (or for *Dementia Friends* training dates), contact Julie Pfab, Director of Lyngblomsten Home- and Community-Based Services at (651) 632-5331 or jpfab@lyngblomsten.org.

"As the population of Minnesota ages, it's increasingly important to build support systems for people with dementia and Alzheimer's," said Olivia Mastry, executive lead of ACT on Alzheimer's. "The best way to do that is at the community level with people who know it best." More information about ACT on Alzheimer's is available at www.ACTonALZ.org.

Volunteer opportunities to serve those with memory loss and their caregivers

Support Group Facilitators

Does this describe you:

- Good listener, problem-solver, sense of humor
- Comfortable with expressions of emotion
- Knowledgeable or willing to learn about Alzheimer's disease and related dementias and caregiver issues
- Willing to be trained as a volunteer support group facilitator with a commitment of at least one year

Volunteer co-facilitators are needed for new Lyngblomsten Memory Loss Caregivers Support Groups starting at Twin Cities area churches. **Training provided by the Alzheimer's Association.**

For training dates or more info, contact Dortha Doty, LSW at: (651) 632-5333 or ddoty@lyngblomsten.org.

The Gathering

Won't you join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss?

Lyngblomsten's Gathering program meets in nine sites across the metro area offering a day of fellowship and fun activities for those experiencing memory loss, and allowing caregivers five hours of respite. Training is provided to all volunteers.

To learn more about Gathering volunteer opportunities, contact Betsy Hoffman at: (651) 414-5291 or bhoffman@lyngblomsten.org.

Visit www.lyngblomsten.org/thegathering to learn more, and for a list of The Gathering's church partners and program sites.



Mothers, Daughters, Sisters, Grandmothers, Granddaughters, Aunts, Nieces...

You are cordially invited to:

Lyngblomsten Women's Legacy Tea

Legacies of Our Nordic Grandmothers

Date: Saturday, May 10, 2014

When & Where: 2:30–4 PM

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

Cost & Cause: Cost is \$25 for tea, food, and program. All proceeds support the Lyngblomsten Auxiliary Legacy Fund.

RSVP: RSVP by May 2 to (651) 632-5324 or lwestern@lyngblomsten.org

If you are unable to attend the Women's Legacy Tea, but would still like to make a donation to the Auxiliary Legacy Fund, you can do so online at www.lyngblomsten.org/donate.

About:

Jane Peck, descendant of Anna Fergstad who founded Lyngblomsten, will present her one-woman show: "Legacies of Our Nordic Grandmothers."

With dance, slides, acting and monologue, Jane will carry us back to the busy days one hundred years ago when our female ancestors struggled to bring women the right to vote and other humanitarian issues—like creating Lyngblomsten!

Jane has family stories about her great-great aunt, Anna Fergstad, and her involvement in these efforts. We will reflect on the importance of passing on the legacy of women to the next generation. Jane is a choreographer, performer, historian, and professor of dance.



Where are they now?

Bob Ogren, Watercolor Artist, 92 years old



Bob Ogren was featured on the cover of the 2012 Winter/Spring edition of *Lyngblomsten Lifestyle* (left) for his watercolor art and involvement with Artful Living with Lyngblomsten. In December 2013, Bob made the cover of another magazine—the *Journal of the American Veterinary Medical Association* (JAVMA). His watercolor on the cover of JAVMA (right), "Winter Horses," was completed while he was a student of artist Anne Krocak in an Artful Living with Lyngblomsten watercolor painting class.

5.5.1 CLUB Community Education, Wellness & Fun for Life

The 5-5-1 Club is a program proudly supported by Lyngblomsten, promoting wellness and fun through social, cultural, and educational programs for people age 55+ working or living near the 551 zip code areas. **Everyone from the community is welcome!**

Check out the new booklet of May & June programs and events. Download the booklet at www.551club.com or call (651) 632-5330 to request a paper copy.



Opportunities Preview:

- Exploring Poetry
- books-cheese-wine
- Minnesota History Theatre
- Museum Adventures
- Armchair Traveler
- 101 Market, and much more!

Contact: (651) 632-5330 or 551club@lyngblomsten.org

Online: www.551club.com
www.facebook.com/551club



Celebrating the Lyngblomsten Family

by Melanie Davis, Chief Development Officer

After many years of chronic illness and living at home, my father was brought to Lyngblomsten following an acute care hospitalization. Little did we know that when we crossed the threshold of the Lyngblomsten Care Center our family was entering into something much greater—the Lyngblomsten Family. With the 24/7 care my father received in the care center, my mother was able to focus on being a wife and companion to my father, rather than being his (exhausted) primary caregiver. By moving into the apartments on campus, my mother was able to visit my dad at various times throughout the day without ever stepping out into the bitter cold. In addition, she could sleep soundly at night knowing that others were making sure my dad had all he needed, regardless of the hour. Not only did my mother feel relief and support, she also felt the safety and love of her own new caring community.

Lyngblomsten's pledge to support families was, and continues to be, a reality for us. We will always be indebted to the skilled and compassionate staff who provided care for my dad, as well as to the kind and caring volunteers who made so many fun activities and joyful moments possible. Lyngblomsten's commitment to its residents and their families is what drew me to work here. I see that same commitment and passion for life lived out daily through our staff, volunteers, and donors who, through their gifts, make so many services and life-enhancing "extras" possible.

On the evening of February 28, I felt this even more powerfully as I watched almost 100 community members enjoy an Artful Living evening of live jazz music, socializing and dancing for all abilities. As I looked around and saw the joy on people's faces and the beautiful interactions that were happening, I felt such pride and gratitude. This was not only an incredible expression of support to participants and their families, it was in itself a beautiful illustration of the greater Lyngblomsten Family—a family of donors, volunteers, family members and staff who made the evening possible as they wheeled residents, served food, visited and danced their hearts out! The last musician to leave stopped to say, "Thank you for having us here. We play at lots of places [care centers] but this is different. Your people are really happy. This is where I want to come!" That's the Lyngblomsten Family difference! From one grateful family member to the greater Lyngblomsten Family, thank you for all you do to share the journey and to make life as full and happy as it can be! **L**



Community participants and family members danced to live jazz music and socialized at the February 28 Artful Living with Lyngblomsten's Live Music & Dance. See page 19 for the next dance on June 27.



photos by Jim Nash

Lyngblomsten Spring/Summer Volunteer Opportunities

- Assist with tenant/resident gardens
- Help with the Mid-Summer Festival
- Drive the Lyngblomsten bus to medical appointments or local attractions
- Assist residents with transport to in-house appointments
- Play games with residents

For details and other volunteer opportunities with Lyngblomsten, call Lana Western at (651) 632-5324 or email the office at volunteer@lyngblomsten.org.

Fourth Quarter Volunteer Stats

October • November • December (2013):

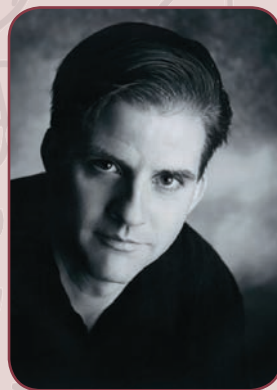
Volunteer Hours

7,617 hours

Number of Volunteers

574 unique volunteers

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



Vocal Tenor
**Andrew
Barrett**

Husby Memorial Concert

Sunday, May 18 at 3:00 PM

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

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

www.lyngblomsten.org | (651) 646-2941

Parkinson's Support Group at Lyngblomsten

For caregivers and people living with Parkinson's or other movement disorders

What is it?

This Parkinson's Disease (PD) Support Group is an informal, self-managed organization of persons with Parkinson's and their caregivers whose purpose is to **share information** and **offer mutual support** in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported.

- informal gathering
- facilitated by social workers
- not a therapy group or class
- self-directed group
- any stage of Parkinson's Disease welcome

Where and when is it?

This is an open group; come as often as you are able. No RSVP required. FREE.

Location: The Heritage 2nd Floor Lounge
on the Lyngblomsten campus
(1440 Midway Parkway, St. Paul)

Time: First Thursday of every month
from 1:00–3:00 PM.

Questions? Contact Jay Haukom, Social Service Coordinator at (651) 632-5391 or jhaukom@lyngblomsten.org.

Join Team Lyngblomsten for "Moving Day"—walk or donate to support people living with Parkinson's Disease

Date: Saturday, May 3, 2014 | **Location:** Hilde Center and Park, Plymouth, MN

Information and How to Register: www.lyngblomsten.org/parkinsonswalk

Learn more about the Parkinson Foundation at www.parkinsonmn.org.



Team Building Through Volunteering

by Shannon Parker, Manager of Corporate Engagement

It is through a collective team effort that makes corporate volunteer opportunities purposeful and possible at Lyngblomsten. Five years ago was the start of inviting corporate groups to volunteer on the Lyngblomsten campus. In 2009, 86 volunteers gave 149 hours of service during the holidays. This was the springboard that led to launching a year-round calendar of events to engage corporations, support and expand staff capacity, and ultimately enhance the lives of our older adults. Last year, 271 corporate volunteers gave 824 hours of service.

“We felt very appreciated and that our help was valued and needed,” said a 2013 Target volunteer. These uplifting opportunities at Lyngblomsten seem to resonate with volunteers as reflected in the number of groups that return to volunteer. “This was a positive experience and was great to be part of,” said a 2013 UnitedHealthcare volunteer, returning for the second year to assist with Mid-Summer Festival setup.

With a couple steps into 2014, now is the perfect time to glance at the calendar and block out time to spend a



UnitedHealthcare volunteers accompanying residents to the Minnesota State Fair for the morning.

couple hours team building while making a difference in the life of an older adult—time well spent. For more information please contact Shannon Parker at sparker@lyngblomsten.org or (651) 632-5358. Interested in engaging further? Please inquire about opportunities to sponsor, donate, or learn. [L](#)

Pre-Set Dates

Casino Day

Successful group volunteering is a sure bet at this event on May 1. Your team members will have a blast running the casino games and interacting with participants. 1–4 PM.

Mid-Summer Festival

Assist with event setup on July 11 in preparation for the community event on July 12. It is a Lyngblomsten tradition summertime must! 10 AM–1 PM or 1–4 PM.

Minnesota State Fair

On August 21, spend a fun-filled morning at the fair with our residents. Lyngblomsten is a short walk to the fairgrounds; volunteers will be placed in smaller groups and accompanied by staff. Two morning shift options.

Blue Ribbon Art Show

A celebration event designed to showcase tenants' artwork. Help make the ribbons, set up, serve refreshments, view the art and socialize. Date flexible in August or September. 1–4 PM.

Flexible Volunteer Dates

Celebrate Holidays Year-Round

Choose a holiday. Join us for a festive activity, craft or game, and social. 1–4 PM.

Big Bingo

Spend an afternoon calling numbers, handing out prizes, or joining the tenants in the game. In-kind donations of \$1 prizes are welcome. 1–4 PM.

Strolls to Como Zoo

Accompany residents on a stroll through nearby Como Park and Como Zoo this spring through summer—a great way to spend a morning or afternoon.

Outdoor Socials

Come set up, serve, and socialize in the courtyard with our tenants and residents this spring and summer at one of the following events (1:30–4 PM):

- Wine & Cheese Social
- BBQ/Lawn games

Thank you to the 271 corporate volunteers who provided 824 hours of service in 2013:

Ignite Sales Management
Medtronic
Merrill Corporation

Schechter Dokken Kanter
Sunset Funeral Home
Target

UnitedHealthcare
U.S. Bank

Gifts to the Remembrance Fund

In Memory or Honor of a Loved One

December 1, 2013 through February 28, 2014
(Does not include gifts to Lights for Lyngblomsten.)



In Memory of

Margaret Auge

Tammy Bartz

Charlotte Bonde

Margaret Eubanks

Ginny Faris

Letha Gulbrandson

Alice Hillstrom

Earl Hobbs

Nora Knudsen

Delores Kuehl

Wil Langer

Helen Lokensgard

Judy Mickelson

Austin Petersen

Roberta Petersen

Joanne Peterson

Gordon Richter

Alice Thoreson

Nina Wadlund

Paul Weibel

In Honor of

Jim and Carol Unger

Mavis Anderson

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.



Donate Online!

Lyngblomsten accepts donations online at:
www.lyngblomsten.org/donate

Donations for the Lyngblomsten Foundation can be gifted to a general fund or a specific Lyngblomsten program or service. Contact Melanie Davis at (651) 632-5356 with questions or to explore other opportunities to give.

Thank you for sharing your gifts and making a difference!



—Stay updated and engaged— www.lyngblomsten.org

Visit Lyngblomsten online to stay updated on current news, to browse the calendar of events and opportunities, or to find resources for a support group or senior ministry (and much more!). You can also find us on Facebook and Twitter:



facebook.com/Lyngblomsten



Follow us @Lyngblomsten_US

You're Invited to...

A Toast to — Lyngblomsten

— INNOVATING FOR A NEW AGE

2014 Lyngblomsten Foundation Benefit

\$100 PER PERSON

\$1,000 VIP TABLE (SEATS 8)

\$1,250 VIP TABLE (SEATS 10)

RSVP by April 18, 2014 to (651) 632-5324, or online at www.lyngblomsten.org/Benefit2014.

Date & Time:

Friday, April 25, 2014 at 5:30 PM

Cause:

Lyngblomsten Programs & Innovation

Location:

Town & Country Club

Event Sponsors
as of 3/10/14

Gold (\$2,500+)

Griffith
PRINTING, INC.



Silver (\$1,000+)

CliftonLarsonAllen

Observances: May is Older Americans Month & Mental Health Awareness Month

May is both Mental Health Awareness and Older Americans Month, an opportunity to shine a light on mental health and older adults.



Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May.

This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. **Learn more at www.acl.gov/olderamericansmonth.**

May is also Mental Health Awareness Month. Mental illness is not a normal part of aging. Mental illnesses are real, common and treatable. An untreated illness like depression can cause isolation, negatively influence physical health and place people at risk for suicide. About 80% of older adults recover from depression after receiving treatment that includes both talk therapy and medication. (Source: *National Alliance on Mental Illness Minnesota*)

Healthy older adults continue to learn, enjoy life and contribute to society. They bring inspiration, knowledge and continuity to the fabric of our communities.

The National Alliance on Mental Illness (NAMI) Minnesota is a non-profit organization that works to improve the lives of children and adults with mental illnesses and their families through its programs of education, support and advocacy. **Learn more by contacting NAMI Minnesota at (651) 645-2948 or 1-888-NAMI-Helps or at www.namihelps.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 PILLARS:

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

Events Calendar

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

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

APRIL is Parkinson's Awareness Month & Volunteer Appreciation Month

Sunday, April 6–Sunday, April 13

Lyngblomsten Volunteer Appreciation Week

Volunteers can stop by the Volunteer Lounge on the Lyngblomsten campus this week for special treats!

Sunday, April 13

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten 2–3 PM in the Newman-Benson Chapel at Lyngblomsten. Featuring Stephanie Wendt, world-class pianist. FREE; open to the public.

Tuesday, April 15

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org. See volunteer opportunities on page 14.

Friday, April 25

Lyngblomsten Foundation Benefit

5:30 PM at the Town & Country Club
A Toast to Lyngblomsten: Innovating for a New Age
More details on page 17 or visit
www.lyngblomsten.org/benefit2014.

Tuesday, April 29

55+ Defensive Driving Refresher Course

1–5 PM at Applewood Pointe of Roseville (1480 Applewood Court W, Roseville 55113)
This refresher course will make you eligible for a 10% discount on your auto insurance for three years. No driving and no test. Taught by the Minnesota Safety Council. Fee: \$17. Register at (651) 291-9150.

Saturday, May 3

"Moving Day" Parkinson's Walk

Location: Hilde Center and Park, Plymouth, MN.
Walk or donate money to Team Lyngblomsten.
Details and registration:
www.lyngblomsten.org/parkinsonswalk

MAY is Older Americans Month & Mental Health Awareness Month

Monday, May 5

The Healthy Brain: Does Your Brain Span Match Your Life Span?

6:30–7:30 PM at Woodbury Baptist Church
(6695 Upper Afton Rd, Woodbury 55125)

Join us for a presentation that will teach you strategies you can take to help ensure a healthier brain based on four things you can do now for mental fitness. FREE; no reservations needed. Presented by The Gathering, a program coordinated by Lyngblomsten.

Tuesday, May 6

Lyngblomsten Corporate Annual Meeting

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

Saturday, May 10

Lyngblomsten Women's Legacy Tea: *Legacies of Our Nordic Grandmothers*

2:30–4 PM in the Newman-Benson Chapel at Lyngblomsten. Proceeds support the Lyngblomsten Auxiliary Legacy Fund. Cost \$25. See page 12 for details.

Sunday, May 11

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten

2–3 PM in the Newman-Benson Chapel at Lyngblomsten. Featuring Andrea Stern with Laura MacKenzie: harp and Celtic music/pipes/voice. FREE; open to the public.

Tuesday, May 13

Living Well at Home: Supporting the Older Adults & Family Caregivers in Your Faith Community

8:30 AM–Noon in the Newman-Benson Chapel at Lyngblomsten. FREE. See page 8 for details.

Thursday, May 15

The Healthy Brain: Does Your Brain Span Match Your Life Span?

6:30–7:30 PM at Lumen Christi Catholic Community
(2055 Bohland Ave, St. Paul 55116)
See May 5 above for description.

Saturday, May 17

New Volunteer Orientation

10 AM–Noon. Registration required:
(651) 632-5324 or lwestern@lyngblomsten.org.
See volunteer opportunities on page 14.

Sunday, May 18

Husby Memorial Concert featuring vocal tenor
Andrew Barrett

3:00 PM in the Newman-Benson Chapel at
Lyngblomsten. FREE. See page 14 for details.

Thursday, June 5

books-cheese-wine

5:30–7:00 PM at the 5-5-1 Club. *Shadows of Time... Minnesota's Surviving Railroad Depots* with author Bill Schrankler. Enjoy wine and cheese at this casual gathering. No required reading. \$5 if registered by June 3 or \$8 at the door. Register: (651) 632-5330 or 551club@lyngblomsten.org.

Thursday, June 5

New Volunteer Orientation

6–8 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org. See volunteer opportunities on page 14.

Sunday, June 8

Second Sunday Concerts with MacPhail Center for Music presented by Artful Living with Lyngblomsten

2–3 PM in the Newman-Benson Chapel at Lyngblomsten. Featuring Gail Olszewski, classical piano. FREE; open to the public.

Tuesday, June 17

New Volunteer Orientation

1–3 PM. Registration required: (651) 632-5324 or lwestern@lyngblomsten.org. See volunteer opportunities on page 14.

Thursday, June 26–Friday, June 27

Little Free Library Mosaic Workshop with Artful Living with Lyngblomsten

1–5 PM at the 5-5-1 Club. Help decorate Lyngblomsten's Little Free Library with glass mosaic tiles and leave a piece of your legacy on this public art piece. See page 8 for more details.

Friday, June 27

Fourth Friday Live Music & Dance

6:30–8 PM in the Newman-Benson Chapel at Lyngblomsten. *Living the Dream* performing classic jazz, swing, and pop hits. FREE. No RSVP required. Questions? (651) 632-5357.

Saturday, July 12

Lyngblomsten Mid-Summer Festival

11 AM–6 PM. Save the date! Everyone is invited to this community event. See back page for more details.

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



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.

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**CHANGE SERVICE
REQUESTED**

Lyngblomsten Mid-Summer Festival

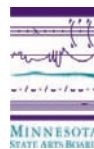
Saturday, July 12, 2014 | 11 AM–6 PM

Fun for all ages!



SAVE THE DATE!

Celebrate summer, Lyngblomsten style, at this community festival. From food, games, and live performances to artist demonstrations and hands-on creative activities, there's something for everyone! All festivities for this family-friendly, budget-friendly event will take place on the Lyngblomsten campus at 1415 Almond Avenue in the Midway-Como area of St. Paul. All are welcome! Join the fun through this festival of arts for ALL ages.



This activity is made possible in part by a grant provided by the Minnesota State Arts Board through an appropriation by the Minnesota state legislature and by a grant from the National Endowment for the Arts.

Visit www.lyngblomsten.org/festival for more details.