



Vital Living News

March 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.

March in Minnesota

The month of March is when we all wish for spring to come early (and hopefully it does!). But we often find ourselves still doing the "Minnesota Shuffle". You know, that careful walk we have when the snow is melting but refreezing in places making sidewalks icy. Fortunately, falls can be prevented and there are strategies to help us beyond the Minnesota Shuffle!

So while we wait for warmer days and dry sidewalks, click the image below to learn more about Vital Living's fall prevention and Living Well classes partner, Juniper, and their NO|FALLS Minnesota campaign!

NO|FALLS Minnesota



This April, Vital Living is offering a **A Matter of Balance**, an in-person fall prevention class designed to inform and build strategies to reduce the risk of falls. See more details in our Vital Living Classes section of this newsletter, and you can register [online](#) or call/email our contact info below.

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

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KEY: Classes: Member hour and 5050 Campus: Gain Emotional & Practical Support Events: Lifelong Learning & Engagement Question/Contact: In 219-4686, VitalLiving@eastside.org

[View Vital Living Monthly Calendar](#)

Are you going?
March 17 3:00-4:30
U of M School of Public Health Dementia Q & A

FREE interactive webinar on Zoom with an inter-professional panel of experts to answer questions about dementia

We are excited to be offering our first in-person class in two years and we hope to see you soon!

and dementia care.
Register by following this [link](#).

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.

Vital Living Events

Treasuring Memories

Weekly on Thursdays | March 3, 10
10:00-11:00 AM | Via Zoom

New Session beginning March 24-April 14

10:00-11:30 AM | Via Zoom

Treasuring Memories is meant to be a place where everyone can come together to speak about their memories and share stories from their lives.

Each session is led by Vital Living staff offering a story prompt to get the stories started. Tell the stories you would like to share, the wisdom you've gained, or you can also participate without sharing and listen to others share their stories.

Join us on Thursday mornings for a fun and meaningful hour of connection...all from the comfort of your home (thanks to Zoom)! There is no cost to join.

For more info, contact 612-787-4086 or VitalLiving@esns.org

"I love the welcoming atmosphere which allows us to feel free to share or just listen if we choose to."

"We have laughed so much and I think people leave feeling good."

-Participants of Treasuring Memories on 1/27/2022



Reimagining Aging Book Club

2nd Saturday of the Month | 9:00-10:00 AM

Via Zoom

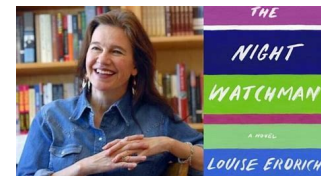
Enjoy reading and looking for a friendly group to be a part of?

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:

March 12: The Night Watchman by Louise Erdrich

April 9: Having Our Say: The Delany Sister's First 100 Years by Sarah and A. Elizabeth Delany

May 14: TBD



[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.

Are you sharing the love of reading with the children in your life? Check out [Z Positive Things Picture Books Can Teach Us About Aging](#) from the blog A is for Aging, B is for Books.

Vital Living Caregiving

The Action Potential
with Raphael Szykowski, LicSW
Friday, March 11| 12:00-1:00 PM
Via Zoom

Mental Health
MATTERS

Did you know that there is a relationship between the body's neuro-chemical stability and our moods? Join Raphael and Vital Living to learn more about this relationship and how some mood management medications, like SSRI's and anti-psychotic medications, are designed to help stabilize a potential neuro-chemical imbalance. The presentation addresses why a medical doctor might prescribe different medications and then make adjustments, depending how the body responds. There will be time for Q & A after the presentation.

Image by Charmaine Scheepers at Pixabay.

There is no fee for this service, but registration is required. For questions or to register, contact Liz Flavin at 612-787-4076 or LFlavin@esns.org

Caring for Elders A Checklist for Elder Care

As hard as it is to think about, the time is going to come when all family caregivers need to begin having the difficult conversations with their aging family member about their future. It's difficult to find a good time to do this so we recommend that you make a date for this purpose.

There are many issues to consider such as different types of elder care, physical health, aging in place, and more. Financial decisions have to be made as well as other legal matters.

This checklist was created to help family members and/or other older adults maneuver through the maze of being a caregiver for older adults.

Click [here](#) to learn more about:

- Talking To Aging Parents About Changes
- How To Organize Care Receivers Papers
- Your Care Receiver's Financial Health



- Personal Care Matters
- Senior Housing Options, and much more

Excerpted from *Caring for Aging Parents Checklist*, Senior Safety Advice webpage, written by Robin Schiltz, March 14, 2021.

NE Day Spot

Weekly on Fridays | March 4, 11, 18, & 25

10:30 AM-12:00 PM | Via Zoom

NE Day Spot is a virtual gathering place for those seeking to reduce stress in their daily lives through art, music, movement, and community. Whether you're learning to care for yourself, or care for others, join us for 60-90 minutes of curated, online programming--designed to offer each participant a chance to get creative and curious while making meaningful community connections.



Every Friday, this event aims to be a safe(er) space for:

- Anyone who partners in another person's care, or who is receiving care from others
- Those living with memory loss or other chronic conditions
- Folks looking for a little bit of respite

You are welcome to join at no cost, although space is limited!

Worried you won't have what you need at home? Let our NE Day Spot volunteers hand deliver all materials needed for any given activity.

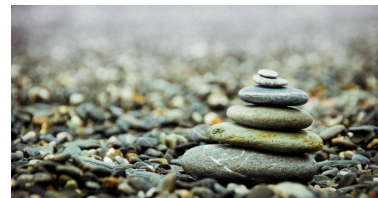
Interested in registering? Contact Lisa at 612-787-4023 or

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

Wednesday | March 2 | 12:00-1:00 PM

Tuesday | March 15 | 2:00-3:00 PM

Via Zoom

LGBTQ Caregiver Group

Monday | March 21 | 1:00-2:00 PM

Via Zoom



For more info, contact Liz at LFlavin@esns.org or 612-787-4076

LGBTQ flag photo credit: Sharon McCutcheon

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

Vital Living Classes

A Matter of Balance: Managing Concerns about Falls

Tuesdays | April 5-May 24

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

Maintain independence and improve balance! In this award winning class, participants will learn to view falls as controllable, reduce fall risk at home, set goals for increasing activity, and exercise to improve strength and balance. This engaging eight-week program meets weekly on Tuesdays for two hours. As this class will be offered in person at East Side Neighborhood Services, masks will be required and seating will be distanced. Registered participants will receive class information prior to the class start date.



[To register, click here.](#)

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

Donations accepted based on a cost share.

Tai Ji Quan: Moving For Better Balance *Beginner Class*

Mondays & Thursdays | January 13-April 4

10:30-11:30 AM | Via Zoom

Tai Ji Quan: Moving for Better Balance reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through mindful movements in a slow, flowing motion. These one-hour beginner sessions meet twice a week over Zoom for 24 sessions. If you're not familiar with Zoom, don't worry we will help you!



Registered participants will be asked to attend an orientation prior to the class where you can practice using Zoom and receive support for any technical challenges. We will also help provide technical support during each session. All participants must have a computer or tablet (with a camera and microphone) or a smartphone. Registered participants will receive class information prior to the class start date.

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

Donations accepted based on a cost share.

Vital Fitness Home Edition
Every Tuesday | 10:30-11:30 AM
Via Facebook Live or YouTube

Join East Side's Vital Fitness group! Tune in weekly to the live video happening on East Side's Facebook [page](#) every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, visit our [Facebook](#) or [YouTube](#) pages.



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

Vital Living Engagement

Make New Memories
Volunteer 2 hours a month!

Vital Living is looking for people to share their interests in arts and crafts, music, photography, reading, and technology help our community stay connected.



Making a difference in the community using your talents, skills, interests, expertise, time, and life experience is not just good for the rest of us-it is great for you, too.

Benefits of volunteering include better health, increased life satisfaction, and a more positive outlook on life. Volunteering is happening online or in-person.

Get connected today

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

She will meet with you over the phone, zoom, or in-person to find out where your purpose lives and ideas on where to share your time and talents.

Resources for Vital Living

Dementia Q and A Interactive Webinar
U of M School of Public Health
Thursday, March 17 | 3:00-4:30 PM
Via Zoom



All are welcome to attend a FREE interactive webinar to answer questions about dementia and dementia care presented by U of M School of Public Health.

If you are someone living with dementia, a family member, friend, or professional with questions about Alzheimer's disease and related dementias, this is the webinar for you! Please feel free to circulate to others who may be interested as well.

They have convened a geriatrician, a cultural expert, a physical therapist, a geriatric pharmacist, a lawyer, and an occupational therapist to address your questions and concerns related to living with dementia, dementia care, and the

key issues that often come up.

To register, [Dementia Q and A Webinar](#).

Connect to Tech

Connect to Tech is a new program from Vital Living to provide a space to bring your tech questions and help in finding answers.

BTW, do you text with family and friends and sometimes see alphabet soup instead of words? Click here to learn more about [Text abbreviations](#).

Vital Living's Connect to Tech partner, Cyber Seniors, offers one-on-one help over the phone. For more info, contact Jennifer at jgrilliot@esns.org or 612-787-4104.



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 at the at the Danish American Center in Minneapolis every second Tuesday of the month and every fourth 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](#).

Accessible Transportation

East Side Neighborhood Services provides assisted transportation for older people living in North, Northeast, Southeast Minneapolis and St. Anthony. We are open for vaccine, medical, social need, and shopping trips. We are also available for small group outings.

Cost: We use a sliding fee

Available: Monday through Friday, 8am - 4pm



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 from our Vital Living staff member Liz!

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.



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.



EAST SIDE
Neighborhood



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East Side Neighborhood Services



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