



Vital Living News

February 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.

It's All Connected

Well-being is a popular term that goes beyond the traditional focus on wellness or physical health.

When well-being is used, it takes into account the whole person with an understanding that all aspects of well-being—physical, emotional, and social—are intertwined and impact one another. Because elements of our health are interconnected, it's likely that a struggle in one area negatively impacts other areas of well-being and, conversely, positive support in one area positively benefits other areas of our well-being.

Vital Living is offering a wide variety of opportunities this year to support you as a whole person.

- Soul of Aging classes focus on the soulful purpose of aging.
- OWL classes explore sexual health education for older adults.
- Intergenerational connection through volunteering.
- Mental health support with PEARLS (Program to Encourage Active Rewarding Lives) to develop skills to know what depression is (and is not) and how to lead a more active life as an older adult.
- Social and emotional support for people experiencing dementia and their caregivers.
- Brain health and socializing with the Vital Living Book Club.
- Experience more flexibility, strength, and endurance with online Tai Ji Quan or in-person Vital Fitness classes.

Your well-being is important to us! We hope to see you soon.

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

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6 10:30-11:30am Practice Tai Ji Class	7 2-3pm Owl for Caregivers: Being in Our Boots	8 1-2pm Caregiver Support Group	9 10:30-11:30am Vital Fitness - 10 Person	10 10:30-11:30am Vital Fitness - 10 Person	11 9-10am Vital Living Book Club	
12 10:30-11:30am Practice Tai Ji Class	13 2-3pm Owl for Caregivers: Building Knowledge and Skills	14 10:30-11:30am Vital Fitness - 10 Person	15 10:30-11:30am Vital Fitness - 10 Person	16 10:30-11:30am Vital Fitness - 10 Person	17 10:30-11:30am Vital Fitness - 10 Person	18 10:30-11:30am Vital Fitness - 10 Person
19 1-2pm OWL for Caregiver Support Group	20 10:30-11:30am Practice Tai Ji Class	21 2-3pm Caregiver Support Group	22 10:30-11:30am Vital Fitness - 10 Person	23 10:30-11:30am Vital Fitness - 10 Person	24 10:30-11:30am Vital Fitness - 10 Person	25 10:30-11:30am Vital Fitness - 10 Person
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KEY: **Class** - Maintain your Well-Being | **Event** - Gain Emotional & Practical Support | **Event** - Lifelong Learning & Engagement | **Download Content** - Click on icons to download content | **EAST SIDE** - 1000 15th St NE, Seattle, WA 98109

[View Vital Living Monthly Calendar](#)

Intergenerational Well-being

Ways Parents and Grandparents Can Support Their Twentysomething Family Members

Clinical psychologist Meg Jay has a bold message for twentysomethings: Contrary to popular belief, your 20s are not a throwaway decade. She gives three pieces of advice for how twentysomethings

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.

can reclaim adulthood in the defining decade of their lives and how we can support them. Click below to view Ted Talk.

[Why 30 isn't the new 20.](#)
[\(Video 14 minutes\)](#)



Vital Living Classes

Soul of Aging

Thursdays | 10:00 AM-12:00 PM

January 19 - April 13

Registration closes February 1

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[®] 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.

Some themes we will cover: 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.

There is no cost for this program. 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.

Your inside person doesn't age. Your inside person is soul, is heart, in the eternal now, the ageless, the old, the young, all the ages you've ever been.

Anne Lamott

Our Whole Lives (OWL)

Sexuality Education for Older Adults

In-person

LGBTQ+ Sessions

Mondays | 3:00 PM-5:00 PM

March 6 - May 8



Open to All Sessions:

Cohort forming soon. Call for more information.

OWL is a series of 2-hour workshops over a 10-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.

Tai Ji Practice

Mondays | 10:30-11:30 AM

February 6 - March 20

Via Zoom



Improve your balance, strengthen your muscles and reduce the risk of falling. These one-hour practice sessions meet once 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. Cost share donations accepted based on a 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 Events

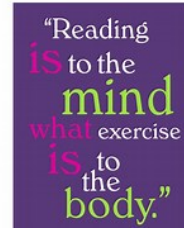
Vital Living Book Club

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.



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

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

Why should you join us this month for a deep reading activity?

"Deep Reading" is good for brain health (and it will be fun)!

Stanford University researchers concluded when you are deep reading, you are absorbing language rich in detail, allusion, and metaphor. This style of reading works to engage the parts of the brain that allow the reader to feel as though they are experiencing the event and boosting levels of empathy because readers practice reflection, analysis, and personal subtext. Light reading lacks these meaningful attributes. They found that close literary reading gives your brain a workout in multiple complex cognitive functions. And while simple pleasure reading increases blood flow to different areas of the brain, deep reading proves to be more of an effective brain exercise.

Vital Living Caregiving

Caregiver Support Groups

Wednesday | February 8 | 1:00-2:00 PM

Tuesday | February 21 | 2:00-3:00 PM

Via Zoom

LGBTQ+ Caregiver Group

Monday | February 20 | 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.

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.

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.

February 7 | 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.

February 14|Living with Purpose. Explore how caregiving affects our purpose in life and the importance of having a purpose that may be beyond caregiving. The 2nd Tuesday of each month is a chance to learn together.

February 21| 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.

February 28 | Rest and Reflection

Bring your journal and settle in to do some writing around winter and preparing for the gifts of the season. 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 SMacKay@esns.org.

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.

Additional Resources

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 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.

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](#).

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>

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.



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Neighborhood



Services

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East Side Neighborhood Services

1700 Second Street NE, Minneapolis, MN 55413

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

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