



Vital Living News

May 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.

April Showers Bring May Flowers

A silver lining to all the rain this spring will surely be May flowers. This month is also the start of the growing season at East Side's Community Giving Garden. If you are in the neighborhood, we invite you to visit our Giving Garden located near the rear parking lot. The Giving Garden is open to everyone for harvesting. Currently, the chives and rhubarb are coming up but throughout the season there will be a variety of fruits, vegetables, herbs, and flowers ready to harvest.

Vital Living also has accessible raised garden beds available for adoption at East Side for people looking to garden while standing or using a walker or wheelchair.

To learn more about accessible gardening or our Giving Garden, please contact us.

Happy Spring!

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

MAY 2022						
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1 10:30-11:30a Tu-Fri 12-12:15p English Support Group	2 10:30-11:30a Vital Fitness	3 10:30a-12:30p A Matter of Balance	4 10:30-11:30 Tu-F Practice	5 10:30-11:30 Tu-F Practice	6 10:30-11:30 Tu-F Practice	7 10:30-11:30 Tu-F Practice
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KEY @ classes Address your well-being 🏠 Caregiving Care for those with memory loss & Alzheimer's 🧠 Events Brain health, learning & engagement 🗓️ Question/Contact Call for more info: VitalLiving@esns.org 📍 EAST SIDE Community Center

View Vital Living Monthly Calendar

U of M Caring for People with Memory Loss Conference
Saturday, June 4 8:00-4:30
in-person at the McNamara Alumni Center or via Zoom.
No cost!
[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:

May 14: Britt-Marie Was Here by Fredrik Backman

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

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: sliding fee scale, \$0-\$45 per day. | Space is limited.

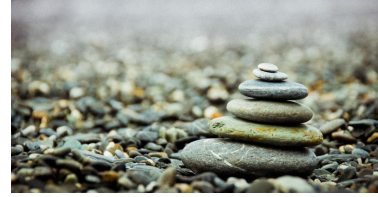
Interested in learning more? Contact Lisa at 612-787-4023 or

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 | May 2 | 12:00-1:00 PM

Tuesday | May 17 | 2:00-3:00 PM

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

Via Zoom

LGBTQ Caregiver Group

Monday | May 16 | 1:00-2:00 PM

Via Zoom

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

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

Long-Distance Caregiving

6 Tips for long-distance caregivers

Long-distance caregiving presents unique challenges. If you find yourself in the long-distance caregiving role, here is a summary of things to keep in mind.



Know what you need to know as a long-distance caregiver

- Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines, and resources that might be available.

Plan your visits with an aging parent or friend

- You can get more done and feel less stressed by talking to your family member or friend ahead of time and finding out what he or she would like to do.

Activities to do when visiting an aging parent or friend

- Try to make time to do things unrelated to being a caregiver.

Get in touch and stay in touch

- Don't underestimate the value of a phone and email contact list. It is a simple way to keep everyone updated on your parents' needs.

Organize paperwork for an aging parent or friend

- Maintaining current information about your parent's health and medical care, as well as finances, home ownership, and other legal issues, lets you get a handle on what is going on and allows you to respond more quickly if there is a crisis.

Learn additional tips for caregiving

- As with a lot of things in life, many of us don't automatically have a lot of caregiver skills.

Click [here](#) to learn more.

Excerpt from 8 tips for Long-Distance Caregivers, National Institute on Aging webpage. This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date (2017).

Vital Living Classes

Tai Ji Practice

Mondays & Thursdays | 10:30-11:30 AM

April 28-May 26 | 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.



Questions? Contact 612-787-4086 or VitalLiving@esns.org.
Cost share donations accepted based on a sliding fee scale.

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.



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

Vital Living Engagement

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.

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 bed 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.

Resources for Vital Living

Accessible Transportation

East Side Neighborhood Services provides assisted 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.

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.

Health Across the Lifespan
M Health Fairview Community Advancement
Wednesdays | April 6-May 25
3:00-4:30 PM | Online Event



This free, nine-part virtual series is designed to help community members improve their health and wellbeing. Health topics will span an individual's life — early years, young adult, and senior years. This community-based educational series is open to everyone!

[Register here](#) to participate in the entire series or choose an individual session(s) below.

Meet Your Mouth: Dental Care

Wednesday, May 4: [register here](#)

Talking About What Matters Most: Advance Care Planning

Wednesday, May 11: [register here](#)

Cancer Prevention and Screening

Wednesday, May 18: [register here](#)

Ageism — Is Age Really a Number?

Wednesday, May 25: [register here](#)

Contact Kathryn.Taylor@fairview.org 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 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](#).

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.



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



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>