



Vital Living News

November 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.

National Family Caregivers Month

There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. Caregiving is universal.

- Rosalynn Carter, Former First Lady of the United States

The term "family caregiver" describes individuals who care for members of their family of origin, but also refers to those who care for their family of choice. This could be members of their congregation, neighbors or close friends.

Celebrated each November, National Family Caregivers Month is a time to recognize and honor informal --and usually unpaid-- caregivers across the country.

Celebrating Caregivers enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

If you know a caregiver, don't hesitate to ask them what they *really* need help with. Let them define what would be helpful for them. They might not need another casserole. They may just want someone to listen (and not share horror stories) or help with a task you hadn't thought of.

If you are a caregiver, we value the role you have in supporting another's health and care. **Learning to be a caregiver is a process and we can be a resource and place of support for you.**

Sincerely,
The Vital Living Team

612-787-4086 | VitalLiving@esns.org

Vital Living is supported in part by a Live Well at Home

In This Newsletter

- Events:** Lifelong Learning
- Classes:** Maintain your Well-being
- Caregiving:** Gain Emotional and Practical Support
- Engagement:** Connect through Volunteering
- Resources:** Tools for Staying Independent

NOVEMBER 2022						
11	1	2	3	4	5	6
10/31/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/01/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/02/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/03/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/04/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/05/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/06/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm
7	8	9	10	11	12	13
11/07/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/08/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/09/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/10/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/11/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/12/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/13/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm
14	15	16	17	18	19	20
11/14/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/15/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/16/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/17/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/18/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/19/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/20/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm
21	22	23	24	25	26	27
11/21/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/22/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/23/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/24/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/25/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/26/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/27/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm
28	29	30	DEC 1	2	3	4
11/28/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/29/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	11/30/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	12/01/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	12/02/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	12/03/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm	12/04/22 Lifelong Learning @ 10:00-11:00am @ 12:00-1:00pm @ 1:30-2:30pm @ 3:00-4:00pm

[View Vital Living Monthly Calendar](#)

How you can help a Caregiver

With so many people engaged in some form of caregiving, you are probably friends with someone in this role. The article below from Carol Bradley Bursack shares how to be a friend to a caregiver.

[How to be a True Friend to a Family Caregiver?](#)

My *Unsung Hero* podcast from Hidden Brain shares how a caregiver was helped by a colleague during a difficult time.

[Listen here: 3 minutes](#)

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 lens of engaging books. This fall, we are exploring how the past informs the future.



November 12: The Tie that Binds by Kent Haruf

December 10: The Extraordinary Life of Sam Hell by Robert Dugoni

January-June selections announced in December.

[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.

Save the Dates!

Cold Nights, Warm Reads: LGBTQ+ Author Talks

LGBTQ+ age 50+ Book Club Series

3rd Thursday of the Month | 7:00 PM-8:15 PM

Via Zoom



In sponsorship with Rainbow Health, join us for three months of reads that center the LGBTQ+ experience with warm, cozy stories about love, mystery, and friendship.

We'll be joined by each author for a discussion about the book!

January 19: Devil's Chew Toy by Rob Osler

February 16: Here for It by R. Eric Thomas

March 16: Precious and Adored: The Love Letters of Rose Cleveland and Evangeline Simpson Whipple, 1890-1918

[To register, click here.](#)

Organizer of Cold Nights, Cozy Reads: LGBTQ+ Author Talks is Rainbow Health (formerly known as JustUs Health). They provide comprehensive health services for LGBTQIA+ people, people living with HIV, and folks from underserved communities. They advocate for health equity for those who experience injustice at the intersection of health status and identity. Learn more [at Rainbow Health.](#)

Vital Living Classes

Tai Ji Quan: Moving for Better Balance

Beginner Class

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

September 29 - December 22

Via Zoom

Tai Ji Quan uses fluid, mindful movements to help participants reduce the risk of falls by improving balance, muscle strength, flexibility, and mobility. 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! We will host an orientation session where you can ask questions and get familiar with Zoom. We will also offer 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.

To register, contact 612-787-4086 or VitalLiving@esns.org. Cost share donations accepted based on a sliding fee scale.

Vital Fitness

Thursdays | 10:30-11:30 AM
In-person
Ongoing



This is a friendly and welcoming space to get more movement into your day.

We are gathering for movement and fun this fall. 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 | November 9 | 1:00-2:00 pm
Tuesday | November 15 | 2:00-3:00 pm
Via Zoom

LGBTQ+ Caregiver Group

Monday | November 21 | 1:00-2:00 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.

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

Can't make it to a Support Group? Contact Shay for 1:1 support.

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

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 include: Up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

Interested in learning more? Contact Shay at 612-787-4076 or SMackay@esns.org.

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.

November 1| 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.

November 8|How to Get a Good Night's Rest. Explore how aging affects sleep, the importance of good sleep, and ways to improve your sleeping habits. The 2nd Tuesday of each month is a chance to learn together.

November 15| 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.

November 22 | Rest and Reflection

Bring your journal and settle in to do some writing around Autumn and preparing for winter hibernation.

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 SMackay@esns.org.

Vital Living Engagement

Connect 2 Tech

Take our Tech Information Survey today!

The Vital Living Program invites you to fill out our Technology Survey so that we can better help address the need for tech help in our community.

We recognize that the use of technology is increasing more and more in our day to day lives. This service seeks to educate those who have not had access to technology education or who are just trying to get by in a world that's pushing everyone to "go digital".

We will be holding tech information sessions that include an educational component as well as time for tech help questions. The survey also contains more information on the types of questions we can help address as well as the services we are unable to help with.

Take our survey found here: [Connect 2 Tech Survey](#)

If you have any questions or want to chat about this program, please contact Michelle at 612-787-4086 or email mwolney@esns.org. Thank you for your input!



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 are:



Tech Helpers

Do you enjoy using technology and want to share your knowledge with others? We would love to have you help us with our Connect 2 Tech program this fall where we will go out in the NE community and help folks with their tech questions.

Dementia-Friendly Respite Volunteers & Activity Leaders

Be the reason someone looks forward to Fridays! Join us for our NE Day Spot program and help connect and engage with participants as they go through curated activities/programming. Do you have a fun hobby or skill you are interested in sharing? Volunteers also have the opportunity to create and lead programming.

Music Makers

Have a musical instrument you love playing for others? Do you like singing in front of an audience? Join us on Friday afternoons for our NE Day Spot program and share your music! Our music makers usually join us for 30 minutes and can sing or play an instrument for participants and volunteers.

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: We use a sliding fee based on income

Available: Monday through Friday, 8am - 4pm

Call: Reservation line 612-787-4012

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 olderLGBTQ+ 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 in-person at the
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](#).

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.



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.



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>

East Side Neighborhood Services | 1700 Second Street NE, Minneapolis, MN 55413

Unsubscribe pr@esns.org

[Constant Contact Data Notice](#)

Sent by bjgrilliot@esns.org powered by



Try email marketing for free today!