



TRUST Inc: Building Community Together!
9 West Rustic Lodge, Minneapolis, MN 55419
Phone: 612.827.6159 Website: www.trustinc.org

Greetings from your friends at TRUST Inc

As the warm nights fill the air with the soothing sounds of crickets, it's clear that August is upon us! Can you believe how quickly summer has flown by? This season often sparks joy as we think back to cherished moments like bountiful garden produce, the dazzling Perseid meteor shower, and those beautiful harvest moons. Let's not forget the delicious fresh vegetables from our gardens, the excitement of Labor Day weekend, and the fun-filled days at the Minnesota State Fair.

In this edition of TRUSTworthy News, we are excited to share insights and opportunities that celebrate our wonderful summer traditions. Although summer is coming to an end, we have an amazing lineup of events and activities planned for the upcoming months to keep you connected and engaged with our program services. At TRUST Inc., we are committed to helping older adults in South Minneapolis live independently while reducing loneliness and fostering community bonds. We look forward to serving you and seeing you at our events as we embrace this vibrant season together! Additionally, be sure to check out our new TRUST Inc. logo at the top of this page—same great name with a new look! More information coming in September!

Your TRUST Inc Staff Team

Shared Stories-Shared Spaces Returns in August

"Our history is but one generation away from disappearing"

TRUST Inc Invites You To Be A Part Of
Shared Stories - Shared Spaces
A Storytelling Workshop Series for Older Adults

Learn
Story-
telling

Write
Your
Story

Meet
New
People

Perform
For
Others

Wednesdays 10:00 - noon*

*Limited Space - Register today 612-827-6159
Aug 19, 26, Sep 2, 9, 16, 23
Senior Story Slam
Public Performance Sunday, Sep 27th 3-5 pm
Hosted at: Lynnhurst UCC
4501 Colfax Avenue S REGISTER AT: 612-827-6159

TRUSTINC.ORG A community collaborative of:





Everyone has a story – learn the art of storytelling for public performance.

Date: August 19, 26, Sep 02, 09, 16 & 23

Time: 10:00 am – noon

Hosted at: Lynnhurst UC Church
4501 Colfax Avenue S

With Senior Story Slam Performance:
September 27th 3-5 pm

Limited Space workshop. Reserve your space now! : **612-827-6159 or trust@trustinc.org**

August 23 Sunday Supper Features Hot Jazz & Cool Dixie Music & Meal



DIAMOND LAKE LUTHERAN CHURCH

TRUST

SUNDAY SUPPER

AUGUST 23

4 PM: HOT JAZZ COOL DIXIE
5 PM: SUPPER

FREE AND ALL ARE WELCOME.
HELP US PLAN FOR THE RIGHT AMOUNT OF FOOD.
PLEASE RSVP: EMAIL TRUST@TRUSTINC.ORG
OR CALL 612-827-6159.

A TRUST, Inc. Initiative
Hosted at Diamond Lake Lutheran
5760 Portland Avenue South

Join us on **August 23** for the TRUST Inc Sunday Supper gathering.

At 4:00 p.m., “The TRUST Ramblers” will provide toe-tapping entertainment featuring Hot Jazz & Cool Dixie music, followed by a chef-prepared meal.

Dinner will be served at 5:00 p.m.

Limited transportation is available for our clients with advance notice. To sign up, please call the TRUST Inc office at 612-827-6159 **BY AUGUST 21.**

Join our wonderful community initiative to enjoy delightful music and a meal! Always free for everyone, with a suggested donation of \$5 per person. 😊

Journey Café Continues August 18



JOURNEY CAFE

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

The 3rd Tuesday
May 19 Jun 16
Jul 21 Aug 18
Sep 15 Oct 20
Nov 17 Dec 15
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 community partners at:
St John's Lutheran Church

Join us for a welcoming group experience for older adults (55+) to share conversations and connect as we journey through life together.

Designed for older adults 55+ through this community partnership

4842 Nicollet Ave S
Minneapolis

Bethlehem
Southside Legacy Fund

TRUSTINC.ORG

St John's Lutheran

We're thrilled to share the incredible growth of TRUST Inc's Journey Café, a wonderful initiative making a meaningful difference in our community!

Journey Café continues on August 18, where we create a welcoming atmosphere for older adults to connect, share their unique life experiences, and engage in enriching conversations that foster mutual support and lasting friendships.

A heartfelt thank you to St. John's Lutheran Church for generously providing the ideal venue for our empowering gatherings.

We are excited to continue our monthly meet-ups throughout the year, and everyone is invited to join us for our upcoming sessions! To ensure we have ample space and refreshments for all, please sign up in advance by calling us at 612-827-6159. We can't wait to see you there and create even more joyful memories together!



From the Health & Wellness Coordinator

Hello! My name is Rose Huttner, and I am the Health & Wellness Coordinator at TRUST Inc. I'm a retired nurse and a passionate advocate for senior health and wellness in our community. This month, our focus is on **SELF-WELLNESS** at any age. I came across a great article, so I thought I'd share it with you. There is also a recipe for a healthy summer salad using fresh garden produce. If you have any questions about your health and wellness, please call me at the office.

THE HISTORY OF SELF-WELLNESS: The concept of self-care has a long and varied place in human history among different cultures and time periods. Ancient philosophers like Socrates and Plato emphasized the importance of self-care and self-reflection as part of a virtuous life. Taoist principles also promote self-care through meditation, breathing exercises, and herbal medicine. The 19th and 20th centuries also saw the emergence of movements focused on mental health and self-care. Many of these practices have successfully created a healthy mind and body concept for many generations and have carried over to modern-day self-care ideas.

Today, the concept of self-care encompasses various practices aimed at holistic well-being, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness are personal and subjective concepts, but the underlying idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central. Here are some easy ways for you to make this practice a habit at any age:

1. Start each day with an 8 oz glass of water before your first cup of coffee or tea.
2. Challenge yourself to walk at least 200 steps a day – that's one city block in length. Each day or week increase by 200 steps. At 2,000, you have walked a mile! Every step helps!
3. Use focused breathing throughout the day to help with stress and focus. While sitting calmly, inhale for a count of 1-2-3. Hold your breath for a count of 1-2-3. Exhale slowly for a count of 1-2-3. Be still for a count of 1-2-3. Repeat six times. Do this often throughout the day and at bedtime.
4. Use mindful media. The news these days can be overwhelming and depressing. We all need to know what is happening in the world and our communities but limit yourself to a routine for news gathering. Instead of watching the 5, 5:30, 6, 9 and 10 pm news or the all-news networks, choose one local and only national platform for 30 minutes each day.
5. Read a book or listen to a podcast to help stimulate your listening skills and expand your imagination. Using an e-reader will allow you to control font size for various books via your tablet.
6. Doing something for someone will make you feel good. A helping hand, a "thinking of you" note, a bouquet of garden flowers, or time spent together are all ways to boost endorphins that make you feel good and someone else, too!
7. Make your meals a "Try It Café" and experiment with one new food or recipe each month.
8. Most importantly, make time for yourself. Whatever you do, take some time just for you.
9. Ask for help when you need it. Everyone can use support sometimes. Don't try to do it alone!

We cannot take the best care of others if we do not care for ourselves first.

Super Simple Summer Salad



This recipe is an easy option that lasts for days in the refrigerator. As supplies are eaten, you can add fresh vegetables over time. Easy cucumber, tomato, and onion salad is a tasty side that's healthy and great for potlucks, BBQs, summer events, and more! Make this simple salad for any occasion today!

INGREDIENTS

- 1 cup **water**
- 1/2 cup **distilled white vinegar**
- 1/4 cup **olive oil**
- 1/4 cup **sugar**
- 2 tsp. **salt**
- 1 Tbsp. **coarsely ground black pepper**
- 3 **cucumbers** (peeled and sliced 1/4-inch thick)
- 3 **tomatoes** (cut into wedges)
- 1 **red onion** (sliced, separated into rings, cut in half)

DIRECTIONS

In a medium glass bowl, peel and slice cucumbers into 1/4" slices. Slice tomatoes into wedges. Thinly slice the onion, separate into rings, and cut in half. In a separate small bowl, combine vinegar, oil, sugar, salt, and pepper and mix until sugar is dissolved. Pour over veggies and toss. Marinate for one hour and serve chilled as a side dish or light lunch with warm garlic rounds.

VARIATION ADDS

Add 1 cup mozzarella pearls and 1/4 cup chopped fresh basil for a Caprese Salad

Add 1 cup crumbled feta and 1/8 cup chopped fresh oregano for a Greek Salad

Add Shrimp or diced chicken for good protein options.



TRUST Inc Invites You To Lunch & Learn It Thursdays

CREATING COMMUNITY **SEPTEMBER 03, 2026**
THAT IS BETTER TOGETHER **11:30 A.M. - 2:00 P.M.**

Hosted at Bethlehem Lutheran Church
4100 Lyndale Avenue S Minneapolis

**LEARN IT
OPTIONS**

MINDFUL FOCUS

TECHNOLOGY
HEALTH & WELLNESS

PROGRAM:
THE LIFE & TIMES OF
SINCLAIR LEWIS

THE SCHEDULE

11:30
GATHERING FOCUS

12:00
LUNCH OPTION

12:30 - 2:00
LEARN IT
OPTIONS

**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:





September 03 – Lunch & Learn It Returns

After a summer hiatus, Lunch & Learn It Returns!

Date: September 03, 2026

Time: 11:30 – 2:00 pm (lunch provided)

Location: Bethlehem Lutheran Church
4100 Lyndale Avenue S Minneapolis

RSVP: 612-827-6159 or trust@trustinc.org
by Sep 01, please.

This popular monthly gathering offers chair yoga & meditation focus, lunch from Caffrey's Deli, technology, health & wellness and a learning option based on the writings of MN author, Sinclair Lewis.

TRUST Inc offers Program Services Designed to Support Independent Living

Your independent living is our highest priority! At TRUST Inc, we are wholeheartedly dedicated to serving older adults in South Minneapolis and are excited to offer a variety of programs tailored to your needs. We accept CADI and Elder Waiver options for those who qualify, plus we now provide transportation services in Richfield, MN. We're eager to help you thrive this season, so please reach out and let us know how we can best support you!

Meals-on-Wheels Meal Service: offers daily hot delivery and weekly frozen options. Call **612-623-3363** for more information and to connect to the program in your neighborhood.

Delivery to your door!



Contact 612.623.3363 to find out more about this program!

SENIORS ARE OUR SPECIALTY: OFFERING RELIABLE AND AFFORDABLE HOUSEWORK, ORGANIZING, HOME REPAIR & YARD/GARDEN SERVICES

TRUST INC. IS A NON-PROFIT SERVICE AGENCY IN SOUTH MINNEAPOLIS DEDICATED TO HELPING SENIORS 55+ AND THOSE WITH DISABILITIES LIVE INDEPENDENTLY AT HOME BY OFFERING REASONABLE AND RELIABLE SERVICES!

Chore Home Services: We offer a variety of household maintenance services to help you stay independent in your home, including both indoor and yard maintenance options.

*****NEW***** We now have a Minor Home Repair Specialist available for tasks like minor plumbing, electrical work, air conditioning installation, ceiling fan installation, and walker repairs. For details, call **612-827-6159**.

Transportation Services We offer door-to-door transportation for your errand, shopping and medical appointments, helping you maintain independence. Call **612-403-4579** to register. We accept CADI and Elder Waiver, with affordable rides for just \$7.

COMING SOON TO OUR STAFF:



organizing your home

- **Care Navigator-** to assist you in navigating the various aspects of health, wellness, and your community.
- **Decluttering Specialist** to help you find joy in



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!





Reminder From Transportation Services – Check Your Voicemail

A few reminders from Transportation Scheduling:

- We've noticed an increase in calls from clients requesting reminders for their scheduled rides. As a reminder, TRUST Inc. Transportation Services utilizes ROBO CALL reminders for upcoming rides. To better serve everyone, please check your voicemail before contacting our scheduling team and delete old messages to make space for new ones. We are unable to leave a message if your mailbox is full. Our system tracks the status of reminder calls, and if you're experiencing any issues, we can assist you with troubleshooting. Thank you for your cooperation!
- PLEASE NOTE: Due to insurance regulations, only registered clients are eligible for transportation services from TRUST Inc. If you have supportive services, those individuals must also be registered in our system. Additionally, for safety reasons, no child riders are permitted. Thank you for your understanding and cooperation!

TRUST Inc Staff Member, Jan Bankey, REALLY loves the MN State Fair!



Jan has been with TRUST Inc for over 30 years as Estate Director, handling over 40 Estate Sales annually. Each August, she also serves as the Superintendent of the MN State Fair History & Heritage Center, where she enjoys welcoming visitors and sharing memories of the fair. Outside of work hours, she loves indulging in foot-long hot dogs and cheese curds at the fair. Jan invites everyone to stop by the museum, open until 9 pm daily, located in the West End

next to the bus transit center.



STAY CONNECTED TO TRUST INC

Older adults can combat social isolation by using smartphones, laptops, or tablets to connect online via social media and email. Here are the links to enjoy TRUST Inc online!

TRUST Inc FACEBOOK page - <https://www.facebook.com/TRUSTINC.MN>

TRUST Inc INSTAGRAM account - <https://www.instagram.com/trustincmpls/>

Simply 'follow' TRUST Inc through the social media sites above or visit our webpage(trustinc.org)

Electronic Newsletters Save Postage – send us a message at trust@trustinc.org and you can receive this newsletter electronically!

BE A PART OF THE LEGACY LIVING FUND!



Join us in making a lasting impact! For over 56 years, we've proudly supported our community. Become a sustainable donor to help empower us for the next 56 years!

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>

- thru the QR code portal link listed on the right



Thank you for your generosity! *Mary Beth Weibel, Executive Director*