



# Vital Living News

## June 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.

### Awe is Awesome for Us

June is a lovely month to be in Minnesota and a great time to consider the complex and mysterious emotion of *awe* - that uplifting feeling of reverence and admiration.

A growing body of research suggests that experiencing awe may lead to a wide range of benefits, from happiness and health to perhaps more unexpected benefits such as generosity, humility, and critical thinking.

[Learn more here.](#)

Last month, Vital Living co-sponsored workshops with Our Lady of Peace hospice on Spiritual Resiliency with Connie Fouree. Connie shared that we can experience awe with other people through “collective effervescence” - human gatherings that come alive like at concerts; through visual design like art and architecture; listening to or playing music; epiphanies; observing nature; mystical experiences or life and death moments.

Moments of awe help us:

- Handle ambiguity
- Move beyond our egos
- Find the sacred/our souls
- Put day-to-day in perspective
- Be open and curious
- See past human differences

Connie reminded us that we don't have to be standing at the Grand Canyon to experience awe.

If we keep on the lookout for awe, we can find it in our everyday lives. What has been a recent moment of awe in your life?

### 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

JUNE 2023						
M	T	W	T	F	S	
MAY 29	30	31	1	2	3	
		11:00-12:00 Senior Travel Tech Class	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person
5	6	7	8	9	10	
12:30-1:30 Covid-19 Tech Class	10:30-11:30 Vital Fitness - In Person	11:00-12:00 Connect 2 Tech Series	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person
12	13	14	15	16	17	
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19	20	21	22	23	24	
19:00-19:30 Memorial Day Holiday	10:30-11:30 Vital Fitness - In Person	11:00-12:00 Connect 2 Tech Series	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person
26	27	28	29	30	JULY 1	
	10:30-11:30 Vital Fitness - In Person	11:00-12:00 Connect 2 Tech Series	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person	10:30-11:30 Vital Fitness - In Person

KEY: ● Classes (Maintain Your Well-Being) ● Caregiving (Gain Emotional & Practical Support) ● Events (Lifelong Learning & Engagement) Question? Contact: 612.767.4386 [www.eastsideneighborhood.org](http://www.eastsideneighborhood.org) EAST SIDE Neighborhood Services

**View Vital Living Monthly Calendar**

**June is Alzheimer's and Brain Awareness Month**

### Alzheimer's Fast Facts

- Alzheimer's is the most common cause of dementia accounting for 60-80% of dementia cases.
- It is not a normal part of aging.

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.*

- It has no cure.
- It worsens over time.

[Learn more about symptoms and how to help here.](#)

## Vital Living Classes

### Connect 2 Tech

Wednesdays | 11:00 AM-12:00 PM

June 7, 14, 21, 28

In-person



Vital Living technology education classes are introductory sessions that focus on people who would like to learn technology basics as well as have their questions answered.

**June 7:** Wi-Fi, Android/Apple, Smart Phones/Tablets, Apps Intro

**June 14:** Helpful Apps for Everyday Tasks, Smart TVs, and Streaming Services

**June 21:** Important Symbols, Computers, Web Browsers, the Internet & Email

**June 28:** Assistive Technology (voice activation devices & devices for security)

We will be gathering in the 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](mailto:VitalLiving@esns.org).

### Senior Planet Tech Classes

Mondays | 12:30 PM-1:30 PM

June 5 and 12

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. Join us in June!

**June 5:** Intro to Social Media

**June 12:** All Things Zoom

We will be gathering in our 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](mailto: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](mailto:VitalLiving@esns.org).

## Vital Living Events

### Bolder and Older Pride Dinner

Friday | June 23 | 5:00-7:00 PM

Saint Mark's Episcopal Cathedral  
Minneapolis, MN 55403

Celebrate Pride with us! LGBTQ+ Trivia with Trivia Mafia, a Puppy Party with Healing Hearts Rescue, live performances by Queer Circus, and a free Taco bar! Bring friends!

**JUNE 23** 5 - 7 pm • Saint Mark's Episcopal Cathedral



Registration required and no cost to attend. RSVP by calling 612-707-0518 or [Click here: Bolder & Older: LGBTQ Pride Dinner Tickets, Fri, Jun 23, 2023 at 5:00 PM | Eventbrite](#)

Sponsored by East Side Neighborhood Services, Rainbow Health, Friends & Co, OutFront MN, Trellis, Queermunity Collaborative, AARP, St. Mark's Episcopal Cathedral, and Senior Community Services.

### 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.

**June 10:** Grandma Gatewood's Walk by Ben Montgomery

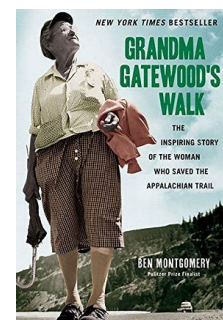
**July 8:** Last Circle of Love by Lorna Landvik

**August 12:** Close Reading Gathering led by guest facilitator. No pre-assigned readings.

[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.



# Vital Living Caregiving

## Caregiver Support Groups

Wednesday | June 14 | 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](mailto: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 [SMacKay@esns.org](mailto:SMacKay@esns.org) for more information.

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**LGBTQ+ Caregiver Group**  
2nd Thursday of the Month | 3:30-4:30 PM  
Via Zoom

alzheimer's  
association

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.

[Click here to learn more about Alzheimer's Association caregiver programs and resources.](#)

## Vital Living Engagement

### Raised Garden Bed Volunteer

Vital Living is looking for green thumbs!  
We will have 6' 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. Two raised garden beds will be available after June 10. 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 Caitlin at 612-787-4086 or [cenright@esns.org](mailto:cenright@esns.org).

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**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](mailto:cenright@esns.org).

## Resources for Vital Living

### Senior Planet

Senior Planet [www.seniorplanet.org](http://www.seniorplanet.org) has daily online classes via Zoom covering a wide variety of topics and activities. A couple of highlights for June include:

**SENIOR PLANET**  
FROM AARP

#### Mindful Meditation and Breathing

Thursday, June 8 1:00PM- 2:00PM

[Online Meditation class registration](#)

#### Finding Purpose, Wellness, and Community After 60

Friday, June 23 2:00PM - 3:00PM

[Online Finding Purpose, Wellness, and Community After 60 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

## Medicaid Redetermination

The state's insurers and health officials have been preparing for the day when 1 in 4 Minnesotans on Medicaid programs — either Medical Assistance or MinnesotaCare — will have to once again re-enlist for their benefits. The moment is so important and the process so big that it spawned a new piece of jargon in health care: Redetermination.

The risk and fear is that people will fall through the cracks during the process of redetermining whether they should be getting government help for health care. The Minnesota Department of Human Services (DHS) estimates 15% to 25% could lose eligibility — either because their finances have improved, which is fine, or because they didn't go through the process, which is not.

- Excerpt from Star Tribune Article 3/1/2023 One in Four Minnesotans will have to requalify for Medicaid this year.

To update your information, click on the link below.

[Update information for medical assistance.](#)

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## 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.**

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## Navigating Grief Through the Healing Lens of Photos

**Monday| June 12 | 11:00 AM-12:00 PM**

Gather online with End-of-life Doulas to explore the healing power of photos in the grieving process. Through sharing and open discussion, this is a safe and inclusive space to celebrate the



lives of our loved ones. \$0-\$10 by suggested donation.  
[To register, click here.](#)

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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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## 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](mailto:VitalLiving@esns.org) for support and resources.

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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>

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