



Volume 49 • No. 3

Communicator

September — December 2020

Need for grief support group more important than ever amid COVID19

Grief is real any given time or season, but it is especially tough to weather in the current content of the COVID-19 pandemic. For those who are grieving, the isolation, anxiety, unknowns and other issues related to the virus can make for even more difficult times.

The South Minneapolis Coalition for Grief Support works as a resource for those experiencing loss, and its fall 2020 series will once again serve as a balm for those in pain. The 10-week series runs every Thursday beginning Sept. 24 from 6:15 to 8 p.m. at Our Lady of Peace Church, located at 5426 12th Avenue South.

Experts skilled in grief, meditation, life coaching, pastoral care and other areas provide guidance to attendees, and small groups offer more intimate interaction. Participation in the fall series is limited to 10 due to COVID-19, and masks are being provided for those who need them. The meeting room also is being arranged to allow for social distancing.

Registrations are being taken at 612-827-6159 on a first come, first served basis until the group is full. Recordings, however, will be available following the series for those unable to attend in person. All South Minneapolis Coalition Grief Support groups are open to anyone at any time at no cost. To learn more, contact Coordinator Norine Larson at 952-925-2437.

Fall Schedule

Sept. 24: Characteristics of Grief
Oct. 1: Getting Unstuck!
Oct. 8: Understanding Grief
Oct. 15: The Process of Grief
Oct. 22: A Survivor Story

Oct. 29: Healing Hearts
Nov. 5: Healing Sounds—Healing Moves
Nov. 12: Giving Thanks
Nov. 19: Factors That Impact How We Grieve
Dec. 3: Service of Remembrance



TRUST Contact Information

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Meals on Wheels Office

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Staff

Toya Richards, Executive Director
Sara Quinn, Administrator, Chore Coordinator
Jan Bankey, Estate Sales Coordinator
Norine Larson, Grief Coalition Coordinator
Sandy Parnell, Grocery Transportation Coordinator
Eleonore Balbach, Meals on Wheels Director
Shannon Burke, Meals on Wheels Coordinator
Ann Dunagan, Parish Nurse

TRUST
Toward Renewed Unity
In Service Together

Member Congregations

Bethlehem Lutheran Church
First Universalist Church
Judson Memorial Baptist Church
Lake Harriet Christian Church
Lake Harriet United Methodist Church
Lake Nokomis Presbyterian Church
Linden Hills Congregational UCC
Living Spirit United Methodist Church
Lutheran Church of Christ the Redeemer
Lynnhurst Congregational UCC
Mayflower Congregational UCC
Mount Olive Lutheran Church
Richfield Lutheran Church
Richfield United Methodist Church
St. Joan of Arc Catholic Church
St. John's Episcopal Church
St. John's Lutheran Church
St. Leonard's Catholic Church
St. Luke's Episcopal Church
St. Thomas the Apostle Catholic Church

TRUST Auction celebrates 50 years of service in South Minneapolis

Turning 50 is a big deal, and we need you to help us celebrate. In October TRUST Incorporated will mark 50 years of continuous service to South Minneapolis. That means for roughly 18,250 days TRUST staff, partners, volunteers, friends and a host of others have faithfully collaborated to serve and support, listen and learn from a diversity of individuals who make up the community. It has most definitely been a group effort, and we need just that same coordinated approach as we move into the next 50 years.

One significant way to keep TRUST on course for the future is to join us virtually on Oct. 24 from 5-6 p.m. for the 2020 Great TRUST Auction. Bid on wonderful items, hear personal testimonies of how TRUST serves the community, and enjoy a diversity of entertainment – all from the comfort of your own home or another safe space.



A minimum donation of \$50 for 50 years of service would go along way, and even if you can't make the auction we would still greatly appreciate your gift in celebration. Watch our website for more auction details – www.trustinc.org.

Help TRUST

- Volunteer! Join the 1,000 people who give their time every year so TRUST can keep on serving the community.
- Donate! You can donate through TRUST's website or GiveMN.org. Check to see if your employer (or former employer if you are retired) will match your donation. If you are part of Thrivent, then recommend us for Thrivent Choice Dollars.
- Plan for TRUST in the Future Fund! The mission of the fund is to provide an opportunity for supporters to sustain TRUST through planned giving for the next 50 years. Please consider including a gift to TRUST in your estate planning.
- Donate stock! TRUST welcomes the opportunity to convert your stock to cash to support our programs.
- Share a special skill! Do you like fundraising? Can you help with events? Give us a call.
- Tell your family, neighbors and friends about us! They may know individuals who could use our help, or they may want to volunteer.

Thank you!

TRUST Program Updates

Programs that provide much-needed services and support in the community are the backbone of what TRUST does. From delivering nutritious hot and frozen meals to individuals their homes, to providing healthcare resources and education, TRUST is committed to meeting needs in tangible ways that allow people to thrive both in their homes and throughout South Minneapolis. Here's a update on the happenings in some of our key programs.

Chore: Charged with indoor and outdoor light home maintenance for those unable to do tasks such as housecleaning and lawn mowing, Chore workers fill in the gaps in meaningful ways. And while COVID-19 was a major reality throughout the spring and summer seasons, service to program participants still continued. Presently, Chore Coordinator Sara Quinn is gearing up for winter, which means connecting workers up with program participants for snow cleanup. Chore clients who have previously used winter services will be first up to be matched, and new clients will be paired after that as workers are available. Email Sara at choredirector@trustinc.org if you would like to be on the list.



Ryley Teske is one of several Chore workers who perform much-needed lawn and snow services.

Grocery Transportation: The heart of this program is its ability to pick participants up and drive them to the grocery so they can shop on their own. The ability to select food independently is a plus, as well as the opportunity for social interaction during the drive to and from the market. Transporting clients stopped at the onset of COVID-19, but Coordinator Sandy Parnell has still been able to meet the needs of participants by taking food orders over the phone and ordering their groceries online. Sandy then safely makes the deliveries. "Despite the enormous program pivot, we continue to see the value of connecting with elders each week to sustain social and emotional health," she said. "Participants want to provide their grocery lists over the phone, but more importantly seem eager to process the impact of the pandemic on their lives. For more information about the Grocery Transportation program, email Sandy at trust@trustinc.org.



Meals on Wheels: COVID-19 has meant changes for TRUST's Meals on Wheels (MOW) program as well, but nevertheless nutritious meals have continued to be delivered with the help of staff and a crew of dedicated volunteers. September saw the return of daily meal deliveries, and the new normal presently is a mixture of both hot and frozen meals going out weekly to upwards of 90 individuals from our Meals on Wheels office at Judson Memorial Baptist Church. "Doing daily deliveries is a crucial part of our Meals on Wheels program and we are excited to resume it," said MOW Director Eleonore Balbach. Also assisting in that endeavor is a new industrial freezer paid for through Metro Meals on Wheel's COVID-19 relief funds. Thanks to all who keep Meals on Wheels running, and email Eleonore at mowdirector@trustinc.org to volunteer or help in another way.

Parish Nurse: TRUST Parish Nurse Ann Dunagan remains on the front lines helping individuals, TRUST member congregations and South Minneapolis as a whole. Among her key activities have been connecting through various phone calls, providing training on topics such as dementia, and partnering with other TRUST program areas to offer coordinated care. One of the simple ways she collaborates is to make prayer shawls available from a ministry of knitters from TRUST member churches. Particularly in this time of more isolation due to COVID-19, prayer shawls can help remind individuals that they are not alone. Ann also is presently working on setting up flu clinics held in tandem with MVNA/Hennepin Healthcare at TRUST congregations. Go to www.trustinc.org for clinic details, or email Ann at parishnurse@trustinc.org for more information.



Prayer shawls can bring both comfort and an awareness that the recipient is not alone.

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For such a time as this: Reflections from the Executive Director

Lean in close because I've got a secret to share. I don't like winter!

In fact, after experiencing two blustery Minnesota winters since I moved here from Kentucky, it is safe to say I actually hate the season. I know, hate is such a harsh word. But so are negative-degree temperatures, mounds upon mounds of snow, slippery roads and chills that even the most carefully constructed layers of clothing can't shake.



So how do I manage, you ask? Well I'm so glad you did. I handle the situation by reminding myself — sometimes over and over again — why it's dreadfully cold at all. You see, I fix my mind and body on the fact that what's happening in the bleakness is simply preparation for the newness to come. "For everything there is a season, and a time for every matter under the heaven (Ecclesiastes 3:1)."

And somehow when I do that it puts the seemingly harsh season — and life in general — in perspective. It helps me to know that in the midst of what seems most distasteful, life is often being regenerated and renewed, restored and re-ordered. That's good news, my friends, and provides a lens through which to handle even the greatest obstacles.

Winter is nigh, but only for a little while. Be patient, shovel as needed, and keep your heart aglow with the truth that change will come in the upcoming season being shaped and formed right now, even if we can't see it. Let it be so!

Peace, Toya