



Vital Living News

September 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.

Grand Friends' Day

On the second Sunday in September, we celebrate Grandparents Day here in the US. However, many organizations extend this holiday to more than just familial grandparents. They have dubbed the holiday "Grand Friends" Day. This does not diminish the hugely influential role that grandparents have in our lives, but rather recognizes the potential that other intergenerational relationships have to be incredibly impactful as we grow and discover our own place in this world. As youth, we yearn for guidance and encouragement from older family, friends, and teachers. So, why not continue that through our whole lives? When you pair the curiosity, and energy of youth with the knowledge, discernment and insight that often comes with age you have a perfect recipe for friendship.

Whether your difference in age is one, two, three or even four generations, the benefits of cross-generational relationships for everyone involved are undeniable.

- Better physical health and increased energy
- Increase in executive function and memory
- Reduces loneliness isolation and depression
- Opportunities to learn and teach new skills
- Builds community and reduces
- Reduces ageism
- Increases empathy and understanding

Below are some questions to spark conversation with people of all ages:

- What is something that makes you smile?
- Who is someone you admire and why?
- If you could be any age, what would it be and why?
- What is the most courageous thing you have ever done?

Happy Grandparents'/Grand Friends' Day to all

In This Newsletter

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

SEPTEMBER 2023						
AUG 28	29	30	31	SEPT 1	2	3
11:00a-12:30p Senior Planet Tech Class		11:00a-12:30p Senior Planet Tech Class	10:30a-11:30a Vital Friends Intergenerational Class	No NE Day Spot		
EVENT CLOSED LABOR DAY	9:30p Care for Caregivers	11:00a-12:30p Senior Planet Tech Class	10:30a-11:30a Vital Friends Intergenerational Class	10a-12p NE Day Spot		11:30a Vital Living Book Club
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KEY: ● Classes: Maintain Your Well-Being ● Caregiving: Gain Emotional & Practical Support ● Events: Lifelong Learning & Engagement ● Questions? Contact: 412.767.4588 info@eastside.org

[View Vital Living Monthly Calendar](#)

Fall Fun for all Generations
Looking for some great ways to spend this fall with people of any age? Click the links below for local ideas:

- [Top Ten Places Fall Fun](#)
- [More ideas to keep the fun going all year-round](#)

from the Vital Living Team!

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.

Vital Living Classes

Senior Planet Tech Classes

Mondays and Wednesdays

11:00 AM-12:30 PM

In-person

SENIOR PLANET
FROM **AARP**

The Vital Living Program at East Side Neighborhood Services is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends. We hope you can join us!

September 6: Staying Safe Online

September 11: Protecting Your Personal Information Online

September 13: Using Fact-Checking Sites

Connect 2 Tech: September Series

Mondays and Wednesdays

11:00 AM-12:30 PM

In-person

The Connect 2 Tech Series are introductory sessions that are offered by the Vital Living Program and focus on people who would like to learn technology basics. Below are the topics for September.

September 18: Wifi, Smart Phones/Tablets, & Apps

September 20: Helpful Apps for Everyday Tasks, Smart TVs, & Streaming

September 25: Computers, Web Browsers, the Internet, & Email

September 27: Assistive Technology

For all tech classes, we will be gathering in our updated Tech Lounge at East Side Neighborhood Services. All materials needed will be provided. No cost for these classes. Must RSVP in advance as space is limited for each class.

For questions and to register, contact 612-787-4086 or VitalLiving@esns.org.

Vital Fitness

Thursdays Weekly | 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.

Tai Ji Quan: Moving for Better Balance

Beginner Class

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

September 18 - December 14

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.

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 discussion of engaging books.

September 9: No Time to Spare by Ursula Le Guin

October 14: Housekeeping by Marilynne Robinson

November 11: Kindred by Octavia Butler

December 9: The Midnight Library by Matt Haig

[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 Caregiving

Caregiver Support Groups

Wednesday | September 13 | 1:00-2:00 PM

Every Tuesday | 2:00-3:00 PM

In-Person



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.

In-Person Support Group with Respite

Tuesdays | Beginning September 5th | 2:00 PM-3:00 PM

The caregiver support group will now be offered in-person at East Side Neighborhood Services. During the group, we will also offer dementia-friendly respite care for care receivers.

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 SMacKay@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

Fridays Weekly | 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.

LGBTQ+ Caregiver Group

2nd Thursday of the Month | 3:30-4:30 PM

Via Zoom

The Alzheimer's Association logo, featuring the text "alzheimer's association" in a purple serif font, with a stylized purple ribbon icon to the right.

Build a support system with people who understand.

This group is specifically designed for LGBTQ+ caregivers who are supporting someone diagnosed with any type of dementia. Co-hosted by Vital Living's Caregiving Services Coordinator, Shay MacKay.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Contact Shay at 612-787-4076 or SMackKay@esns.org for more information.

[Click here to learn more about Alzheimer's Association caregiver programs and resources.](#)

Caregiver Newsletter

You might be a caregiver if...

Do you help a neighbor with chronic fatigue around their house? Do you take a friend living in assisted living to doctor's appointments? Do you bring meals to a sibling who finds it hard to cook? Do you call a parent or grandparent every evening to check-in?

You are a caregiver!

And we can be a resource for you. Sign up for our monthly Caregiver Newsletter.

To receive our monthly newsletter, contact Shay at 612-787-4076 or SMackKay@esns.org for more information.

A dark purple rectangular graphic with a pink square in the top right corner. It contains a white quote and the name Rosalynn Carter.

"There are only four kinds of people in the world – those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers."
Rosalynn Carter

Vital Living Engagement

NE Day Spot Friend

Volunteer Shifts Fridays 9:30AM-1:30 PM
Join us for 2-4 Fridays a month.



NE Day Spot Friends play an important role during our dementia-friendly NE Day Spot Respite Program. On Fridays from 9:30AM-1:30PM, you will socialize with participants, provide support during activities, and help with set up and clean up. Join us and make a difference in the lives of local adults and caregivers-and have fun doing it! No hands-on care required.

Some of the perks of being a NE Day Spot Friend are:

- Laughing and smiling until your cheeks hurt while swapping jokes and stories in our coffee hour.
- Getting your body moving and grooving for the day with some group stretches.
- Enjoying and participating in musical activities led by talented musicians.

Help give individuals facing dementia a welcoming space they associate with friends and fun. You would also allow caregivers the priceless gift of time—moments to themselves in order to recharge, relax, or accomplish a task. A small window in their week where they can breathe and take a moment for themselves with the reassurance that the person they care for is safely enjoying themselves too.

Questions about volunteering as a NE Day Spot Friend or additional Vital Living volunteer opportunities contact Caitlin at 612-787-4086 or cenright@esns.org.

Community Events

Free Fresh Produce Giveaway

Friday|September 8th|10:00 AM- 12:00 PM
East Side Neighborhood Services parking lot:
1700 2nd St NE
Minneapolis, MN 55413



Fresh fruits and vegetables free of charge!
Households with older adults encouraged to participate. No income verification required.
Walk up, no need to register. First come, first served.

Questions? Call 612-787-4023

Housing Fair

Wednesday|September 20th|11:00 AM- 2:00 PM
Ukrainian American Center:
301 Main ST NE Minneapolis, 55413

- Elder Law Attorney – focusing on Elder & CADI waivers and Trust or Will -- which to choose.
- Elder Voice Advocates and Elder IQ, which is a statewide organization



that ranks housing providers from 1 to 5 stars.

- Hennepin County Adult Protection -- How to spot elder abuse and report it.

Ukrainian American Center 301 Main ST NE Minneapolis, MN 55413

Questions? Call Nancy Przymus, Northeast Senior Services, at 612-781-5096

Resources for Vital Living

Senior Planet

Senior Planet www.seniorplanet.org has daily online classes via Zoom covering a wide variety of topics and activities. A couple of highlights for August include:

SENIOR PLANET
FROM **AARP**

Pride Discussion Group

Monday | September 11th | 3:00PM-4:00PM

[Online Class Registration](#)

Online Travel Sites

Friday | September 29th | 10:00AM-11:00AM

[Online Class Registration](#)

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 Emma with Friends & Co. at 612-746-0746.

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.



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 difficult emotions, contact our Vital Living team at VitalLiving@esns.org for support and resources.



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

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