

COVID UPDATE

The following programs & services are operating:

- Door2Door Transportation
- TRUE Transit
- Hot Meals on Wheels
- Caring Connection
- Support Groups
- Chores (outside only)
- Adult Respite Center
- Home Thrift Store

Open by appointment only:

- Fitness Center
- Pool
- Walking Track
- Fitness Classes

The following programs & services are closed:

- Game Room
- Literacy Center
- All Social Groups (500, art, bridge, cribbage, dominoes, mahjong, pfeffer, singers, spellers, stompers, whist, & writers)



PAM DETERMAN TO RETIRE

In the summer of 1994, a coalition of churches, local organizations, and community members came together and discussed how to create a safe and effective way for people to help their neighbors. By developing a simple organization, where volunteers who want to help are matched with people who need a helping hand, everyone benefits. Over the years, programs and services have been added in response to community needs. While remaining true to this vision, VINE's outreach has continued to grow and now benefits thousands of people each year.

As the founding director, it has been a great privilege to guide the organization these past 25 years. The time has now come for me to pass the torch to new leadership. I plan to help with the transition and am confident that with a capable board, talented staff, and hundreds of dedicated volunteers, VINE will continue to grow and thrive.

I am looking forward to slowing down a bit, enjoying our grandchildren, and perhaps exploring some new ventures. My thanks to every person who has supported me throughout the years and helped VINE become what it is today.

Kindly,

Pam Determan

MESSAGE FROM VINE'S BOARD

I want to begin by congratulating Pam Determan, VINE Executive Director, on her retirement. Along with the entire Board of Directors (BOD), I am committed to maintaining the legacy and vision that Pam has created.

As VINE's founder, Pam has been the driving force and advocate for providing services for older adults in the Greater Mankato area for the past 25 years. She was the 2019 recipient of the AARP 50 over 50 Award that celebrates and recognizes Minnesotans over the age of 50 who have made significant contributions and achievements in the non-profit and for-profit sectors. Pam is a visionary and risk-taker who guided VINE from its humble beginnings into a strong and effective organization committed to helping neighbors in need. She led the campaign to redevelop the former Nichols Building into the 60,000 sq. ft. VINE Adult Community Center, which serves as a gathering place and resource center where thousands of older adults socialize, improve physical health, engage in life-long learning and volunteer to help others. Pam's dreams and hard work are helping to make our community a good place to grow up and grow older.

The BOD will soon begin a search for Pam's successor. We as a Board have asked Pam to remain in her position during the search and Pam has agreed to our request.

In closing, I personally want to thank Pam for her dedication and passion in leading VINE for the past 25 years. I speak for the entire Board when I offer this sincere thank you.

Regards,

Dan Menden, Board President

**VINE will be closed
September 7 for Labor Day**



VIRTUAL PROGRAMS

VINE is offering presentations on Zoom. You can register on our website or by calling (507) 387-1666. We will email the link to those who have pre-registered. These programs are free and open to everyone.

HOW TO DECONSTRUCT RACISM

- Tuesday, September 8
- 2 – 3 pm
- Facilitated discussion

Baratunde Thurston explores the phenomenon of white Americans calling the police on black Americans who have committed the crimes of ... eating, walking or generally “living while black.” In this profound, thought-provoking and often hilarious talk, he reveals the power of language to change stories of trauma into stories of healing – while challenging us all to level up. Thurston is an Emmy-nominated writer, activist and comedian who addresses serious issues with depth, wit and calls to action.

WATCH WHAT YOU SAY: LANGUAGE AS A BARRIER

- Thursday, September 10
- 2 – 3:30 pm
- Cecil Fountain, VINE Diversity Program Coordinator

Americans are fond of figures of speech and abbreviations. And don't always realize people new to the U.S. don't understand their meaning. “I'll pencil you in for 11 o'clock,” could sound like an appointment for torture. “What's your ETA?” would not be perceived as a query about when you will get somewhere. Cecil will talk about how language can be an unintentional barrier for immigrants wanting to learn and fit in with American culture.

EVERYONE IS A POET!

- Friday, September 11
- 2 – 3:30 pm
- Susan Stevens Chambers, awarded poet

Ever notice how you turn to poetry for big events in your life – funerals, weddings, graduations? We all can write a poem, we just need a few tools to get started. We will share favorite poems and write during this workshop. Bring your paper and pen!

DON'T LEAVE THEM GUESSING: HOW TO TAKE CONTROL OF YOUR MEDICAL CARE

- Thursday, September 17
- 2 – 3:30 pm
- Dr. Jennifer Derrick, Chair of Palliative Medicine & Hospice, Betsy Bolint, CNP, & Heidi Bendrix, RN, Mayo Clinic Health System

This Zoom presentation will introduce the importance of Advance Care Planning. It will cover such topics as Advance Directives (Five Wishes), choosing a healthcare agent, CPR, and how to communicate your wishes to your healthcare professional. If you have a question you would like answered, send it to mikel@vinevolunteers.com before noon on September 15, and it will be provided to the presenters.

Register online at
vinevolunteers.com
Questions? Call (507) 387-1666

TIPS FOR ATTENDING

When you register make sure we have your current email address so we may share the Zoom invitation with you.

You can view past virtual presentations at vinevolunteers.com. If you have a suggested topic, please share to mikel@vinevolunteers.com.

VINE AUTHOR SERIES: 'TWEENS' SHELLEY TOUGAS

- Monday, September 21
- 2 – 3:30 pm
- Shelley Tougas, author

Shelley writes for tweens and teens. She is a former journalist at The Free Press. Her “Little Rock Girl 1957: How a Photograph Changed the Fight for Integration,” landed on the top 10 lists of Booklist and School Library Journal. Her most recent, “A Patron Saint for Junior Bridesmaids,” was a 2017 Wisconsin Library Association Outstanding Book.



COMPUTER UNIVERSITY: ORGANIZING DIGITAL PHOTOS

- Monday, September 21
- 5:30 – 7 pm
- Trevor Waagner, Mankato Computer Technology & Pat Christman, Mankato Free Press Photographer

Do you have digital photos all over the place? Get help organizing your photos so you don't lose those precious memories.

DEMENTIA CONVERSATIONS

- Tuesday, September 22
- 2 – 3 pm
- Alzheimer’s Association Staff

When someone shows signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be uncomfortable. This program offers tips on how to have honest and caring conversations about things like going to the doctor, giving up driving, and making legal and financial plans.

Registration is required through the Alzheimer’s Association of Minnesota-North Dakota at vinevolunteers.com.

AN UNFLINCHING LOOK AT RACIAL VIOLENCE

- Tuesday, September 22
- 2 – 3 pm
- Facilitated conversation

Conceptual artist and TED Fellow Sanford Biggers uses painting, sculpture, video and performance to spark challenging conversations about the history and trauma of black America. Join him as he details two compelling works and shares the motivation behind his art. Biggers creates art that upends traditional narratives about topics ranging from hip hop to Buddhism to American history.

CHIROPRACTIC TREATMENT EXPLAINED

- Thursday, September 24
- 2 – 3:30 pm
- Keith Kuch, chiropractor and owner Kuch Chiropractic

Chiropractic is a science and an art, a healing modality that focuses on the structure and function of the spine, but also other joint dysfunction. Chiropractors look for the areas of dysfunction and release that particular joint through a number of manipulation techniques. It’s a treatment for ailments that includes back pain, headaches, and extremity pain. It also has an effect on strengthening the nervous system, which strengthens the immune system.



Keith Kuch

IN-PERSON PRESENTATIONS

Registration is required for our in-person groups to maintain safety compliance.

GET YOUR DUCKS IN A ROW: A GIFT TO THOSE YOU LOVE

- Wednesday, September 16
- 1 – 2:30 pm
- VINE, Room 210
- VINE Staff

This program will provide in-person guidance for gathering and storing significant personal information so it is available to your loved ones after you die. Join VINE staff and others for this important discussion. Give yourself and your family a sense of security and peace of mind.

Guidebooks are \$10.

Class size is limited. If the class fills, it will be offered again to accommodate overflow.

Registration is required by 9/15.

Register online at vinevolunteers.com

Questions? Call (507) 387-1666

WANT TO TRAVEL? WHAT YOU NEED TO KNOW

- Wednesday, September 30
- 2 – 3:30 pm
- Amber Pietan, Travel Agent

Amber will provide the most up-to-date information in regards to travel: best destinations, additional factors to take into consideration when packing or making arrangements, and other factors you may not have thought about. Although you can expect changes to take place for future travel, you can find out what to consider and look for when making your plans.

FIVE WISHES: HEALTH CARE DIRECTIVE

- Friday, September 18
- 11 am – 12 pm
- VINE Room 210
- VINE Staff

More than ever, people are thinking about how important it is to have a healthcare directive. As we navigate our way through a global pandemic, many of us are asking what would I want my medical providers to know if I cannot speak for myself. Five Wishes is a healthcare directive that lets you say exactly how you wish to be treated if you get ill. A 30-minute DVD with instructions on how to complete your Five Wishes document is included.

Class size is limited. If the class fills, it will be offered again.

Cost: \$5 for the Five Wishes document for ALL participants.

Registration is required by 9/17.

CALENDAR

MEMORIES OF OUR LIVES

- Mondays, September 14 & 28
- 2 – 3:30 pm
- VINE Memoirs Group members
- Virtually on Zoom

Members of the VINE Memoirs Group will share some of their writings through Zoom presentations, with time in between for comments. Everyone is invited to sit in and listen. Here is a list of presenters.

September 14:

Laura Bealey: **Happiness in Unprecedented Times – Coping with the Pandemic**

Jan Prehn: **Never So Happy to See a Pair of Old Shoes**

Mira Frank: **2 poems – Chicago Southside 1957, Diversity Presentation**

Barb Jackman: **Saga of a Chaplain, #6**

Karen Verburg: **Mouse Encounters**

Deb Fitzloff: **Fourth of July – Missing the Official Fireworks But Celebrating Anyway**

September 28:

Anita Dittrich: **Lifesavers from Covid Isolation Despair**

Linda Good: **2 poems – Dip Go the Paddles, Quilt of Life**

Beverly Stoufer: **What Makes Me Happy**

Roger Stoufer: **Money, Sex, and Lies**

Cathie Atchley: **Smoking Saved My Life**

Barbara Keating: **Non-Sequitur and Everyday Life**

VINE FITNESS CLASSES SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------|--------------------------------------------|-------------------------------------------------------|-----------------------------------------------|
| 7 am | Zumba on ZIN on-demand 7 am - 12 pm | | Zumba on ZIN on-demand 7 am - 12 pm | | Zumba on ZIN on-demand 7 am - 12 pm | Zumba on ZIN on-demand 7 am - 12 pm |
| 8:30 am | Move it More VINE parking lot | Yoga Old Main lawn | Zumba VINE parking lot | Stretch & Flex Old Main lawn | Chair Yoga VINE parking lot | |
| 10 am | Rotating Virtual Class 14- PALs 21- Cardio Strength 28- Yoga | Zumba on Zoom | Chair Yoga Gathering Room & Facebook Live | Zumba on Zoom | Move it More Gathering Room & Facebook Live | |
| 12:30 pm | | | | PALs Gathering Room | | |
| 1:45 pm | 15-minute wellness break on Facebook Live | 15-minute wellness break on Facebook Live | 15-minute wellness break on Facebook Live | 15-minute wellness break on Facebook Live | 15-minute wellness break on Facebook Live | |
| 3 pm | | Zumba on ZIN on-demand 3-8 pm | | Zumba on ZIN on-demand 3-8 pm | | Zumba on ZIN on-demand 3-8 pm |
| 4:30 pm | Yoga Gathering Room | | Cardio Strength VINE parking lot | | | |

SCHEDULE YOUR SEPTEMBER APPOINTMENTS NOW!

To use the Fitness Center, pool or walking track, or join a group exercise class in September, please sign up for a timeslot:

- online at vinevolunteers.com
- at the front door
- call (507) 386-5586

Please arrive at your scheduled time or let us know if you are unable to so someone else can.

FITNESS CENTER

Our space allows for social distancing and safe practices. Please wear a mask during your workout and follow the arrows.

Monday – Friday

- 8 – 9 am
- 9:30 – 10:30 am
- 11 am – 12 pm
- 12:30 – 1:30 pm
- 2 – 3 pm
- 3:30 – 4:30 pm

Monday & Wednesday

- 5:15 – 6:15 pm **NEW*

WALKING TRACK

Our cushioned walking track offers a safe place to walk with great views of Mankato. Use our entrance and exit doors accordingly and don't forget to wear your mask.

VIRTUAL VINE

Tune in to VINE's livestream videos on Facebook Monday – Friday at 10 am & 1:45 pm. Check our website and Facebook page for the week's schedule.

Monday – Friday

- 8 – 9 am
- 9:30 – 10:30 am
- 11 am – 12 pm
- 12:30 – 1:30 pm
- 2 – 3 pm
- 3:30 – 4:30 pm

Monday & Wednesday

- 5:15 – 6:15 pm **NEW*

WARM WATER POOL OPEN SWIM

Please register for no more than three pool times per week and wear your mask except when showering and swimming. Mask hooks are available on the pool deck.

Pool spots fill up quickly. Please notify us if you will not arrive for your timeslot by calling (507) 386-5585.

Monday – Friday

- 8:15 – 9:15 am
- 9:45 – 10:45 am
- 11:15 am – 12:15 pm

Monday & Wednesday

- 3 – 4 pm
- 4:30 – 5:15 pm **NEW*
- 5:45 – 6:30 pm **NEW*

VINE LOCKER ROOMS

Locker rooms and showers are reserved for pool users. You can bring a lock to secure your belongings, but please remove it.

VINE HEALTH & WELLNESS FACEBOOK GROUP

Engage with fellow VINE members on our Facebook Group. Share and receive wellness tips and encouragement on a regular basis.

GROUP FITNESS CLASSES

Sign up for an indoor or outdoor class. Registration is required. Class size is limited.

Monday

8:30 am: Move it More - VINE parking lot
4:30 pm: Yoga - Gathering Room **NEW*

Tuesday

8:30 am: Yoga - Old Main Village lawn

Wednesday

8:30 am: Zumba - VINE parking lot
10 am: Chair Yoga - Gathering Room **NEW*
4:30 pm: Cardio Strength - VINE parking lot **NEW*

Thursday

8:30 am: Stretch & Flex - Old Main Village lawn
12:30 pm: PALs - Gathering Room **NEW*

Friday

8:30 am: Chair Yoga - VINE parking lot
10 am: Move it More - Gathering Room **NEW*

Please wear a mask to class then remove it once class begins.

TREKKING

Our adventurers meet at different parks and trails each week. Call VINE or check our website, to find the location. Please keep social distance.

- Thursdays, 10 – 11 am

LOG YOUR WORKOUT

Did you join VINE for one of our virtual exercise classes? Did you go on a hike or walk? You can log your workout on our website. This gives you credit and benefits VINE too.

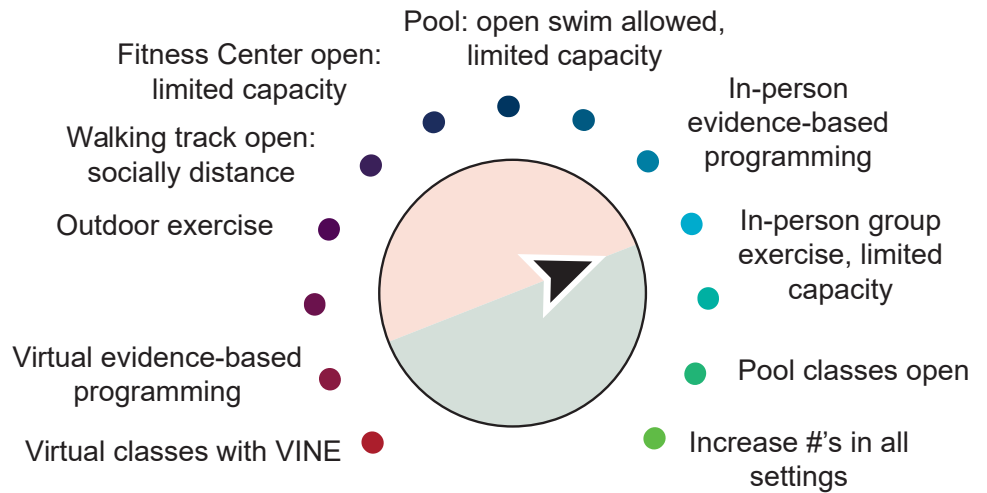
GET YOUR FLU SHOT

- Monday, September 14
- 9 – 11:30 am
- VINE

Together with Cub Pharmacy, we are offering a flu shot clinic at VINE. Most insurances cover the shot, so bring along your insurance card. Call Meghan at (507) 386-5587 to make your appointment.



SAFELY ADJUSTING THE DIALS AT VINE



SMALLER & HIGHLY PREDICTABLE SETTINGS

LARGER & LESS PREDICTABLE SETTINGS

IN-PERSON PROGRAMS

Due to physical distancing measures, space is limited.

Face masks are required.

KNEE REPLACEMENT FITNESS PROGRAM

- Wednesdays & Fridays
- September 9 – October 30
- 12:30 – 1:30 pm
- Cost is **\$160** for supporting members/non-members and **\$60** for basic/premium members

If you have recently had knee replacement surgery and have “graduated” from physical therapy, consider completing our supervised small group knee replacement fitness program. This “next phase” in your journey back to health includes individual assistance and group support with a focus on regaining strength, flexibility and stamina.

For more information or to register, contact Jen at (507) 386-5588.

FALLS PREVENTION EVENT

- Tuesday, September 22
- 15-minute appointments, 9 am – 1 pm
- Free & open to the public

Did you know that 1 in 4 Americans aged 65+ fall every year? Falls threaten the safety and independence of older adults, though falling is NOT an inevitable part of aging. Through practical lifestyle adjustments, the number of falls among older adults can be reduced substantially.

If you are concerned about your balance or risk of falling, please pre-register for the free Falls Risk Screening at the VINE Adult Community Center patio. The screening will include an evaluation of gait, strength and balance to identify modifiable risk factors. Mankato Clinic Physical Therapist, Katie Swanson, and VINE’s Health & Wellness staff will work together to assess your risk for falls.

Reserve your spot online or by calling Jen at (507) 386-5588.

ARTHRITIS PROGRAM: WALK WITH EASE

- September 21 – October 30
Mondays, Wednesdays & Fridays
- 2 – 3 pm
- Free & open to the public

The Walk with Ease Program is a 6-week-long exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

Walk with Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength, and stamina
- Reduce pain and feel great

For more information and to register, contact Lisa Johnson at (507) 386-5585 or lisaj@vinevolunteers.com.

VINE VOLUNTEER ORIENTATION

Learn more about how you can share your time and energy helping others through VINE.

- Thursday, September 17
- 9:30 – 10:30 am
- In-person at VINE

Complete your application online at vinevolunteers.com

Pre-registration required by 9/15. Call Adam or Joyce at (507) 387-1666.

CARING CONNECTION

VINE's visiting program, Caring Connection is more important than ever during this time of isolation. If you're looking to reach out to an older adult, please consider volunteering, or if you know someone who could benefit from a regular phone or in-person visit, contact Program Coordinator, Joyce at (507) 386-5583.

DOOR2DOOR TRANSPORTATION PROGRAM

VINE's Door2Door Transportation Program assists community members age 60+ living in Mankato and North Mankato when public transportation is unavailable. VINE's trained volunteer drivers help older adults get to their appointments, shop, and run errands. We provide rides for people under age 60 with disabilities and those encountering difficult life circumstances. We also work with staff at county human services to provide rides for income-eligible clients. Contact VINE at (507) 387-1666 to discuss your needs or if you'd be interested in volunteering your time as a driver.

HOT MEALS ON WHEELS

Dedicated VINE volunteers deliver a nutritious noon meal each weekday to people living in Mankato, North Mankato, Skyline, Le Hillier, and Eagle Lake who find it difficult to shop for or prepare their meals. Meal recipients also benefit from a valuable safety check each day. Recipients are billed monthly for the \$3.50 meals and automatic withdrawals are available upon request. To sign up for Hot Meals on Wheels, call (507) 387-4076.

TRUE TRANSIT

We know public transportation can be scary for some, especially during a pandemic. However, we are doing everything we can to keep your trip as safe as possible. Meet one of our drivers, Mike.



You may recognize Mike as the guy who took out Perk at Play in basement hockey or as a former teacher in Waterville and the Waseca Prison, but now he drives for TRUE Transit. Mike grew up riding around Le Sueur County with his dad delivering gas. When he heard about the opportunity to relive those days with TRUE Transit, he jumped at the chance. He loves telling stories about the area and talking sports.

TRUE Transit provides dial-a-ride service throughout Blue Earth, Nicollet and Le Sueur Counties, Monday - Friday between 8 am - 5 pm.

Reservations are required and can be made online at truetransit.org or by calling (507) 388-8783.

VINE ADULT RESPITE CENTER

The VINE Adult Respite Center is a home-away-from-home for people who have progressive illnesses such as Parkinson's or Alzheimer's or other types of dementia, as well as those who can benefit from social and intellectual stimulation. Participants increase their activity level and often reduce their depression symptoms. Regular use of an adult day program provides family caregivers with a well-deserved break and often delays a costly move to a facility. Long-term care insurance, veteran benefits, county waivers, and private payment cover the cost of this affordable care option. For more information, contact Mary at (507) 386-5577.

World Alzheimer's Day

Alzheimer's Disease International declared September 21 as World Alzheimer's Day. Their goal is to raise awareness and eliminate the stigma surrounding dementia. VINE is committed to helping those affected with dementia and their caregivers navigate the changes and challenges that come with the disease. We offer educational presentations, support groups, and one-on-one coaching. Call (507) 387-1666 for more information.

CAN YOU HELP?

The VINE Adult Respite Center is in need of some things to help provide a more fulfilling experience for our guests. Do you have one of these items you could donate?

- Acrylic paint—primary colors
- Tissue paper

If you can donate, please call Holly at (507) 386-5590.

HELPING OTHERS

VINE SUPPORT GROUPS

Registration and face masks are required for our in-person groups.

CAREGIVER SUPPORT GROUPS

Caregiving can be difficult and isolating, especially during COVID. Gain insights and encouragement from others facing similar challenges.

- First Tuesday of the month
 - 2:30 – 3:30 pm
 - St. Teresa Catholic Church, Mapleton
 - Call (507) 386-5583 to register
-
- Wednesdays, September 9 & 23
 - 1:30 – 2:30 pm
 - VINE Room 210
 - Call (507) 386-5571 to register

ZOOM SUPPORT GROUP FOR LGBTQ+ CAREGIVERS

- Wednesdays, September 2, 9, 16, 23 & 30
- 1 – 2 pm
- Call (507) 386-5583 to register

GRIEF & LOSS SUPPORT

Anyone grieving the loss of a loved one is welcome. The group meets weekly.

- Call Joyce at (507) 386-5583 for more information and to register



LET'S TALK

- Thursdays, beginning September 10
- 10:30 am – 12 pm
- VINE

Do you miss getting together with friends? We are aware that many folks are missing opportunities for conversation and laughs during COVID. Join us for a weekly gathering – not a support group – to meet new friends and visit. Groups will be limited to nine participants and face masks are required.

Reservations are required by 9/4. Call Joyce at (507) 386-5583.

COMMUNITY CONVERSATION SERIES

- How to Deconstruct Racism September 8, 2-3 pm
- An Unflinching Look at Radical Violence September 22, 2-3 pm
- Virtually on Zoom

In an effort to better understand racism and how it manifests itself, VINE is hosting “community conversations” through October. In these Zoom sessions, we will communally watch a TED Talk on different topics and have a facilitated conversation following it. All are welcome.



VINE HOME THRIFT STORE

- Open: Tuesday – Saturday
- 10 am – 5 pm
- Masks required

Online Sales & Curbside Pickup:

There is a variety of items on our website vinestore.org and Facebook page that can be purchased over the phone. To purchase an item, please call the store; if it is still available, we can take payment over the phone and arrange a pick up time. Please call (507) 387-2699 if you have any questions or would like to purchase any items online.

Donation Drop Off & Pickup:

We accept furniture and household items in good condition during our store hours. Due to storage space, we may have to limit when and how many donations we can accept, so please call the store at (507) 387-2699 before dropping off your donations. Do not leave items outside after hours. We are offering curbside pickup for larger donations. Please call the store to arrange a time.

THANK YOU FOR YOUR SUPPORT

Your support and contributions to VINE Faith in Action have been incredible during these difficult times.

For a list of memorials made to VINE between June - August please visit the Contribute page on our website.

Donations are essential to VINE and give us the ability to provide services to neighbors in need. There are a variety of ways you can help. Please visit our website or give VINE a call to learn more.