



Vital Living News

May 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.

Aging Unbound

Winter has finally left the building and Spring is here to stay! Along with May flowers, warmer weather, and Memorial Day, we recognize a few other important events in May:

Older Americans Month

This year's theme is *Aging Unbound*. This theme presents an opportunity to explore diverse aging experiences and to discuss how communities can combat stereotypes. It is also promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included. Such an important message to recognize and celebrate and at the heart of Vital Living's programming.

Find out more here: [Older Americans Month 2023](#)

Mental Health Awareness Month raises awareness about mental health and fights the stigma surrounding it. Millions of people in the U.S. are affected by mental illness. Talking about it and understanding that struggling with difficult feelings is something that many people experience.

This year's focus is the *More Than Enough Campaign*. According to the National Alliance on Mental Health, "it's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability."

Find out more here: [Mental Health Awareness Month](#)

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

MAY 2023						
M	T	W	T	F	S	S
1	2:30p Care for Caregivers	11:00a-12:00p Senior Planet Tech Class	10:30-11:30a Vital Fitness - In-Person	10a-12p All Day Spot		
8	2:30p Care for Caregivers	11:00a-12:00p Senior Planet Tech Class	10:30-11:30a Vital Fitness - In-Person	10a-12p All Day Spot	11:45a Vital Day Book Club	
15	2:30p Care for Caregivers	11:00a-12:00p Senior Planet Tech Class	10:30-11:30a Vital Fitness - In-Person	10a-12p All Day Spot		
22	2:30p Care for Caregivers	11:00a-12:00p Senior Planet Tech Class	10:30-11:30a Vital Fitness - In-Person	10a-12p All Day Spot		
29		11:00a-12:00p Senior Planet Tech Class	10:30-11:30a Vital Fitness - In-Person	10a-12p All Day Spot		

KEY: ● Classes: Nurture your Well-Being ● Caregiving: Gain Emotional & Practical Support ● Events: Lifelong Learning & Engagement ● Openness/Contact: Call 727-5446, VitalLiving@esns.org

[View Vital Living Monthly Calendar](#)

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.

Both Aging Unbound and the More Than Enough Campaign recognize the importance of breaking down stereotypes placed on people. We have two programs coming up that embody that message and promote healthy practices for older adults. One is called **Our Whole Lives (OWL): Sexuality Education for Older Adults** and the other **Spiritual Resilience**. Please read more about these events below.

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.



If caregiving for a relative, partner, neighbor, friend, or child is causing hard emotions, contact our Vital Living team at VitalLiving@esns.org for support and resources.

Vital Living Events

Spiritual Resilience

Wednesday | May 17 & 31 | 8:00-9:00 AM

Via Zoom and In-person

Available as a CEU event



Connie Foure works at the intersection of spirituality and mental health. An award-winning author and educator, she has degrees in theology and holistic health studies and extended training in mindfulness. She worked in adolescent faith formation and then wellness for twenty-five years and has presented internationally at workshops and conferences. Her books have been translated into Spanish and Indonesian. Active in local Christian-Muslim relations, she is also a longtime volunteer ESL tutor in community education classrooms and a correctional facility.

May 17: Integrating Spiritual Resilience Practices

- Learn the demonstrated benefits of spiritual emotions and practices for enhancing well-being.
- Explore spiritual emotions with a focus on compassion and hope.
- Experience two brief practices that foster spiritual resilience.
- Create a plan to test the efficacy of these practices in everyday life and work.

May 31: Maintaining Purpose and Meaning

Chronic stress and overload can erode a sense of purpose and meaning.

- Understand a working definition of purpose and meaning and their role in well-being and performance.
- Understand the value of spiritual practices in meeting the challenges of providing effective social services in these times.
- Learn to use brief moments of awe as a resource in re-orienting to purpose and meaning.
- Experience the power of shared stories in providing healing and

inspiration.

[To register, click here.](#)

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

For those attending in-person, a light breakfast will be available 7:30am-8:00am.

Co-sponsored by Our Lady of Peace Hospice and Home Care and The Center for Spiritual Resilience.

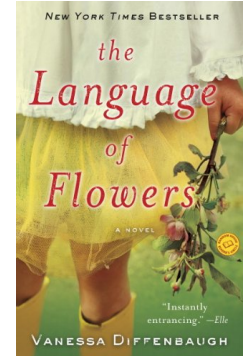
Vital Living Book Club

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.



May 13: The Language of Flowers by Vanessa Diffenbaugh

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

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

Vital Living Classes

Senior Planet Workshops

Wednesdays | 11:00 AM-12:00 PM

In-person

SENIOR PLANET
FROM **AARP**

May 10: Benefits of Connecting to the Internet

May 17: Protecting Your Personal Information Online

May 24: Smartphones at a Glance

May 31: Tips for Being News Savvy Online

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.

Our Whole Lives (OWL)

Sexuality Education for Older Adults

Thursdays| 10:00 AM-12:00 PM
June 1 - June 29
In-person



OWL is a series of 2-hour workshops over a 5-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 soon.

To register, contact 612-787-4086 or 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.

Vital Fitness

Weekly on Thursdays| 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.

Vital Living Caregiving

Caregiver Support Groups

Wednesday | May 10 | 1:00-2:00 PM
Tuesday | May 16 | 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.

LGBTQ+ Caregiver Group*

*This group is taking a brief hiatus and plans to return soon online and will be available for statewide participants.

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 SMackKay@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

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 for more information.

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 or call 612-787-4086.

Resources for Vital Living

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

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.

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.

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](#).

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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Neighborhood



Services

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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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