

## 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)

**VINE will be closed for Thanksgiving on November 26**



Jeanne & Larry Morales

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

More than 1 in 5 Americans from all walks of life and backgrounds are caregivers. During National Family Caregivers Month, we would like to affirm the invaluable contributions of caregivers.

Former first lady Rosalynn Carter highlighted the impact of caregiving on all of us: "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

We recently spoke with Larry Morales, one of these dedicated caregivers. Larry cares for his wife Jeanne, who has Alzheimer's Disease.

### Mary Wichtendahl: Larry, what would you like to tell other caregivers?

**L.M.:** You need to make a special effort to care for yourself when you are caregiving for someone. This means utilizing Adult Day Care, which can enable you to have some time for yourself and know your loved one is safe. At first, my wife did not want to go to VINE's Respite Program, but I brought her consistently two days a week. By the end of the second week, Jeanne would ask in the morning if she was going to VINE? Now she likes to attend, and it's a huge stress reliever for me.

*continues on page 2*

## NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

Alzheimer's Disease is cruel in the way it gradually steals away a loved one from family and friends. National Alzheimer's Disease Month, each November, reminds us that over 5 million Americans suffer. Alzheimer's Disease (AD), a form of dementia, impacts memory, thinking, and behavior. AD ranks as the sixth leading cause of death in the U.S. and the most common form of dementia in 60-80% of all diagnosed cases. Learn the symptoms, treatments, and latest research, as well as how you can help.

How you can observe National Alzheimer's Disease Awareness Month:

According to the Alzheimer's Association, "only 33 percent of older adults with Alzheimer's disease are aware of their diagnosis." Medicare covers the Welcome to Medicare checkup and one free annual wellness visit (AWV). The March 2018 issue of Minnesota Physician magazine reports that less than 10 percent of Minnesota's people with Medicare use the AWV benefit each year.

**Get screened.** The National Memory Screening Program allows you to answer a list of questions to see if you or someone you know may potentially have Alzheimer's Disease. The test is a series of questions to measure your language skills, thinking ability, and intellectual functions. Taking the test is free, but it will not definitely tell you whether you have AD. Check with your doctor to get a thorough evaluation.

**Donate.** Your dollars are critical in the search for a cure. Funding also helps develop new medications to slow the effects of the disease. Your support makes it all happen.

For more information about Alzheimer's Disease, visit [www.alz.org](http://www.alz.org).

## HELPING OTHERS

*continued from page 1*

It has also been helpful to get involved with a Caregiver Support Group to hear what other caregivers are going through and what has been helpful to them, as well as offering support and ideas that have helped me.

Find a class about caregiving and learn about the disease your loved one has been diagnosed with and the disease progression.

(Larry stresses it is important to get involved and be open to what each place offers, and to open yourself up to learn new things as you participate.)

### **M.W.: What do you find most supportive to you in caregiving?**

**L.M.:** I do meditation exercises of some type each day; these help when I need to regroup.

Two years ago, I went to a class called "Powerful Tools for Caregivers." It was a six-week course, and I learned so much. The class teaches you how to care for yourself and how to communicate with your loved ones. I have shared many things I learned at the class with my adult children. I also learned "you can only control what you can." If my wife asks me the same question five times in a row, I answer the question five times. I cannot control the repetitive questions that are part of her disease. I can control keeping her safe when she is at home and taking care of myself by utilizing caregiving classes, meditation, respite, and support group.

### **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.



### **HAPPY VETERANS DAY**

Veterans Day is a United States federal holiday that honors all military veterans who have served in the U.S. military and is observed annually on November 11. The day coincides with Remembrance Day and Armistice Day, which marks the anniversary of the end of World War I.

Although VINE is unable to provide its annual celebration of Veterans Day this year, we honor in our hearts those who have served our country. The VINE Adult Community Center will be open regular hours on November 11.

## 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.

- Tuesday, November 3
  - 2:30 – 4 pm
  - St. Teresa Catholic Church, Mapleton
  - Call (507) 386-5583 to register.
- 
- Wednesdays, November 11 & 25
  - 1:30 – 2:30 pm
  - VINE Room 210
  - Call (507) 386-5571 to register.

### **GRIEF & LOSS SUPPORT**

If you are grieving the loss of your spouse, consider participating in this 8-week series.

- Every Wednesday in November & December, beginning November 4
- 10:30 – 11:30 am
- VINE Room 210

Call Joyce at (507) 386-5583 to register by November 2.

### **SUPPORT GROUP FOR LGBTQ+ CAREGIVERS**

- Wednesdays, November 4 & 18
- 4 – 5 pm
- Zoom
- Call (507) 386-5583 to register.

## 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 registered. These programs are free and open to everyone.



### LOOKING AT RACISM FROM THE BEGINNING

- Tuesday, November 10
- 2 – 3:30 pm

To understand and eradicate racist thinking, start at the beginning. That's what journalist, documentarian and Mankato native John Biewen did, leading to a trove of surprising and thought-provoking information on the "origins" of race. He shares his findings in a TED Talk, supplying answers to fundamental questions about racism – and lays out an exemplary path for practicing effective allyship. Biewen directs the audio program at the Center for Documentary Studies at Duke University, where he produces the Center's Peabody-nominated documentary podcast, "Scene on Radio."

### DIET & EXERCISE FOR OLDER ADULTS DURING COVID

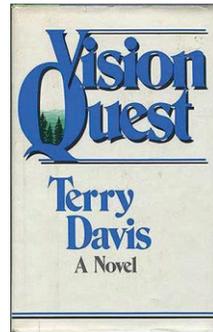
- Wednesday, November 11
- 2 – 3:30 pm
- Emma Schalow, RD, ID, Open Door Health Center

This presentation will focus on healthy nutrition as we age. We will discuss what components make up a balanced meal and how our nutrition needs may change as we get older. We will talk about cholesterol and clear up confusion on this seemingly ever-changing topic. We will also discuss strategies for staying healthy and safely exercising during COVID-19 as the winter months approach.

### UTILIZE GRATITUDE TO SET YOUR LIFE'S DIRECTION

- Thursday, November 12
- 2 – 3:30 pm
- Britta Higginbotham, Meditation Coach

You can change your life and heal your body through the practice of mindfulness and meditation. We are born with an inherent ability to heal, but we are rarely taught how to fully develop and experience this capacity. It starts by consciously choosing to acknowledge and accept your ability to positively influence your life. In this presentation, we will look at how mind-body appreciation and awareness can help people feel better during the current health situation. We will learn about how practicing mindfulness and meditation can create health and happiness in your life.



### VINE AUTHOR SERIES: MEET TERRY DAVIS

- Monday, November 16
- 2 – 3:30 pm
- Terry Davis, novelist

Author Terry Davis of North Mankato was born in 1947 and raised in Spokane, Washington. Davis excelled as a high school wrestler and basketball player, then went on to study English at Eastern Washington University. He rocketed to fame with the novel "Vision Quest," which John Irving called "the truest novel about growing up since 'The Catcher in the Rye.'" It was nominated for an American Book Award in 1981 (the American Book Awards were renamed the National Book

## DON'T FORGET

Most of our educational programs are recorded on Zoom and posted on our Virtual VINE page online at [vinevolunteers.com](http://vinevolunteers.com)

### HOW TO CARE FOR YOURSELF AS YOU CARE FOR OTHERS: TIPS & TRICKS

- Friday November 13
- 2 – 3:30 pm
- Mayo Clinic Health System Hospice Team Members

During this National Family Caregivers Month, VINE acknowledges and appreciates the incredible self-gift of caregiving. Join a cast of characters from Mayo Clinic Health System as they lead you through some simple ways to care for yourself while you are caring for others. Join us for an informative, fun-filled, light-hearted presentation about a very serious subject.

Register online at [vinevolunteers.com](http://vinevolunteers.com)  
 Questions? Call (507) 387-1666

## LEARNING THROUGHOUT YOUR LIFETIME

Awards in 1987) and was named one of the Best of the Best YA novels. Davis also wrote the YA classic "If Rock and Roll Were A Machine" and a third more experimental novel.

### COMPUTER UNIVERSITY: COMPUTERS ARE A PART OF DAILY LIFE

- Monday, November 16
- 5:30 – 7 pm
- Trevor Waagner, Mankato Computer Technology

It's very likely that you use a computer (or similar device), for many of the activities you do at work and home. At home, that could include playing games, listening to music, communicating with others, or paying bills online. At work, it could be completing spreadsheets, photo editing, web site development or management. Learn more about those things and find out what you may be missing.

### IN-PERSON GATHERINGS

*Registration and face masks are required for in-person gatherings.*

*Class size is limited.*

*Call (507) 386-5583 to register.*

### LET'S TALK

- Thursdays
- 10:30 – 11:30 am
- VINE

Do you miss getting together with friends? We know many folks are missing conversations and laughs. Join us for a weekly gathering – not a support group – to meet new friends and visit.

### LEARN ABOUT IN-HOME HEALTH CARE OPTIONS

- Tuesday, November 17
- 2 – 3 pm
- Laura Mellgren, St. Croix Hospice, Kelly Simmons, Adara Home Health, & Jennifer Olson, Freedom Home Care

Have you ever wondered if you or a loved one could benefit from services provided in your own home? Join the Home Care Crew to discuss the differences between Home Health, Home Care and Hospice Care and how they work together to provide you the best care and keep you comfortable and safe in your own home. This will be a panel discussion with time for questions.

### HOW IS LANGUAGE AFFECTED BY PARKINSON'S?

- Thursday, November 19
- 2 – 3:30 pm

- Kate Glogowski, Clinical Director, & Jessica Jones, Lead Clinical Educator, Minnesota State Mankato Center for Communication Sciences & Disorders

The center provides assessment and treatment to children and adults with a variety of communication disorders in Southern Minnesota. Services are provided by graduate students under the direct supervision of licensed Speech-Language Pathologists. They will introduce a new program for clients with Parkinson's Disease called SPEAK OUT!® & The LOUD Crowd®. This program was developed through a grant from the Parkinson's Voice Project and incorporates education and individual and group therapy to help clients improve the quality of their speech and voice. Services are being provided free of charge.

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

- Friday, November 13
- 11 am – 12:30 pm
- VINE, Room 210

This program will provide 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.

A guidebook can be purchased for **\$10**.

Registration deadline is 11/11.

### FIVE WISHES: HEALTH CARE DIRECTIVE

- Tuesday, November 17
- 11 am – 12 pm
- VINE, Room 210

More than ever, people are thinking about a healthcare directive. This pandemic may have you asking what you want your medical providers to know if you cannot speak for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. The presentation includes a 30-minute DVD with instructions on how to complete your Five Wishes document.

**\$5** for the Five Wishes document.

Registration deadline is 11/13.

## SCHEDULE YOUR NOVEMBER APPOINTMENTS NOW!

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

- online at [vinevolunteers.com](http://vinevolunteers.com)
- at the front desk

Please arrive at your scheduled time. If you are having trouble scheduling or need to cancel, call Meghan at (507) 386-5587.

## FITNESS CENTER

Our Fitness Center includes state-of-the-art strength training equipment, recumbent trainers, treadmills, and more. Please wear a mask during your workout and stay 6 feet apart.

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

## WALKING TRACK

Our cushioned walking track offers a safe place to walk with great views of Mankato. Use our entrance and exit doors

## 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.

accordingly and don't forget to wear your mask.

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

## 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. Remember, we do not have a lifeguard on duty. Our pool monitors volunteer their time to supervise and offer assistance as they are able.

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
- 5:45 – 6:30 pm

## 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.

## VINE LOCKER ROOMS

Locker rooms and showers are reserved for pool users. You may bring a lock, but please remove it when you leave.

## GROUP FITNESS CLASSES

Register for our indoor fitness classes on the 5th floor at VINE.

### Monday

- 8:30 am: Move it More
- 4:30 pm: Yoga
- 4:30 pm: Cardio Strength

\*held on the south side

### Tuesday

- 8:30 am: Yoga
- 2:15 pm: Move it More

### Wednesday

- 8:30 am: Zumba
- 10 am: Chair Yoga
- 4:30 pm: Cardio Strength

### Thursday

- 8:30 am: Stretch & Flex
- 12:30 pm: PALs

### Friday

- 8:30 am: Chair Yoga
- 10 am: Move it More

Wear mask to class. You may remove when class begins. Class size is limited to 12 participants.

## TREKKING

They meet at different parks and trails each week. Call VINE or check our website, to find the location. Please stay 6 feet apart.

- Thursdays at 1 pm *\*new time*

## LOG YOUR WORKOUT

Did you join a virtual exercise class? Did you rake, shovel, go on a hike or walk? You can log your workout on our website. This gives you credit and benefits VINE too. Thank you!

## COVID FAQs

As we move into colder weather, we have heard a number of concerns that we would like to address.

### Do I still wait outside for my appointment time?

Because of dropping temperatures and lobby space limitations, we ask you enter the building with your mask on no sooner than five minutes before your appointment time and stand on the floor marking as you wait.

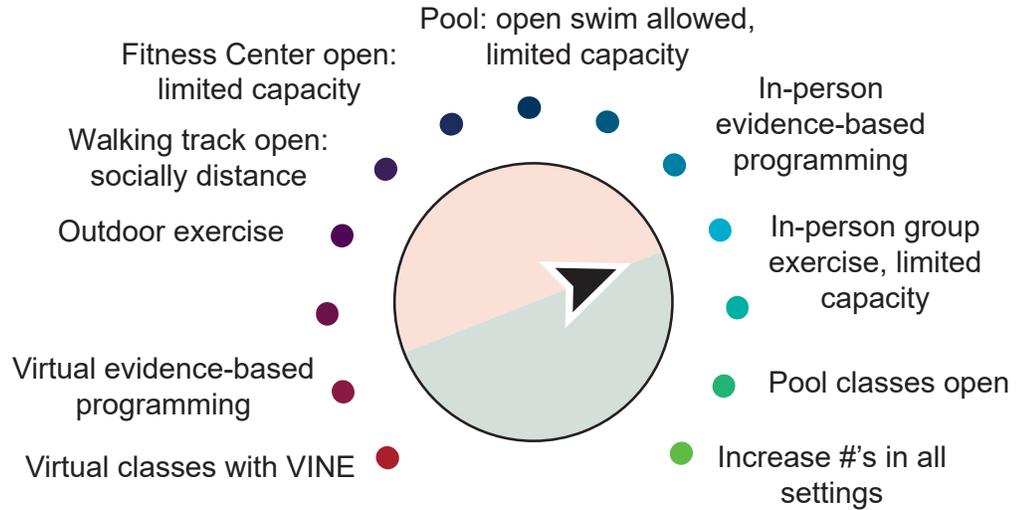
### What are appropriate face coverings?

We highly recommend everyone wear cloth masks. Face shields and vented face masks are not recommended by the CDC. Face shields are allowed as a medical exception.

### Where do I find further VINE updates regarding COVID?

Our website, [vinevolunteers.com](http://vinevolunteers.com).

## SAFELY ADJUSTING THE DIALS AT VINE



### SMALLER & HIGHLY PREDICTABLE SETTINGS



### LARGER & LESS PREDICTABLE SETTINGS

Masks should fit snugly & cover your nose & mouth

## VINE FITNESS CLASSES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<b>7 am</b>	<b>Zumba</b> on ZIN on-demand all day	<b>Zumba</b> on ZIN on-demand all day	<b>Zumba</b> on ZIN on-demand all day	<b>Zumba</b> on ZIN on-demand all day	<b>Zumba</b> on ZIN on-demand all day	<b>Zumba</b> on ZIN on-demand all day
<b>8:30 am</b>	<b>Move it More</b> 5th Floor	<b>Yoga</b> 5th Floor	<b>Zumba</b> 5th Floor	<b>Stretch &amp; Flex</b> 5th Floor	<b>Chair Yoga</b> 5th Floor	
<b>10 am</b>	Rotating Virtual Class on Facebook Live	<b>Zumba</b> on Zoom	<b>Chair Yoga</b> 5th Floor & Facebook Live	<b>Zumba</b> on Zoom	<b>Move it More</b> 5th Floor & Facebook Live	
<b>12:30 pm</b>				<b>PALs</b> 5th Floor		
<b>1:45 pm</b>	15-minute wellness break on Facebook	15-minute wellness break on Facebook	15-minute wellness break on Facebook	15-minute wellness break on Facebook	15-minute wellness break on Facebook	
<b>2:15 pm</b>		<b>Move it More</b> 5th Floor				
<b>4:30 pm</b>	<b>Yoga &amp; Cardio</b> 5th Floor		<b>Cardio Strength</b> 5th Floor			

## VINE VOLUNTEER ORIENTATION

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

- Tuesday, November 10
- 9:30 - 10:30 am
- VINE

Complete your application online at [vinevolunteers.com](http://vinevolunteers.com)

Registration required by 11/9.  
Call Adam or Joyce at (507) 387-1666.

## HOT MEALS ON WHEELS

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.

## VOLUNTEERS NEED TO DELIVER MEALS

Demand for VINE's Meals on Wheels Program has increased 15% since the pandemic began. This equals an average of 1,800 meals per month. We are in need of more volunteers to drive and deliver meals one day every other week between 11 am and 12:15 pm. With more volunteers we hope to shorten routes.

If you can help, please call (507) 387-1666 and ask for Adam. Thank you.

## TRUE TRANSIT

We are doing everything we can to keep your trip as safe as possible during this pandemic. Meet our driver, Duane, who is helping keep our passengers safe.



Duane has been driving people and product around for nearly 50 years. He started delivering pizza when he was just 18 and then graduated to Pepsi (naturally), but his favorite kind of driving was racing cars for about 21 years. He has slowed down now to drive for TRUE Transit and enjoys it because he loves talking to people. When Duane's not driving for TRUE Transit, you can find him with his grandkids or bowling.

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

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

## DOOR2DOOR TRANSPORTATION PROGRAM

VINE's transportation program assists community members age 60+ living in Mankato and North Mankato when public transportation is unavailable or not accessible. Volunteer drivers help older adults get to their appointments, shop, and run errands. We also work closely with staff at county human services to provide rides for income-eligible clients.

Contact VINE's Transportation Department at (507) 387-1666 to discuss your needs or if you'd be interested in volunteering your time as a driver.



## VINE DIABETES PREVENTION PROGRAM RECEIVES NATIONAL RECOGNITION

Thanks to a generous grant from the Minnesota Department of Health in 2017, VINE began offering the Diabetes Prevention Program (DPP) at no cost. Since that beginning, VINE's DPP has now helped 71 participants from the Greater Mankato Area adopt healthier lifestyle habits in order to prevent an onset of type 2 diabetes. VINE's Health & Wellness staff has developed a passion for this important work of prevention. To ensure the program's sustainability, we began pursuing official Centers for Disease Control and Prevention (CDC) recognition. We obtained this status in 18 months. Full recognition status is not only a high honor, but a CDC-recognized program can receive reimbursement from Medicare and Medicaid, two funding sources, which provides program sustainability. We are extremely grateful to have received this recognition. Indeed, VINE staff has worked hard to get here, but it is also a testament to the strong dedication of our DPP participants. You are the reason we do this work in the first place.

## GIVING OPTIONS

### BENEFICIAL GIVING OPTIONS FOR THOSE AGE 72

After years of contributing to tax-deferred IRAs, it can be a shock to pay income tax when you take withdrawals in retirement. Annual withdrawals from traditional retirement accounts are required after age 72 (unless you reach 70 ½ before January 1, 2020). If you reach age 70 ½ in 2020 or later, you must take your first RMD by April 1 of the year after you reach 72. The penalty for skipping a required minimum distribution is 50 percent of the amount that should have been withdrawn. If you don't need all of your distribution for living expenses, you can avoid income tax on your required withdrawal by donating it directly to a qualifying charity. An IRA charitable contribution satisfies the annual minimum distribution requirement for your IRA. See a certified financial planner if you have questions.

***Here's how a qualified charitable distribution from your IRA can be used to help others and reduce your tax bill:***

#### Meet the Requirements

IRA owners must be age 72 or older to make a tax-free charitable contribution. Those who meet the age requirement can transfer up to \$100,000 per year directly to an eligible charity without paying income tax on the transaction. If you file a joint tax return, your spouse can also make a charitable contribution of up to \$100,000, meaning couples can exclude a maximum of \$200,000 of their retirement savings from income tax if they donate it to charity. Qualified charitable contributions must be made by December 31 each year in order to exclude that amount from taxable income.

**Note:** Charitable contributions can only be made from IRAs, not

401(k)s or similar types of retirement accounts. If you want to make tax-free charitable contributions part of your retirement plan, you might need to roll funds over from a 401(k) to an IRA. You don't need to itemize your taxes in order to make an IRA charitable distribution; however, if you itemize you cannot additionally claim a charitable contribution tax deduction on a charitable distribution from your IRA. Why? Because you are not getting taxed on this money, you can't count it as a charitable deduction as an additional tax benefit.

#### Satisfy mandatory distributions

You can donate part of your required distribution to charity and withdraw the rest of it as retirement income as long as you meet the minimum distribution requirement by the end of the calendar year. A lot of people already give, so why not give from your IRA with funds you have to take out anyway?

### GIVE TO THE MAX DAY

Show your support for VINE on November 19, Minnesota's biggest day of giving!

When you make a donation for Give to the Max Day, you can help VINE win a share of the \$100,000 prize pool. Every \$10 enters VINE for a chance to win \$10,000. Donate online at [givemn.com](http://givemn.com).

### EXTRA TRIMMINGS FOOD DONATIONS

- November 21 – 30

VINE is participating in a food drive for the ECHO Food Shelf. Bring non-perishable food or hygiene products to VINE's Conference Room behind the front desk.

Thank you for your generosity!



### VINE HOME THRIFT STORE NOW ACCEPTING CHRISTMAS DONATIONS

- Open: Tuesday – Saturday
- 10 am – 5 pm
- Closed Thanksgiving Day

The Thrift Store is now accepting Christmas items including trees with a stand, working lights and a container in which to transport it.

#### Online Sales & Curbside Pickup:

There is a variety of items on our website [vinestore.org](http://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 offer donation pick up for larger items. Please call the store to arrange a time.