

Bytes of Wellness

March 2016



Empowering Vital Aging

promoting access to community-based services for older adults
to Live Well at Home

[Adult Day at Friendship Center](#) | [Senior Community Service Employment Project](#) |
[Senior Dining](#) | [Senior Transportation](#) | [Senior Food Shelf](#) |
[High-Rise Mobile Food Shelf](#) | Empowering Vital Aging

Congratulations!

You are a recipient of the first **Bytes of Wellness** E-Newsletter from Empowering Vital Aging (EVA), a program at East Side Neighborhood Services. EVA connects older adults to community resources, and provides educational and other enrichment opportunities. My name is Brenna. I'm the Senior Health and Wellness Coordinator. The goal of **Bytes of Wellness** is to keep you informed of health and wellness activities near you as well as resources.

One of the most important tools I've learned in our Living Well with Chronic Conditions workshop is action planning. This month, this week, what is one change you'd like to make? What is something you *want* to do? Make this concrete and realistic. Write it down. Include the what (the action), how much (time, distance), how often (how many days a week, times a month), and when (what time of day, what day of the week). I want to write. My goal is to write for 30 minutes once a week on Sunday mornings. Your turn!

I look forward to checking in with you next month.

Take care,
Brenna Horn
Senior Health and Wellness Coordinator

www.esns.org

Upcoming Classes

Maintain independence and improve balance!



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

A Matter of Balance

Wednesdays, March 30-May 18, 1:30-3:30pm

A Matter of Balance is a workshop designed to empower participants to increase their activity levels and manage falls by learning to make changes to daily behavior, learning physical exercises that improve strength and balance, and setting goals. The workshop will meet for 8 weeks beginning March 30th.

Tai Ji Quan: Moving For Better Balance Classes

Mondays and Wednesdays, May 2-July 27, 10:00-11:00am

This Tai Ji class reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through coordinated movements in a slow, circular, flowing motion.

The class will meet for 12 weeks on Mondays and Wednesdays beginning May 2nd.

Both classes are held at East Side Neighborhood Services

(1700 Second St NE, Minneapolis 55413). The cost of these classes is based on ability to pay. Contact Brenna Horn to register 612-787-4055, bhorn@esns.org.

A Matter of Balance and Tai Ji Quan: Moving For Better Balance is sponsored by the Metropolitan Area Agency on Aging in the 7 county metro area.

Take control of your health and fitness!

Living Well with Chronic Conditions

Thursdays, May 5th-June 9th, 1:30-3:30pm

Developed at Stanford University, this a workshop has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, heart disease, anxiety, and others to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends, and health professionals
- Understand new treatment choices
- Feel better about life

The workshop will meet for six weeks on Tuesday afternoons at East Side Neighborhood Services beginning May 5th. The cost of these classes is based on ability to pay. To register, call Brenna Horn, 612-787-4055.

This program has been designed by the Stanford University Patient Education Research Center. This program is funded under contract with the Metropolitan Area Agency on Aging Inc. as part of the Older Americans Act Program funding. Presented in partnership with the Wilder Foundation.

Vital Fitness

Tuesdays 11:00am-12:00pm

Drop by for East Side's Vital Fitness group! The group meets weekly for a variety of exercises that increase balance, strength, and coordination. There is no cost to participate. Find us on Tuesday mornings in the Senior Dining Space at East Side Neighborhood Services.

Ongoing Neighborhood Opportunities

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.

Indoor Walking Group

Come for a walk on Thursdays on the smooth and climate controlled indoor track at Bottineau Park (2000 2nd ST NE, Minneapolis). After your walk, catch up with the news and have a cup of coffee. Donations are appreciated. Winter hours are 1:00-3:00 p.m. and summer hours are 10:00am-12:00pm. Sponsored

by Northeast Senior Services.

Foot Clinics

Nail clipping and other foot care is provided by a nurse from Quality Foot Care at two locations.

Upcoming Dates:

- Monday, April 18th, NE United Methodist (2510 Cleveland ST NE) from 1:00-2:30pm.
- Thursday, April 21st, The Legacy of Saint Anthony (2540 Kenzie Terrace) from 10:00am-12:00pm.

Call 612-781-5096 to sign up. Cost is \$30.00 paid to nurse.

Sponsored by NE Senior Services.

Mammograms & Breast Health

Join Neighborhood Health Source for a monthly mammogram event. Food, breast health education and a listening ear are provided. Most insurance accepted. If you don't have insurance, don't worry-MDH Sage covers costs for eligible women.

Upcoming Dates:

- Wednesday, March 30th, Central Clinic
- Wednesday, April 27th, Fremont Clinic

Central Clinic is located at 2301 Central Avenue NE, Minneapolis 55413. To schedule a mammogram, call 612-287-2433.

Funding for this program is provided in part by the American Cancer Society.

Diabetes Prevention

Community members are preventing type 2 diabetes with the National Diabetes Prevention Program (NDPP) lifestyle change intervention offered by Neighborhood HealthSource clinics.

Guided by a trained lifestyle coach, groups of participants are learning the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active and managing stress.

Neighborhood HealthSource delivers the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The local program meets at Fremont, Sheridan, and Central Clinics at various mornings, afternoon, and evening hours throughout the week and costs nothing to participants.

To learn more about the National Diabetes Prevention Program, call Julie Lor at (612) 287-2447.

Free Health Insurance Counseling

Available to Medicare beneficiaries and those soon to start Medicare. Certified counselors are at The Legacy Assisted Living, 2540 Kenzie Terrace, St. Anthony on the first Tuesday of each month from 10 a.m. to 1 p.m. and at Bottineau Park the 3rd Thursday of the month.

Upcoming Dates:

- Tuesday, April 5th, The Legacy Assisted Living
- Thursday, April 21st, Bottineau Park

To schedule a free individual appointment, call Northeast Senior

Services at 612-781-5096.

This program is brought to you by NE Senior Services and the Metropolitan Area Agency on Aging.

Resources

Nutrition Nuggets

by Bridget Doyle PhD, RDN

My Plate Tips For Older Adults For Healthy Living

1. Make half your plate fruit and vegetables
2. Make half your grains whole grains
3. Eat a variety of meats, fish, eggs and legumes
4. Drink plenty of fluids
5. Cut back on foods high in fat and salt

Remember also, eating a healthy breakfast is the best way to start your day!

From the National Institute of Health

[Smart Food Choices for Healthy Aging](#)

March is National Nutrition Month. Check out "What's On YourPlate?" for important nutrients to know and the shopping guide.

[Go4Life](#)

Go4Life, an exercise and physical activity campaign, is designed to help you fit exercise and physical activity into your daily life. Check-out their worksheets, exercise guides, and order a free video!

STAY CONNECTED:

