



Vital Living News

August 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.

Fighting Fraud

Greetings!

As we take breaks from the summer heat this year, we may notice our phones ringing more often than we like or we keep getting the same spam computer message. While most people have had this happen at some point, it is true that scammers specifically target older adults. Any scam that targets and exploits older adults for monetary gain through financial fraud, identity theft, or any number of tactics is elder fraud-whether it's a stranger or someone close to you.

Among older adults in the US, the yearly cost of financial fraud is estimated to be about \$3 billion, although the number is based on reported events, and not all occurrences are formally documented according to [2020 study from the AARP Public Policy Institute](#) average loss per incident is \$120,000.

The good news is while scammers may be smart, with a few tips and tricks at the ready you can outsmart them!

- If it seems too good to be true, it probably is-trust your gut!
- Never allow someone to rush you into making a decision
- Ask a friend or family for their opinion-sometimes others see what we cannot
- Don't send money orders, prepaid cards, or gift cards to people you don't know
- Don't give your personal information (e.g. social security, credit card, or bank account number) to people you don't know who contact you
- If your bank or credit card company calls you and asks you to provide personal

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

AUGUST 2023						
M	T	W	T	F	S	
	1	2	3	4	5	
	● 2-3p Care for Caregivers		● 10:30-11:30a Vital Fitness - in Person	● 10a-12p NE Day Spot		
7	8	9	10	11	12	
● 11:00a-12:30p Senior Market Tech Class	● 2-3p Care for Caregivers	● 11:00a-12:30p Senior Market Tech Class	● 10:30-11:30a Vital Fitness - in Person	● 10a-12p NE Day Spot	● 5-6a Vital Living Book Club	
		● 2-3p Caregiver Support Group				
14	15	16	17	18	19	
● 11:00a-12:30p Senior Market Tech Class	● 2-3p Caregiver Support Group	● 11:00a-12:30p Senior Market Tech Class	● 10:30-11:30a Vital Fitness - in Person	● 10a-12p NE Day Spot		
21	22	23	24	25	26	
● 11:00a-12:30p Senior Market Tech Class	● 2-3p Care for Caregivers	● 11:00a-12:30p Senior Market Tech Class	● 10:30-11:30a Vital Fitness - in Person	● 10a-12p NE Day Spot		
28	29	30	31	S1P 1	2	
● 11:00a-12:30p Senior Market Tech Class		● 11:00a-12:30p Senior Market Tech Class	● 10:30-11:30a Vital Fitness - in Person	● 10a-12p NE Day Spot		

KEY: ● Classes - Maintain Your Well-Being ● Caregiving - Gain Emotional & Practical Support ● Events - Lifelong Learning & Engagement

Download? Contact: 612.767.4348 info@eastside.org EAST SIDE Neighborhood Services

[View Vital Living Monthly Calendar](#)

Legal Resource Near You

If you or someone you know is 60+ and needs free legal resources Mid-Minnesota Legal Aid can help.

- Suspected Fraud
- Debt collection and unfair loans
- Disability-related cases
- Elder abuse
- Housing discrimination

information, hang up and call back at a phone number you have obtained from a reputable source

For more tips visit:

- [Tips and Tricks for Fighting Fraud](#)
- [National Elder Fraud Hotline](#)

Sincerely,
The Vital Living Team

612-787-4086 | VitalLiving@esns.org



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

- and evictions
- Immigration and citizenship
- IRS tax issues

[Visit Mid-Minnesota Legal Aid here for more information](#) or call 612-334-5970

Vital Living Classes

Senior Planet Tech Classes
Mondays and Wednesdays
11:00 AM-12:30 PM
In-person

SENIOR PLANET
FROM **AARP**

The Vital Living Program at East Side Neighborhood Services is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends. We hope you can join us!

August 7: Affordable Connectivity Program
August 9: Smartphones at a Glance
August 14: Smartphone Photography
August 16: Google Photos

We will be gathering in our air conditioned, bright and cheerful updated Tech Lounge at East Side Neighborhood Services. All materials needed will be provided. No cost for these classes. Must RSVP in advance.

For questions and to register, contact 612-787-4086 or VitalLiving@esns.org.

Vital Fitness
Thursdays Weekly | 10:30-11:30 AM
In-person

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 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 discussion of engaging books.

August 12: Close Reading Gathering led by guest facilitator. No pre-assigned readings. Bring your curiosity and love of language to find a story within you.

September 9: No Time to Spare by Ursula Le Guin

October 14: Housekeeping by Marilynne Robinson

November 11: Kindred by Octavia Butler

December 9: The Midnight Library by Matt Haig

[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 Caregiving

Caregiver Support Groups

Wednesday | August 16 | 1:00-2:00 PM

Every Tuesday | 2:00-3:00 PM

Via Zoom

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.

In-Person Support Group with Respite

Tuesdays | Beginning September 5th | 2:00 PM-3:00 PM

The caregiver support group will now be offered in-person at East Side Neighborhood Services. During the group, we will also offer dementia-friendly



respite care for care receivers.

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.

Please contact Shay with any questions or if you need the link for the Zoom meetings. Shay at 612-787-4076 or SMacKay@esns.org.

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



NE Day Spot

In-Person Respite

Fridays Weekly | 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.

LGBTQ+ Caregiver Group

2nd Thursday of the Month | 3:30-4:30 PM

Via Zoom



Build a support system with people who understand.

This group is specifically designed for LGBTQ+ caregivers who are supporting someone diagnosed with any type of dementia. Co-hosted by Vital Living's Caregiving Services Coordinator, Shay MacKay.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

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

[Click here to learn more about Alzheimer's Association caregiver programs and resources.](#)

Caregiver Newsletter

You might be a caregiver if...

Do you help a neighbor with chronic fatigue around their house? Do you take a friend living in assisted living to doctor's appointments? Do you bring meals to a sibling who finds it hard to cook? Do you call a parent or grandparent every evening to check-in?

You are a caregiver!

And we can be a resource for you. Sign up for our monthly Caregiver Newsletter.

To receive our monthly newsletter, contact Shay at 612-787-4076 or SMacKay@esns.org for more information.

"There are only four kinds of people in the world – those who have been caregivers those who are caregivers those who will be caregivers and those who will need caregivers."
Rosalynn Carter

Vital Living Engagement

NE Day Spot Friend

Volunteer Shifts Fridays 9:30AM-1:30 PM

Join us for 2-4 Fridays a month.

NE Day Spot Friends play an important role during our dementia-friendly NE Day Spot Respite Program. On Fridays from 9:30AM-1:30PM, you will socialize with participants, provide support during activities, and help with set up and clean up. Join us and make a difference in the lives of local adults and caregivers-and have fun doing it! No hands-on care required.

Some of the perks of being a NE Day Spot Friend are:

- Laughing and smiling until your cheeks hurt while swapping jokes and stories in our coffee hour.
- Getting your body moving and grooving for the day with some group stretches.
- Enjoying and participating in musical activities led by talented musicians.



Help give individuals facing dementia a welcoming space they associate with friends and fun. You would also allow caregivers the priceless gift of time—moments to themselves in order to recharge, relax, or accomplish a task. A small window in their week where they can breathe and take a moment for themselves with the reassurance that the person they care for is safely

enjoying themselves too.

Questions about volunteering as a NE Day Spot Friend or additional Vital Living volunteer opportunities contact Caitlin at 612-787-4086 or cenright@esns.org.

Resources for Vital Living

Senior Planet

Senior Planet www.seniorplanet.org has daily online classes via Zoom covering a wide variety of topics and activities. A couple of highlights for August include:

SENIOR PLANET
FROM **AARP**

All Things Zoom

Monday, August 7th 5:00PM-6:00PM

[Online Class Registration](#)

Job Searching in the Digital Age

Tuesday, August 22nd 9:30AM-10:30AM

[Online Class Registration](#)

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

Free Produce Distributions For All Ages and Income Levels

Thursday, August 10 2:00 PM-3:30 PM

Outside of James R Heltzer Manor Hi-Rise
2121 Minnehaha Avenue, Minneapolis, MN
55404

Wednesday August 16 3:00 PM-4:30 PM

Outside of Luxton Park Community Center
112 Williams Ave SE, Minneapolis, MN 55414

Monday, August 28 5:00 PM-7:00 PM

Outside at Van Cleve Park
901 15th Ave SE, Minneapolis, MN 55414



For more information call 612-340-9694

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 Talkers 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.

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.



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 difficult emotions, contact our Vital Living team at VitalLiving@esns.org for support and resources.

[Join Mailing List](#)

East Side Resources

[Senior Community Service Employment Program](#)

[Accessible Transportation](#)

EAST SIDE
Neighborhood



Services

[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

[Unsubscribe pr@esns.org](mailto:pr@esns.org)

[Constant Contact Data Notice](#)

Sent by bjgrilliot@esns.org powered by



Try email marketing for free today!