

Bytes of Wellness

June 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](#)

Greetings Friends and Neighbors!

Although EVA launched just six months ago, programs for older adults at East Side have been growing for over 40 years. How fortunate we are to bring accessible transportation, noon meals via the senior dining program, senior employment opportunities, health and wellness classes, senior food shelf programs, and an adult day program with the addition of

"Friendship Too," a caregivers support group (details below) to this community through ESNS' community partnerships. These diverse services and programs promote

the goals of [Communities for a Lifetime](#); providing access to services that help all of us achieve and maintain our ideal level of self-sufficiency and community engagement. With a target group spanning the age continuum from 55 - 105 years of age the opportunities are boundless. Adult Day at Friendship Center is celebrating its **40th anniversary June 28th** with an Open House (details below). Please join us to meet the staff, volunteers, and participants!

As we anticipate the beautiful Minnesota summer that is just around the corner, start conversations with yourself and those close to you: What are you doing to take care of your health, engage in community, and make a positive impact on your life and the lives of others? There is a power and wisdom that comes with age that deserves to be shared.

"Grow old along with me! The best is yet to be." Robert Browning (1812-1889)

Susan McCauley, LSW
Chief Performance Officer, ESNS

www.esns.org

Launching

Friendship Too: A Caregiver Support Group

Wednesdays, June 15- July 27, 3:00-4:30 pm

East Side Neighborhood Services is launching a Caregiver Support Group for anyone serving as a Care Partner for a loved one. The Care Receiver is invited to participate in the Adult Day program while their Care Partner attends the 90 minute support group.

For more information and to register, please contact Donna at

612-781-2052 or dkavanaugh@esns.org.

Adult Day at Friendship Center is located across the street from the main East Side building at 1717 2nd Street NE, Minneapolis, MN 55413.

Activities at East Side

Evidence-based Health & Wellness Classes

Tai Ji Quan: Moving For Better Balance

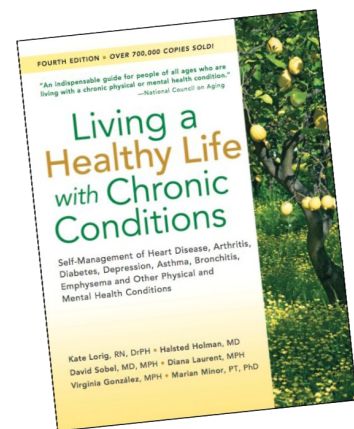
Mondays and Wednesdays, May 2-July 27, 10:00-11:00am

New participants are welcome! This Tai Ji class reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through mindful movements in a slow, flowing motion. There will be no class on May 30 nor July 4.

Living Well Workshop

Thursdays, June 9-July 21, 9:30-11:30am

IF: You live with health challenges, such as diabetes, arthritis, persistent pain, heart disease, high blood pressure, or anxiety
THEN: Living Well with Chronic Conditions workshop can provide you with the knowledge and essential skills to live a healthier lifestyle.



Participate in this class and:

- Receive the comprehensive self-management book, ***Living a Healthy Life with Chronic Conditions***
- Discover healthier nutrition options and exercise choices
- Learn how to improve communication with your family and healthcare professionals

- Find practical ways to deal with pain and fatigue

Developed at Stanford University, this self-management workshop has been offered at hundreds of locations throughout the United States. The workshop includes group discussion and meets Thursday mornings for six weeks. No class on June 23.

A Matter of Balance

Tuesdays, July 12-August 30, 1:30-3:30pm

Don't let fear rule your life! Join us for this award winning program. In A Matter of Balance, you will learn how to view falls as controllable, make changes to reduce fall risks at home, perform exercises that improve strength and balance, and set goals to increase physical activity. This class includes group discussion and meets Tuesday afternoons for eight weeks.

All 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 to register at 612-787-4055, bhorn@esns.org.

Tai Ji Quan: Moving for Better Balance, Living Well with Chronic Conditions, and A Matter of Balance are sponsored by the Metropolitan Area Agency on Aging in the 7 county metro area. Living Well with Chronic Conditions is presented in partnership with the Wilder Foundation.

Tuesdays with EVA

Empowering Vital Aging

Blaze a Trail Walk

Tuesday, May 31, 10:00-11:00am

Blaze a Trail through our beautiful neighborhood by joining your neighbors for a morning walk! We'll meet at East Side Neighborhood Services and enjoy a leisurely 1 ½ mile walk to

celebrate the conclusion of Older Americans Month! Contact Brenna at 612-787-4055 to let us know you'll join!

Stay Safe at Home

Tuesday, June 14, 10:00-11:00am

June is National Safety Month! Join us at East Side to learn fall prevention tips and how you can register for a FREE Home Health and Safety Assessment. Members of the HOME team from Senior Community Services will lead a presentation explaining the safety assessment process. Come and learn how making safety improvements to your home can help you "stay safe at home." Contact Brenna at 612-787-4055.

Friendship Center Open House and Celebration

Tuesday, June 28, 1:00-2:00pm

The Friendship Center is turning 40! Since 1976, Adult Day at Friendship Center has helped older adults remain independent, relieve loneliness, and improve quality of life, as well as provided caregivers much needed respite and peace of mind. Celebrate with us and meet amazing staff, volunteers, and friends. Contact Donna at 612-781-2052 or dkavanaugh@esns.org.

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 improve balance, strength, and coordination. There is no cost to participate. Contact Gloria with any questions at 612-787-4056.

Senior Dining

Monday-Friday, 12:00-12:30pm

Join friends for a warm, nutritious meal hosted by Volunteers of

America. \$4.00 suggested donation for Seniors 60+. Please make your reservation 3 days in advance by calling Dawn at 612-787-4093.

Bingo!

Tuesdays and Thursdays, 12:30-1:30pm

Prizes available. No registration required.

Elder Law Clinic

Saturday, June 25, 10:00am-2:00pm

Seniors can meet with an attorney for a half-hour consultation at no charge. To make an appointment, e-mail lmurphy@esns.org or call 612-781-6011. Other dates the clinic will be held are July 23, August 27, September 24 and October 22.

Volunteer Opportunities

Become a Tai Ji coach!

Improve balance and the balance of others by leading a Tai Ji class! No prior experience necessary. The next training is June 15 and 16 in Maplewood. Cost of training and training materials are provided. Volunteers must commit to leading an entire 12-week session. Contact Brenna at 612-787-4055 for more information.

Contribute your strengths with ESNS!

Work with youth, adults, or older adults

Seeking volunteer drivers, resource specialists and more!

Volunteer with NE Seniors

In the Neighborhood

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

Thursdays, 10:00am-12:00pm

Come for a walk 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.

Sponsored by Northeast Senior Services and Bottineau Park.

Foot Clinics

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

Upcoming Dates:

- Monday, June 20, NE United Methodist (2510 Cleveland St NE) from 1:00-2:30pm.
- Thursday, June 16, 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 mammograms, breast health education, and food. Most insurance accepted. If you don't have insurance, MDH Sage covers costs for eligible women.

Upcoming Dates:

- Tuesday, May 31, Sheridan Clinic (342 13th Ave NE, Minneapolis)
- Tuesday, June 14, Central Clinic (2301 Central Avenue NE, Minneapolis)

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.

Upcoming Dates:

- Tuesday, June 7, The Legacy Assisted Living (2540 Kenzie Terrace, St. Anthony), 10:00am-1:00pm
- Thursday, June 16, Bottineau Park (2000 2nd St NE, Minneapolis), 1:00-3:00pm

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

The typical American diet is high in (sodium) salt. Many Americans consume too much salt, which increases one's risk for heart disease and strokes.

Research has shown that reducing the total sodium in your diet helps to lower these risks.

TIPS TO LOWER SODIUM

- Read labels. Look for these words: low sodium, salt free.
- Do not add salt at the table or cooking. Instead use herbs and spices or salt substitutes available for purchase. Garlic and onion powder are great seasonings. Lemon juice adds

a lot of flavor to vegetables and other foods.

- Try to cut back on eating luncheon meats such as salami bologna, as they are high in sodium. Select fresh meats, poultry or fish when possible.
- Make a pot of soup using fresh vegetables which will be available soon at the Farmers' markets. Crock pots are great for making soup.

Just a little effort on your part can truly reduce sodium intake and help reduce your chance of high blood pressure.

Bridget Doyle Ph. D, RD-N

Source- American Heart Association

[MinnesotaHelp.info](#)

Check out Minnesota's statewide, online database of health care, social services, and community resources for older adults.

[Talking With Your Doctor: A guide for older people](#)

This toolkit developed by the National Institute on Aging includes tips on choosing a doctor, getting ready for an appointment, making decisions with your doctor, and more.

[MacPhail Music for Life](#)

MacPhail Center for Music offers music classes for older adults including voice, piano, and ukulele.

STAY CONNECTED:

