



## **January 2022 Programming eBulletin**

Greetings from Lyngblomsten Community Services!

As we come to the end of 2021 and look forward to 2022, the 2nd Half with Lyngblomsten team wishes you good health and many blessings!

This year, nearly 200 participants joined us on Zoom for our online engagement and caregiver support programs. We've learned, laughed, shared, and connected with one another. We've heard from many of you how important these online programs continue to be in your life.

We're grateful for the Lyngblomsten Foundation, whose mission includes raising funds for 2nd Half with Lyngblomsten. One way you can support the Lyngblomsten Foundation is by making a gift to the Lights of Lyngblomsten campaign. Every gift counts, so thank you in advance for your generosity! To make a gift, see information on next page.

Peace and joy,

Julie, Carolyn, Lynn, Lisa, Brittany, and Peggy  
(the 2nd Half with Lyngblomsten team)

# LIGHTS of LYNGBLOMSTEN



*Let Your Light Shine this Holiday Season!*

We need you—your light, your gift—in order to keep creating the best life possible for older adults. Your gift to Lights of Lyngblomsten provides for greatest needs, which includes funding for 2nd Half with Lyngblomsten programs.

[www.lyngblomsten.org/lights](http://www.lyngblomsten.org/lights)

## **Opportunities at a Glance**

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### **Education & the Arts**

- Author! Author! A Plan for the People: Nelson Mandela's Hope for His Nation with Lindsey McDivitt
- Meet Diana Pierce, Former TV News Anchor

### **Social & Outings**

- Can We Talk?

### **Health, Wellness, & Spirituality**

- Stay Healthy and Fit through Juniper Online Classes
- Powerful Tools for Caregivers
- Welcome to Wellness: New 2022 Partnerships and Offerings

### **Resources & Support**

- Caregiver Services
- Memory Loss Caregiver Support Groups

## Education & the Arts

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### **Author! Author!**

#### ***A Plan for the People: Nelson Mandela's Hope for His Nation with Lindsey McDivitt***

***Thursday, January 20 • 3–4:30 PM via Zoom***

Author Lindsey McDivitt writes fiction and non-fiction for children. Her latest picture book is *A Plan for the People: Nelson Mandela's Hope for His Nation* (2021). The book was sparked by a return trip to her birthplace, South Africa, after a gap of 25 years. This stirring picture book biography explores Nelson Mandela's long fight for equality in apartheid-era South Africa as a rallying force against injustice. His courage and determination propelled him through 27 years in prison and decades of struggle. The author will share photographs and details of Mandela's extraordinary efforts to rid South Africa of apartheid while imprisoned on Robben Island.

FREE | Registration preferred by January 13.

### **Meet Diana Pierce**

#### ***It's Not Too Late. You Are Not Too Old***

***Thursday, January 6 • 10–11 AM via Zoom***

Diana Pierce was a TV reporter and anchor for 32 years at KARE 11. Join us as Diana shares highlights from some of the best ideas and community volunteerism that she has learned from her What's Next YouTube series of interviews. Plus, you'll learn more about her travels through national and Minnesota state parks.

FREE | Registration preferred by January 3

## **Social & Outings**

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### **Can We Talk?**

***Tuesdays, January 25–March 1 • 10–11 AM via Zoom***

Join this lively group for conversation and shared wisdom, sprinkled with more than a few laughs! This six-week virtual series is an opportunity to come together to talk, ponder, and learn from each other. We answer the age-old question, “How are you?” each week. Group size is limited to 10; participate through Zoom online or via phone.

FREE | Registration ongoing, no deadline.

## **Health, Wellness, & Spirituality**

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### **Stay Healthy and Fit through Juniper Online Classes**

In partnership with the Faith Community Nurse Network of the Greater Twin Cities, 2nd Half with Lyngblomsten invites you to explore Juniper wellness classes. Juniper is a Minnesota-based organization that brings evidenced-based health and wellness classes to older adults, helping those 60+ stay well, improve their balance, prevent falls, and so much more!

Visit [www.yourjuniper.org](http://www.yourjuniper.org) to learn about opportunities and to register for a class (or two, or three!) that interests you. This month we are highlighting Powerful Tools for Caregivers.

## **Powerful Tools for Caregivers**

***Thursdays, January 20–March 3 • 3:30–5 PM via Zoom***

This weekly class aims to help caregivers take better care of themselves while caring for others. Class includes a free Caregiver HELPBook.

- Improve self-care practices such as exercise, relaxation, and open communication methods
- Improve your ability to manage emotions including reducing guilt, anger, and depression

Increase your self-confidence in coping with the demands of caregiving

Class Leaders: Lynn Amon and Jessica Drecktrah

FREE | donations appreciated.

Registration preferred by January 19.

Special Registration: Register online at <https://yourjuniper.org/Classes/Register/2800> or contact Abby Jessen at [abby@fcntc.org](mailto:abby@fcntc.org) or (651) 204-0904

## **Welcome to Wellness: New 2022 Partnership & Offerings!**

***Thursday, January 13 • 10:30–11:30 AM via Zoom***

We are excited to share with you news of our new community partner: the Faith Community Nurse Network of the Twin Cities!

This means there are new opportunities for programs and classes to support your wellness goals in the new year. Join this Zoom session to learn about upcoming evidence-based wellness programs, meet class instructors, and get your questions answered about which class could be the fit right for you. New year...new you!

FREE | Registration no deadline.

For more information: Contact Lynn Amon, 2nd Half with Lyngblomsten Program Coordinator, at (651) 301-9445 or [lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org).

# Resources & Support

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## Caregiver Services

Are you or someone you know helping an older adult who is your spouse, partner, family member, friend, or neighbor and you're looking to connect for support? Give us a call. Our team of experienced professionals will help you navigate the journey. Our services include:

- **Education & Access to Resources:** Our staff have many years' experience supporting caregivers, so they can provide you with quality educational materials and information about local resources for your caregiving journey, as well as offer strategies for support and self-care.
- **Memory Loss Caregiver Support Groups (online):** Open to persons caring for someone experiencing Alzheimer's disease or a related dementia.
- **Caregiver Coaching:** Our staff are providing caregiver-coaching support to individuals who are providing care to an adult experiencing any form of dementia.
- **The Gathering:** A stimulating in-person program for people living with memory loss that provides four hours of respite for their family caregivers. Caregivers also have the opportunity to connect with staff for educational materials and support, as well as to form a support network with other caregivers. To learn more, visit our website at [www.lyngblomsten.org/thegathering](http://www.lyngblomsten.org/thegathering).
- **Group eRespite:** Our online Group eRespite program provides one hour of engaging, creative programming for persons experiencing memory loss and a break for their caregivers. Multiple sessions held each week in the morning and afternoon. To learn more, visit our website at [www.lyngblomsten.org/eRespite](http://www.lyngblomsten.org/eRespite).
- **Powerful Tools for Caregivers:** A seven-week online class that aims to help caregivers take better care of themselves while caring for others. January 20–March 3 from 3:30–5 PM. See the "Powerful Tools for Caregivers" entry above (under "Health, Wellness, and Spirituality") for more details, including registration information.

For more information about any of our Caregiver Services, email us at [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) or call Lisa Brown at (651) 632-5320. Additional information is available at [www.lyngblomsten.org/caregiving](http://www.lyngblomsten.org/caregiving).

## Memory Loss Caregiver Support Groups

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. All groups are open to caregivers in the community via Zoom (online video communication tool) or telephone. Each session lasts approximately one hour.

- 2nd Tuesday of each month at 10:30 AM
- 3rd Thursday of each month at 10:30 AM
- 4th Tuesday of each month at 10:30 AM
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FREE | Registration required.

To sign up, contact Caregiver Services at (651) 632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)

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## Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. In an effort to keep programs affordable for all, the fees charged cover a fraction of the actual cost to run the programs. We invite you, as you're able, to make a contribution to the Lyngblomsten Foundation so we can continue offering these types of life-enriching programs now and in the future.

*NOTE: When you make your donation to the Lyngblomsten Foundation, designate your gift to "2nd Half with Lyngblomsten" from the drop-down of options. If you prefer to mail your gift, make checks payable to "Lyngblomsten Foundation" and send to Lyngblomsten Foundation, 1415 Almond Avenue, St. Paul, MN 55108.*

### Registration, Payment, & Cancellations

The following registration, payment, and cancellation policies apply ONLY to programs in which registrations are taken through Lyngblomsten. Some programs have special registration instructions through a partner organization.

### Registration:

Register for programs online or by phone.

**Online:** Visit [www.lyngblomsten.org/2ndHalfRegister](http://www.lyngblomsten.org/2ndHalfRegister) to register online for opportunities.

**Phone:** (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

**Payment:**

2nd Half with Lyngblomsten accepts both credit card and check payments.

To pay by credit card: You'll be instructed to enter your credit card information as you register for class(es) online. Sorry, we are not able to accept credit card payments for registrations that are made over the phone.

To pay by check: After registering (online or by phone), make your check payable to Lyngblomsten Services and mail to:

2nd Half with Lyngblomsten  
c/o Julie Pfab  
1415 Almond Ave  
St. Paul, MN 55108

Please indicate the name of the class(es) on the memo line of the check.

**Cancellations & Refunds:**

2nd Half with Lyngblomsten will refund any class that is cancelled due to lack of enrollment or other unforeseeable circumstances. If a participant cancels a registration before the registration deadline, a refund less \$2.00 will be given for credit card payment. If you pay by check, your check will be returned. No refunds will be given after the registration deadline.

**Important Email Information:**

Please use an up-to-date email address to register for courses. Be sure to check your email regularly for important course information, including links to attend. If you have any questions, please call (651) 632-5330 or email [2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org).

**Join Us Online or by Phone**

At this time, 2nd Half with Lyngblomsten is not offering in-person opportunities. All opportunities are being offered online via Zoom and/or by phone.

For opportunities that are offered via Zoom: Prior to the class, you will be emailed a link to attend the class through your computer, tablet, or smartphone.