



TRUST-worthy News

June 2026



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

*TRUST Incorporated 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 **Reminder to us**

The Importance of Being Kind and Welcoming 😊



Have you ever felt left out or unwelcome? It's a common experience that many of us can relate to at some point in our lives. This sense of exclusion can deeply affect our feelings of community and belonging. For older adults, the desire to make new friends and connect with others is especially important yet often challenging. Many older adults say that their main reason for not participating in new activities is the difficulty of making friends or fitting into a new community. No one wants to be told "You can't sit here" or be dismissed when they try to enter into a new community or an existing conversation.

At TRUST Inc., we understand these feelings and concerns, and we work hard to ensure that everyone feels welcomed and engaged in our community initiatives. Engaging with those around us through kindness opens the door to meaningful conversations and mutual support, weaving a closer-knit community where everyone feels uplifted. When we cultivate relationships based on kindness, it enhances communication and collaboration, ultimately enriching the quality of services provided by TRUST Inc. By embracing kindness and new connections, we empower every member of our community to thrive.

Furthermore, kindness has a wonderful ripple effect that can transform our community atmosphere. When clients express compassion and appreciation toward our staff, it creates a culture of respect and understanding. This benefits not only those delivering essential services but also those receiving assistance. Simple interactions, like sharing meals, being invited to sit with others or meeting new faces, build connections that fortify our community spirit.

Being kind to the dedicated staff, drivers, and chore workers at TRUST Inc. is also crucial for nurturing a warm and supportive environment. These individuals commit themselves to providing vital services that uplift our clients and neighbors, often working with those who may face challenges.

A heartfelt act of kindness—a smile, a thank you, or a moment of appreciation—can brighten their day and inspire them to continue their vital work with renewed enthusiasm, knowing their efforts are genuinely valued. Together, let's continue to foster a community where kindness thrives and everyone feels a valued part of our community!

Mary Beth Weibel, Executive Director

Thanks For Your Patience & Understanding!



It's been a busy start to summer! After a long drought, we've finally received plenty of moisture, causing the grass to grow rapidly. However, this has made it challenging for us to keep up with mowing as quickly as we would like. We want to assure you that we are working through our list of spring clean-ups and are transitioning into the summer mowing season.

Our small but dedicated lawn mowing and yard maintenance team is committed during this busy time, but please note that we can only handle a limited number of yards each day. We appreciate your patience as we work diligently to meet your needs. Thank you for your understanding!

Meals on Wheels Update

Delivery to your door!



Contact 612.623.3363 to find out more about this program!

The TRUST Inc Meals-on-Wheels program provides nutritious meal plan options for older adults in our community.

Daily Hot – provides a noontime meal to your door with M-F service.

Weekly Frozen – offers you a selection of frozen meals delivered to your door weekly to be used at your discretion

For more info, contact MOW offices at 612-623-3363.

REMINDERS From Transportation Services



1. ****Buckle Up – It's the Law!**** All clients must wear a seatbelt while the vehicle is in motion, as required by state law. Drivers will verbally confirm that clients are buckled up before starting their ride. Seatbelt extensions are available if needed. Refusing to wear a seatbelt will result in the loss of Transportation Services privileges.

2. Drivers will **no longer accept cash** for rides. All rides will be billed through our invoicing system monthly. Rides are \$7.00.

3. Please **do not leave text messages** on the Transportation Hotline between Friday 4 pm and Tuesday 12 pm noon. **This line is not checked for text messages during those times.** Please call **612-403-4579** or **612-827-6159** and leave a voicemail, as voicemail is checked after hours and on weekends by our staff.

4. **PLEASE STAY IN TOUCH:** At TRUST Inc., we prioritize your safety and security. If you do not show up for a scheduled ride, we are obligated to contact your emergency contact after four hours of attempting to reach you. Please call us if your schedule changes. 😊

Thank you for your cooperation as we continue to efficiently provide quality, affordable rides for everyone.

To register for TRUST Inc Transportation Assist Services,

Please contact Kelley Francis at 612-403-4579 or transportationcoordinator@trustinc.org

June 28 Join Us For A Red, White & Blue Sunday Supper Celebration!





SUNDAY SUPPER

JUNE 28

4 PM: THE GREAT AMERICAN SONGBOOK
5 PM: SUPPER

*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

Get ready to celebrate our nation's 250th birthday in style! Join us at TRUST Inc for an exciting red, white, and blue-themed Sunday Supper on **June 28**. Enjoy the melodies of "The Great American Songbook," performed by the talented Jo Bolles.

The music starts at 4 PM, followed by a delicious chef-prepared 4th of July themed meal at 5 PM. This community initiative is always free to attend, and donations are gratefully accepted.

June 28 4:00 - 6:00 pm

Hosted by our community partner:
Diamond Lake Lutheran Church
5760 Portland Avenue S

Registration is required so we can plan space and food. **PLEASE REGISTER BY JUNE 25.**

To register:

Call **TRUST Inc at 612-827-6159** or email
to: **trust@trustinc.org**

TRUSTinc.org - being community with the community!

Journey Café Continues June 16




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

The 3rd Tuesday

May 19	Jun 16	Register Today so we can plan space for you! Call 612-827-6159 or email us: trust@trustinc.org
Jul 21	Aug 18	
Sep 15	Oct 20	
Nov 17	Dec 15	
10:00 - 11:30 a.m.		

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

4842 Nicollet Ave S
Minneapolis

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





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 and ensure 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!



From the Health & Wellness Coordinator

Hello! I'm Rose Huttner, the Health & Wellness Coordinator at TRUST Inc. I am a retired nurse and an advocate for senior health and wellness in our community. With summer approaching, it's time for our annual article on food safety during the summer season!

"Summer Food Safety"

As summer approaches, it's essential to be proactive about food safety to keep you and your loved ones healthy and vibrant! The warmth and humidity during this season create the perfect conditions for bacteria to thrive, making it all the more crucial to take care when preparing and cooking food.

Start by washing your hands frequently, especially before handling food and after using the restroom. Remember to use hot, soapy water and scrub vigorously—it's the friction that really makes a difference! If you plan to eat away from home, don't forget to pack some disposable washcloths and paper towels to keep your hands and surfaces clean.

Avoid cross-contamination in your kitchen. Always separate raw meats from other foods and wrap them securely. When you use plates or cutting boards for raw meat, clean them thoroughly before using them with cooked foods. While packing your cooler, ensure raw meats are sealed tightly to prevent their juices from touching ready-to-eat items. Taking these simple steps can significantly reduce the risk of foodborne illness.

Let's not forget about our fruits and vegetables! We all know how important it is to include five servings of fresh produce in our diet, but it's equally vital to wash them properly before enjoying. Since many hands touch produce before it reaches you, it's crucial to clean them thoroughly. Start by soaking them in a clean container filled with cold water for a few minutes. If needed, gently scrub the surface with a brush, then rinse them well under running water. Blot dry with a paper towel for the best results.

Cooking safely is another key aspect of enjoying your meals worry-free. Cooking meat and poultry to the right temperatures ensures harmful bacteria are eliminated. Don't be misled by the color of the meat; use a meat thermometer to accurately check the temperature. Ground beef should be cooked to a minimum of 160°F, while chicken and turkey should reach 180°F. For an extra layer of safety, consider using ground beef that has been treated with irradiation.

Proper food storage is essential, too! Keep cold foods chilled and hot foods warm. Maintain your refrigerator's temperature below 41°F and, when serving meals, do not leave food out for more than 2 hours. It's best to cool leftovers promptly and reheat hot items to at least 165°F before serving.

Should you have any questions or need any advice, feel free to reach out anytime at 612-827-6159—just ask for Rose! Wishing you a delightful and safe summer of wonderful meals and joyful moments with family and friends!

Rose Huttner, Health and Wellness Coordinator

Now is the time to register for these upcoming fun "Be Curious" Summer Workshops



**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

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

Windom Community Ctr
5843 Wentworth Avenue South
Minneapolis

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



Join us at TRUST Inc for "**Be Curious About the MIA**," a three-part series exploring the Minneapolis Institute of Art's history and remarkable artworks!

Discover the artists and their eras, and don't miss our docent-led field trip on August 20. Series

Dates: - June 26, July 24, August 28 -

Time: 12:00 - 1:30 pm

Cost: \$5/person-per week

Location:

Windom Community Center
5843 Wentworth Avenue S

Registration is required by June 1.

To register, call 612-827-6159 or email trust@trustinc.org.



**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

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.

Diamond Lake Lutheran Church
5760 Portland Ave
Minneapolis

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



Join TRUST Inc's "**Be Curious About Watercolor**" class for older adults! Over four weeks, explore watercolor techniques and create a cherished keepsake. With only 16 spots available, enjoy personalized teaching. Bring a photo or a meaningful item for inspiration!

****Dates:**** July 07, 14, 21, 28

****Time:**** 2:30 - 4:00 p.m.

****Location:**** Diamond Lake Lutheran Church, 5760 Portland Avenue S

COST: \$20 or \$5/session (supplies included),

Registration is required

To sign up, call TRUST Inc at 612-827-6159 or email trust@trustinc.org. Don't miss out!

June 15 – TRUST Inc Invites You To Meet Your South Minneapolis Council Reps.

July 22 – Teach & Train Wednesdays invites you to “Plan For Your Well-Being.”



JOIN TRUST INC AND OUR COMMUNITY PARTNERS!



COUNCIL COFFEE & CONVERSATION WITH MINNEAPOLIS COUNCIL MEMBERS
JUNE 15, 2026 10:00 - 11:30

CONVERSATIONS & INFO SHARING WITH:



Soren Stevenson
Ward 8



Jamison Whiting
Ward 11



Aurin Chowdhury
Ward 12

Agenda:

- Complimentary Donuts & Beverages Start @ 9:30 a.m.
- Welcome @ 10 a.m.
- Meet Your Council 10:15 a.m.
- Q&A with Minneapolis Council Members 10:45 - 11:30 a.m.

Help us plan space & food by RSVP'ing to: TRUST Inc
 612-827-6159 or trust@trustinc.org
Hosted by community partners:
 Richfield Lutheran Church
 8 W 60th Street
 (on Nicollet Ave across from CUB Foods)

A Community Building Initiative of TRUST Inc in partnership with








TRUST INC INVITES YOU TO TEACH & TRAIN WEDNESDAY

JULY 22, 2026
10:00 - 11:30 A.M.
 ST JOHN'S EPISCOPAL CHURCH
 4201 SHERIDAN AVENUE S MPLS MN

Everyone should have a well-being plan that includes the pillars of good sleep, good nutrition, good exercise and good hydration. Come and learn how to make your Well-Being Plan this summer!.

WORKSHOP FEATURES

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

REGISTRATION REQUIRED
 CALL 612-827-6159
 A free TRUST Inc community initiative Rides available for TRUST Inc Clients
 Designed for older adults 55+ in our community

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





Date: June 15, 2026

Date: July 22, 2026

Time: 9:30 Gathering with donuts and beverages
10:00 – 11:30 am: Event

Time: 9:30 Gathering with complimentary Treats
10:00 – 11:30 am – Event

Location: Richfield Lutheran Church
 (in South Minneapolis)
 8 W 60th Street
 (on the corner of Nicollet Ave & 60th Street – across the street from CUB Foods)

Location: St John's Episcopal Church
 4201 Sheridan South
 Minneapolis MN

This event is a great opportunity to meet and greet your returning and new Ward 8, 11 & 12 council leadership and find out “What’s Happening, Minneapolis?” There will be time for your Q & A’s during the event.

Everyone needs a wellness plan. Let us help you identify the four pillars of good health (good sleep, good nutrition, good exercise and good hydration) and how we can make them a part of our daily habits this summer!

RSVP Requested: 612-827-6159 or trust@trustinc.org

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