TRUST-worthy News

October 2026

Toward Renewed Unity and Service Together



TRUSTInc.org – Building Community Together!
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October Greetings from your friends at TRUST Inc



At TRUST Inc., we're pleased to announce our programs and activities for older adults this October. We have a variety of events planned to keep everyone engaged as we enjoy the autumn season. Our services, including Chore Home Services, Transportation Assist, and Meals-On-Wheels, help older adults maintain independence at home.

We're excited to connect with you this month through our great initiatives, lunch & learns, Sunday suppers, and the South Minneapolis Senior Fair! Don't miss our "Spook-tacular Sunday Supper" on October 25, featuring a Halloween Dance Party and costume contest with Two Men & a Spooky Piano. **The fun kicks off at a special time, 3:30 pm**! Here's to a fantastic fall season filled with joy—We can't wait to see you often! ~Your TRUST Inc Staff Team~



OCT 21 - Join Us For The 5th Annual South Minneapolis Senior Fair

TRUST Inc is a proud community partner with our South Minneapolis Council in this 5th annual event designed for older adults in our community!

Workshops, morning coffee and donuts, lunch, and a Q&A with elected leaders will fill the day with informative connections throughout Minneapolis and Hennepin County leadership.

Rides available for TRUST Inc clients with advanced notice. Please call the Transportation Hotline at **612-403-4579!**

A partnership among The City of Minneapolis, South Minneapolis Council Wards 8, 11, and 12, with community sponsorship by TRUST Inc., Xcel Energy, CenterPoint Energy, and hosted at our partner facility by Diamond Lake Lutheran Church. **A FREE BOOSTER SHOT CLINIC WILL BE HELD DURING THE EVENT!**

TRUST Inc Transportation Services: A Part of the 'Get Out The Vote' Effort!



This year, our important city and state elections will take place on **Nov 03, 2026.** Everyone who wishes to vote must have the opportunity to access the polling stations. The TRUST Inc Transportation Services program will collaborate with the City of Minneapolis as part of the "Your City. Your Vote." initiative to ensure our clients can reach the early in-person voting or ballot drop-off locations in late October and early November.

NOW IS THE TIME TO SIGN UP FOR YOUR RIDE TO THE POLLS! TRUST Inc. will offer scheduled rides to voting sites for same day or early voting or to the post offices for early ballot mailing. This service will be available through Transportation Assist Services. Rides may be scheduled during normal ride hours October 15 and November 4, 2024.

CALL the Transportation Hotline at 612-403-4579
to schedule your early-to-vote ride starting October 15

OCT 21 - BOOSTER SHOT CLINIC NOW HELD AT SOUTH MINNEAPOLIS SENIOR FAIR!



Due to TRUST Inc's cancellation of the Fall Market this year, we are redirecting attendees to join us at the South Minneapolis Senior Fair on October 21, which will feature a booster shot clinic for all participants.

Rides to the senior fair or for the booster shot clinic are available to all TRUST Inc clients. Call early to schedule your ride!

MEALS-On-Wheels delivers daily hot or weekly frozen meals throughout the Twin Cities. Call for information



FROM HEALTH & WELLNESS – Fall Prevention



As fall brings cooler days, it's natural to feel less energetic, but this season offers a chance to reignite motivation, especially for older adults. Here are some ideas to stay engaged and inspired:

1. Create a Daily Rhythm - Establish a routine with activities like meditation, stretching, or reading to promote well-being.
2. Set Small Goals - Break larger goals into manageable steps and celebrate each achievement to maintain motivation.
3. Engage in Fun Challenges - Keep your mind sharp with puzzles, memory games, or new skills.
4. Reconnect with Nature - Spend time outdoors to boost mood and well-being. Regular walks or gardening can be refreshing.
5. Nurture Social Connections - Stay socially active by spending time with loved ones and joining community groups.
6. Fuel Your Body - Eat a balanced diet rich in fruits, vegetables, and lean proteins to sustain energy.
7. Focus on Bone Health - Ensure you get enough calcium and vitamin D to feel strong and motivated.
8. Stay Hydrated - Keep a water bottle handy to prevent dehydration, which can lead to sluggishness.
9. Enjoy Daily Movement - Aim for at least 15 minutes of enjoyable exercise each day for increased energy and better mood.

Taking a fresh look at your daily habits can reveal simple changes that make a big impact on your energy and mood. Call me if you have questions!
~Rose Huttner, Health & Wellness Nurse~

News From Nick – Practicing Gratitude



November is often heralded as the time to show gratitude—for food, home, community, etc. But my lingering question every year is this: Why is it only November? What makes this time of year any different? In the end, I always stumble into November's pensive, reflective nature. It's getting darker and neighbors are waiting to decorate their houses in cheery dispositions (until Thanksgiving dinner is over, of course). I watch the sun set in different places on the horizon and the sky looks different somehow. Yet, I'm reminded of the summer and the spring, and how beautiful they were and how beautiful it is now.
Gratitude is many things. It can be the simple phrase, "thank you." It can be writing a card to a friend or going out of your way to show someone you care. Gratitude is a sliver of love we get to cast out onto the world. And November seems like the time to remember it all—from the largest to the smallest parts of our lives. Even showing thanks for your morning cup of coffee can really impact your day.
So, I encourage you to start your gratitude practice this month and carry it through the next year. Every day there's something to be grateful for; it's our responsibility to keep a running tally.
~Nick Nelson, Health & Wellness Team~

It's Time to Think About "Wreath of Love"

TRUST Inc.'s Wreath of Love program will be returning in October. This program aims to provide two gifts to our senior neighbors, including both TRUST Inc. clients and residents at the Redeemer Care Center, many who are without family connections. Last year, we successfully supplied much-needed gifts and spread holiday joy to over 200 individuals.



For TRUST Inc. clients: please stay tuned for upcoming information or a call for your 'wish list ideas' as we prepare to share some holiday cheer with you! Think of one larger gift choice $20-$25 and one smaller gift choice $10-$15.

For Community Neighbors: If you are interested in purchasing a gift for an older adult in our community, please contact Mary Beth Weibel at 612-827-6159 or trust@trustinc.org.

NO FUSS PUMPKIN BARS



- ½ cup (1 stick) softened unsalted butter
- 1 ⅔ cups all-purpose flour 1 teaspoon ground cinnamon
- ½ teaspoon fresh ground nutmeg
- ¼ teaspoon ground allspice Pinch ground cloves ½ teaspoon coarse salt
- ½ teaspoon baking powder ½ teaspoon baking soda 1 cup canned pumpkin
- ½ cup milk, room temp 1 ½ cups sugar 2 large eggs, room temp

Mix all dry ingredients together in a large bowl. Beat all wet ingredients in a separate bowl. Combine into dry ingredients and mix thoroughly. Pour into a well-greased 9x13 pan

Bake at 350 degrees for 25 minutes – do the knife test to ensure complete baking. Cut in squares and enjoy! Cool completely – sprinkle with a bit of cinnamon powdered sugar. Enjoy!!

From Our Home Organizing Specialist, Tracy Christianson

Tracy is working hard this fall to develop the new TRUST Inc. Organizing and Decluttering Program, working with pilot clients to help shape its framework and recruit volunteers to help as the program grows. She'll also be creating a fun four-session workshop, "Live Well at Home: Making Space for Today," in early 2027.

****TIP OF THE MONTH:**** As fall arrives, take a moment to refresh entryways, coat closets, and high-traffic drop zones in your home. Swapping out summer wear for winter essentials—like sturdy boots, warm coats, and dedicated baskets for scarves and gloves—keeps your living space welcoming, functional, and organized as the weather turns colder. Local community organizations are always in great need of warm outerwear, winter boots, and extra mittens! Have extra warm gear looking for a good home? Give TRUST Inc. a call at **612-827-6159**—we'll make sure your used items reach neighbors in need this winter!

News & Notes: SPREAD THE WORD – JOIN US OFTEN!









Can you find the Halloween words below without getting "Stuck"?





G R A V E W T Q M A
A P A K Q S L K V O G G
N V M F V M P W P Y H O H G
Z C P O P E Q O C E O Y B O R S
P A A H O U F M O N G Z X L S A M J
T A B T D N Z K M K R S E S I T V Q B B
H A L L O W E E N Y L S T N N S E S Y A
A O C T O B E R Y G V C K E H C Y C Z N
U X E B E K Z G X Q A A P E R A A R Y I
N T A W L D H I E W M N M C L R R E O E
T L P U M P K I N S P D M K K E D A N G
E H X C H G C E W N I Y B D W U T M I R
D X P B O N E S F H R K E R E S F O P W
E V N D C O S T U M E L Q A R P E T N N
D N S T N Y W T I R Z Q O C E I Q K O R
F I O I T I R I G O M P U W D B O W
W G G R T I L X M Y A L O E B I
U H E C C B M B P X A L R I
T A H K P Y I V M S F D
T K G Y Y E G K E K

Word list:

BONE	GOBLIN	NIGHT	SPIDER
BOO	GRAVE	OCTOBER	SPOOKY
CANDY	GRAVEYARD	PUMPKINS	TREAT
CAT	HALLOWEEN	TRICK	VAMPIRE
COSTUME	HAUNTED	SCARE	WEREWOLF
DRACULA	MONSTER	SCREAM	WITCH
GHOST	MOON	SKELETON	ZOMBIE



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