



# Vital Living News

## August 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.

### August is National Wellness Month

It is great to have a whole month to highlight wellness but it isn't a one time event. It's an ongoing practice of small, daily acts that allow us to manage stress, be more productive, and feel happier and healthier.

Here are some ideas for how you can help increase healthy habits, take time for yourself, and focus on the positive.

- Join our Power of Breath workshop August 23 2:00-3:00PM on Zoom
- Write down one thing you are grateful for
- Smile at someone
- Give someone a small token of appreciation like a piece of chocolate or candy
- Notice the sky
- Stretch your hands or feet gently
- Think of a happy memory
- Listen to or hum your favorite song
- Be as kind to yourself as you would be to a friend
- Don't sweat the small stuff

As always, we are looking forward to seeing you throughout the year for classes and events that support your wellness and well-being.

Sincerely,  
The Vital Living Team

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

AUGUST 2022						
M	T	W	T	F	S	S
1 10:30-11:30a Vital Practice		2 8:30p Living Vital w/Overn/Condoct	3 10:30-11:30a Vital Fitness - In Person	4 10:30-11:30a Vital Practice	5 10:30-11:30a Vital Practice	6 9:15a Vital Living Book Club
7 10:30-11:30a Vital Practice	8 10:30-11:30a Vital Practice	9 2:30p Care for Caregivers: Building Knowledge & Skills	10 1:30p Living Vital w/Overn/Condoct	11 10:30-11:30a Vital Fitness - In Person	12 10:30-11:30a Vital Practice	13 9:15a Vital Living Book Club
14 10:30-11:30a Vital Practice	15 1:30p COFFEE Caregiver Support Group	16 2:30p Caregiver Support Group	17 10:30-11:30a Vital Fitness - In Person	18 10:30-11:30a Vital Practice	19 10:30-11:30a Vital Practice	20 10:30-11:30a Vital Practice
21 10:30-11:30a Vital Practice	22 10:30-11:30a Vital Practice	23 2:30p Care for Caregivers: Read & Reflection	24 10:30-11:30a Vital Fitness - In Person	25 10:30-11:30a Vital Practice	26 10:30-11:30a Vital Practice	27 10:30-11:30a Vital Practice
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KEY: @ classes | @ classes | @ classes | @ classes | @ classes | @ classes | @ classes

[View Vital Living Monthly Calendar](#)

Have you got a minute for brain wellness?

Check out this delightful two minute video of a brain exercise called the Pinky Thumb exercise.

[Click here to learn more](#)

# Vital Living Events

## 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 lens of engaging books.

**August 13:** Annual Open Book Chat. Share what you are reading, favorite bookstores, travel ideas, and any other congenial topic on your mind.

**September 10:** The Tiger's Wife by Tea Obreht

**October 8:** The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

**November 12:** The Tie that Binds by Kent Haruf

**December 10:** The Extraordinary Life of Sam Hell by Robert Dugoni

[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 meet us. New to Zoom? We can help you get connected.

# Vital Living Classes

## Returning Favorite!

### Vital Fitness

In-person

Thursdays | 10:30-11:30 AM

Ongoing



We are back! After a long hiatus due to Covid, we are gathering once again for movement and fun. All abilities are encouraged to come. 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](mailto:VitalLiving@esns.org).

## Tai Ji Practice

Mondays | 10:30-11:30 AM

July 11-August 22 | 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. This class is recommended for those who have taken Beginner Tai Ji Quan and want more practice.

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

## Vital Living Caregiving

### NE Day Spot

Respite In-Person

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

Covid protocols include: Masking, weekly testing and up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged for participants but not required.

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

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### **NEW!** Care for Caregivers Series

Weekly on Tuesdays | 2:00 PM-3:00 PM

Make time for yourself on Tuesdays.

Caregiving is stressful and it is difficult at times. Recharge, learn, connect, and reflect each week with a community that understands the commitment of caregiving.

#### September 6 | Self-Care Practice

The 1st Tuesday of each month, practice self-care by learning gentle movements and techniques to help stay healthy and grounded. No workshop on August 2.

**August 9 | Making Respite a Part of Your Life Workshop via Zoom** This month, explore tools for thinking about and planning for respite.

#### August 16| Caregiver Support Group via Zoom

Join our welcoming Caregivers Support Group on Zoom and be a part of a small community of caregivers, sharing stories and support relevant to caregivers daily lives.

## August 23 | The Power of Breath Workshop via Zoom

This month, use breath to reduce stress, and improve physical and mental health. This hour will provide a space to just to slow down and rest.

August 30 | No workshops the 5th Tuesday of the month.

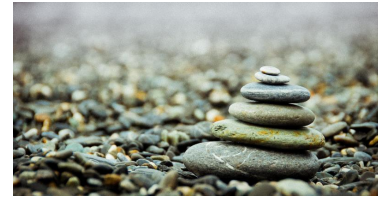
We hope you will get in the habit of joining us on Tuesday afternoons, for any or all of the programs!

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

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## Caregiver Support Groups

We're coming back to in-person meetings this summer, as well as adding some new dates and times. Please contact Shay with any questions or if you need the link for the Zoom meetings.



## Caregiver Support Groups

Monday | August 8| 12:00-1:00 p.m. In-Person at East Side

Wednesday | August 10 | 1:00-2:00 p.m. via Zoom

Tuesday | August 16 | 2:00-3:00 p.m. via Zoom

## LGBTQ+ Caregiver Group

Monday | August 15| 1:00-2:00 p.m. via Zoom

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

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

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## The Surprising Health Benefits of Caregiving

Caregiving makes demands on time, energy, emotions, and relationships. So it might be surprising that a recent study from Johns Hopkins Medicine found that caregivers may live longer.

Those who regularly tended to the needs of a family member enjoyed a nine-month extension in life expectancy-even with the stress and strain of caregiving.



In many cases, caregivers reported receiving benefits like enhanced self-esteem and gratitude from the care recipient. Along with a sense of purpose, staying social, prioritizing one's health, and drawing strength from one's faith were strategies that helped harness caregiving's wellbeing advantages.

[Johns Hopkins article on The Surprising Health Benefits of Caregiving](#)

## 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 9:30AM-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

### Connect 2 Tech

If you have tech questions, we can help.

The only wrong question is the one that never gets asked! No matter the tech question, we want to know what is on your mind.

There are so many tech changes all the time with phones, TVs, and even how we check out groceries and visit the doctor. We are here for you and learning new things every day, too.



Has your health care provider ever asked if you use My Chart to receive medical updates and test results but you aren't sure if you want to use that service?

Check out this video created by Cyber Seniors explaining what it is and how to use it. If your clinic doesn't use My Chart, it probably has a similar service and you may still find this information helpful. Video is about 5 minutes.

### [What is My Chart?](#)

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

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### 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: We use a sliding fee based on income

Available: Monday through Friday, 8am - 4pm

Call: Reservation line 612-787-4012

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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 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.

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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 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 \(Previously JustUs Health\)](#) Partnership, and endorsed by [East Side Neighborhood Services](#).

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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! 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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### 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.



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**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>