



Vital Living News

June 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.

June is National Safety Month

What would you do if there was an emergency that required you to live outside your home temporarily or without electricity? Do you have important documents like medication lists and contact information handy if needed quickly?

As part of National Safety Month this June, the National Safety Council (NSC) is also promoting Emergency Preparedness to help people plan for emergencies of all types. NSC recommends that everyone should not only have a plan in case of an emergency, but review it and practice it twice a year.

By evaluating your own personal needs and making an emergency plan that fits those needs, you can be better prepared.

To get you started, [here](#) is a link to forms to write down your important contacts. We have compiled links to resources throughout this newsletter to help you plan for the unexpected but please contact us if you have any questions or need more information.

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.

In This Newsletter

- Events:** Lifelong Learning
- Caregiving:** Gain Emotional and Practical Support
- Classes:** Maintain your Well-being
- Engagement:** Connect through Volunteering
- Resources:** Tools for Staying Independent

JUNE 2022						
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KEY @ classes Address your well-being 🏠 Caregiving Gain Emotional & Practical Support 🗓️ Events Lifelong Learning & Engagement 📄 Questionnaire Contact Us for more VitalLiving@esns.org EAST SIDE Hennepin Adult Aging Society

[View Vital Living Monthly Calendar](#)

Red Cross Emergency Preparedness for Older Adults Tips

These tips from the Red Cross can help you know what to do before, during and after a disaster or emergency.

[Click here to learn more](#)

Reimagining Aging 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 discussion each month of engaging and enlightening books about what it means to live a vital life today. We will reframe 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.

Our next selection is:

June 11: *The Mole, The Boy, The Fox, and The Horse* by Charlie Macksey

[To register, click here.](#)

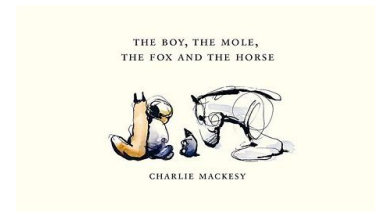
Author Chat at Special Time

July 9 at 10:00-11:00am Lindsey McDivitt, writer and advocate for intergenerational understanding will join us for a conversation about writing children's books with anti-ageist messages and the importance of creative pursuits after age 60. [To learn more about Lindsey, click here.](#)

[To register, click here](#)

Questions? Contact 612-787-4086 or VitalLiving@esns.org

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



Vital Living Caregiving

Emergency Preparedness for People Living with Dementia

from the National Alzheimer's and Dementia Resource Center

Living with Alzheimer's disease and other related dementias can make it harder to cope with emergencies.

The Emergency Preparedness for People Living with Dementia Toolkit is written to help people living with dementia, their family members, and their caregivers understand what to expect in the event of an emergency and how to prepare for one.

The sections cover the following topics: Planning for a Disaster, My Important Contacts, Emergency Supplies Checklist, My Medical Conditions and Care Needs, Disaster Planning Tips for People Living Alone with Dementia, Planning for after a Disaster, and Tips for Communication and Responding to Dementia Symptoms. An individual can fill in the Important Contacts, Emergency Supplies Checklist and My Medical Conditions and Care Needs forms by using a computer or printing the form out and writing on it.

[Click here for Emergency Preparedness for People Living with Dementia Tool Kit](#)

More information can be found at The National Alzheimer's and Dementia Resource Center [here.](#)

NE Day Spot

Respite Back In-Person!

Weekly on Fridays | 10:00 AM-1:00 PM

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 reliable respite 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 safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

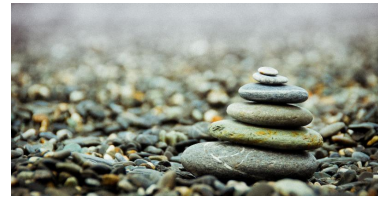
Pre-assessment required to determine eligibility.

Cost: Suggested donation based on sliding fee scale, \$0-\$45 per day. | Space is limited.

Interested in learning more? Contact Lisa at 612-787-4023 or LHarrigan@esns.org.

Monthly Support Groups

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations and the joys of caregiving? The East Side 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. First time participants will need to request a link and password to enter the calls.

Caregiver Support Group

Monday | June 6 | 12:00-1:00 PM

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

Monday | July 11 | 12:00-1:00 PM

Via Zoom

LGBTQ+ Caregiver Group

Monday | June 20 | 1:00-2:00 PM

Via Zoom

For more info, contact Shay at 612-787-4076 or SMacKay@esns.org.

Caregiving Services are funded under contract with Trellis (formerly Metropolitan Area Agency on Aging, Inc.) as part of the Older Americans Act.

The Benefits of Gardening for Caregivers

Self-care is critical for caregivers – and not just for your health either. Caregiving is stressful and it is difficult at times. Any situation like this will tend to become more difficult over time, leaving people feeling run down and burned out. And, when you are burned out? Well, it's hard to take care of yourself, let alone anyone else.

As a self-care tool, gardening is amazing. Working in your garden can help you put aside all of the worries and the stresses that are bothering you. You're also getting out in the fresh air, which is appealing on its own. There are also health benefits to gardening, including both mental and physical implications. The physical activity of gardening can help to lower disease risk – and gardening is an enjoyable way to get some physical activity in. At the same time, gardening has been [associated with mental clarity](#) and may help to reduce the risk of mental illnesses, like depression.

The idea of setting aside time for yourself can seem overwhelming and unrealistic. But, it is actually achievable. Even if you just set aside a tiny amount of time at first, you're likely to find the effects dramatic. After all, lowering your stress will often make caregiving easier and will increase how effective you are. The process can mean it's easier to make good decisions and you're less likely to lose your temper. For those reasons, along with the benefits to you, finding the time to garden is important, which means making the idea a priority.

[Check out the full article](#) on Kapok for more information - including how to get your care-receiver involved!

Vital Living Classes

Living Well with Chronic Conditions

Wednesdays | 1:00-3:30 PM

July 4 - August 10

In-Person

This is a group class for living a healthy life with chronic conditions. Each week participants will meet to connect with others, set action plans, and review topics like dealing with fatigue, breaking the symptom cycle, making treatment decisions, and communicating with health care providers and family. This is an interactive and sociable gathering with others who are also managing chronic conditions.

Questions? Contact 612-787-4086 or VitalLiving@esns.org.

Donations accepted based on a sliding fee scale.



Tai Ji Practice

Mondays | 10:30-11:30 AM

July 11-August 22 | Via Zoom

Improve your balance, strengthen your muscles and reduce the risk of falling. These one-hour practice sessions meet twice 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.

Returning Favorite!

Vital Fitness

In-person

Thursdays| 10:30-11:30 AM

Beginning June 30 & ongoing



We are back! After a long hiatus due to Covid, we are gathering once again for movement and fun. All abilities are encourage to come. 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 Fitness Home Edition

Recordings Via Facebook or YouTube

Join East Side's Vital Fitness group! Improve balance, strength, and coordination with this online all-abilities exercise class. To see previous class recordings, visit our [Facebook](#) or [YouTube](#) pages or click on the video here.



Questions? Contact 612-787-4086 or
VitalLiving@esns.org.

Vital Living Engagement

Raised Garden Bed Volunteer (outside opportunity)

Vital Living is looking for green thumbs!

We have 4' x 2' raised garden beds filled with soil and ready for adoption at East Side's building near the rear entrance.

Leave the watering to us and enjoy tending to your favorite tomato variety, flowers or herbs. **These garden beds are tall enough that you do not need to bend over.** Stand with

assistive devices or work from a wheelchair. One raised garden beds is still available. You can garden at your convenience. Many community members pass by these beds and will appreciate the beauty you add to their day.



To become a Raised Garden Bed Volunteer, please contact Michelle at VitalLiving@esns.org or 612-787-4086.

NE Day Spot Friend

Be the reason why someone looks forward to Fridays!

Time will fly while you are having fun as a friendly respite volunteer.

Spend your day engaged in a wide variety of activities with participants. Training for this position is provided with a focus on working with people experiencing memory loss.

Shifts are Fridays from 9:30AM-1:30PM. We ask that volunteers commit to 2-4 shifts a month so they become a familiar face to participants. Don't hesitate to be this special person that makes a tremendous difference in the lives of people with a chronic condition and their care partners.

Contact Michelle at VitalLiving@esns.org or 612-787-4086.

Resources for Vital Living

Elder Pride Brunch

Plymouth Congregational Church, 1900 Nicollet Avenue South, Minneapolis

Saturday | June 25

10:30 AM-12:30 PM | In-Person

Celebrate Pride with your 50+ LGBTQ Community over brunch with live entertainment and conversation!



It's been a long two years, and we are excited to come back together as a community during Twin Cities Pride! Start the weekend off with food and music - and air conditioning and free parking. After brunch, the Loring Park festivities are just a half mile away for those wishing to continue the celebration with the larger community. This event is free to LGBTQ folks 50+. Limited tickets available.

East Side Neighborhood Services can provide assisted transportation to and from the Elder Brunch to people living in NE and SE Minneapolis or from their facility at 1700 2nd St NE. Cost based on sliding fee scale. Call 612-787-4012 to learn more.

Sponsored by PFund, Rainbow Health, Friends & Co., the Alzheimer's Association, Trellis, East Side Neighborhood Services, and NE Seniors for Better Living.

Sign up by June 11!

[Click here for Pride Elder Brunch Tickets](#)

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

Caring for People with Memory Loss
University of Minnesota School of Public Health
Saturday | June 4
8:00-4:30 PM | Online Event or In-Person



Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help. The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

The Caring for People with Memory Loss Conference is free and open to the public. Contact hours/CEUs must be purchased separately. Registration is required.

[Register here](#)

Contact [Teresa Schicker](#) with questions.

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 or online 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 [Little Brothers – Friends of the Elderly](#), [Prime Timers MSP](#) and [Rainbow Health](#) (Previously JustUs Health) Partnership, and endorsed by [East Side Neighborhood Services](#).

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.

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.



[Join Mailing List](#)

East Side Resources

[Senior Community Service Employment Program](#)

EAST SIDE
Neighborhood



Services

[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>

