



# Vital Living News

December 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.

## Dreading Winter?

Maybe. But together, we've got this!

If you live in Minnesota, you know the approaching winter can sometimes feel daunting. The snow shoveling. The shorter days. The icy sidewalks. The positive side is that navigating winter challenges year-after-year allows us to practice good problem-solving skills that serve us well in other areas of our lives. If you are dreading certain aspects of the season, now is the time to get creative and make a plan.

Do the **shorter days** get you down? Look forward each week to the Vital Fitness class in our bright and sunny community room.

Are you **tired of shoveling** and maintaining your large home but want to live independently? We can send you a Senior Housing Guide with all your options in the area or help you use the online version.

Is the **fear of falling** keeping you from doing all the things you want to do in the winter months? Call us for support and discuss options to help you navigate the snow and ice.

Is **winter driving** something you'd like to see in the rearview mirror? We also provide transportation for doctor's appointments, social visits, and errands. Let us drive you door-to-door this winter.

Connect with us this winter. Together, we've got this!

Sincerely,  
The Vital Living Team

## 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

DECEMBER 2022						
NOV 28	29	30	DEC 1	2	3	
10:30-11:30p Register Fall Quiz	10:30a-12:30p A Matter of Balance	1:30p Living Well Connections	10:30a-11:30a Vital Fitness - 20 Person	10:30a-11:30a Register Fall Quiz	10:30a-11:30a Vital Fitness - 20 Person	10:30a-11:30a Register Fall Quiz
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10:30-11:30p Register Fall Quiz	2:30p Care for Caregivers: Being in Our Boots!	4:30p Caregiver Support Group	10:30-11:30p Vital Fitness - 20 Person	10:30-11:30p Register Fall Quiz	10:30-11:30p Vital Fitness - 20 Person	10:30-11:30p Register Fall Quiz
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26	27	28	29	30	31	
ESNS CLOSED						
No Programming this Week						

[View Vital Living Monthly Calendar](#)

## Are you going?

### Holiday Grieving: Judy's Thoughts

The holidays are often a minefield for those who are grieving. Join End in Mind Project and MSP Film Society for a special screening of this film and discussion on managing holiday grief.

## Vital Living Events

### We are Family: LGBTQ+ age 50+ & Friends Tea Dance

Sunday, January 8 | 2:00 PM-5:00 PM  
East Side Neighborhood Services



Have you ever wished to **hit the dance floor with your chosen family** and be home before dark? Do you wish the club had free parking, a line dance caller, your favorite songs, cocoa and tea, and was completely accessible? This party is for you.

From 2:00-3:00 PM we will be joined by long-time **line dance caller**, Michael McGee. (Remember him from your Town Hall days?)

From 3:00-5:00 PM Our DJ will be **playing your requests!** Hit the dance floor or take a break in our quieter room with hot and cold NA beverages.

Tickets are \$10 online, \$12 at the door. We want everyone to be welcome, if you this cost would be prohibitive, contact [aging@rainbowhealth.org](mailto:aging@rainbowhealth.org).

Brought to you by Rainbow Health, East Side Neighborhood Services, and Trellis.

[To register, click here.](#)

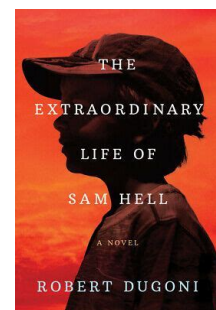
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### Vital Living Book Club

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.

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

**January 14:** Be Frank with Me by Julia Claiborne Johnson

**February 11:** Reading Through a Deeper Lens: A special event with guest facilitator. No prepared reading required but bring your curiosity.

**March 11:** Remarkably Bright Creatures by Shelby Van Pelt

April 8: Black Cake: A Novel by Charmaine Wilkerson

[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.

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## Cold Nights, Warm Reads: LGBTQ+ Author Talks

LGBTQ+ age 50+ Book Club Series

3rd Thursday of the Month | 7:00 PM-8:15 PM

Via Zoom



In sponsorship with Rainbow Health, join us for three months of reads that center the LGBTQ+ experience with warm, cozy stories about love, mystery, and friendship.

We'll be joined by each author for a discussion about the book!

**January 19:** Devil's Chew Toy by Rob Osler

**February 16:** Here for It by R. Eric Thomas

**March 16:** Precious and Adored: The Love Letters of Rose Cleveland and Evangeline Simpson Whipple, 1890-1918

[To register, click here.](#)

Organizer of Cold Nights, Cozy Reads: LGBTQ+ Author Talks is Rainbow Health (formerly known as JustUs Health). They provide comprehensive health services for LGBTQIA+ people, people living with HIV, and folks from underserved communities. They advocate for health equity for those who experience injustice at the intersection of health status and identity. Learn more [at Rainbow Health](#).

## Vital Living Classes

### Soul of Aging

Thursdays | 10:00 AM-12:00 PM

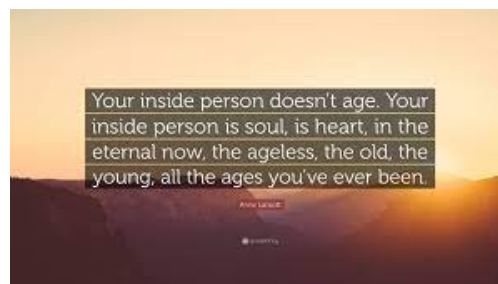
January 19-April 13

In-person

For 12 weeks, this 2-hour program, will creatively approach "the art" of aging intentionally, and the many soulful invitations our maturing years offer us. We will use poetry, story, music, and art to explore aging, all within the fellowship of a trustworthy community.

We will also use the Circle of Trust<sup>®</sup> approach that has been developed through the Center for Courage & Renewal and is designed to create a safe and confidential space where participants support one another in accessing their inner voice.

We will cover themes like: our visions of aging, completion & forgiveness, our relationship with time, how to nurture our mystical nature, and the notion of befriending our own deaths.



To register, contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).

There is no cost for this program. This program will be hosted in-person at East Side Neighborhood Services.

## Vital Fitness

Thursdays | 10:30-11:30 AM

In-person

Ongoing



This is a friendly and welcoming space to get more movement into your day.

We are gathering for movement and fun this fall. 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](mailto:VitalLiving@esns.org).

## Vital Living Caregiving

### Caregiver Support Groups

Wednesday | December 14 | 1:00-2:00 pm

Tuesday | December 13 | 2:00-3:00 pm

Via Zoom

### LGBTQ+ Caregiver Group

Monday | December 19 | 1:00-2:00 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.

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

Can't make it to a Support Group? Contact Shay for 1:1 support.

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

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 include: Up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

Interested in learning more?

Contact Shay at 612-787-4076 or [SMacKay@esns.org](mailto:SMacKay@esns.org).

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## Care for Caregivers Series

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

Via Zoom

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.

### December 6| Being in Our Bodies

This week let's do some Qi Gong to help boost our immune system.

The 1st Tuesday of each month, practice self-care by learning gentle movements and techniques to help stay healthy and grounded.

**December 13|How to Get a Good Night's Rest.** Explore how aging affects sleep, the importance of good sleep, and ways to improve your sleeping habits. The 2nd Tuesday of each month is a chance to learn together.

### December 20| Caregivers Support Group

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. Meets the 3rd Tuesday of each month.

### Returns Next Month | Rest and Reflection

Bring your journal and settle in to do some writing around Autumn and preparing for winter hibernation.

The 4th Tuesday of each month, experience guided meditation, writing, and

breathing. This is space and time to rest and reflect.

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 [SMackKay@esns.org](mailto:SMackKay@esns.org).

## Vital Living Engagement

### Connect 2 Tech

We want to help you get connected!

We recognize that the use of technology is increasing more and more in our day to day lives. This service seeks to educate those who have not had access to technology education or who are just trying to get by in a world that's pushing everyone to "go digital".



We will be holding tech information sessions that include an educational component as well as time for tech help questions.

If you are interested in knowing more, please take our survey found here: [Connect 2 Tech Survey](#)

If you have any questions or want to chat about this program, please contact Michelle at 612-787-4086 or email [mwolney@esns.org](mailto:mwolney@esns.org).

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### 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 are: Tech Helpers, Dementia-Friendly Respite Volunteers & Activity Leaders, Music Makers and many more opportunities! Feel free to reach out.



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

## Resources for Vital Living

### Dementia and Deprescribing Q & A Webinar

Wednesday, December 7 | 2:30 PM-4:00 PM  
Via Zoom



The University of Minnesota School of Public Health has convened two geriatric pharmacists to address your questions and concerns related to living with dementia, prescriptions, and the key issues that often come up.

If you are someone living with dementia, a family member, friend, or

professional with questions about Alzheimer's disease and related dementias and deprescribing, this webinar is for you.

[For more information and to register, click here.](#)

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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 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."



Special December programming

## Tis the Season to Celebrate your Brightness!

Join us for a festive afternoon of great food, company, and entertainment!

Be Entertained by the Twin Cities' Cabaret Queen Mistress Ginger is a dynamic Twin Cities performer who bridges drag queen and vintage cabaret diva. With a passion for storytelling through song, she relishes taking her audiences on whimsical journeys full of heart and imagination – plus the occasional fan kick!

### Let's Do Lunch Holiday Celebration at Father Harry's Place

Friday, December 9th

Noon to 3 PM

1350 Thompson Avenue (Thompson Heights),  
South St. Paul, MN 55075

Invite a friend, and let's enjoy the season!

Questions, contact Dennis @ **612-746-0753**

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](#).

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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

[Join Mailing List](#)

### 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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