



Vital Living News

April 2023

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.

Wellness Fair

Thursday, April 27

9:30am-1:30pm

Join us in person for a day of learning, demonstrations, giveaways, and fun!

We are grateful for the community partners that will be joining us for health screenings, workshops, fun demonstrations, and give aways!

- **Faith Community Nurse Network** will be providing Wellness Screenings.
- **SE Seniors** is hosting Square Dancing.
- **Senior Community Services** has a tablet/laptop giveaway application event and will talk about avoiding online scams.
- **Friends & Co** is leading a workshop on The Power, Purpose, and Pleasure of Friendship.
- **Mid-Minnesota Legal Aid** is hosting Housing and Nursing Home Rights and Medicare/Medical Assistance presentations.
- **Women's Heart** representative Gloria Coles is sharing important information about women's heart health.
- Demonstrations of the Juniper class Tai Ji Quan Moving for Better Balance.

A raffle featuring 5 \$100 grocery store gift cards is open to all attendees plus free food and beverages.

And so much more happening! Our full schedule is listed below. See you at East Side soon!

Sincerely,
The Vital Living Team

In This Newsletter

Classes: Maintain your Well-being

Events: Lifelong Learning

Caregiving: Gain Emotional and Practical Support

Engagement: Connect through Volunteering

Resources: Tools for Staying Independent

APRIL 2023						
M	T	W	T	F	S	S
1	2:30p Care for Caregivers	3	10:30-11:30a Vital Fitness - In Person 10:30p-12:00p Senior Circle	4	12:30p-1:30p Vital Day Spot	5
10	2:30p Care for Caregivers	11	9:30p-10:30p Support Group	12	10:30-11:30a Vital Fitness - In Person 10:30p-12:00p Senior Circle	13
17	2:30p Care for Caregivers	18	2:30p Care for Caregivers	19	11:00a-12:00p Senior Planet Tech Help	20
24	2:30p Care for Caregivers	25	11:00a-12:00p Senior Planet Tech Help	26	10:30-11:30a Vital Fitness - In Person 6:30a-1:30p Retirement	27
MAY 1	2:30p Care for Caregivers	2	11:00a-12:00p Senior Planet Tech Help	3	10:30-11:30a Vital Fitness - In Person	4
						5
						6

KEY: Classes: Maintain your Well-being, Caregiving: Gain Emotional & Practical Support, Events: Lifelong Learning & Engagement, Questions? Contact: 612-727-5446, VitalLiving@eastside.org, EAST SIDE Neighborhood Services

View Vital Living Monthly Calendar

Wellness Screening appointments

Faith Community Nurse Network will have Registered Nurses available for wellness screenings from 9:00am-1:15. Each appointment is 45 minutes and will give you time to talk to a RN about your overall wellness.

To register for an appointment, [click here](#).



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

Vital Living Events

Wellness Fair

Thursday, April 27

9:30 AM-1:30 PM

In-Person

No Cost

Schedule

Schedule

Schedule

Tech Lounge-2nd Floor*

*Handicap Accessible

9:30-10:00 AM Tech Lounge Open House. Learn about new Senior Planet classes.

10:00-11:00 AM Avoiding Online Scams

11:00-Noon Technology Giveaway Application Event

Noon-1:00 PM Avoiding Online Scams

Coffee Room-Room 104

10:00 AM-1:00 PM Caregiving Services Open House. Visit with Caregiving Services Coordinator and connect to resources and people who can support you.

Community Room

9:45-10:40 AM Square Dancing

10:45-11:45 AM Vital Fitness for Every Body sample class

Noon-1:00 PM Tai Ji Quan Moving for Better Balance sample class

Tabling Vendors-Lobby

9:30 AM-1:30 PM

- Volunteers of America
- Women's Heart
- ESNS Transportation
- ESNS Food Program
- Senior Community Service Employment Program
- Friends & Co

Raffle

Receive a raffle ticket for every activity you attend. (5) \$100 grocery store gift cards will be raffled.

NE Bank Room-Room 113

9:30-10:30 AM Housing and Nursing Home Rights with Legal Aid

10:30-11:00 AM Women's Heart Health

11:00-11:30 AM The Power, Purpose, and Pleasure of Friendship

11:30- Noon Women's Heart Health

Noon-12:30 PM The Power, Purpose, and Pleasure of Friendship

12:30-1:30 PM Medicare and Medical Assistance with Legal Aid

Wellness Screenings

Thursday, April 27 | 9:00 AM-1:15 PM

Pre-Registration Required

Ages 65+

No Cost

FAITH COMMUNITY NURSE NETWORK



Take charge of your health and schedule your screening today.

Some of the things that your wellness screening could include are:

- Have the opportunity to learn about your body composition metrics, screen for cognitive changes, or depression on your terms.

- Set Individualized Goals
- Develop a Whole-Person Wellness Plan
- Speak to a Registered Nurse about your overall wellness & barriers you face.
- Get connected to resources in YOUR community that can support your wellness goals
 - Influence programming in YOUR community!
 - Learn about the PEARLS Program
 - Time slots: 9:00, 9:45, 10:30, 11:15, 12:30.

[To register, click here.](#)

Questions? Contact 612-787-4086 or VitalLiving@esns.org.

Vital Living 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 statewide book club online.

As we are all living more days, we explore reframing 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 — through the discussion of engaging books.



April 8: Black Cake: A Novel by Charmaine Wilkerson

May 13: The Language of Flowers by Vanessa Diffenbaugh

June 10: Grandma Gatewood's Walk by Ben Montgomery

July 8: Last Circle of Love by Lorna Landvik

August 12: Close Reading Gathering led by guest facilitator. No pre-assigned readings.

[To register, click here.](#)

Questions? Contact 612-787-4086 or VitalLiving@esns.org

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

Vital Living Classes

Senior Planet Workshops

Wednesdays | 11:00 AM-12:00 PM

April 19, 26, May 3

In-person

SENIOR PLANET
FROM **AARP**

April 19: Tips for Being News Savvy Online

April 26: Protecting Your Personal Information Online

May 3: YouTube: Learn how to use and navigate with ease.

There is no cost to attend these workshops. We will be gathering in our bright and cheerful updated Tech Learning Center at East Side. All materials needed will be provided.

Our Whole Lives (OWL)
Sexuality Education for Older Adults
Thursdays | 10:00 AM-12:00 PM
June 1 - June 29
In-person



OWL is a series of 2-hour workshops over a 5-week period that use exercises and techniques designed to reduce shame, normalize age-related changes, provide information about relationships, and increase awareness of sexual choices. It is a curriculum that takes a values-based, social justice approach to the sexuality of adults in midlife and beyond – recognizing and honoring the diversity of participants with respect to sex, gender identity, gender expression, sexual orientation, and disability.

The topics and issues addressed in the workshops are organized in four broad topic areas: Self-Worth, Sexual Health, Responsibility, Justice, and Inclusivity.

Our Whole Lives is recommended for adults over the age of 50, as well as for caregivers working with older adults. There is no cost for this program but commitment to attendance is required. Space is limited so register now!

To register, contact 612-787-4086 or VitalLiving@esns.org.

This program will be hosted in-person at East Side Neighborhood Services. Transportation available for North, Northeast, and Southeast Minneapolis and St. Anthony Village residents 60+ with cost based on sliding fee scale.

Vital Fitness

Weekly on Thursdays | 10:30-11:30 AM
In-person



Keep moving this winter in a warm and welcoming space. All abilities are encouraged to come. Movements can be done seated or standing.

A wide variety of balance, strength, and flexibility movements will be incorporated into this fun and social group class. Masks and physical distancing will be strongly encouraged. No cost. Pre-registration is helpful for planning purposes but not required.

Questions? Contact 612-787-4086 or VitalLiving@esns.org.

Vital Living Caregiving

Caregiver Support Groups
Wednesday | April 12 | 1:00-2:00 PM
Tuesday | March 25 | 2:00-3:00 PM
Via Zoom

LGBTQ+ Caregiver Group*

*This group is taking a brief hiatus and plans to



return soon online and will be available for statewide participants.

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations, and the joys of caregiving? Our 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 65+. First time participants will need to request a link and password to enter the calls.

Caregiver 1:1 Support

Can't make it to a Support Group? Contact Shay for 1:1 support over the phone, on Zoom, or in-person at times that are convenient for you. When caregiving, it is hard to know what is coming next. We understand that and are here for you.

For more info, contact Shay at 612-787-4076 or SMacKay@esns.org.

Please contact Shay with any questions or if you need the link for the Zoom meetings.

Caregiving Services are funded, in part, under contract with Trellis as part of the Older Americans Act.



NE Day Spot

In-Person Respite

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

Experiencing dementia doesn't have to mean a loss of connection. This is a place for you.



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 a reliable break 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 welcoming space for:

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

Requirements: Pre-assessment necessary to determine eligibility.

Cost: Suggested donation based on sliding fee scale, \$0-\$45 per day. Space is limited.

Covid protocols: Vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

Contact Shay at 612-787-4076 or SMacKay@esns.org for more information.

Vital Living Engagement

Vital Living Volunteer Opportunities

We are a great place to find an outlet for your time and talents. Vital Living volunteers support older adults participating in Vital Living programs. Volunteers 65+ are especially welcome to share their experience and interests.

Some open positions: **Tech Helpers, Dementia-Friendly Respite Volunteers & Activity Leaders, Music Makers** and many more opportunities!



Questions? Contact Michelle at VitalLiving@esns.org or call 612-787-4086.

Resources for Vital Living

Accessible Transportation

East Side Neighborhood Services provides transportation for people 60+ living in North, Northeast, and Southeast Minneapolis and St. Anthony Village.

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

Not sure if you qualify or if your destination is part of our service area? Please call and check. You may be pleasantly surprised.



Cost: Suggested donations based on income

Available: Monday through Friday, 8am - 4pm

Call: Reservation line 612-787-4012

Friends & Co. Coffee Talk

Did you know that just one phone call can make your day? Give it a try!

Coffee Talk is a free drop-in phone line, from Friends & Co. It offers you an easy and instant way to engage with a caring Coffee Talker in conversation.

With words of encouragement and an understanding ear, we are ready to meet you wherever you are on your unique journey.

Using Coffee Talk is as easy as dialing your telephone. It's completely free, and there is no need to worry about giving any personal information or feeling embarrassed about calling. Your privacy is our priority.



If this sounds like you, we invite you to join us at "the table" with your favorite morning beverage to start your day. We guarantee good company and an engaging conversation!

Interested in being a Coffee Talker, we're always looking for volunteers to join

our team!

Hours of Service: Monday – Friday, 8 am-Noon
Contact Ann with Friends & Co. at 612-746-0725.

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 to register or volunteer.



Volunteer Delivery Drivers Needed!

What do delivery drivers do?

Drivers deliver lunch to clients on one of our routes, approximately 40 minutes long. They deliver the hot lunches ready at our office at 11:15 a.m. to 8 to 10 clients in our service area—zip codes 55413, 55414, and 55418. Delivery drivers hand the meal to the client in person and assist them if necessary. As a driver you will get to know the clients on your route and tell us if you notice anything wrong or different with them. We keep an eye out for our clients.

How often would I need to deliver meals?

You can select the amount of time you'd like to commit: one day per week, once a month, or twice a month. We provide delivery training and help learning the route.

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 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 in-person at the at the *Danish American Center* in Minneapolis every 2nd Tuesday of the month & every 4th 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 [Friends & Co \(formerly Little Brothers – Friends of the Elderly\)](#), [Prime Timers MSP](#) and [Rainbow Health](#) Partnership, and endorsed by [East Side Neighborhood Services](#).

Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation! 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 for support and resources.



Vital Fitness Home Edition

Recordings Via YouTube

Improve balance, strength, and coordination with this online all-abilities exercise class. To see previous class recordings, please visit our [YouTube](#) page.



EAST SIDE
Neighborhood



Services

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East Side Resources

[Senior Community Service Employment Program](#)

[Accessible Transportation](#)

[Senior Food Shelf](#)

[High-Rise Mobile Food Shelf](#)



East Side Neighborhood Services

1700 Second Street NE, Minneapolis, MN 55413

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

East Side Neighborhood Services | 1700 Second Street NE, Minneapolis, MN 55413

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