



Vital Living News

October 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.

"Over the hill" "Ok, Boomer" "Senior moment" "You look good for your age" End Ageism

Ageism is a type of bias based on a person's age and it is incredibly common. Among other harmful effects, it is not good for our health.

Society often portrays older adults as inherently unhealthy. Many people believe that chronic pain, depression, or cognitive decline happen as a natural consequence of aging, yet that certainly isn't the case and may actually prevent people from taking steps to care for their future selves.

It also results in negative self-perceptions about growing older and living more days. Ageist self-perceptions increases stress, anxiety, weakens the immune system, and increases the risk of depression and loneliness. Belief in these stereotypes also impacts memory. Researchers found that memory performance decline was 30% more among older adults who held negative ageing stereotypes.

Push back against assumptions. If you hear someone (or yourself) repeating ageist tropes, challenging those stereotypes can remove their social power.

To explore how to end ageism, a favorite book of ours is *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite or learn more by attending the Combating Ageism workshop highlighted in this section.

Sincerely,
The Vital Living Team

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

OCTOBER 2022						
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KEY: Open: Attend your Well-Being | Caregiving: Gain Emotional & Practical Support | Events: Learning & Engagement | Downloaded Content: 10/27/22 10:30-11:30a

View Vital Living Monthly Calendar

Are you going?

The MN Leadership Council on Aging presents a Vital Aging Network program:
Combating Ageism.
Tuesday, October 25
9:30am-11:30am online.

[Click here to learn more](#)

It is time to say NO to ageism!



Vital Living is supported in part by a Live Well at Home grant from the MN Department of Human Services.

Vital Living Events

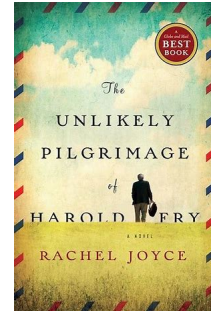
Vital Living Book Club

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.



October 8: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

November 12: The Tie that Binds by Kent Haruf

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

[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

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
Moving for
Better Balance



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.

Still time to join. Sign up this week!

A Matter of Balance

Tuesdays | 10:30-12:30 PM

October 4 - November 22

In-Person at East Side

JUNIPER
Your Health. Your Community.

**A Matter
of Balance**



In eight, two-hour classes, participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environments to reduce risk factors
- Use exercise to increase strength and balance

What participants say:

- 97% Feel comfortable increasing activity
- 99% Plan to continue exercising
- 97% Are more comfortable talking about fear of falling
- 98% Would recommend A Matter of Balance

To register, contact 612-787-4086 or VitalLiving@esns.org.
Come with a friend!

Cost share donations accepted based on a sliding fee scale.

6 spaces still available

Living Well with Chronic Conditions

Wednesdays | 1:00-3:30 PM

October 26- November 30

Via Zoom

Make feeling
good your
top priority



A wellness
class for **everyone**

Benefits of the class

- Learn how to break the chronic condition symptom cycle
- Learn strategies for living well even with health difficulties
- Meet new friends
- Provide support and encouragement to your peers
- Become more involved in your community with your neighbors

Who should take the class

- This class is for anyone who wants to improve their health and quality of life through managing their chronic conditions.

Living Well with Chronic Conditions helps participants deal with a diagnosis such as long-Covid, high blood pressure, heart disease, COPD, arthritis, depression, and diabetes.

Topics include dealing with frustration, fatigue, pain and isolation; the mind-body connection; use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

[To register, click here.](#)

Questions? 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



We are gathering for movement and fun this fall. All abilities are encourage 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

Via Zoom

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

Caregiver Support Groups

Wednesday | October 12 | 1:00-2:00 pm

Tuesday | October 25 | 2:00-3:00 pm

LGBTQ+ Caregiver Group

Monday | October 17 | 1:00-2:00 pm

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

Caregiving Services are funded 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 memory loss 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 SMackKay@esns.org.

6 Best Caregiving Apps 2022

In 2021, 85 percent of U.S. adults owned a smartphone, so you probably know what apps are — but did you know they can actually help to make caregiving more manageable? A smartphone is like having a mini-computer with you at all times — and the best caregiving apps help manage the many aspects of care that barrage and overwhelm most caregivers on any given day. Caregiving apps can help you maintain and update important information, get appointment and medication reminders, keep a log of activities, coordinate various caregivers, jot down notes from doctors or other care providers, and stay in touch with and pass on updates and photos to family and friends.



Click on this link from www.caring.com to learn more [*6 Best Apps to Help with Common Caregiving Challenges*](#).

Care for Caregivers Series

Weekly on Tuesdays | 2:00 PM-3:00 PM

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.

October 4| No workshop scheduled

The 1st Tuesday of each month, practice self-care by learning gentle movements and techniques to help stay healthy and grounded. Although we can't be together this week, learn more about the healing powers of nature in this [*Forest Bathing video*](#).

October 11| Let's Explore Boundaries Workshop via Zoom Raphael Szykowski LMSW will explore tools for honoring healthy boundaries with people in our lives.

October 18| No Caregiver Support Group. Rescheduled for 10/25/2022

October 25| Caregiver Support Group via Zoom

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.

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

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:

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.

Movement Leaders

Are you someone with several years of exercise classes under your belt and want to help others move more? Do you like leading movement exercises or have a background in fitness? We are looking for volunteers that can help us lead all abilities movement classes that help support the health and wellbeing of the older adults in our NE community.

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.

Tech Helpers & Office Volunteers

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. We are also looking for a volunteer who enjoys spending time doing tasks in an office who can help support the tech program through a variety of tasks.

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

Resources for Vital Living

Power Tools for Healthy Aging

Friday, October 21 | 10:00 AM-2:00

PM

In-person | 1605 Eustis Street, St.

Paul, MN 55108

A Mini-Conference for LGBTQ Older Adults with sessions on Brain Health, Technology Resources, Resources for Social Connection, Seated Movement, and Diabetes Management. Lunch included in registration. Parking is free onsite. Contact Rainbow Health at (612) 707-0518 or aging@rainbowhealth.org.

Click here to register [Power Tools for Healthy Aging](#)



POWER TOOLS FOR HEALTHY AGING
A MINI-CONFERENCE FOR LGBTQ OLDER ADULTS

Taking care of your physical, mental, and cognitive health is important for healthy aging.

WHEN: FRIDAY
OCTOBER 21, 2022
10 AM - 2 PM

WHERE: LUTHERAN
SOCIAL SERVICE OF MN.
1605 EUSTIS STREET
SAINT PAUL, MN 55108

REGISTER ONLINE @ [TINYURL.COM/5989KPB](https://tinyurl.com/5989KPB)
Or call M-F, 9-5 (612) 707-0518

SPONSORED BY: TRELIS, RAINBOW HEALTH, RAMSEY COUNTY, AND FRIENDS & CO.

Connect 2 Tech: Managing Medications with your Smartphone

These days, it seems like there's an app for just about everything! One smartphone application that we've found particularly helpful is Medisafe. Medication management can be a challenge, fraught with hazards and concerns. For example, some medications need to be taken with food, others on an empty stomach. The Medisafe app allows you to load medications and set reminders, gain helpful information, and track progress. It also provides valuable information about the medications being taken and the condition for which they're taken. Caregivers can also track if medications have been taken.



To get more information about this free app, and to download the app, go to www.medisafeapp.com.

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

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 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 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](#).

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

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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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