



TRUST-worthy News

May 2026



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

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

9 West Rustic Lodge, Minneapolis, MN 55419

Phone: 612.827.6159 Website: www.trustinc.org

Help us “Seed the Need” Through Your Financial Giving To TRUST Inc

Seed
THE NEED

As we reach mid-year 2025, TRUST Inc is navigating the current political climate with resilience and optimism. While we continue to work toward our budget goals, we are pleased to report that we have not experienced any reduction in funding. As we have learned, things may change in the future. Regardless, our commitment to serve remains strong, and we are grateful for the ongoing support from our community.

With the increased demand for our affordable services for aging adults and individuals with disabilities in South Minneapolis, which has grown ten-fold this past year, our funding sources have remained stable allowing us to add new drivers and create new initiatives. We understand the importance of grants and community partnerships, and while we are always on the lookout for additional grant funding, we also appreciate the consistent support we receive from our benefactors, friends, neighbors and clients.

While it is always challenging to ask for financial contributions, we deeply value your belief in the work of TRUST Incorporated. Your donations significantly impact and help us sustain our commitment to the community, just as we have done for the past 55 years. Thank you for considering a financial gift to help us continue our important work.

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 on this page through our Living Legacy Fund.



Thank you for your consideration, generosity, and continued support for TRUST Incorporated. Your support truly is our blessing. With sincere thanks!

Mary Beth Weibel, Executive Director



From the Health & Wellness Coordinator

In May, we are focusing on raising awareness about physical fitness, mental health, the well-being of older adults, and women's health.

Taking just ten minutes each day to practice calmness can greatly improve stress levels and mental health. Techniques such as meditation and yoga have been proven to positively impact overall well-being and stimulate creativity. Spend ten minutes on gentle movement or a simple breathing exercise, followed by a creative activity like watercolor painting or doodling to help your mind relax and feel inspired.

It's important to keep things simple; complex practices can heighten anxiety. Consider turning on some easy listening music while limiting exposure to stressful news and alerts. Instead of dwelling on the world's troubles, focus on your well-being.

Engaging in a five to ten-minute walk outside and surrounding yourself with uplifting friends can also enhance your mood.

TRUST Inc. is committed to your health and wellness! For over four years, we have been developing creative learning and engagement initiatives to alleviate feelings of isolation among older adults. We offer transportation for groceries, errands, and community initiatives tailored to your needs, helping you engage with the community through enjoyable and meaningful experiences. We hope to see you soon at a TRUST Inc Initiative. Our current offerings are listed in this newsletter. For questions or concerns about your health, please give me a call.

Rose Huttner, Health and Wellness Coordinator

EASY-PEASY BLENDER LEMON PIE – Recipe Back by Popular Demand



Ingredients:

- | | |
|--|-----------------------------|
| - 1 medium lemon (or 1 ½ for extra tartness) | - 1 ½ cups granulated sugar |
| | - 1 stick unsalted butter |
| | - 4 large eggs |
| | - 1 unbaked pie shell |

Instructions:

1. Preheat oven to 350°F.
2. Wash the lemon, cut off the ends, slice it, and remove the seeds.
3. Blend the lemon until liquefied, then add sugar and butter, blending until creamy.
Lastly, add eggs and blend again.
4. Pour the mixture into the pie crust and bake for 45 minutes.

You can enjoy it as is or add fresh berries, whipped cream, or Greek yogurt. Sit back and enjoy!

May 17 – Mark Your Calendar for Sunday Supper “Swing into Summer”



DIAMOND LAKE LUTHERAN CHURCH

TRUST

**SWING INTO SUMMER!
SUNDAY SUPPER PICNIC**

MAY 17

**4 PM: CROSTOWN COMMUNITY BAND
5 PM: SUPPER (WE ARE GRILLING!)**

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

Can you believe it? The May Sunday Supper marks the beginning of our 5th year of Sunday Supper initiatives? From our start with 30 people to What fun we have had and what fun we have to look forward to as we build community with the community! Summer Sunday dates and entertainment as follows. 4 pm entertainment and 5 pm dinner.

SUMMER SUNDAY SUPPER CALENDAR

May 17 - The Crosstown Community Band

June 28 – Jo Bolles & Songs From The American Songbook

July 26 – Two Gys and a Piano & Songs for Summer

August 23 – Summer Loving with Sawyers Dream

Always a free community event - donations accepted with a smile! **Call to reserve your spot each month so we can plan space and food just for you! 612-827-6159.**

Final Sign Up Reminder for Spring Clean Up & Summer Mowing Options



TRUST Inc is now accepting Senior clients (60+) for Spring Yard Clean Up, Lawn Mowing and Gardening in South Minneapolis

Affordable Lawn & Yard Care for Seniors 60+ in South Minneapolis

TRUST@trustinc.org

612-827-6159

TRUSTINC.ORG

TRUST

CADI & Elder Waivers Accepted

TRUST Inc. is a non-profit organization with over 56 years of experience supporting older adults and individuals with disabilities. They empower clients to live independently at home and create community-building initiatives. Visit www.trustinc.org for more information.

Our Services

- Lawn Mowing
- Spring Cleanup
- Weeding/Gardening
- Pruning

TRUST Inc 9 W Rustic Lodge Minneapolis MN 55419
A Community Partnership of TRUST Inc & Trellis, Inc

TRUSTINC.ORG

TRUST

TRELLIS

Spring Yoga Has Been Cancelled



TRUST INC CHAIR YOGA & MEDITATION SPRING 2026

CANCELLED

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

CANCELLED

Shannon Burk, Yoga Instructor
After completing her 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



After a successful year of Chair Yoga, we have had to cancel the remainder of the Spring Session due to low to no attendance. We will be assessing this for return in the fall. If you are interested in Fall registration

PLEASE Call: 612-827-6159

PLEASE NOTE: THE TRUST INC. OFFICES

AND PROGRAM SERVICES WILL BE CLOSED MONDAY, MAY 25,



FOR **MEMORIAL DAY** AND WILL RESUME ON **TUESDAY, MAY 26.**

Journey Café Continues May 19



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

4842 Nicollet Ave S
Minneapolis

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.

Designed for older adults 55+ through this community partnership



TRUST Inc's Journey Café has blossomed into a remarkable initiative that has significantly impacted our community! This monthly gathering offers a warm and inviting space for older adults to come together, share their life stories, and offer mutual support through engaging conversations and meaningful connections.

Our heartfelt gratitude goes to St. John's Lutheran Church for generously providing us with the space for these important discussions. Their support is invaluable. We are in discussion to continue our monthly gatherings through the rest of the year.

We warmly invite everyone to join us for our upcoming sessions. To help us prepare adequately—ensuring we have enough space and refreshments for everyone—please sign up in advance. You can reserve your spot by calling us at 612-827-6159. Thank you

for your continued support, and we look forward to seeing you at Journey Café!

Join us for Our Summer “Be Curious Classes” – Starting in June



**TRUST INC SUMMER SERIES
BE CURIOUS:
ABOUT WRITERS CLUB**

Learn about the art and techniques of writing and journaling

Join us for a fun summer workshop series that explores the art of writing and journaling!

**June 15, 22, 29
July 06, 13, 20**

1:00 - 2:30 pm

TRUST Inc Offices
9 W Rustic Lodge
Minneapolis

Refreshments & materials provided

Registration Required By June 01st

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

Limited Space Available - Register Soon!

Designed for older adults 55+
through this community partnership



**TRUST INC SUMMER SERIES
BE CURIOUS:
ABOUT WATERCOLOR KEEPSAKES**

Learn the art of watercolor using your favorite keepsake or photo

**July 07, 14, 21,
& 28
2:30 - 4pm**

**Diamond Lake
Lutheran Church**
5760 Portland Ave
Minneapolis

Join us for a fun summer workshop series as we explore water color designs & techniques, using your keepsakes and photos of things that are special to you.

Refreshments & materials provided
COST: \$5/session

Registration Required By June 15

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

Limited Space Available

Designed for older adults 55+ through this
community partnership



**TRUST INC SUMMER SERIES
BE CURIOUS: ABOUT THE MIA**

Learn about the master works at the Minneapolis Institute of Art

Join us for a 3-part series and field trip exploring some of the Minneapolis Institute of Art's top works each month. **Field trip to MiA August 20**

**June 26
July 24
Aug 20 (fieldtrip)
Aug 28**

**Windom
Community Ctr**
5843 Wentworth
Avenue South
Minneapolis

Refreshments & materials provided
COST: \$5.00/person per session

Registration Required By June 01

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

Limited Space Available - Register Soon!

Designed for older adults 55+
through this community partnership



Every summer, TRUST Inc. takes a break from our regular programming to explore a variety of subjects through our “BE CURIOUS” classes. Based on feedback, we realized that one session was not enough, so we have redesigned our offerings this summer to include multi-session workshops. These workshops will allow for a more in-depth exploration of the topics that pique your curiosity.

Each class has limited space available, so please call us to register if you are interested. Additionally, each class option is designed to be low or no cost, depending on the materials.

**CALL TODAY: 612-827-6159 or email
trust@trustinc.org**

WE NEED YOUR EMAIL ADDRESS ON FILE



If you have an email, we kindly ask that you provide your email address for receiving our newsletter electronically. Each printed mailing costs about \$1.00, totaling nearly \$300 per issue. By going digital, we can save on these costs. Please send your email to trust@trustinc.org to be added to our mailing. Thank you!



MEMORIAL DAY WORD SEARCH



S	P	W	L	I	U	F	A	O	N	B	F	U	S	N
N	C	P	S	Y	M	R	W	E	H	G	H	C	P	F
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G	P	S	K	S	M	E	H	W	R	A	Z	F	B	H
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|--------------|---------|--------|---------|----------|
| MEMORIAL DAY | AMERICA | PARADE | BLUE | SALUTE |
| SACRIFICE | HEROS | RED | HOLIDAY | SOLDIERS |
| FREEDOM | SERVICE | WHITE | FLAG | RESPECT |

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