



TRUST-worthy News

July 2026



Toward Renewed Unity and Service Together

TRUST Inc: Committed to Uniting and Mobilizing Community to Serve and Empower our Neighbors!

9 West Rustic Lodge, Minneapolis, MN 55419

Phone: 612.827.6159 Website: www.trustinc.org



TRUST Inc receives Live Well At Home Grant Funding

Minneapolis, MN – June 30, 2026 – TRUST Inc. is excited to announce that we have been awarded a two-year grant amendment from the Minnesota Department of Human Services as part of the Live Well at Home Grant. This funding will support and enhance our operations through 2028, enabling us to enhance our programs, including Health & Wellness Services, Chore Home Services, and Transportation Services. These programs are designed to support older adults in living independently and with dignity in their homes and communities of choice.

With this grant, TRUST Inc will also expand our Transportation Services area beyond South Minneapolis to include Richfield, Minnesota.

Since 1970, TRUST Inc. has been dedicated to supporting our neighbors by providing essential services that empower older adults to live independently and thrive within their communities. Our focus on health and wellness, transportation, meals-on-wheels, chore home & yard services, and estate sale/downsizing services reflects our ongoing commitment to being community helping community. Our community initiatives help our neighbors by alleviating isolation and loneliness through a variety of monthly community-building workshops and events.

As part of this expansion, we will reorganize and grow our staffing to include a dedicated Care Navigator to assist clients in connecting to community services, a Minor Home Repair Specialist, a Decluttering/Organizing Specialist, and additional Transportation Services Drivers and Scheduling Specialists to accommodate the expected increase in transportation clients.

"Increasing our capacity to serve older adults in the Twin Cities South Metro Area is a critical step forward for our agency. This grant addendum will significantly enhance our ability to reach more community members and provide both program services and access to our Community Engagement Initiatives to our Richfield neighbors," said Mb Weibel, Executive Director of TRUST Inc.

This grant and subsequent expansion are significant milestones for TRUST Inc. as we continue our mission to empower older adults in South Minneapolis and starting **July 01, 2026** in Richfield! For more information, please contact TRUST Inc at **612-827-6159** or visit our website at **trustinc.org**

Onward with joy!

TRUST Inc offers Program Services Designed to Support Independent Living

With the 4th of July weekend behind us, we're excited to embrace the rest of summer! There's still so much to look forward to, and we have a fantastic lineup of events and activities coming your way through TRUST Inc. Our commitment to serving older adults in South Minneapolis remains unwavering, and we offer a range of program services to support you. Don't forget, we also accept CADI and Elder Waiver options for those who qualify. Let's make the most of this season together!

Delivery to your door!



Contact 612.623.3363 to find out more about this program!

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.

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 on staff who can assist you with minor house maintenance tasks. This includes minor plumbing and electrical work, air conditioning installation, ceiling fan installation, walker repairs, and other upkeep tasks. For more details, please call us at **612-827-6159**.

**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!



For more information on how you can be a client of TRUST Inc, please contact the
TRUST Inc office at **612-827-6159** or
TransportationCoordinator@trustinc.org

Transportation Services We offer door-to-door transportation for your 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:

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



From the Health & Wellness Coordinator

Spending time outdoors in the warm sun can be enjoyable, but it's essential to protect yourself and elderly loved ones from heat stroke and exhaustion during hot months, as they are at higher risk.

What is Heat Stroke? Heat stroke occurs when the body's temperature rises uncontrollably, often exceeding 106 degrees in just minutes. Symptoms to watch for include: -

Extremely high body temperature -

Rapid pulse -

Fast breathing -

Dizziness -

Nausea -

Lack of sweating -

Red, hot, or dry skin -

Headache -

Faintness -

Confusion or disorientation

If you notice these signs, get the person inside, and contact a physician or call 911.

5 Heat Safety Tips

1. Stay Hydrated: Drink plenty of fluids (at least two glasses per hour). Avoid caffeinated and alcoholic beverages.
2. Keep Cool: Use air-conditioning indoors and have fans outside for airflow during outdoor events.
3. Plan Around the Heat: Schedule activities for early morning or evening and avoid the hottest parts of the day.
4. Wear Light Clothing: Choose lightweight, light-colored clothing to help keep cool.
5. Use Sunscreen: Protect against sunburn, which can hinder cooling. Stay proactive and enjoy the warm weather safely!

Be smart and proactive and enjoy the warm weather.



Summer Food Safety Tips – A refresher for us all!

Food poisoning risks increase in summer due to heat and humidity. To keep your family safe, follow these tips:

- **Wash Hands:** Always wash your hands with hot, soapy water before handling food and after using the restroom.
- **Prevent Cross-Contamination:** Separate raw meats from other foods and wash utensils and surfaces after contact with raw meat. Pack raw meats securely in coolers.
- **Wash Produce:** Soak fruits and vegetables in cold water and scrub the surface if needed. Rinse thoroughly and dry with a paper towel.
- **Cook Safely:** Use a meat thermometer to ensure meats are cooked to safe temperatures: 160°F for ground beef, 180°F for chicken and turkey.
- **Store Food Properly:** Keep your refrigerator below 41°F. Don't leave food out for more than 2 hours, and reheat leftovers to 165°F.

For more tips, feel free to call me at **612-481-5525!**

Rose Huttner, Health and Wellness Coordinator

Are You On Social Media? – If not, let TRUST Inc connect you!



Research indicates that older adults can improve social isolation by using electronic devices to connect to the world through the internet. Smartphones, laptops, and tablets offer various ways to stay connected through social media, email, and other online platforms via an internet connection. You can stay in touch with TRUST Inc through our social media channels, too. For more information on how to get connected, contact us at **612-827-6159**.

TRUST Inc WEBSITE – www.trustinc.org



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



Instagram

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

Simply *'follow'* TRUST Inc through the social media sites above or visit our webpage to stay connected with what is happening at TRUST



Help us save \$ on postage and save a few trees in the process

First class postage is going up to .5% to \$.78 cents per metered letter July 12. **Our newsletter is available online.** If you would like to help us save on postage and printing costs. It's easy as 1, 2, 3:

1. Send an email to trust@trustinc.org – using your email address
2. Type "send me email newsletter" in the subject line
3. We will add you to our email group.

Journey Café Continues July 21



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.

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

4842 Nicollet Ave S
Minneapolis

Register Today so we can plan space for you!
Call 612-827-6159 or email us:
trust@trustinc.org

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



We're thrilled to share the incredible growth of TRUST Inc's Journey Café, a wonderful initiative making a meaningful difference in our community! Every month, we create a welcoming atmosphere where older adults can 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! 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!

PLEASE SHARE THESE EVENTS AND INVITE NEIGHBORS & FRIENDS!



SUNDAY SUPPER
JULY 26
4 PM: TWO GUYS AND A PIANO
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

Date: July 26, 2026

Time: 4:00pm – music 5pm dinner

Location: Diamond Lake Lutheran Church
5760 Portland Avenue S
Minneapolis MN 55419

Enjoy the fun music of “Two Guys & A Piano” followed by a chef prepared meal and fellowship.

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

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



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!.

presented by
START
SENIOR SOLUTIONS

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

SAINT JOHN'S EPISCOPAL CHURCH
MINNESOTA LIVE WELL AT HOME™
TRELLIS

Date: July 22, 2026

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

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

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

"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 Workshop Space Available - Register early!

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

A community collaborative of:



Shared Stories-Shared Spaces Returns

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 UCC
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

July 27 New Summer Event-Yappy Hour!



JOIN US FOR
"SUMMER YAPPY
HOUR"

A PUPPIES & PUNCH
CONVERSATION
GROUP!

JULY 27 & AUG 31

1:00 - 2:30 PM

9 W RUSTIC LODGE TRUST OFFICES

Join us in celebrating our love for dogs! We'll have a delightful time with our office pups, sharing conversations and dog stories while sipping refreshing summer punch. This is a wonderful opportunity to connect and enjoy each other's company alongside our furry friends!



LIMITED SPACE EVENT
CALL TODAY FOR RESERVATIONS

612.827.6159



NEW Minor Home Repair Specialist Now on Staff!



**IN NEED OF MINOR
HOME REPAIR?**

**TRUST Inc Chore Home
Services Is Here For You!**

Our team can assist you with minor
home repairs.

Cadi & Elder Waiver Accepted

For more information call

**TRUST Inc
612-827-6159**



A collaborative program service in partnership
with TRUST Incorporated and

