



# E-Newsletter 6.21.2022

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## TRUST UPDATES

- What does the TRUST Chore Program offer? Household cleaning, snow removal, lawn care, and minor home repairs at a low cost rate. Do you know someone who could benefit from these services? Contact 612.827.6150
- The Grocery & Errand Transportation Program provides rides to and from the grocery, hardware store, post office for Riders age 60+ or those living with a disability. Contact 612.721.5786
- In transition? Moving? Estate closing? TRUST's estate sale program will advertise, sort, price, and conduct the sale for you. Contact Jan 612.269.1865
- Most employers offer PTO for a day of volunteering. Some will even match dollars to the hours! Donate your time with TRUST volunteer opportunities. 612-827-6159
  - Minor home repairs
  - Garden Helpers
  - Data Entry
  - Transportation Drivers
  - Yearly events

### Lightning Safety Awareness Week

There are three main ways lightning enters structures: a direct strike, through wires or pipes that extend outside the structure or through the ground. Once in a structure, lightning can travel through the electrical, phone, plumbing, and radio/television reception systems. Lightning can also travel through any metal wires or bars in concrete walls or flooring. Visit this [link](#) to learn more about how to stay safe from lightning.

### Elder Abuse

One in 10 vulnerable adults in Hennepin County experiences some form of abuse. Adult Protection Services, responsible for the care of adult abuse victims, identifies six types of abuse (self-neglect, financial exploitation, caregiver neglect, emotional abuse, physical abuse, and sexual abuse). One of the most prevalent forms in the county is economic exploitation, making up 28% of abuse cases. Anyone who suspects abuse can report their concerns confidentially to The Minnesota Adult Abuse Reporting Center, 24/7, at 1-844-880-1574.

### Visit with Resident Artist Ifrah Monsour

Much of Somalia was historically a nomadic society. Daily life centered around herding camels, building a homestead, and raising children in tight family groups. Nomadic Somalis lived in homes like the one being built at Judson Memorial Baptist by resident artist Ifrah Monsour. These nomadic homes are designed so that families can dismantle the structure, pack it on to the backs of their camels, and re-build it in greener pastures. In Somali language, this home is called an Aqal. Stop in for tea and biscuits, see the hut and learn the history from Ifrah on June 24<sup>th</sup> 11am, June 29<sup>th</sup> 7pm and July 13<sup>th</sup> 1pm. Reserve your seat by calling TRUST 612-827-6159

### Looking for 4<sup>th</sup> of July Fireworks?

You won't find them in Minneapolis. No, it's not Covid's fault this year. Due to construction at Father Hennepin Bluff and staffing shortages the 2022 Red, White and Boom! Has been cancelled. Richfield has also cancelled their fireworks due to rising costs. You can still visit Veteran's Park on the 1<sup>st</sup> for food, activities and a laser light show. Bloomington's Summer Fete is set for July 3<sup>rd</sup> with a festival and fireworks. July 4<sup>th</sup> head over to Aquila Park in St. Louis Park for a traditional celebration with fireworks. [Other events.](#)

### Summer Fun for All

- 6/24 Aqal Healing Hut with Ifrah Monsour @ Judson 11am
- 6/24 Family Night @ Midtown Global Market 5-7pm
- 6/25-26 Twin Cities Pride Festival @ Loring Park
- 6/26 Sunday Supper 5pm @ Diamond Lake Lutheran
- 6/29 Aqal Healing Hut with Ifrah Monsour @ Judson 7pm
- 7/1 Family Night @ Midtown Global Market 5-7pm
- 7/5 Shriners Parade 7pm Downtown Minneapolis [more info](#)