



Vital Living News

September 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.

September: New Beginnings

Cooler days, longer nights, and the changing colors of the trees are nature's reminders that we are always changing too. It is a great month to learn something new, meet new people, or finish a long over due project.

If you are looking to socialize more, you are warmly invited to **Vital Living's Book Club** (monthly online), **Vital Fitness group** (weekly in-person) or **caregiver support groups** (various days online/in-person) or become a **Vital Living volunteer** (in-person or online).

Classes to support life long learning and well-being are starting soon:

- **Tai Ji Quan: Moving for Better Balance** Beginner class starts September 29 (online)
- **A Matter of Balance** starts October 4 (in-person)
- **Living Well with Chronic Conditions** starts October 26 (online)

One project many people have perpetually on their "to do list" is organizing photographs. **September 24 is Save Your Photos Day.** If you have boxes of photos or 1000s of digital photos, and are not sure what to do with them, make this the month you create a plan to safeguard these treasures. We have resources listed in this newsletter to help you get started.

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

SEPTEMBER 2022						
SA	SU	MO	TU	WED	THU	FRI
AUG 29					10:30-11:30am Vital Fitness - In Person	10:30-11:30am Vital Fitness - In Person
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KEY: Events: Maintain your Well-Being Caregiving: Gain Emotional & Practical Support Events: Lifelong Learning & Engagement Educational Classes: 8:30-10:30am, 10:30-11:30am
 EAST SIDE Neighborhood Services

[View Vital Living Monthly Calendar](#)

Tai Ji Quan is one of our most popular classes. But what exactly is Tai Ji Quan: Moving For Better Balance?

[Click here to learn more](#)

*There may be a short ad prior to the YouTube video.

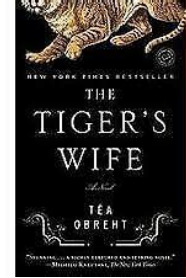
Vital Living Events

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.

September 10: The Tiger's Wife by Tea Obreht

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

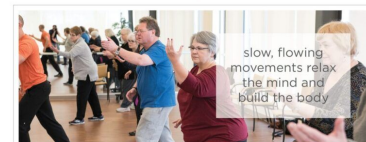
Mondays & Thursdays | 10:30-11:30 AM

September 29 - December 22

Via Zoom

JUNIPER
Your Health. Your Community.

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, click here.](#)

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

A Matter of Balance

Tuesdays | 10:30-12:30 PM

October 4 - November 22

In-Person

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, click here.](#)

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

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 deal with a chronic condition diagnosis
- 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, and diabetes.

Topics include dealing with frustration, fatigue, pain and isolation; exercises for improving strength, flexibility, and endurance; 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

NEW! The Soul of Aging

Thursdays | 10:00 AM-12:00 PM

October 4 - December 22

In-person

In this 2-hour program, we will creatively approach “the art” of aging intentionally, and the many soulful invitations our maturing years offer us. We will use poetry, story, music, and art to explore aging, all within the fellowship of a trustworthy community.

We will also use the Circle of Trust[®] approach that has been developed through the Center for Courage & Renewal and is designed to create a safe and confidential space where participants support one another in accessing their inner voice.

We will cover themes like: our visions of aging, completion & forgiveness, our relationship with time, how to nurture our mystical nature, and the notion of befriending our own deaths.

To register, contact 612-787-4086 or VitalLiving@esns.org.

There is no cost for this program. This program will be hosted in-person at East Side Neighborhood Services.

NE Day Spot

Respite 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 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 safe 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 Ways to Stimulate Memories with Photos

Visual aids — especially photos — can help stimulate memories for someone with memory loss, and this holds true for people in the early stages of the disease as well as those with full-blown

Alzheimer's. Image association through photographs can play a key role in allowing those living with memory loss to reminisce about pleasant times in their lives, just as it can also help them to be engaged in the present moment by helping them remember the people in their lives.



Click on this link from www.alzheimers.net to learn more [6 Ways to Stimulate Memories with Photos](#).

NEW! 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.

September 6 | Being in Our Bodies

The 1st Tuesday of each month, practice self-care by learning gentle movements and techniques to help stay healthy and grounded.

September 13| Making Respite a Part of Your Life Workshop via Zoom This month, explore tools for thinking about and planning for respite.

September 20| 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.

September 27| The Power of Breath Workshop via Zoom

This month, use breath to reduce stress, and improve physical and mental health. This hour will provide a space to just to slow down and rest.

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.

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 | September 14 | 1:00-2:00 pm

Tuesday | September 20 | 2:00-3:00 pm

LGBTQ+ Caregiver Group

Monday | September 19 | 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 (formerly Metropolitan Area Agency on Aging, Inc.) as part of the Older Americans Act.

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 30-60 minutes and can sing or play an instrument for participants and volunteers.

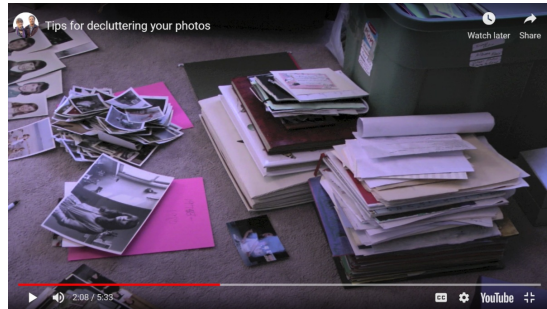
Tech Helpers & Office Volunteers

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.

Resources for Vital Living

Photograph Organizing

If you have boxes and plastic bins of photographs and mementos from multiple generations, you will probably relate to this video of one woman's journey of taking 18 disorganized boxes and totes of photos from her parents, children, and husband to 6 manageable organized boxes. Video is about 5 minutes.



Click here to watch video [How to Organize Photographs](#)

Tips shared in this video include:

- Save only the best representations of a person, place, or event. Only 10-20% of all your photos will make the cut. Start by removing photos that are poor quality or of people and places you don't recognize.
- It is emotional throwing out photos and mementos. Have someone help with the disposal.
- Date and label the good photos.
- Divide good photos and mementos into piles by person, year, or family using labeled sheets of paper.
- Put into bins representing a single person, decade, event, or family.
- For long term access, consider scanning the best photos to save online.

Connect 2 Tech: Organize Photos Online

Digital decluttering includes what to do with all the photos on our phones and computers. It can be tricky to find one place to store and organize photos and videos from all of our devices especially if one is an iPhone and one is an Android laptop.



Google Photos is a free app that can store photos and videos in the cloud from any device. This instructional video is about 14 minutes and will walk through all the steps for using Google Photos to put all your digital photos in one place.

[Using Google Photos for Photo Storage](#)

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 \(Previously JustUs Health\)](#) 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.



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 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>

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