



Communicator

Volume 37 • No. 8

October 2010

Happy Birthday to TRUST! What's Going On?

It's fall and, in addition to your own rally Sundays, it's time to rally for TRUST. These are lean times and we have created fun so you can enjoy while supporting the important programs of TRUST.

*"Every long journey is made of small steps
Is made of the courage the feeling you get
When you know it's been waiting, been waiting for you
The journey's the only thing you want to do."*

Every Long Journey by Ann Reed



**Ann Reed in Concert
to Benefit TRUST Parish Nursing!**

**Saturday, October 16, 7:30 PM
First Universalist Church, 3400 Dupont
Cost - \$15**

100% organic-singer-songwriter; no dyes, perfumes or additives!

I have been following Ann Reed's career forever and have seen her perform many times. I have played *Every Long Journey* for many a celebration. Please join us. For tickets - online go to www.annreed.com (a secure website) or call TRUST AT 612-827-6159 or contact your TRUST Board member. Please come!

Executive Director continued on page 2

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9 West Rustic Lodge Avenue South
Minneapolis MN 55419
Website www.trustinc.org
Email trustinc@visi.com
Nancy Biele Executive Director

Meals on Wheels 612-822-6040
4101 Harriet Avenue South
Minneapolis MN 55409
Betsy Peregoy Director
Julia Ockuly Coordinator
Lara Sands Coordinator

Chore Program 612-827-6150
Wendy Taylor Director
Beth Ferkey Coordinator

Parish Nurse 612-822-2394
Pat McLaughlin

Trusty Salers 612-827-6159
Jan Bankey

Office Coordinator 612-827-6159
Beth Ferkey

**TRUST Family Center
at Judson**
Hal Schippits 612-827-2631

Grief Coalition 612-827-6159
Norine Larson

CoAM 612-721-5786
3751 17th Avenue South
Minneapolis, MN 55407
Arlene Stenberg and Barb Bittman

In This Issue

Parish Nurse	3
Meals on Wheels	4
Chore Program	5
Grief Coalition	6
CoAM News.....	10 & 14
Life Enrichment Schedule.....	11 - 14
Flu Shot Clinics.....	9

TRUST is an interfaith coalition of south Minneapolis congregations serving families, youth and seniors since 1970.

Congregations & Board Members

Bethlehem Lutheran Church
Bev Robinson and Cindy Tintner

First Universalist Church
Marjie Smith and Julie Howard

Judson Memorial Baptist Church
Clay Gustafson and Myrna ten Bense

Lake Harriet Christian Church
Betsy Wray

Lake Harriet United Methodist Church

Lake Nokomis Presbyterian Church
Diane Hansen

Linden Hills Congregational UCC
Kathryn Lundquist

Lutheran Church of Christ the Redeemer
Kristin Vann

Lynnhurst Congregational UCC
Joanne Hostert and Mary Faulkner

Mayflower Congregational UCC
Mike Peterson

The New Church (Oakland & Asbury UMC)
Marie Mellgren

Richfield United Methodist Church
Clarice Lien

St. Joan of Arc Catholic Church
Jean Jachman

St. John the Baptist Episcopal Church
Jessica Drecktrah

St. John's Lutheran Church

St. Leonard's Catholic Church
Karen Virnig

St. Luke's Episcopal Church
Kathi Blomquist

Community Board Members
Don Schultz
Harold Anderson

CoAM Board Representatives
Dorothea Tenney and Dan Burow

Executive Director continued from page 1

Ann is a Minnesota native and has been a touring musician for over 30 years going coast to coast doing concerts, clubs and festivals. She has appeared on A Prairie Home Companion, ABC's Good Morning America and NPR's Morning Edition. She also has a history of writing ditties for the Minnesota State Fair. She has numerous awards and accolades. She donates 25% of her time and efforts to non-profit organizations. Go to annreed.com for more information.

The evening will include a reception and, helping to celebrate TRUST's 40th birthday, volunteer and supporter awards. See you there!

The annual GREAT TRUST AUCTION will be on Saturday, November 6 at 6:00 PM at Lake Harriet United Methodist Church. Silent and live auctions, and light supper and fun to benefit the programs of TRUST. Come and have fun!



Join us at CoAM's fall fundraiser featuring Ross Sutter on Monday, November 15 at noon. See page 14.

TRUST FAMILY CENTER AT JUDSON TO CLOSE NOVEMBER 30

It is with great sadness that I announce the closing of the TRUST Family Center at Judson, our counseling center. TRUST adopted the center in 2003 from Judson Church, where it had been providing counseling services since 1971. Since before the TRUST adoption of the Family Center, most of the therapists have been part-time. Only one therapist derived her entire livelihood from her work at the Family Center, and, thus, took care of much of the overhead. She retired in 2009 and another of the therapists moved away. We have been unsuccessful at recruiting new therapists.

While we have tried outreach to the churches, it has never resulted in increased client referrals. We tried Second Thursdays educational events at the churches for two years with little success. Insurance reimbursement has changed; there are fewer sessions paid for. I have looked fruitlessly for any other way to make the center financially secure. One of the prerequisites for the merger had been that the Family Center must pay its own way; TRUST had no slush fund to pay the Family Center's expenses. This year, that has not been possible. It seems the time has come.

Pam Joern, Moderator at Judson Church says, "We are extremely grateful to you for all the creative thought and work you've put into keeping the Family Center afloat during the last seven years under TRUST's care....The Family Center has been an integral part of Judson's heritage. We are proud of its history and know that it has made a difference in a great many lives. However, times and circumstances change,

Executive Director continued on page3

*From the Desk
of the Parish Nurse*



Fall Greetings!

Hearing loss affects both the person with it, and those trying to communicate with them. It can be very frustrating for all. Here are some suggestions to manage hearing loss. I hope they will be helpful.

We've all said it, "He hears when he wants to hear." Sometimes people seem to hear and understand without difficulty and other times they seem not to hear anything. We often assume that it is selective listening but it is usually more than just 'not listening.'

When hearing is lost, a great deal of energy and time goes into trying to understand what is being said. A person can be totally exhausted by the end of a day spent struggling to hear. Hearing aids help make conversation better – not perfect. Even with hearing aids some things will be missed. Most people with good hearing miss things but fill in the blanks. To ensure that one who doesn't hear well, will hear what you say:

- Face them so they can see your lips and your facial expression – be sure the light is not behind you as your face will be in the shadows.
- Try to eliminate as much extraneous noise as possible.
- Don't shout – use a normal voice.
- Try not to drop your voice at the end of a sentence.
- Enunciate your words without exaggerating them.
- Remember that speaking rapidly makes you difficult to understand so slow down.
- When you are not being understood, try rephrasing what you are saying. It often gives more clues to meaning.
- Don't say "Never mind; it wasn't important." The person might feel that they are not important enough for you to repeat the statement.

Hearing impairment is complex. Get a person's attention first and you have a better chance of being understood. Be patient and keep trying. If the hearing impaired appears aloof or disinterested, they may not be aware of your presence or be able to understand what you are saying. Don't assume that hearing aids will help since adjusting to them can be difficult. This especially impacts older people who have lived in a very quiet world for a long time and suddenly experience painful, loud, and disruptive noise. Time and patience are needed to make the adjustment as the person must gradually increase both the wearing time and noise level before being comfortable with the aids.

If you are having difficulty hearing, ask for help. There may be no need to be isolated by hearing loss. Check with your doctor.

(Source: National Institutes of Health www.nih.gov)

Chore continued from page 5

who oversees our grant, and the Federal government, which dispenses money from the Older Americans Act, so they know what services are needed for seniors to keep them living safely in their own homes. It is this money that we depend on for part of our funding.

I understand that people get very busy but filling out these forms is very important for us to maintain funding so please, return both of these forms as soon as possible.

You can reach us at 612-827-6150, Monday - Friday. If there is no answer, please leave your name, number, and request and we will get back to you as soon as possible.

Executive Director continued from page 2

and we are aware of the financial and viability struggles of the past year."

Please call me if you have questions about the Family Center.

HAPPY BIRTHDAY, LYNNHURST!
On a happier note, Lynnhurst UCC is celebrating its 100th Anniversary. They have been celebrating all year with guest preachers through their Centennial Preachers Series. There will be a formal dinner on October 23. The next day, the UCC Conference Minister, Rev. Karen Smith Sellers will be preaching and a newly commissioned anthem by Lynnhurst members Lynn Dixon and Henrik Strandskov will be debuted.

*Continue with us
on our journey.
Nancy Biele*



Everything you've always wondered about **delivering hot noontime meals** to homebound neighbors

Are more delivery volunteers needed?

YES! We currently are looking for volunteers to fill regularly weekly routes or to serve as substitute drivers.

How does it work?

Volunteers deliver hot meals starting at 11 a.m. weekdays to elderly and disabled residents who cannot prepare nutritious meals themselves. Some volunteer on their own, while others deliver meals with their children or with a friend or coworker. Scheduling is flexible: while many volunteers elect to take a regular weekly route, several choose to drive more or less frequently or to serve as a substitute.

How much time does it take?

Our routes take about an hour to complete.

Where do I deliver?

Each route is compact and covers a specific section of our delivery area in South Minneapolis. Generally, TRUST Meals on Wheels serves clients living west of Cedar Avenue, north of Minnehaha Creek, east of Lakes Calhoun and Harriet, and south of I-394.

Why does it matter?

In a recent survey, nearly all of our clients believe that receiving home-delivered meals has enabled them to remain living in their homes longer, and state that Meals on Wheels has a positive impact on their health. And food is not the only nourishment: clients also enjoy the brief visit from the volunteer delivering their meals. In fact, 37% of our clients report that the Meals on Wheels volunteer is usually the only person they see each day. Clients' families have peace of mind knowing that their loved one is being checked on, as well as receiving a nutritious meal.

Ready to get started?

contact

TRUST Meals on Wheels

(612) 822-6040 www.trustinc.org

Volunteer by Showing Your Creative Side

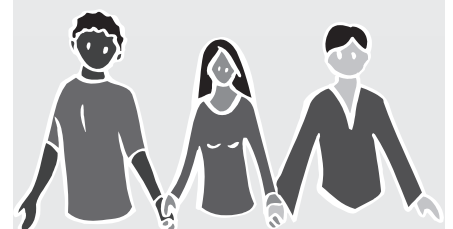
TRUST Meals on Wheels needs small craft items to offer as favors for our customers on special days such as holidays and birthdays. The favors could be something simple like decorated napkin rings, ornaments, or magnets for the refrigerator. (Sorry, we can't use food or religious symbols.) The favors are very much appreciated by the homebound people we serve, and they would be fun to work on as a group or family. Would you be interested in providing favors for the winter holidays? Please call the Meals office at (612) 822-6040 to volunteer.

October VIEW Workshops Cancelled

The Volunteer Information and Evaluation Workshops scheduled for October 25th and 28th have been cancelled. Volunteers, watch this column for details about an alternative educational event upcoming in February 2011.

The world is hugged
by the faithful arms
of volunteers.

~Everett Mámor



CHORE PROGRAM

Fall yard care tip...mow leaves into lawn.

*From Bob Mugaas,
University of Minnesota Extension*

- ✓ *As leaves begin to fall, you can just mow them into the lawn. In other words, mowing can make short work of a light covering of leaves.*
- ✓ *If you mow on a regular basis, chances are you won't exceed the amount of leaves you can mow into the lawn.*

- ✓ *When you're done, your lawn should look as if it's been raked. If you can see shredded leaves on top of the grass, rake the excess up. Leaves covering the grass block sunlight to the grass plants.*
- ✓ *Some trees dump all their leaves in a short period of time. You may need to put the bagger on the mower and collect the leaves at least once.*
- ✓ *Chopped leaves and grass clippings make a great mulch for shrubs. They can also go into the compost pile. Dry leaves shred best, but you may wish to wear a dust mask and eye protection as chopping them up can be dusty job.*

We are getting into fall and the time to start preparing our yards and houses for winter. We do not make raking or gutter cleaning lists. Since, everyone's leaves fall at a different time, we ask that you call us when you feel your yards are ready for these chores to be done. Once you call, we will contact a worker and try to get to you within the week. It may take a little longer depending on how busy we are and how many workers we have. Make sure you have bags for the leaves ready...if it is a problem for you to get out and get the bags, let us know that when you call. If you have trouble getting through, it is okay to leave a message for us on our machine during off hours telling us what kind of work you need done. We will pass it on to a worker. The last day of leaf pickup by the city will be your regular garbage day the week of Monday, November 15th through the Friday, the 19th.

In October, we will be calling those who had routine snow removal last year and asking if you want snow removal this winter. If you are not home when we call, and we leave a message, please return our call as soon as possible so you can reserve your place on our snow list. We know there will be many new people waiting to get on. If we have not done snow removal for you before, call in October/November and we will put you on a waiting list. When we have finished calling all the clients from the previous winter, we will call you and let you know if we have a worker for you. In the meantime, if you have no other means of snow removal, we will put you on a call in basis so at least you know a worker will get to you after they have done their routine clients. We will move you to a routine worker, if desired, as soon as one is available.

If you are going to use a contractor for snow removal, please be careful in your choice. Some contractors will ask for money up front to save

you a place on their list. They then take your money and you never see them again. Make sure you agree on what area will be shoveled. Some places do not include your steps, etc. Ask for references and it may be a good idea to contact the Better Business Bureau at 651-699-1111.

If you have used our services during the time period of August 2009 to August 2010, you have probably received a **Survey form/contribution request**. If you have not yet returned it, please do so. We are required to report the results of this survey to the Metropolitan Area Agency on Aging to whom we contract for funding for the Chore Program. They expect our clients to return this survey. We then have to pass the info on to them. In order to contract with them, we must present a good case that we are indeed making a difference in our clients' lives and helping them stay in their homes. They will pass the info on to the Federal Government to show that there is a need for these senior programs.

We are also asking for a donation to the Chore Program at this time. This is also a requirement... to receive funding, we need to match funds with contributions in order to fulfill our grant requirements and get federal funding.

Also,

We are sending out **Napis forms** to those clients, 60 years and older, who have used our services in the last twelve months. We ask you to fill out this information once a year because it is also a requirement of the Metropolitan Area Agency on Aging,



You don't have
to walk this path alone.
**South Minneapolis Coalition
for Grief Support**

FALL/WINTER SERIES - 2010

Our Lady of Peace

5426 12th Avenue S., Minneapolis MN 55417

Phone: 612-824-3455

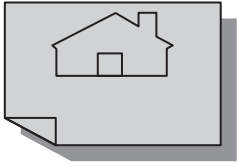
6:15 PM	Registration and Refreshments:
6:30 - 7:00 PM	Speaker
7:00 - 8:00 PM	Facilitated Small Groups

Sept. 30	Myths of Grief	Norine Larson
Oct. 7	Wellness During Grief	Rene Compo, RN
Oct. 14	Emotional Response to Grief	Brenda DeMotte
Oct. 21	Gender Differences in the Grief Process	Brenda DeMotte
Oct. 28	Surviving Multiple Losses	Jane Dosedal
Nov. 4	The Loss of a Daughter	Barry Naugle
Nov. 11	Where's God on Grief?	Fr. Paul Treacy
Nov. 18	Coping with the Holidays	Steve Simms
Nov. 25	NO MEETING - THANKSGIVING	
Dec. 2	A Survivor's Tips for Christmas	Barbara Moore
Dec. 9	Service Of Remembrance	

ROSTER:

Norine Larson - Pastoral Minister, Grief Coalition Coordinator
Rene Compo - Nurse
Brenda DeMotte - Professional Grief Counselor
Jane Dosedal - Grief Survivor, Facilitator
Barry Naugle - Grief Survivor
Fr. Paul Treacy - Pastor, our Lady of Peace
Steve Simms - Bereavement Coordinator, Fairview Hospice
Barbara Moore - Author, Facilitator, Grief Survivor

Individuals may join the group at any time. For further information, contact the coordinator, Norine Larson at 952-925-2437. Grief Coalition congregations: Bethlehem Lutheran Church, Church of St. Thomas the Apostle, Church of the Annunciation, Diamond Lake Lutheran, Lake Harriet Christian, Linden Hills UCC, Our Lady of Peace, Richfield Lutheran, Richfield United Methodist, St. Joan of Arc, St. John's Episcopal and Walker Methodist Health Center Pastoral Care. The South Minneapolis Coalition for Grief Support was formed in the winter of 1994. It became a program of TRUST in 2006. TRUST, Inc. is an interfaith coalition of congregations providing services in south Minneapolis.



TRUST BUILDERS BUILD FOR URBAN HOMEWORKS



Take a look at the happy people relaxing at a building at 34th and Park Ave S. While I can't give you their names or congregations (darn deadlines, anyway), I can tell you they are part of TRUST Builders. See if you recognize them. The next builds are October 9 and December 11. To sign up, email John Corlett, TRUST Builders Coordinator at jrcorlett@comcast.net or call him at 612-825-9208. If your church has a TRUST Builders coordinator, contact that person.



CELTIC HARP AND STORY CONCERT (A beguiling blend of music and spoken word) FEATURING PATRICK BALL October 8, 2010, 8 p.m.

First Universalist Church of Minneapolis,
3400 Dupont Ave. S.

Tickets: \$20 adults; \$15 for 60+; \$10 for under 16 years
Tickets available at Homestead Pickin' Parlor, 6625 Penn
Ave. S. & Irish on Grand, 1124 Grand Ave., St. Paul, and at the door.



Patrick Ball is one of the premier Celtic harp players in the world and a captivating spoken word artist. He has recorded nine instrumental and three spoken word albums which have sold well over one-half million copies internationally and won national awards in both the music and spoken word categories. For more information, go to trinajoyce@earthlink.net

FROM THE STORE TO DOOR ENEWS BULLETIN --

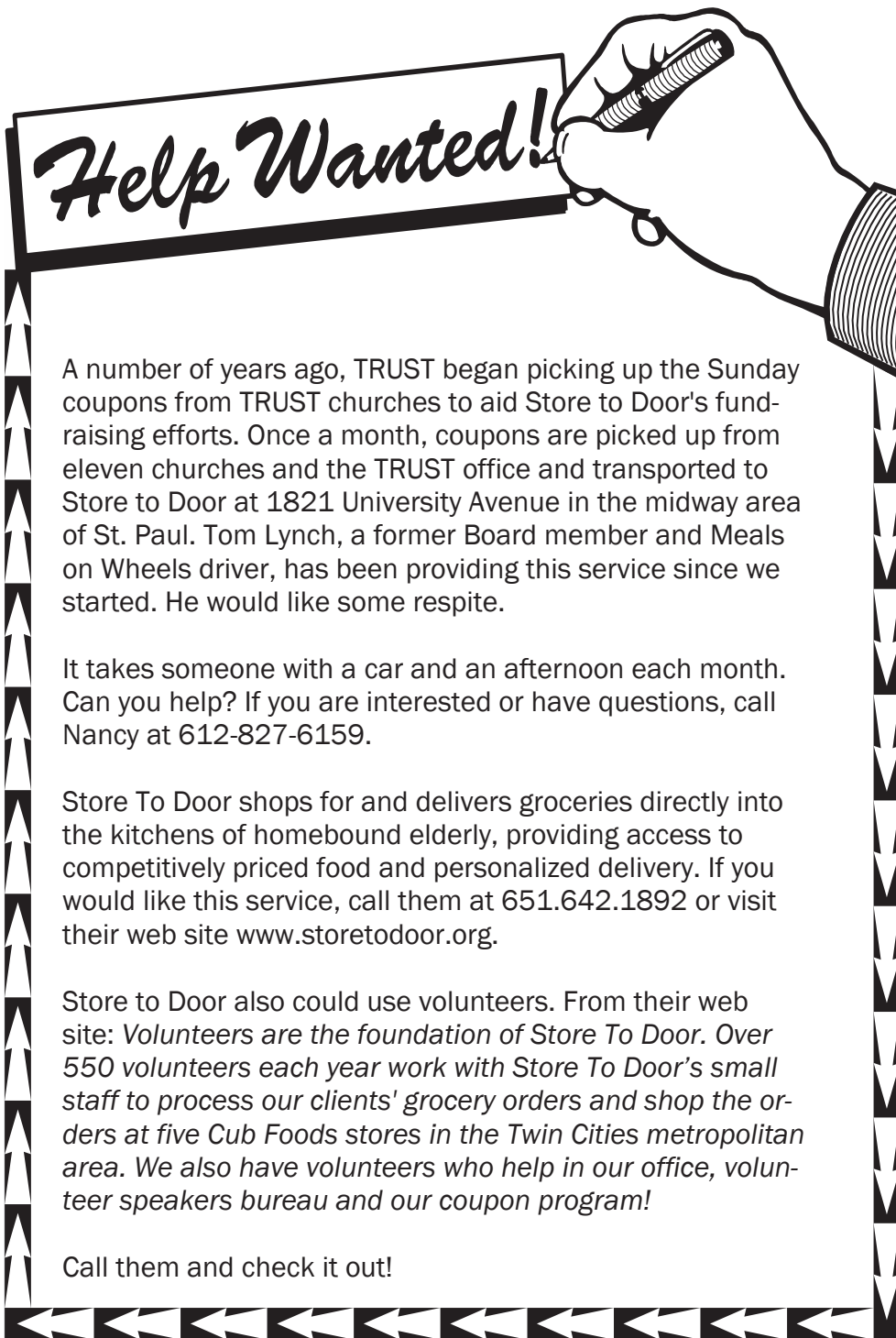
Caregiver Resources

A brochure from the MN Board on aging states that "millions of people juggle the competing demands of working and providing care for an older family member or friend. Most working caregivers want to excel at their jobs and care for their family. But trying to do it all can be emotionally and physically exhausting." We know from recent Department of Human Services Elderly Waiver survey results that 56% of elderly persons indicate receiving grocery shopping assistance from an informal caregiver (family member, friend, etc).

Fortunately there are many resources available to support working caregivers and help them find balance. Here are several resources that you may find valuable as you come into contact with caregivers:

- The Senior Linkage Line: 1-800-333-2433 Minnesota Help Info: www.minnesotahelp.info
- Eldercare Locator: 1-800-677-1116
- MN Board on Aging: <http://www.mnaging.org/advocate/caregiver.htm>
- Family Caregiver Alliance: <http://www.caregiver.org/caregiver/jsp/home.jsp>

National Family Caregivers Association: <http://www.thefamilycaregiver.org/>



A number of years ago, TRUST began picking up the Sunday coupons from TRUST churches to aid Store to Door's fundraising efforts. Once a month, coupons are picked up from eleven churches and the TRUST office and transported to Store to Door at 1821 University Avenue in the midway area of St. Paul. Tom Lynch, a former Board member and Meals on Wheels driver, has been providing this service since we started. He would like some respite.

It takes someone with a car and an afternoon each month. Can you help? If you are interested or have questions, call Nancy at 612-827-6159.

Store To Door shops for and delivers groceries directly into the kitchens of homebound elderly, providing access to competitively priced food and personalized delivery. If you would like this service, call them at 651.642.1892 or visit their web site www.storetodoor.org.

Store to Door also could use volunteers. From their web site: *Volunteers are the foundation of Store To Door. Over 550 volunteers each year work with Store To Door's small staff to process our clients' grocery orders and shop the orders at five Cub Foods stores in the Twin Cities metropolitan area. We also have volunteers who help in our office, volunteer speakers bureau and our coupon program!*

Call them and check it out!

CARING IN THE COMMUNITY

Some of the services available from our congregations:

Free Community Meal at **St. John's Lutheran**, 49th & Nicollet on the 4th Saturday of the month from 12–1. Next date is October 23.

Rich Harvest food giveaway at **Richfield Methodist**, 5835 Lyndale Avenue S. on the 4th Saturday of the month from 9:00–10:00 AM. Next one is October 23. Each adult can take two bags of groceries. Cost is \$4.00. Also at Richfield UMC is God's Hands **Thrift Store**, open every Saturday from 9 am to Noon, Every item is sold for 25 cents.

Minneharvest food giveaway at Minnehaha Methodist, 3701 E. 50th Street on the 4th Saturday of the month - also October 23. Doors open at 8:00 AM. Each adult can take two bags of groceries. The cost is \$2.00 per bag. They also provide a **Food Shelf** on Tuesdays from 10:30 AM -3:00 PM. Doors open at 10:00 AM. They serve Minneapolis households south of Lake Street and east of Cedar Avenue. Those in need can use the food shelf weekly. On your first visit, you will need to present photo identification for yourself, proof of your current address for all members of the household, and complete a government form stating you need assistance.

Calvary Lutheran Food Shelf, 3901 Chicago Ave. S. every Saturday from 9:00 AM - Noon. Call the church at 612-827-2504 for more information.

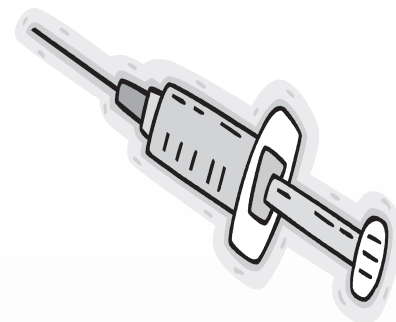
Living Spirit UMC Free Wednesday night suppers served weekly from 5:45-6:30 p.m. at 4501 Bloomington Ave. S. Go to www.livingspiritumc.com and to calendar page for menus (click on any Wednesday supper to see the month's menu).

Zion Lutheran Church hosts the **Lyndale Community Dinner** every Wednesday at 6:00 PM. We serve a hot nutritious meal to everyone who comes. Adults are on hand before and after dinner to help the kids with their homework. Certified nutritionist and cooking instructor Karen Blanchard oversees all food preparation and educates the community on food preparation, nutrition and healthy eating. 128 West 33rd Street, Mpls, MN 55408 (612) 824-1017

continued in next column

IT'S FLU SHOT TIME!

From the TRUST Parish Nurse - Mark your Calendars!!



TRUST, in partnership with MVNA will once again be sponsoring flu shot clinics at the TRUST congregations listed.

Reminders:

1. To have Medicare billed, please bring your Medicare Part B card.
2. Ages 3 years and older may receive the flu vaccination (with parent's consent)
3. There are numerous insurance plans accepted this year. Health insurance card(s) or a photo copy (front only) is required for billing. Picture ID (ex. Drivers License or Employee Badge) is required. (This is new for 2010)
4. For the non-insured, the cost is \$26.00 paid in cash or check.
5. Pneumonia shots are also available for \$57.00.
6. Please wear short sleeves.

FLU SHOT CLINICS

Sunday, October 3, 10:30 am – 12:00 pm, Lake Harriet Methodist, 4901 Chowen Ave. S.

Monday, October 18, 10:30 am – 11:30 am, St. John's Episcopal, 4201 Sheridan Ave. S.

Monday, October 18, 12:00 – 2:00 pm, Bethel Lutheran, 4120 17th Ave. S. AND HEALTH FAIR CO-SPONSORED BY NOKOMIS HEALTHY SENIORS

Wednesday, October 20, 2:00 – 4:00 pm, St. Joan of Arc, 4537 3rd Ave. S.

Wednesday, October 20, 4:00 – 6:00 pm, Bethlehem Lutheran, 4100 Lyndale Ave. S.

Sunday, October 24, 11:30 am – 12:30 pm, Living Spirit UMC, 4501 Bloomington Ave. S.

Monday, October 25, 4:30 pm – 6:30 pm, Mayflower UCC, 106 E Diamond Lake Rd.

Tuesday, October 26, 5:30 pm – 6:30 pm, Lake Nokomis Presbyterian, 1620 E. 46th St.

Sunday, October 31, 12:00 – 1:00 pm, Judson Baptist, 4101 Harriet Ave. S.

Sunday, November 7, 11:00 am – 12:00 pm, St. John's Lutheran, 4842 Nicollet Ave. S.

Sunday, November 7, 11:15 am – 12:15 pm, Lynnhurst UCC, 4501 Colfax Ave. S.

Sunday, November 7, 11:30 am – 1:00 pm, Lutheran Church of Christ the Redeemer, 5440 Penn Ave. S.

Sunday, November 14, 9:30 – 11:30 am, Richfield United Methodist, 5835 Lyndale Ave. S.

MVNA has all their clinics posted on line at www.mvna.org (once clinics begin).
TRUST flu shot clinics are on the web site www.trustinc.org



Life Enrichment begins Monday, October 4.



Seven Mondays of explosive adventure, discovery, exploration, excitement, challenges. See the line-up of classes, pages 11 - 14. Register today. The form is on the back page. Or register at the door, Bethel Lutheran, 17th Ave. & 42nd St.

Game Day and Luncheon

Join us after Life Enrichment classes on Monday, October 25, at noon for a luncheon followed by fun and games. This will be our third and final game day this year. Tickets: \$10.00. This includes the lunch.



Come, learn some new games, some that are as much fun in losing as in winning.

We begin at noon in Nazareth Hall, Bethel Lutheran Church, 17th Avenue and 42nd Street. The games conclude at 2 p.m. Bring a friend. Or two or three.

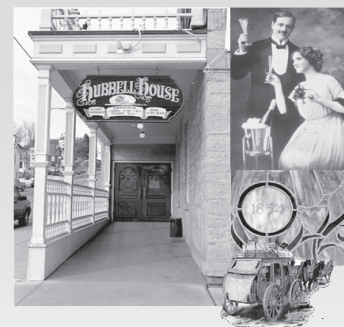
CoAM Day Tour

October 14

Cost: \$48

Board at 9:45 AM

Back at 4:30 PM



Dodge County Historical Society Museum
& Mantorville Restoration House & Log House
plus

Roast Beef Dinner at the fabled Hubbell House
and Visit to an Apple Orchard

Board bus at Bethel Lutheran parking lot
17th Avenue at 42nd Street

All costs: \$48 per person
(bus, meal, entrance fees, tour guide, tips)



Let's go!

Day Tour Registration

Dodge County—Mantorville, Oct. 14

Deadline: Register by Wednesday,
October 6 or until tour is filled

Name _____

Address _____

City _____

Zip _____ Phone _____

Church if any _____

Tour cost per person: \$48.00 X _____ persons

TOTAL ENCLOSED: \$ _____

Make checks payable to CoAM. Mail with this registration form to CoAM, 3751 17th Ave. So., Minneapolis, MN 55407.

CoAM Supporting Congregations

Bethany Lutheran
Bethel Lutheran
Bethlehem Covenant
Bethlehem Lutheran
Calvary Lutheran
Christ Church Lutheran

Crosstown Covenant
Diamond Lake Lutheran
El Milagro Lutheran
Epworth United Methodist
First Church of God
Holy Trinity Lutheran

Holy Trinity Lutheran
Hope Lutheran
Lake Nokomis Lutheran
Lebanon Lutheran
Living Spirit UMC
Minnehaha Communion
Lutheran
Minnehaha United Church
of Christ

Minnehaha United Methodist
Mount Olive Lutheran
Nokomis Heights Lutheran
St. Albert the Great Catholic
St. Joan of Arc Catholic
St. Peder's Lutheran
Trinity Lutheran of
Minnehaha Falls
Westminster Presbyterian



CoAM Life Enrichment Series — Autumn 2010

at Bethel Lutheran Church • 42nd Street E. at 17th Avenue S. • Minneapolis



MONDAY, OCTOBER 4
9:30-10:30 AM

HUMANITIES: *Big Themes in Small Poems (Part 1: "Adventure")* presented by Dr. Larry Moe, Professor of English and Chair of the Literature and Language Department at Metropolitan State University. Dr. Moe is a favorite CoAM presenter.

TRAVELOG: *Italian Treasures* presented by Larry Turner, recently retired, who has traveled extensively the last 7 years, documenting his travels



with his photography. In the fall of 2009 he traveled with an alumni group from Augsburg College to Italy. His pictures include Byzantine mosaics in Church di San Vitale, the Duomo in Florence, and in Rome views of Vatican City, the Basilica of St. Peter, and the Coliseum.

10:50-11:50 AM

CURRENT ISSUES: *Immigration Uncertainties and Local Problem-Solving* by Judith Van Osdal, bilingual pastor of Iglesia Luterana El Milagro.

Pastor Judith comes to Minneapolis with fifteen years of experience with Hispanics in Central and South America and has since worked with and for the local Spanish-speaking immigrant community. Her recent article on immigration appeared in the Metro Lutheran.



TRAVELOG: *Repeat of 9:30 travelog.*

FAITH AND BIBLE: *Jonah: Saying No to God (Part I: "On the Run")* presented by Don Luther, retired pastor of Lutheran Church of Christ the Redeemer, a TRUST congregation. Pastor Luther remains in the area and is happy to share with CoAM his 4-part study of a favorite Old Testament book.

MONDAY, OCTOBER 11
9:30-10:30 AM

HUMANITIES: *Big Themes in Small Poems (Part 2: "Mortality")* presented by Dr. Larry Moe, Professor of English and Chair of the Literature and Language Department of Metropolitan State University.



TRAVELOG: *The Sand-hill Crane Migration and the Platte River Area of Nebraska* presented by Janet Majerus, world-wide traveler and adventurer. This travel adventure took Janet Majerus to the Sand-hill Crane migration site on the Platte River in March of 2010.



10:50-11:50 AM

CURRENT ISSUE: *Iran: Its Land, History and People.* Fidel Castro is saying the U.S. is in danger of starting a nuclear war over Iran. This video by



Rick Steves does not pretend to know the possible foreign policy outcomes of the two nations, but he presents a good look at Iran's cities, people, and history. This highly acclaimed program appeared recently on public TV. Missed it then? Don't miss it now.

TRAVELOG: *Repeat of 9:30 travelog.*

FAITH AND BIBLE: *Jonah: Saying No to God (Part 2: "Into the Deep")* presented by Don Luther, retired pastor of Lutheran Church of Christ the Redeemer, a TRUST congregation.





MONDAY, OCTOBER 18
9:30-10:30 AM

HUMANITIES: *Big Themes in Small Poems (Part 3: “Love”)*



presented by Dr. Larry Moe, Professor of English and Chair of the Literature and Language Department at Metropolitan State University.

TRAVELOG: *Istanbul and West Turkey.* Dan Burow presents a brief introductory background on the importance of these places in the history of the Christian Church and in its relations with Islam. Then he will show Rick Steves’ tours to these sites, all in vivid sound and color.



10:50-11:50 AM

GREAT DECISIONS: *Kenya and R2P (The Responsibility to Protect)*, presented by Dr. Ellen Kennedy,

Executive Director of World Without Genocide and Interim Director for Holocaust and Genocide Studies at the U of M. Post-election rioting (2007) in Kenya brought pressure on Nairobi from international and regional diplomats to end tensions and avert bloodshed on a massive scale.



TRAVELOG: *Repeat of 9:30 travelog.*

FAITH AND BIBLE: *Jonah: Saying No to God (Part 3: “A Second Chance?”)* presented by Don Luther, pastor of Lutheran Church of Christ the Redeemer from 1979-2001, now retired but is happy to share his 4-part study of a favorite Old Testament book with



HEALTH FAIR

Immunization Clinic
Blood Pressure Check
Noon - 2:00 PM
Co-sponsored by Nokomis Healthy Seniors. Starts after classes

MONDAY, OCTOBER 25
9:30-10:30 AM

HUMANITIES: *Big Themes in Small Poems (Part 4: “Faith”)* presented by Dr. Larry Moe, Professor of English and Chair of the Literature and Language Department of Metropolitan State University. Dr. Moe is a native son of the former St. Luke’s Lutheran church.

TRAVELOG: *Boating to St. Petersburg, Russia* by Barbara Wright, international explorer (without her journalist husband’s agenda). Earlier, she had shared with CoAM her enthusiasm for Egypt. This time she supplements her boat trip with video footage of fabled St. Petersburg.



10:50-11:50 AM

CURRENT ISSUES: *Mid-term Elections: How Is the Campaign Going?*

discussed by Frank Wright, retired editor at the StarTribune, a frequent and highly popular CoAM presenter.



TRAVELOG: *Repeat of 9:30 travelog.*

FAITH AND BIBLE: *Jonah: Saying No to God (Part 4: “Stand Off”)* presented by Don Luther, now retired but earlier served as pastor of Lutheran Church of Christ the Redeemer from 1979-2001.

NOON TO 2
P.M.

**Luncheon
& Game**

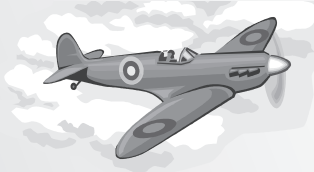




November 1

9:30 —10:45 a.m.

HUMANITIES: *World-Shaking Battles of World War II (3-part series)* by Dan Burow, retired pastor and editor at Augsburg Fortress, and history buff.



This series zeroes in on three battles, their background, execution, and surprising turn of events that shook the world. Today, Part 1: The Skies Over Britain.

Today, Part 1: The Skies Over Britain.

TRAVELOG: *East Africa National Parks: In Kenya and Tanzania* by

Joanne Smallen, former executive director of CoAM, member of St. Joan of Arc Catholic Community. She has recently traveled to east Africa to see firsthand the wonders of two national parks.



10:50 — 11:50 a.m.

CURRENT ISSUES: *Election Results: Portents for the Obama Administration* by Frank Wright, retired StarTribune editor and a favorite CoAM presenter on a timely topic. Find out what your vote is likely to mean.



TRAVELOG: Repeat of 9:30 travelog.

FAITH AND BIBLE: *Old Testament Prophets, Including Amos and Jeremiah (3-part series)* by Doug Morton, a retired pastor whom many here may know better as CoAM's former grocery driver or as a barber-shop singer. In this series Pastor Morton shares with us some of his biblical expertise through this Old Testament study. Today, part 1.



November 8

9:30 —10:45 a.m.

HUMANITIES: *World-Shaking Battles of World War II (3-part series)* by Dan Burow, editor of the



CoAM Communicator and Insider. This series zeroes in on three battles, their background, execution, and surprising twists that shook and changed the world. Today, Part 2: The Skies Over Hawaii.

TRAVELOG: *West Alaska Revisited* by Dave

Swanson. Ann and Dave, long-time volunteers and leaders at CoAM, will share their experiences and impressions with us — if, that is, they get back safely from western Alaska.



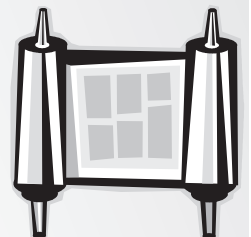
10:50 — 11:50 a.m.

HUMANITIES: *Book Reviews.* Read any good books lately? Several CoAM people will share some their recent finds with you. Titles and reviewers to be announced later.



TRAVELOG: Repeat of 9:30 travelog.

FAITH AND BIBLE: *Old Testament Prophets, Including Amos and Jeremiah (3-part series)* by Doug Morton, a retired pastor whom many here may know better as CoAM's former grocery driver. In this series Pastor Morton shares with us some of his biblical expertise through this Old Testament study. Today, part 2.





November 15

9:30 — 10:45 a.m.

HUMANITIES: *World-Shaking Battles of World War II (3-part series)* by Dan Burow. This series zeroes in on three battles, their background, execution, and surprising twists that shook and changed the world. Today, Part 3: The Skies Over Honshu.



TRAVELOG: *Asian Capitals* by Mary Ann and Lowery Smith. Long time members of Bethlehem Covenant Church, Mary Ann and Lowery have done lots of traveling in their retirement years.

10:50 — 11:50 a.m.

LOCAL IMMIGRANT OUTREACH: *Building Connections: Community Programming at La Conexion* by Laura Price-Waldman, community programs coordinator. Learn what *La Conexion*, begun as a joint outreach by several southside churches and housed at El Milagro Church, has been able to do for Latino families since moving to an elementary school that serves some 500 Latino children.



TRAVELOG: Repeat of 9:30 travelog.

FAITH AND BIBLE: *Old Testament Prophets, Including Amos and Jeremiah (3-part series)* by Doug Morton, a retired pastor whom many here may know better as CoAM's former grocery driver. Today, part 3.

12 Noon
Luncheon
Silent Auction
Entertainment: Ross Sutter

\$12 CoAM Fundraiser

CoAM Fund Raiser

**Luncheon
Silent Auction
Ross Sutter**



with an incredible baritone voice accompanied by instruments you can't name, singing songs that tell a story from Sweden, Scotland, Ireland, Germany, and just maybe Norway

Monday, November 15, noon at Bethel Lutheran Church, 42nd St. E & 17th Ave. S

For a paltry \$12.00
(contribute more if so moved)

CoAM Health Fair & Flu shots

at Bethel Lutheran

Monday, October 18
11:50 a.m.—1:30 p.m.

Bring your Medicare card
and arm.



Why chemistry teachers take early retirement

Teacher: explain why phosphorus trichloride is polar.
Student: Because God made it that way?

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REGISTRATION

CoAM Life Enrichment Series — Fall 2010

held at centrally-located Bethel Lutheran Church
42nd St. E & 17th Ave. S • Minneapolis, MN 55407

Name _____

Phone _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

Church attending _____

Please check the dates you are registering for.

____ October 4 ____ November 1

____ October 11 ____ November 8

____ October 18 ____ November 15

____ October 25

Cost:

• for the entire series (7 days, 14 classes)
\$ 40 X _____ persons \$ _____

• for single day (2 classes)
____ days @ \$ 6 X _____ persons ...\$ _____

TOTAL \$ _____

(If in need of scholarship, simply print SCH instead of dollar amount in TOTAL space above. Your scholarship will be automatically accepted.)

**Make check payable to CoAM
and mail to CoAM office**

3751 17th Avenue S.,
Minneapolis, MN 55407

Please print your last name here: _____