



# Vital Living News

March 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.

## Vital Living and Senior Planet Partnership

Vital Living is very excited to announce we are only the second organization in Minnesota to be a licensed partner with [\*Senior Planet\*](#). This partnership will allow us to offer relevant and engaging classes focused on harnessing technology to change the way we age.

**Senior Planet is the flagship program of Older Adults Technology Services (OATS) from AARP.** OATS has been around since 2004 and sees itself as a social change organization focused on the future of aging. Their Senior Planet program focuses on five impact areas:

- **Health & Wellness** covering topics like telemedicine, online health resources, and virtual fitness classes.
- **Social Engagement** including discussion groups, and how to use social media.
- **Creative Expression** covering topics like smartphone photography and Google Photos.
- **Financial Security** topics including online shopping, eBay, and PayPal.
- **Civic Engagement & Advocacy** presenting topics like how to be news savvy online.

In the coming year, we will be offering a wide variety of in-person classes, workshops, and lectures focusing on these programs while using Senior Planet's fun, informative, and accessible learning materials. Online classes are available every day through their website for free.

Senior Planet's motto is *Aging with Attitude*. As aging optimists, they will be a great addition to our community. Classes starting in April.

## 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

MARCH 2023						
1	2	3	4	5	6	7
8 10:30-11:30a Therapeutic Art Class						
9 10:30-11:30a French 1st Class	10 2:30-4:00pm Car Whole Lanes	11 10:30-11:30a Lifelong Learning Book Club				
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[View Vital Living Monthly Calendar](#)

## Who is Senior Planet?

We're a distinctive, diverse collection of people aged 60 and older who are busy changing the way we age by embracing opportunities to reshape our lives, connect with and help one another, and change the world for the better—all while learning, growing, and having fun!

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.*

To learn more about Senior Planet [click here](#).

**SENIOR PLANET**  
FROM AARP

## Vital Living Classes

### Our Whole Lives (OWL) Sexuality Education for Older Adults In-person

**LGBTQ+** Sessions  
Mondays | 2:00 PM-4:00 PM  
March 6 - May 8



Open to All Sessions:  
Cohort forming soon. Call for more information.

OWL is a series of 2-hour workshops over a 10-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. Space is limited so register now!*

To register, contact 612-787-4086 or [VitalLiving@esns.org](mailto: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.

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**Senior Planet Workshops**  
Wednesdays | 11:00 AM-12:00 PM  
April 19, 26, May 3  
In-person

**SENIOR PLANET**  
FROM AARP

April 19: Tips for Being News Savvy Online  
April 26: Protecting Your Personal Information Online  
May 3: YouTube: Learn how to use and navigate with ease.

There is no cost to attend these workshops. We will be gathering in our bright and cheerful updated Tech Learning Center at East Side. All materials needed will be provided.

For questions and to register? Contact 612-787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org).

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### Tai Ji Practice

**Mondays | 10:30-11:30 AM**

**February 6 - March 20**

**Via Zoom**



Improve your balance, strengthen your muscles and reduce the risk of falling. These one-hour practice sessions meet once 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](mailto:VitalLiving@esns.org). Cost share donations accepted based on a sliding fee scale.

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### Vital Fitness

**Weekly on Thursdays | 10:30-11:30 AM**

**In-person**



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](mailto:VitalLiving@esns.org).

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## Vital Living Events

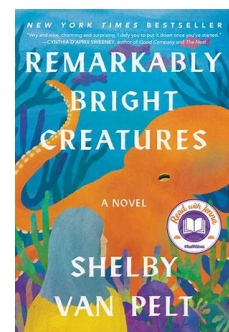
### Vital Living Book Club

**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.



**March 11:** Remarkably Bright Creatures by Shelby Van Pelt

**April 8:** Black Cake: A Novel by Charmaine Wilkerson

**May 13:** TBD

June 10: TBD

[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 | March 8 | 1:00-2:00 PM

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

Via Zoom

#### LGBTQ+ Caregiver Group\*

\*This group is taking a brief hiatus and plans to return soon.

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.

For more info, contact Shay at 612-787-4076 or [SMacKay@esns.org](mailto:SMacKay@esns.org).

Please contact Shay with any questions or if you need the link for the Zoom meetings.

*Caregiving Services are funded, in part, under contract with Trellis as part of the Older Americans Act.*



### 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](mailto:SMackKay@esns.org) for more information.

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## 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.

### March 7| 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.

**March 14|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.

### March 21| 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.

### March 28 | 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](mailto: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!



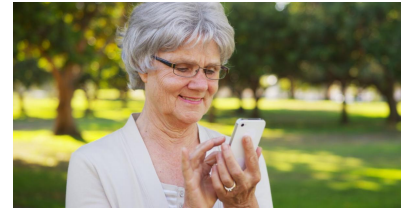
Questions? Contact Michelle at [VitalLiving@esns.org](mailto:VitalLiving@esns.org) or call 612-787-4086.

## Resources for Vital Living

### Senior Planet

Online resources

This month we are highlighting two recent Ask The Techspert articles on how to make your smartphone age-friendly. Click on the links below to learn more.



[\*Ask The Techspert: Making Your Smartphone Age-Friendly - Part 1 - Senior Planet from AARP\*](#)

[\*Ask The Techspert: Making Your Smartphone Age-Friendly - Part 2 - Senior Planet from AARP\*](#)

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### 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

Call: Reservation line 612-787-4012

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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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### **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](mailto: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.

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### **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](#).

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**Personal Possessions: Sorting, Thinning & Repurposing**  
Tuesday | March 7 | 6:00-7:00 PM  
Via Zoom



Managing Personal Possessions: What to keep, what to share, and where to begin with your or your loved one's possessions.

Personal possessions tell a beautiful story of a person's life regardless of age. But when we find that we have accumulated too much or a loved one passes, the process of sorting through the items can be overwhelming. Join Rachel with Reimagine for a zoom-side chat sharing personal stories while learning the best approaches to thin, repurpose, and redistribute these possessions in a meaningful way to cherish the memories and pass the connection on to future generations.

This workshop is offered by Reimagine, a nonprofit organization whose mission is to host a public conversation that transforms our approach to life. Reimagine is a community-wide exploration of death and celebration of life through creativity and conversation.

To learn more and to register, [click here](#).

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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 you stress, contact our Vital Living team at [VitalLiving@esns.org](mailto: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.



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[Join Mailing List](#)



# EAST SIDE Neighborhood



Services

## 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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