



Vital Living News

January 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.

Soul of Aging A New Year Reflection

Do we only start aging when we become a certain age? No, of course not. We are all aging and living more days (with hopefully many more to come).

A focus in Vital Living is to reframe aging not as something to dread or deny but as a process that, although complex, has great value and opportunity especially when we reach our 60s and beyond.

Several years ago, the Vital Aging Book Club read *The Gift of Years* by Joan Chittister. It has short essays that reflect on how we define ourselves after the shift from active parenting or working adult to becoming an elder. The season when we stop "doing" and start "being".

As a new year begins, consider this excerpt:

"The world has been upside down for so long, it is almost impossible to believe anymore that the meaning of life is not about doing.

The notion that it is about being--being caring, being interested, being honest, being truthful, being available, being spiritual, being involved with the important things of life, of living--is so rare, so unspoken of, as to be obtuse." And yet, this is the gift more years gives us.

Let's talk more about it.

Explore your meaningful life with us in 2023. Join us for **Soul of Aging** starting Thursday, January 19 from 10:00am-12:00pm through April 13 in-person at East Side.

Happy New Year,
The Vital Living Team

612-787-4086 | VitalLiving@esns.org

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

JANUARY 2023						
1	2	3	4	5	6	7
ESNS CLOSED	2:30pm-4:00pm Congregational Bible Study			10:00am-11:30am Virtual Wellness	10:00am-11:30am Virtual Wellness	SUN 8 @ 2:30pm ESNS CLOSED
	8:30am-10:00am Congregational Bible Study	11:00am-12:00pm Congregational Support Group		10:00am-11:30am Virtual Wellness	10:00am-11:30am Virtual Wellness	8:30am-10:00am Virtual Wellness
				10:00am-11:30am Virtual Wellness	10:00am-11:30am Virtual Wellness	8:30am-10:00am Virtual Wellness
ESNS CLOSED FOR MILK DAY	2:30pm-4:00pm Congregational Bible Study			10:00am-11:30am Virtual Wellness	10:00am-11:30am Virtual Wellness	8:30am-10:00am Virtual Wellness
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[View Vital Living Monthly Calendar](#)

Take a Deeper Dive

Who do You Want to be when You Grow Old: The Path of Purposeful Aging by Richard Leider

Richard Leider is an author and work life coach. He says all people want to find their gifts and share them with communities. But the question is always — how?

[Take a listen](#)

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[®] 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.

Registration closes January 26.

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

Vital Fitness

Thursdays | 10:30-11:30 AM

In-person

Ongoing

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

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.

Brought to you by Rainbow Health, East Side Neighborhood Services, and Trellis. **Get your tickets this week!**

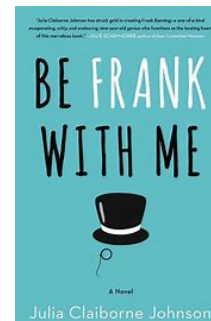
[To register, click here.](#)

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.

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

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

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 Caregiving

Caregiver Support Groups

Wednesday | January 11 | 1:00-2:00 PM

Tuesday | January 17 | 2:00-3:00 PM

Via Zoom

LGBTQ+ Caregiver Group

Monday | January 23 | 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.

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 SMackKay@esns.org.

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

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 SMackKay@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.

January 3| 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.

January 10|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.

January 17| 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.

January 24 | 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 SMackKay@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

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.



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



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.



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
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