



Vital Living News

July 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.

Summer Outings

The warmth of July brings people together for all kinds of activities indoors and out.

If someone in your life has dementia or sensory sensitivities, there are a variety of events and museums that take the needs they may have to be comfortable into account.

- Relaxed performances at the Guthrie Theater. A relaxed performance is a burgeoning theater offering intended to be judgment-free, low-key, and welcoming to audience members who may benefit from a more relaxed environment.
- The Minnesota Orchestra offers special concerts and events for music lovers with autism or sensory sensitivities in a relaxed environment, typically in the open space of Target Atrium at Orchestra Hall.
- The Como Park Zoo and Conservatory offers free Senior Strolls several mornings a month through September. Adults 55+ and up to 5 guests are admitted from 9am-10am before they open to the public. [Register for Senior Strolls here.](#)

If you are adapting an activity for someone with dementia:

- Plan outings for the time of day when the person is at his or her best.
- Keep outings from becoming too long. Take note of how tired the person gets after a certain amount of time. Bring the person home before he or she becomes overtired.
- Call ahead to the venue and find out when they are not as busy. Weekdays after lunch can be a good time to visit most museums.

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

JULY 2023						
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KEY: ● Classes ● Caregiving ● Events
● Maintain Your Well-Being ● Gain Emotional & Practical Support ● Lifelong Learning & Engagement

Download? Contact: 612-767-4346 info@eastside.org

[View Vital Living Monthly Calendar](#)

Visiting Dementia and Sensory Friendly Places

From museums and movie theaters to gardens and zoos, more and more spaces are embracing the fact that accessibility is multifaceted and the demand for sensory-friendly spaces is higher than ever.

Keep learning and exploring. Have a fun and enjoyable summer!

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.

[Click here for ideas of where to go in the Twin Cities.](#)

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!

July 10: Affordable Home Internet

July 12: Finding Information Online

July 17: Google Workspace

July 19: Gmail Tips and Tricks

No Class July 24 and July 26

July 31: Shopping on Amazon

August 2: Tech Presentation Day (Not a Senior Planet Class. Must RSVP)

August 7: Affordable Connectivity Program

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.

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.

Our Whole Lives (OWL)
Sexuality Education for Older Adults
Thursdays | 10:00 AM-12:00 PM
August 3, 10, 17, 24, 31
In-person



OWL is a series of 2-hour workshops over a 5-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. Minimum of 6 participants needed to hold classes.

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.

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.

July 8: Special Event Last Circle of Love Author Chat with Lorna Landvik

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 | July 12 | 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.

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 SMackKay@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 SMackKay@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 SMackKay@esns.org for more information.

A dark purple rectangular box containing a quote in white text. A small pink square is located in the top right corner of the box.

"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 July include:

SENIOR PLANET
FROM AARP

Protecting Your Personal Information Online

Monday, July 10 5:00PM - 6:00PM

[Online class registration](#)

Intro to A.I.

Wednesday, July 12 2:00PM - 3:00PM

[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

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.

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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