



# Vital Living News

## April 2022

Vital Living supports an intergenerational community that values and respects everyone, increases understanding and engagement, and focuses on health and well-being for all generations.

### Welcome Spring! Welcome Back to East Side!

With a new season, comes a new set of programs— some of which are back in-person!

Vital Living would like to welcome the community back for our **A Matter of Balance** fall prevention class (April 5-May 24) and **NE Day Spot** caregiver respite program (starting April 22). We are also looking ahead to bring back our **Vital Fitness** all-abilities exercise class later this spring. We are excited to be able to continue online programming too--especially to the people we have been able to connect with all over the state.

Sincerely,  
The Vital Living Team  
Barbara, Carmel, Jennifer, Lisa, Michelle, and Shay

612-787-4086 | [VitalLiving@esns.org](mailto:VitalLiving@esns.org)



*Vital Living is supported in part by a Live Well at Home grant from the MN Department of Human Services.*

### In This Newsletter

- Events:** Lifelong Learning
- Caregiving:** Gain Emotional and Practical Support
- Classes:** Maintain your Well-being
- Engagement:** Connect through Volunteering
- Resources:** Tools for Staying Independent

APRIL 2022						
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28 10:30-11:30a EngagemenT+J Quiz	29 10:30-11:30a Vital Fitness	30 10-11a Treasuring Memories	31 10:30-11:30a EngagemenT+J Quiz			
4 10:30-11:30a EngagemenT+J Quiz	5 10:30-11:30a Vital Fitness	6 10:30-12:30p A Matter of Balance	7 10-11a Treasuring Memories	8 10-11a Treasuring Memories	9 10-11a Treasuring Memories	10 10-11a Treasuring Memories
11 10:30-11:30a Vital Fitness	12 10:30-12:30p A Matter of Balance	13 10-11a Treasuring Memories	14 10-11a Treasuring Memories	15 10-11a Treasuring Memories	16 10-11a Treasuring Memories	17 10-11a Treasuring Memories
18 10-11a Treasuring Memories	19 10:30-11:30a Vital Fitness	20 10:30-12:30p A Matter of Balance	21 10-11a Treasuring Memories	22 10-11a Treasuring Memories	23 10-11a Treasuring Memories	24 10-11a Treasuring Memories
25 10:30-11:30a Vital Fitness	26 10:30-12:30p A Matter of Balance	27 10-11a Treasuring Memories	28 10-11a Treasuring Memories	29 10-11a Treasuring Memories	30 10-11a Treasuring Memories	1 10-11a Treasuring Memories

KEY: @ classes | @ events | @ engagement | @ caregiver support | @ caregiver support | @ caregiver support | @ caregiver support | @ caregiver support | @ caregiver support

**View Vital Living Monthly Calendar**

**You're invited!**  
**Health Across the Lifespan**  
By M Health Fairview  
Community Advancement  
[To learn more](#)

A free, online series designed to help Minnesotans improve their health and wellbeing. Health topics will span an individual's life — early years, young adult, and

## Vital Living Events

### Reimagining Aging Book Club

2nd Saturday of the Month | 9:00-10:00 AM

Via Zoom

Enjoy reading and looking for a friendly group to be a part of? Bring your coffee and join our discussion each month of engaging and enlightening books about what it means to live a vital life today. We will reframe the idea of aging as opportunity — the opportunity to reach out to other generations, share wisdom, and learn new ways of living in the world.

Our next selection is:

**April 9:** Having Our Say: The Delany Sister's First 100 Years by Sarah and A. Elizabeth Delany

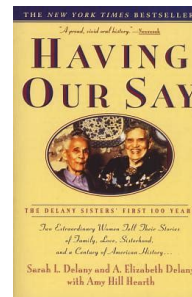
**May 14:** Britt-Marie Was Here by Fredrik Backman

**Jun 11:** TBD

[To register, click here.](#)

Questions? Contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org)

Haven't read the book? Still come and check us out. New to Zoom? We can help you get connected.



### Treasuring Memories

Weekly on Thursdays | March 24-April 14

10:00-11:00 AM | Via Zoom

Treasuring Memories is meant to be a place where everyone can come together to speak about their memories and share stories from their lives.



Each session is led by Vital Living staff offering a story prompt to get the stories started. Tell the stories you would like to share, the wisdom you've gained, or you can also participate without sharing and listen to others share their stories.

Join us on Thursday mornings for a fun and meaningful hour of connection...all from the comfort of your home (thanks to Zoom)! There is no cost to join.

For more info, contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).

"I love the welcoming atmosphere which allows us to feel free to share or just listen if we choose to."

"We have laughed so much and I think people leave feeling good."

-Participants of Treasuring Memories on 1/27/2022

## Vital Living Caregiving

### NE Day Spot

Back In-Person, Starting April 22!

## Weekly on Fridays | 10:00 AM-1:00 PM

NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have reliable respite each week.



Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

Every Friday, this event aims to be a safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

Pre-assessment required to determine eligibility.

Cost: sliding fee scale, \$0-\$45 per day. | Space is limited.

Interested in learning more? Contact Lisa at 612-787-4023 or [LHarrigan@esns.org](mailto:LHarrigan@esns.org).

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## Sleep Issues and Sundowning:

### Causes & Coping Strategies

People living with Alzheimer's and other dementia may have problems sleeping or experience increased confusion, anxiety, agitation, pacing and disorientation beginning at dusk and continuing throughout the night (referred to as sundowning). Although the exact cause is unknown, these changes result from the disease's impact on the brain.



Some common explanations for sleep disturbances and sundowning are:

- Mental and physical exhaustion from a full day trying to keep up with an unfamiliar or confusing environment.
- An upset in the "internal body clock," causing a biological mix-up between day and night.
- Reduced lighting can increase shadows and may cause the person living with the disease to misinterpret what they see and, subsequently, become more agitated.
- Nonverbal behaviors of others, especially if stress or frustration is present, may inadvertently contribute to the stress level of person living with Alzheimer's.
- Disorientation due to the inability to separate dreams from reality when sleeping.
- Less need for sleep, which is common among older adults.

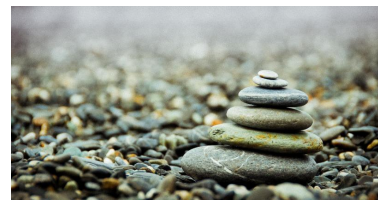
Click [here](#) to learn more.

Excerpted from *What is Sundowning?*, Alzheimer's Association webpage, written by Alzheimer's Association team members.

Photo credits: Image by Lynn Greyling at Pixabay.

## Monthly Support Groups

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations and the joys of caregiving? The East Side Caregiver Support Groups are here to help in any way we can! In these supportive environments you can:



- Get connected to the community resources you need
- Meet and support other people with similar experiences
- Learn self-care strategies and coping techniques
- Vent, share your personal experiences, and leave feeling better for it!

Attendance is open to any adult 18+ years of age who is a caregiver for an older adult. First time participants will need to request a link and password to enter the calls.

### Caregiver Support Group

Wednesday | April 6 | 12:00-1:00 PM

Tuesday | April 19 | 2:00-3:00 PM

Via Zoom

### LGBTQ Caregiver Group

Monday | April 18 | 1:00-2:00 PM

Via Zoom



For more info, contact Shay at [SMackKay@esns.org](mailto:SMackKay@esns.org) or 612-787-4076.

*LGBTQ flag photo credit: Sharon McCutcheon*

*Caregiving Services are funded under contract with Trellis (formerly Metropolitan Area Agency on Aging, Inc.) as part of the Older Americans Act.*

## Vital Living Classes

### A Matter of Balance: Managing Concerns about Falls

Tuesdays | April 5-May 24

10:30 AM-12:30 PM | In-Person

Maintain independence and improve balance! In this award winning class, participants will learn to view falls as controllable, reduce fall risk at home, set goals for increasing activity, and exercise to improve strength and balance. This engaging eight-week program meets weekly on Tuesdays for two hours. As this class will be offered in person at East Side Neighborhood Services, masks will be required and seating will be distanced. Registered participants will receive class information prior to the class start date.



[To register, click here.](#)

Questions? Contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).

Cost share donations accepted based on a sliding fee scale.

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Tai Ji Practice

**Mondays & Thursdays | 10:30-11:30 AM**

**April 28-May 30 | Via Zoom**

Improve your balance, strengthen your muscles and reduce the risk of falling. These one-hour practice sessions meet twice a week. Practice consists of warmup exercises, a mix of core Tai Ji forms and brief cooldown exercises.



**Questions?** Contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).  
Cost share donations accepted based on a sliding fee scale.

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### **Vital Fitness Home Edition**

**Every Tuesday | 10:30-11:30 AM**

**Via Facebook Live or YouTube**

Join East Side's Vital Fitness group! Tune in weekly to the live video happening on East Side's Facebook [page](#) every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, visit our [Facebook](#) or [YouTube](#) pages.



**Questions?** Contact 612-787-4086  
or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).

## **Vital Living Engagement**

### **NE Day Spot Friend**

**Be the reason why someone looks forward to Fridays!**

Time will fly while you are having fun as a friendly respite volunteer.

Spend your day engaged in a wide variety of activities with participants. Training for this position is provided with a focus on working with people experiencing memory loss.



Shifts are Fridays from 9:15AM-1:30PM. We ask that volunteers commit to 2-4 shifts a month so they become a familiar face to participants. Don't hesitate to be this special person that makes a tremendous difference in the lives of people with a chronic condition and their care partners.

Contact Michelle at [VitalLiving@esns.org](mailto:VitalLiving@esns.org) or 612-787-4086.

## **Resources for Vital Living**

**Health Across the Lifespan**  
**M Health Fairview Community Advancement**  
**Wednesdays | April 6-May 25**  
**3:00-4:30 PM | Online Event**



This free, nine-part virtual series is designed to help community members



improve their health and wellbeing. Health topics will span an individual's life — early years, young adult, and senior years. This community-based educational series is open to everyone!

[Register here](#) to participate in the entire series or choose an individual session(s) below.

### Principles of Parenting

Wednesday, April 6: [register here](#)

### Designed to Fall: Meant to Fly — Pediatric Injuries

Wednesday, April 13: [register here](#)

### Grief and Loss in the Young Adult Years

Wednesday, April 20: [register here](#)

### Understanding Suicide

Wednesday, April 27: [register here](#)

### Meet Your Mouth: Dental Care

Wednesday, May 4: [register here](#)

### Talking About What Matters Most: Advance Care Planning

Wednesday, May 11: [register here](#)

### Cancer Prevention and Screening

Wednesday, May 18: [register here](#)

### Ageism — Is Age Really a Number?

Wednesday, May 25: [register here](#)

Contact [Kathryn.Taylor@fairview.org](mailto:Kathryn.Taylor@fairview.org) with questions.

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## Let's Do Lunch Café



Did you know there is a group of local older LGBTQ+ adults that **get together twice a month**? The folks at Let's Do Lunch Café have brought back the program! Their in-person or online lunch get-togethers are an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment. Participants have the option to order a lunchbox "on the house."

Let's Do Lunchbox Café is held at the Danish American Center in Minneapolis every second Tuesday of the month and every fourth Friday of the month from 11:30 AM to 1:30 PM or on Zoom.

To join Let's Do Lunchbox Café and reserve a spot, [please visit their website and sign up](#) for e-mail updates and look for the next zoom/lunchbox invite!

Site location may change based on Covid-19 protocols.

Join their [Private Facebook Group](#), or sign up for e-mail updates.

Let's Do Lunch Café is a [Little Brothers – Friends of the Elderly](#), [Prime Timers MSP](#) and [Rainbow Health](#) (Previously JustUs Health) Partnership, and endorsed by [East Side Neighborhood Services](#).

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## Accessible Transportation

East Side Neighborhood Services provides assisted transportation for older people living in North, Northeast, Southeast Minneapolis and St. Anthony.

We are open for vaccine, medical, social need, and shopping trips. We are also available for small group outings.

Cost: We use a sliding fee

Available: Monday through Friday, 8am - 4pm

Call: Reservation line 612-787-4012



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## Senior Food Shelf Offering Home Deliveries

East Side's Senior Food Shelf is offering no-contact home deliveries for Hennepin County adults over 55 who are unable to visit the Senior Food Shelf. We'll provide a package that includes fresh fruits, vegetables, dairy, frozen meat and other non-perishable food items.



The Senior Food Shelf is open Mon - Fri from 9:30 AM-1 PM at our 1801 Central Avenue NE location, with practices in place to provide food assistance that are safe and meet seniors' unique nutritional needs. Hennepin County residents over the age of 55 with incomes at or below the 300% federal poverty guidelines are eligible to receive food assistance (for a family of one the upper limit is \$3190 per month; family of two is \$4310 a month). Eligible seniors and members of their household are each eligible to receive one package of 25-35 pounds of food each month.

Contact the Senior Food Shelf to see if you are eligible. Please call (612)788-9521 to learn more and to schedule an appointment at the food shelf or to receive a delivery. Leave a message if we're unavailable, and we'll call you back. For more info: <https://www.esns.org/metrofoodprograms>

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## Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation from our Vital Living staff member Liz!

During high stress times, it's too easy to let self-care fall by the wayside. If caregiving for a relative, partner, neighbor, friend, or child is causing you stress, contact our Vital Living team at [VitalLiving@esns.org](mailto:VitalLiving@esns.org) for support and resources.



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## Nutritious Meals Delivered

Eastside Meals on Wheels delivers meals to homebound persons living in NE and SE Minneapolis, and St. Anthony Village. Contact Eastside Meals on Wheels at 612-277-2529 or via email at [info@eastsidemeals.org](mailto:info@eastsidemeals.org) to register.



**EAST SIDE**  
Neighborhood



Services

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[High-Rise Mobile Food Shelf](#)



**East Side Neighborhood Services**

1700 Second Street NE, Minneapolis, MN 55413

612-781-6011 <http://www.esns.org>