



TRUST-worthy News

December 2025



Toward Renewed Unity and Service Together
9 West Rustic Lodge, Minneapolis, MN 55419
Phone: 612.827.6159 Website: www.trustinc.org

WELCOME WINTER FROM YOUR FRIENDS AT TRUST INC



As the year comes to an end, December presents a tapestry of bustling activity and vibrant celebrations. It often feels as if we are trying to pack two months of joy into just a few short weeks. The days grow shorter, and the long shadows of evening invite us to pause and reflect, even amidst the flurry of events and gatherings filling our calendars. In the midst of this whirlwind, it's essential to take a moment to slow down and truly

appreciate the beauty that surrounds us. As snowflakes gracefully dance from the sky—more abundant this year than in recent memory—they bring a serene charm, transforming our world into a winter wonderland. Each flake serves as a gentle reminder to breathe deeply and embrace the season, savoring the quiet moments that might otherwise slip away in our busy lives.

As we navigate through holiday lights twinkling against the crisp night air, let us remember to take a step back. Spend an evening sipping hot cocoa while enjoying the many holiday specials on TV, or simply look out the window to admire the shimmering glow of festive decorations. These small pauses allow us to reconnect with the magic of December, encouraging us to celebrate not only the whirlwind of activity but also the quiet joys of the season. So, as we move through this vibrant month, let us promise to slow down a bit each day, taking in the world around us, embracing both the chaos and the calm, and finding beauty in every moment that December has to offer.

Our staff and teams are focused on delivering our Wreath of Love gifts to all clients by December 22, so be on the lookout for arrivals in the weeks ahead. We will gather on December 21 for our Christmas Sunday Supper and look forward to seeing you there! Happy Holidays from *Your TRUST Inc Staff Team*

Whitney Eleonore Sandy Shannon Mario Pete...
Susan...LeRoy Jan Rose Kelley Mary Beth





With winter's arrival, we have the following weather policies in place for Meals on Wheels & Transportation Services:

For Meals on Wheels (MOW): Weather permitting, MOW will remain open and deliver meals daily from Monday to Friday, unless Minneapolis Public Schools are closed. Daily meal delivery will resume on the same day that Minneapolis Public Schools reopen. In October, emergency provision packs "Blizzard Bags" were distributed to all clients.

For Grocery and Errand Services: To ensure the safety of our clients and drivers, Transportation Services will not operate during days with winter weather warnings, including winter storm warnings, ice/freezing rain warnings, and wind chill warnings. On days with winter weather advisories, services may operate in a limited capacity at the discretion of the drivers. Transportation Services will notify scheduled clients ahead of time based on an assessment of the weather conditions.



Health & Wellness – Managing Holiday Stress

The holidays can be a stressful time for everyone, regardless of age, but there are numerous ways to manage that stress. Here are some simple tips to help yourself and others during this season:

****Acknowledge Your Feelings**** Emotional memories often resurface during the holidays. It's important to recognize and embrace these feelings. Take time to reflect on your emotions and consider sharing them with a trusted friend or therapist.

****Take Breaks**** The holiday season can be incredibly busy! Ensure you get enough rest and take breaks whenever possible. A short nap or listening to music can help you relax. You might also try the deep breathing square technique: breathe in for a count of three, hold for a count of three, exhale slowly for a count of three, and hold again for a count of three. Repeat this four times.

****Maintain Healthy Habits/Choices**** Incorporating a short workout each morning can enhance your decision-making throughout the day. Be mindful during holiday gatherings and avoid overindulging. Stress can lead to overeating, so consider posting your dietary restrictions on the refrigerator as a reminder. You can also offer to bring a healthy dish that works for you to holiday gatherings.

****Identify Additional Caretaking Needs**** Holiday stress can reveal areas in your life that may need more support, such as medication management, daily chores, or finances. Consider seeking professional services to assist you.

****Volunteer****

You are never too old to volunteer. Think about ways you can give back to others this season and into the new year.

TRUST Inc. is here to support you as you navigate through the holiday season. For more information or to speak with our Health & Wellness Nurse, Rose Huttner, please contact the main office at **612-827-6159**.

Community Initiatives Moving Us Into The New Year!



SUNDAY SUPPER

DECEMBER 21

4 PM: NEW FRONTIER RADIO SHOW
5 PM: CHRISTMAS BUFFET SUPPER

*MEAL IS FREE. ALL ARE WELCOME.
 TO 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



TRUST INC CHAIR YOGA & MEDITATION - WINTER 2026

2nd & 4th Tues.
3:00 - 4:00 p.m.
Jan 13 & 27
Feb 10 & 24
Mar 10 & 24

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



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.

Diamond Lake Lutheran Church
 Lakeside Room
 5760 Portland Ave S
 Minneapolis

COST: \$5/session

All abilities welcome!
 Designed for older adults 55+ through this community partnership




TRUST Inc Invites You To Lunch & Learn It Thursdays

CREATING COMMUNITY THAT IS BETTER TOGETHER **08 JANUARY 2026**
11:30 AM - 2:00 P.M

Hosted at Bethlehem Lutheran Church
 4100 Lyndale Avenue S Minneapolis

LEARN IT OPTIONS
 MINDFUL FOCUS
 LUNCH DISCUSSIONS
 TECHNOLOGY
 HEALTH & WELLNESS
 CREATIVE LEARNING:
 THE ART & SCIENCE OF SNOWFLAKES

THE SCHEDULE
 11:30 GATHERING FOCUS
 12:00 FREE LUNCH
 12:30 - 2:00 LEARN IT OPTIONS

REGISTRATION REQUIRED BY 1/06:
 CALL TRUST INC
 612-827-6159 OR
 EMAIL TO:
 TRUST@TRUSTINC.ORG

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

A TRUST INC COMMUNITY COLLABORATIVE WITH  **MINNESOTA** LIVE WELL AT HOME™  **TRELLIS**  **Bethlehem**



TRUST INC WINTER 2026 CRIBBAGE CLUB

1-3 p.m.
Resumes Jan 22
Feb 12 & 26
Mar 12 & 26

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

Donation: \$5/session
supports treats & beverages

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

A Community Partnership of:



***New* Journey Café” A Place to Talk About Life’s Journey!**

Trust Inc is thrilled to introduce our new monthly initiative, Journey Café, designed to support us all as we navigate life's path together. Sometimes, simply talking with others or expressing ourselves can make all the difference.

Join our compassionate Health & Wellness team for a warm gathering where we can share a comforting cup of coffee or tea, a cookie or two and engage in enriching conversations as we embrace the journey ahead. It's a wonderful opportunity to connect, uplift one another, and inspire positivity! We can't wait to see you there!

The Journey Starts:

January 20th and continues on the third Tuesday of each month at St John's Lutheran Church
10:00 -11:30 am – Open to older adults in our community!

4842 Nicollet Avenue S **RSVP BY JAN 15 to 612-827-6159**

(just across the parking lot from the TRUST Inc Rustic Lodge location)

Rides available for TRUST Inc clients. Please RSVP so we can plan space just for you!

*Life is a Journey
Let's Talk About It!*



JOURNEY CAFE

Join us at TRUST Inc for Journey Cafe

At TRUST Inc., we believe in the power of community and the joy of sharing life's journeys together. Join us for our new Journey Cafe Initiative, where we'll engage in meaningful conversations about coping with life's joys, struggles, and changes. Facilitated by our Health & Wellness team, it's a great chance to connect, share experiences, and support one another over beverages and treats. We look forward to embarking on this enriching journey together!

WHO: Older Adults 55+

WHERE: St John's Lutheran Church

4842 Nicollet Ave S. Minneapolis MN

DATES: Jan 20, Feb 17, Mar 17, Apr 21, May 19

TIME: 10:00-11:30 a.m.

RSVP: Call 612-827-6159

Rides available for TRUST Inc clients!

A TRUST Inc collaborative
initiative partnered with

TRUST Inc

9 West Rustic Lodge
Minneapolis MN 55419



TRUST Inc Building Community With The Community

**Call for details:
612-827-6159**