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News you can use on the Coronavirus (COVID-19) vaccine

By Ann Dunagan, TRUST Parish Nurse

Wear a mask. Wash your hands often. Keep your distance (at least 6 feet). Avoid crowds.

We have heard this for nearly a year. When will life be back to “normal”? No one knows for sure. What can we do in the meantime? Why does the guidance from experts continue to change? There are more questions than answers, but there are things we can do until the risk of picking up and/or passing on the coronavirus has diminished.

The following COVID-19 vaccine key messages are from the Minnesota Department of Health, www.health.state.mn.us/diseases/coronavirus/vaccine/vaxkeymessages.pdf. Stay tuned for further updates from trusted sources as new vaccines are being developed and tested.

You can help stop the pandemic by getting a COVID-19 vaccine when it is available to you.

Getting vaccinated against COVID-19 will be one of the best ways to protect yourself and everyone around you. The more people who get vaccinated against COVID-19, the better it is for everyone. By stopping the spread of COVID-19, we can keep businesses, schools and other venues open. Stopping the spread of COVID-19 gets us closer to the end of the pandemic.



You will still need to wear a mask and socially distance after getting each shot of the vaccine for now.

We know these vaccines are good at preventing people from getting sick, but we don't have enough information yet to say whether someone who was vaccinated may still spread the disease to others if they get infected with COVID-19. It is important to continue to follow all public health guidance to reduce the spread of COVID-19 even after you have received two doses of vaccine. This includes wearing a mask, staying six feet from others, washing your hands, getting tested for COVID-19 when needed, and following quarantine and isolation requirements. Continue to follow guidance at your workplace, school and in other settings as well. (Continued on Page 2)

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TRUST needs your email address to stay better connected and share news in a more timely way. Please email officecoordinator@trustinc.org, and rest-assured we won't share your info. Thank you!

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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 Welcomes
New Office Coordinator**



Administrative Professional Whitney Jones joined TRUST as its new Office Coordinator on Feb. 16. The South Minneapolis native comes to the job with strong experience in the

non-profit world here in the Twin Cities, and a passion for community service. TRUST is grateful to have her on board as its first point of contact with the public at the main office at 9 W. Rustic Lodge.

Contact Whitney:
officecoordinator@trustinc.org

News you can use...

(Continued from Page 1)

COVID-19 vaccines are safe and effective.

Having a safe and effective vaccine is the top priority. The requirements for the COVID-19 vaccine are the same as all other vaccines. Manufacturers must present the study data that shows the vaccine is safe and that it works before it is approved for general populations. This data is closely reviewed by several scientific groups and they make informed decisions about the risks and benefits of using it.

The CDC has developed a new tool, v-safe. It helps you track and report any side effects you might have. V-safe also will remind you when it is time to get your second dose. Your doctor will provide more information on v-safe. Learn more at V-safe After Vaccination Health Checker (www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection.

After getting the COVID-19 vaccine, you will probably have a sore arm and you might have muscle aches, tiredness, headache or maybe a fever (fever is less common). Sometimes these side effects may stop you from doing your normal activities for a couple of days.

COVID-19 vaccine will be free for you.

The COVID-19 vaccine will be provided to people at no cost. However, healthcare providers will be able to charge an administration fee for giving the vaccine. This means you might be asked for your insurance information when you get the vaccine. You can still get the COVID-19 vaccine if you don't have insurance and/or can't pay the administration fee.

What we know about COVID-19 continues to change. Keep informed, pay attention to the latest updates from trusted sources, contact your healthcare provider with questions and stay safe.

COVID-19 Vaccine Resources:

CDC: www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html

State: www.health.state.mn.us/diseases/coronavirus/
www.health.state.mn.us/diseases/coronavirus/vaccine/basicsfs.pdf
www.health.state.mn.us/diseases/coronavirus/vaccine/getvax.pdf
MN Helpline: 651-297-1304, 800-657-3504

County: www.hennepin.us/covid-19
Resource Helpline: 612-348-3000

City: www2.minneapolismn.gov/coronavirus/vaccines

AARP: www.aarp.org/health/conditions-treatments/info-2021/what-to-know-before-second-vaccine-dose.html

Avoid Coronavirus Scams:
www.ftc.gov/coronavirus/scams-consumer-advice

Contact Ann: parishnurse@trustinc.org

Expansion of Grocery Transportation Program in full swing

Vision: a concept or image created by the imagination

Our vision of expanding the TRUST Grocery Transportation Program is quickly taking shape. With the support of a Live Well at Home grant from the Minnesota Department of Human Services, TRUST is developing a volunteer driver component to the program. As a result, we will be able to engage more participants and target key communities within south Minneapolis where the needs are greatest.



Recruiting volunteer drivers, purchasing a multi-passenger vehicle, and reconfiguring our geographic boundaries to align more closely with other TRUST programs are the primary focus areas for the first part of 2021. Grocery Transportation Program Coordinator Sandy Parnell also will continue to connect with participants by providing weekly phone calls and grocery deliveries to their doorsteps until it is safe to resume transporting participants in person.



"I am amazed at their resiliency during this time of living with COVID-19, and am grateful to support their health and well-being through conversation and a well-stocked refrigerator," she said.

For more information about the Grocery Transportation Program and volunteer opportunities, contact Sandy at grocerycoordinator@trustinc.org.

MOW poised to serve in 2021

The number is 26,661.

That's how many meals were served last year by the TRUST Meals on Wheels (MOW) Program. It was a huge accomplishment given the challenges of 2020, but dedicated staff, tireless volunteers, committed donors and many others made it happen.

Under the direction of Program Director Eleonore Balbach and Program Coordinator Shannon Burke, TRUST MOW is well positioned to serve in 2021, and work to take hot and frozen meals to participants five days a week is well underway.

It also can't go without saying that MOW is once again doing all this from its home inside Judson Memorial Baptist Church, a TRUST Inc. member congregation. Excitement and gratitude abound.

Contact Eleonore: mowdirector@trustinc.org
Contact Shannon: mowcoordinator@trustinc.org



Chore Program re-boots

TRUST's Chore Program, which matches skilled workers with seniors and people with disabilities who need jobs done at their homes, has a new coordinator.

Ama Asantewaa came on board to lead the program in January, and is working hard to re-energize it. Combining leadership skills with social service experience, she is strengthening Chore's infrastructure in preparation to recruit more workers and add new program participants.

The Chore Program has been a mainstay for TRUST over the years, but staff time had been reduced recently due to budget constraints. Generous gifts in 2020 and a Live Well at Home grant (see Grocery story) have facilitated a revival for Chore.

"The need for Chore services in our area is significant, and thanks to our partners and friends we can now more adequately address it, said Toya Richards, TRUST Executive Director.

Contact Ama: chorecoordinator@trustinc.org



TRUST, Inc. (A)

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

Every Sunday at 2 p.m. Central Time, wherever we each are in the world, my immediate family members and I pause to hold a video call. We started this long before COVID-19 made video conferencing the preferred method of communicating, and believe it or not my octogenarian mother orchestrated it all.

Six of us — my three children, my sister, my mother and me — spend about an hour taking turns sharing what happened in the week that past. We share the highs and the lows and sometimes seek guidance and counsel from one another. There is usually tons of laughter and lots of poking fun, and if someone misses more than two weeks in a row we hunt them down and find out why. It has taken us a while to grow into this pattern of showing up and sharing, and believe me it is not easy. But we are in relationship with one another, and being there matters.

My weekly family gathering has taught me a great deal about being in community — about being present and willing to share myself with those I am partnered with. I think of it often as I am moving around the Twin Cities, and especially in my role at TRUST. Here, with staff, a board, member congregations, volunteers, donors, program participants and other partners, we are in relationship. And showing up for each other matters.

Like with my family, that is not always easy. But if we say we're in it ... then we're in it. Thank you for how you keep showing up and being fully present for TRUST and the South Minneapolis community we together serve. I am better after each week of connecting with you all as we strengthen this most important family system, and I hope you are too. Until next time...

Peace,
Toya

Contact Toya: executivedirector@trustinc.org

