



TRUST-worthy News

April 2026



Toward **R**enewed **U**nity and **S**ervice **T**ogether

*TRUST Inc Is Committed to Uniting and Mobilizing the
Community to Serve and Empower our Neighbors!*

9 West Rustic Lodge, Minneapolis, MN 55419

Phone: 612.827.6159 Website: www.trustinc.org

TRUST Inc Welcomes Spring!

At TRUST Inc., we provide a variety of services to support aging adults and individuals with disabilities in South Minneapolis. Our programs are designed to enhance the quality of life by helping individuals maintain their independence while staying connected to their community. If you are in need of transportation, home chore work or meal delivery please reach out to us at **612-827-6159** and let us know how we can help. We also offer monthly opportunities for social engagement and connection with others through our community initiatives. Here's the short list of upcoming activities (*details further in the newsletter 😊*)

- **April 01** - Chore Home Services starts Spring Yard Clean Up and Lawn Services Sign Up Schedule by calling **612-827-6159**
- **April 08** - Conversation Café Volunteers #1 – **1:30 – 3pm** Rustic Lodge Office
- **April 09** – Cribbage Club **1-3 pm** Judson Church
- **April 14** – Chair Yoga **3-4pm** Diamond Lake Lutheran Church
- **April 21** – Journey Café Discussion Group **10am – 11:30am** Diamond Lake Lutheran
- **April 22** - Conversation Café Volunteers#2 – **1:30 – 3pm** Rustic Lodge Office
- **April 23** – Fall Prevention Workshop **10 – 11:30 am** Diamond Lake Lutheran
- **April 26** – Volunteer, Community & Client Appreciation Sunday Supper **4-6pm** featuring music by The TRUST Ramblers Dixieland Band
- **May 07** – “Lunch & Learn It” Special May Mini Senior Fair
Special time **10:00 a.m. – 2:00 pm** – Bethlehem Lutheran Church
- **May 17** – Spring Into Summer Sunday Supper **4p – 6p** featuring the music of The Crosstown Community Band

*** Transportation Services Fees & Payments Effective April 01***



Starting **April 1, 2026**, the price for a round-trip ride will increase from **\$5 to \$7**. This adjustment will allow us to continue offering quality rides with our dedicated and conscientious drivers while maintaining our affordable services despite rising expenses. Additionally, we will introduce a monthly invoicing system for rides, eliminating the need for clients and drivers to carry cash. For more

information, contact the office at **612-827-6159**.

Schedule your spring clean-up and yard maintenance today!



It's time to "Think Spring!" Don't wait—schedule your spring yard cleanup, window cleaning, storm window screen replacement, and lawn mowing services today through TRUST Inc's CHORE Home Services program. We would love to get you on the schedule as soon as possible.

In addition to these services, we also offer housekeeping and simple home repairs. **Please note that you must call to be added to the 2026 spring cleanup and summer mowing schedule.**

We need to hear from you!

Call Whitney at **612-827-6159**.

News From Health & Wellness – Stress Awareness Month



April is Stress Awareness Month, focusing on the impact of stress on seniors. As individuals age, they often face unique stressors like health issues, financial worries, grief, and social isolation, which can lead to anxiety and depression.

This month encourages open conversations about these challenges and effective coping strategies. Engaging in physical activity, pursuing hobbies, and maintaining social connections can help seniors manage stress and enhance their well-being.

Local communities may offer resources to support seniors, such as workshops and support groups. It's important to promote a healthy lifestyle, foster social connections, and establish routines, including regular exercise, a balanced diet, and relaxation techniques.

Let's support our senior community by acknowledging their struggles and providing them with the tools to manage stress. For more information, contact Rose Huttner at TRUST Inc. at 612-481-5525.

April 26 – Sunday Supper Celebrates Volunteers, Clients and Community!



TRUST INCORPORATED IS



THANKFUL 4 YOU
April 26, 2026
VOLUNTEER, CLIENT &
COMMUNITY APPRECIATION DINNER
3:30 RECOGNITION RECEPTION
4:00P - 6:30P PROGRAM, MUSIC & DINNER
FEATURING THE TRUST RAMBLERS DIXIELAND BAND
DIAMOND LAKE LUTHERAN
5760 PORTLAND AVENUE SOUTH

Join us for a special Sunday Supper celebrating you - our TRUST Inc volunteers and clients! There will be music, dinner and time to say thank you for being a part of TRUST Inc.

RSVP REQUESTED BY: 4/22 612-827-6159
EMAIL TO: TRUST@TRUSTINC.ORG

At TRUST Inc., we are grateful for our volunteers, clients, and the community! Each April, we come together to express our thanks with music and a meal at our Sunday Supper. This year, Sunday Supper on **April 26** will be a celebration filled with love and gratitude for the community we support and those who support us.

Join us for an evening of music, dinner, raffles, and the opportunity to say "thank you" as we honor our volunteers, clients, and community. Please let us know if you can attend by **RSVPing by April 22**, so we can plan for food and seating just for you!

Call **612-827-6159** or email trust@trustinc.org to RSVP your attendance!

May 07 Lunch & Learn Offers May Mini Senior Fair!



**TRUST Inc Invites You To
Lunch & Learn It Thursdays**
***special time* MAY MINI SENIOR FAIR**

CREATING COMMUNITY *EXTENDED TIME* 10:00 AM - 2:00 P.M
THAT IS BETTER TOGETHER **MAY 07, 2026**

Hosted at Bethlehem Lutheran Church
4100 Lyndale Avenue S Minneapolis

LEARN IT OPTIONS
JOIN US FOR A SERIES
OF SHORT 30 MINUTE
PRESENTATIONS
PROVIDED BY
COMMUNITY
MEMBERS AND
SERVICES

SPECIAL SCHEDULE
10 - 11:30
WELCOME &
SESSIONS
12:00
DELI LUNCH
12:30 - 2:00
MORE SESSIONS

**REGISTRATION
REQUIRED:**
CALL TRUST INC
612-827-6159 OR
EMAIL TO:
TRUST@TRUSTINC.ORG

A Free Monthly Event Designed for Older Adults In Our Community!

A COMMUNITY COLLABORATIVE OF:





May Lunch & Learn It will bring a variety of learning topics in a Mini Senior Fair Setting. The expanded workshop (10 am-2 pm) will provide all the great parts of Lunch & Learn It and some additional mini-session on a variety of topics.

Themes include; Mental Health, Self Care, Yoga/Meditation, Technology Safety, Health & Wellness, Decluttering Tips and more.

Limited Seating – Reserve Your Space TODAY! Call 612-827-6159 or trust@trustinc.org.

Spring Community Initiatives – Join us often and please share!



**TRUST INC INVITES YOU TO
TEACH &
TRAIN
THURSDAY**

**FALL
PREVENTION
& SAFETY** 

APRIL 23, 2026
10:00 -11:30 A.M.
DIAMOND LAKE LUTHERAN CHURCH
5760 PORTLAND AVE MPLS MN

Stay independent and safe at home! Join our fall prevention training class to learn strategies for strength, balance, and home safety. Equip yourself with tools for long-term wellness and independent living.

presented by

START
SENIOR SOLUTIONS

WORKSHOP FEATURES

- HEALTH & WELLNESS SUPPORT
- COMPLIMENTARY TREATS
- TECHNIQUES AND TRAINING TO BE YOUR BEST AT ANY AGE!

REGISTRATION REQUIRED
CALL 612-827-6159
\$10/person workshop fee for community members
FREE for TRUST Inc Clients

Some transportation available to TRUST Inc Clients. Open to all older adults 55+ in our community

A Health & Wellness Community Building Initiative of TRUST Inc in partnership with





TEACH AND TRAIN THURSDAY RETURNS

Join us **April 23** for a Fall Prevention and Home Safety Workshop sponsored by our partners at START Senior Solutions.

The workshop will include teaching and training techniques, along with hands-on practice in both standing and seated positions, to help you best prevent falls.

This is a very important training workshop for all older adults and we hope you will attend.

The cost is FREE for TRUST Inc clients and there is a \$10/person fee for community attendees.

Call today to register at 612-827-6159



Your Donation Helps TRUST Inc Provide Program Services For All!

At TRUST Inc., we strive to never turn anyone away in our service area due to an inability to pay. Your contributions help us make this possible. Be a living legacy for someone today!

We can gladly accept your donation of any amount as follows:

- by mailed check to:
- 9 West Rustic Lodge Minneapolis MN 55419

via our website links:

<https://www.paypal.com/paypalme/TRUSTINCMN>

OR <https://www.givemn.org/organization/Trust-Inc>

[Inc](https://www.givemn.org/organization/Trust-Inc)



Or thru this secure QR Code



TRUST INC SPRING 2026 CRIBBAGE CLUB

1-3 p.m.
Apr 09 & 23
May 14 & 28
June 11 & 25

Refreshments Served
Bring Boards & Cards!
Don't know how to play?
We can teach you!
All abilities welcome!

Judson Baptist Church
Ann Judson Room
4101 Harriet Ave S
Minneapolis

A Drop In Group
Call 612-827-6159 or email us:
trust@trustinc.org
for more info

Donation: \$5/session
supports treats & beverages

A Community Partnership of:



TRUST INC CHAIR YOGA & MEDITATION - SPRING 2026

2nd & 4th Tues.
3:00 - 4:00 p.m.
Apr 14 & 28
May 12 & 26
Jun 09 & 23



Registration Required
Call 612-827-6159 or email us:
trust@trustinc.org

Diamond Lake Lutheran Church
Lakeside Room
5760 Portland Ave S
Minneapolis

Meet Shannon Burke, Yoga Instructor
After certification with Yoga Sanctuary, Shannon teaches a variety of yoga classes in our community, including several Chair Yoga & Meditation options to older adults through various TRUST Inc. Community Initiatives.

COST: \$5/session

All abilities welcome!

Designed for older adults 55+ through this community partnership



WELCOME TO JOURNEY CAFE

A PLACE FOR CONVERSATIONS AND CONNECTIONS IN THIS JOURNEY OF LIFE!

The 3rd Tuesday
Jan 20 Feb 17
Mar 17 Apr 21
May 19 Jun 16
10:00 - 11:30 a.m.

Register Today so we can plan space for you!
Call 612-827-6159 or email us:
trust@trustinc.org

Hosted by our partners at:
St John's Lutheran Church

Life is a journey - let's talk about it!
This facilitated group experience is designed to be a welcoming and safe space for older adults (55+) to share conversations and make connections with others as we journey through life.

4842 Nicollet Ave S
Minneapolis

Designed for older adults 55+ through this community partnership



TRUST INC PROGRAM SERVICES – We are here for you!



PROGRAM FOCUS CHORE HOME SERVICES

YARD/SUMMER MAINTENANCE



As Spring and summer approach, TRUST Inc is here to help you with household chores, gardening, yard work, and lawn mowing. These affordable services are designed to support independent living. Call Whitney to schedule your needs.
612-827-6159



PUT YOUR TRUST IN TRUST INC.

Are you in need of a ride to the grocery store, food shelf, medical ride or for an errand run?

\$7/round trip ride

Trust Inc provides dependable and personalized transportation services for riders aged 65+ and those with disabilities. We offer weekly options with friendly and reliable staff drivers who are dedicated to assisting seniors in our community. We are proud to be grant partners with the City of Minneapolis Senior Transportation Program, Trellis Inc & DHS Live Well At Home!



For more information on how you can be a client of TRUST Inc, please contact the TRUST Inc office at 612-827-6159 or TransportationCoordinator@trustinc.org

Delivery to your door!



Contact 612.623.3363 to find out more about this program!



from you
TRUST Inc
Staff Team!

Are You Thinking About...



A Moving Sale?

A Sale Before You Downsize?



An Estate Sale For Your Loved One?

LET US HELP YOU GROW INTO YOUR
NEXT PHASE OF LIFE!
CONTACT US AT: 612.827.6159