



TRUST-worthy News

February 2026



Toward **R**enewed **U**nity and **S**ervice **T**ogether - Building Community that is Better Together!

9 West Rustic Lodge, Minneapolis, MN 55419

Phone: 612.827.6159 Website: www.trustinc.org

TRUST Inc Stands Together With Our Community




At TRUST Incorporated, words cannot express the sadness and frustration we feel regarding the challenges affecting our neighborhoods right now. We understand that many are feeling overwhelmed, scared, anxious, and uncertain about the future. In this difficult time, we want to emphasize our solidarity and unwavering support for our community.


We recognize that safety concerns can make running errands, medical appointments or buying groceries daunting. If you are feeling uneasy or unsure about how to navigate these daily tasks, please don't hesitate to reach out to our office. While our client base is 60+, during these unprecedented times, we're here for people of all ages. Let us know how we can best support you—whether it's through assistance, resources, connections or just someone to talk to. You can reach us at **612-827-6159**. Personal que habla español disponible.

Together, we can create a stronger, more resilient community. We stand united, ready to help each other in any way possible. Remember, you are not alone; we are here for you, committed to uplifting and supporting all members of our community through this challenging period. Let us come together, hold each other up, and face the future with hope and determination.

TRUST Inc Invites You To Our Winter Senior Story Slam



TRUST Incorporated presents
"STORIES FROM THE HEART"
A Shared Spaces - Shared Stories
Senior Story Slam



STORY SLAM

Sunday, February 22, 2025
4 pm - 5 pm
Diamond Lake Lutheran Church
5760 Portland Avenue S Minneapolis MN
Complimentary community dinner served @ 5 pm

Our winter storytelling group is eager to share their "Stories From The Heart" with you on FEB 22. This winter workshop was co-sponsored by a grant from the Fulton Neighborhood Association.

Performance is part of the February 22nd Sunday Supper experience. Story Slam at 4 pm and dinner served for everyone at 5 pm.

RSVP at 612-827-6159

From The Health & Wellness Nurse – Heart Health Month



As we step into February, a month dedicated to **Heart Health**, TRUST Inc Health & Wellness extends its commitment to shedding light on the profound impact of a sedentary lifestyle on cardiovascular health among older adults. It's crucial for older adults to recognize the potential risks and take proactive measures to safeguard heart health.

The heart demands regular physical activity to function optimally. Embracing a sedentary lifestyle can contribute to cardiovascular issues that directly impact the aging population. Heart disease, hypertension, and high cholesterol are serious concerns that can be exacerbated by a lack of physical activity. Chronic stress is also a known risk factor for heart disease, potentially leading to conditions such as hypertension and increased vulnerability to cardiovascular issues. Diet, exercise, good sleep habits and body awareness can make a big difference with just a few small, but important steps.

Just making a few changes can make a world of difference in your heart health! You only have one heart – remember to take good care of it! Here are five ways to be “heart healthy!”

1: Give up smoking

If you're a smoker, the single best thing you can do for your cardiovascular health is to stop as soon as you can. Giving up smoking isn't easy, but you will feel so much better. Tobacco has multiple damaging effects on your heart and circulatory system, including increased blood pressure and damage to your blood vessels.

2: Get active

When it comes to cardiovascular health, exercise is crucial. You don't have to become a gym fanatic to enjoy the benefits of a healthy cardiovascular system. Just make sure you take regular exercise — enough to get a little out of breath. Walk throughout your house or in the halls and walkways of your living complex as a start just five minutes a day. Small changes a few times a week can make a big difference! As your stamina increases and the weather improves, take those walks outside!

3: Improve your diet

A healthy diet doesn't have to be time-consuming or bland. There are plenty of tasty, natural foods that will support your heart health. Rather than trying to make drastic changes which may be hard to sustain in the long term, add a few heart-healthy foods to your daily intake and cut down a little on less healthy options. Rule of thumb: Cut back on sodium intake – read your food labels – stay away from too much processed foods!

4: Get your cholesterol checked

Monitoring your cholesterol and triglycerides can provide you with useful insight into the health of your cardiovascular system.

5: Monitor your blood pressure

Blood pressure that's too high (or more rarely too low) is associated with heart and circulatory issues. You probably won't experience any symptoms of high blood pressure. This is why it's essential to have your blood pressure checked every two years — more if recommended by your doctor.

Happy Heart Health. Please contact me if there are any questions or concerns!

Rose Huttner, Health & Wellness Nurse

FROM TRANSPORTATION ASSIST & Meals-On-Wheels Meal Delivery:



In light of the current chaos involving ICE and Border Patrol agents in our area, TRUST Inc has developed a policy and signage for our drivers to follow during their daily transportation routes in the event of an encounter. We will continue to provide transportation as usual at this time. However, if an incident occurs that jeopardizes our ability to transport clients safely, rides may be canceled to ensure the

safety of both our drivers and clients. In such cases, clients will be contacted, and alternative transportation will be arranged when it is safe to do so. Thank you for your understanding.

For Transportation Clients Only:

#1 - As a reminder, please schedule rides at least three days in advance. There have been numerous occasions this past month where clients wanted same-day or next-day rides, and we are unable to accommodate these requests.

#2 - To ensure safety and effective driver scheduling, all clients must provide a destination when requesting a ride. Thank you!

#3 - Please leave a message instead of calling back multiple times. Due to our limited staffing, we may not always be able to answer your call personally. Leaving a message is the best way for us to ensure that your requests are handled promptly. Thank you for your support!

The Transportation Assist Scheduling Team

From Chore Home Services



FOR OUR SNOW SHOVELING CLIENTS:

We have certainly experienced a Minnesota winter filled with opportunities for snow shoveling. Did you know that TRUST Inc. provides snow shoveling services for over 80 clients in the South Minneapolis area? Here are a few reminders:

#1 - We strive to shovel as quickly as possible after a snow event. However, if there is heavy snowfall, it may take us 24-48 hours to get through our client list.

#2 - If you have a neighbor who has volunteered to shovel for you, please contact your assigned shoveler to avoid an unnecessary trip. Thank you for your support!

The Chore Home Services Team

Daylight Saving Time Begins March 09 - Spring Forward Your Clocks One Hour



It won't be long and we will "Spring Forward." If you need clocks changed or batteries replaced in your smoke detectors for FREE, please contact us at TRUST Inc.

Please don't climb a ladder or stand on a chair. Ask us for help! 612-827-6159



**TRUST Inc Invites You To
Lunch & Learn It Thursdays**

CREATING COMMUNITY **05 MARCH, 2026**
THAT IS BETTER TOGETHER **11:30 AM - 2:00 P.M**

Hosted at Bethlehem Lutheran Church
 4100 Lyndale Avenue S Minneapolis

LEARN IT OPTIONS
 MINDFUL YOGA
 LUNCH DISCUSSIONS
 TECHNOLOGY
 HEALTH & WELLNESS
 CREATIVE LEARNING
 "CELTIC HARP
 WITH DARCY BELL-
 MYERS"

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

**REGISTRATION
 REQUIRED:**
 CALL TRUST INC
 612-827-6159 OR
 EMAIL TO:
 TRUST@TRUSTINC.ORG

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

A COMMUNITY COLLABORATIVE OF:





★ **CLOSED** ★

Offices closed for the

Presidents'
Day

MONDAY, FEBRUARY 16, 2026
Offices & Program Services
CLOSED –

**INVITE A FRIEND – JOIN US
 MARCH LUNCH & LEARN SPECIAL PROGRAM**

Join us on Thursday, March 05 for “The Art & Music of the Celtic Harp.” Harpist Darcy Bell-Myers will delight us with Irish and Scottish Music for the season. This is a special event and reservations are requested so we can plan space and food! **Call 612-827-6159 or email at trust@trustinc.org BY MARCH 02nd.**



CHAIR YOGA



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.

COST: \$5/session

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






FUN VALENTINE'S FACTS

The first Valentine's celebration was in Paris, France in the mid 1400's.

It was created in honor of St. Valentine
 The first recorded modern valentine card was written by The Duke of Orleans while in prison.

This year, over 145 million valentines will be given out to loved ones.

Conversation hearts are “the candy” of Valentine's Day – followed by chocolate 8 million candy hearts and 58 million pounds of chocolate will be manufactured. Teachers receive the most valentines of anyone!



**HAPPY VALENTINE'S DAY
 FROM YOUR TRUST INC
 TEAM!**



Fun and Easy Dessert: Remember JELLO 1-2-3?

For many of us, Jello 1-2-3 was the marvel of the late 1960's turning ordinary dessert into extraordinary parfaits. Thanks to the internet it's back and easy to recreate in your home for a fancy dessert option just in time for Valentine's Day dessert!

INGREDIENTS

- 1 3 oz box of any flavor Jello gelatin
- 1 ½ cups boiling water

1 frozen 8 oz tub cool whip (keep frozen)

4 tbsp powdered egg whites (optional)

Mix Jello per package direction. Then add ½ tub frozen Cool Whip and mix until melted. Pour in parfait or tall glasses and let set for two hours. Jello will magically separate into three layers.

An Important Heartfelt Request From The Executive Director of TRUST Inc

At TRUST Inc, we recognize the crucial need for support and resources for older adults in our community and are eager to make a meaningful impact together! Despite the recent challenges in securing grants, we believe that with your help, we can continue to thrive.

We invite you to become a sustaining monthly donor at TRUST Inc. Your contribution, no matter the size, significantly supports programs that empower older adults and individuals with disabilities, fostering a stronger community.

Our monthly giving program offers flexibility with various "Share Your Heart" options to suit your preferences. We also provide several convenient giving methods for those who may not prefer online donations.

Thank you for considering a monthly donation! Together, we can create lasting change in our community! Sincerely,

Mary Beth Weibel, Executive Director



Sustainable Giving Made As Easy as 1, 2 or 3

TRUST Incorporated can gladly accept your sustainable donations in any of the following ways!

- 1 - Through automatic sustainable giving monthly via GIVE MN:

www.givemn.org/organization/Trust-inc

(in your browser, type in the above link, select "donation" and then choose the "monthly donation")

- 2 - Monthly use your phone camera to link to this secure QR Code for giving through TRUST's online giving campaign portal at GIVEBUTTER.COM



- 3 - Monthly giving by mailed check or set up TRUST Inc as an automatic scheduled "autopay" recipient through your online banking portal to:

TRUST Incorporated 9 West Rustic Lodge Minneapolis MN 55419

Thank you for your continued support and dedication to TRUST Incorporated.

Valentine's Day



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



FOURTEENTH	SWEETHEART	GIRLFRIEND	KISS	HEART
VALENTINE	TEDDY BEAR	BOYFRIEND	PINK	CANDY
CELEBRATE	CHOCOLATE	TOGETHER	GIFT	CARD
DECORATE	FEBRUARY	ROMANCE	RED	SMILE
AFFECTION	ADMIRER	FLOWERS	BOUQUET	LOVE
BE MINE	CRUSH	CUPID	POEM	ROSE