



TRUST-worthy News

September 2026

Toward Renewed Unity and Service Together

TRUSTInc.org – Building Community Together!

9 West Rustic Lodge, Minneapolis, MN 55419

Phone: 612.827.6159



Greetings from your friends at TRUST Inc

As we welcome the vibrant colors and crisp air of fall, we're excited to share a lineup of events and activities that celebrate this beautiful season! Our programs are designed to keep you engaged and connected as we transition into autumn. TRUST Inc offers program services and community initiatives tailored for older adults to support independent living, and initiatives that alleviate isolation and loneliness by fostering community connections.

This season presents a great variety of options that embrace the joy of togetherness. We encourage you to join our fall initiatives and participate as often as possible. In the spirit of the season, this issue is filled with visually engaging content, showcasing program information that you can share with friends and neighbors.

Let's make the most of this autumn together—happy fall, y'all!

Your TRUST Inc Staff Team

NOV 03 - TRUST Inc Transportation Services A Part of the Get Out The Vote Effort!



This year, our important state elections will take place on **Tuesday, Nov 03**. Everyone who wishes to vote must have the opportunity to access the polling stations and we are here to help make that happen. The TRUST Inc Transportation Services program will provide free rides to ensure our clients can vote on election day!

To prepare for same-day voting, please schedule your free voter ride ASAP through Transportation Assist Services by calling the hotline at 612-403-4579.

Also as a reminder from our Transportation Services Scheduling team:

- Please remember to delete your old voicemail messages off your phone. A full mailbox cannot receive a ROBO call ride reminder. If you need help deleting messages, let us know – we can help!
- Please remember that after hours and on weekends, **DO NOT TEXT** the Transportation Hotline phone #. Our staff does not work evenings or weekends and will not see these messages until Monday or Tuesday.
- If you need to **cancel a ride** after hours or on weekends – **always call the main office** at 612-827-6159. This line is periodically monitored during non-work hours.

Thank you! 😊

September 15 – Journey Café Meets

September 15 – Sign Up Starts



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

The 3rd Tuesday
Sep 15 Oct 20
Nov 17 Dec 15
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 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



Sign up begins SEP 15
Fall Raking and Snow Removal
through TRUST Inc

 **AVAILABLE TO OLDER ADULTS 60+ IN SOUTH MINNEAPOLIS**
limited space available

CALL:
612-827-6159
WAIVERS ACCEPTED



A collaborative partnership of:



Welcome to The TRUST Inc Journey Café—a vibrant space to explore life's journeys! Join our monthly group discussions led by our dedicated Health & Wellness team.

THIRD TUESDAY EACH MONTH
10:00 am – 11:30 am
Refreshments Provided

Hosted by our community partners at:
St. John's Lutheran Church
4842 Nicollet Avenue S

We'd love you to be part of this enriching experience, so please call TRUST Inc at 612-827-6159 to register!

Fall is here, and it's the perfect time to sign up for raking, seasonal cleanups, and snow removal with TRUST Inc. Chore Home Services! Our dedicated team is ready to assist you as the seasons change and the snow begins to fall.

Please note that we do not automatically renew services year to year, so call us to secure your spot for the 2026 fall cleanup and winter snow shoveling season.

Call us today at 612-827-6159 for pricing information and to sign up for our services.







SUNDAY SUPPERS

5:00-6:00 pm (Activities) start at 4:00

Join TRUST Inc for Fall Sunday Suppers
Sept 27, Oct 25, Nov 22 and Dec 13*
Activities @ 4 pm Dinner for all @ 5 pm

* Date changes due to holiday schedule
5760 Portland Avenue South
Minneapolis MN 55417

A Trust Inc. Initiative
 Hosted at Diamond Lake Lutheran

Sunday Suppers offers Meals & More

Get ready for a delightful fall season filled with our Sunday Supper series! Join us for a variety of captivating themes and engaging entertainment that will elevate your dining experience and spark lively conversations. Don't miss out on the fun!

SEP 27 – Senior Story Slam featuring our new generation of storytellers from 'Shared Spaces – Shared Stories.'

Oct 25 – Halloween Party & Costume Contest
 Musical fun by Two Guys and a Spooky Piano.

Nov 22 – FRIENDSGIVING!

Our annual Friendsgiving Celebration with a full Thanksgiving meal and Holiday Pops Concert.

Dec 13* – Christmas Buffet and Radio Theater Play
Join us for seasonal music and presentation and for a complimentary chef-prepared community meal. Meal is always free – and donations are always appreciated 😊

October 01 - Lunch & Learn Features The Fun of Ink-Tober



TRUST Inc Invites You To Lunch & Learn It Thursdays

CREATING COMMUNITY
THAT IS BETTER TOGETHER

OCTOBER 01, 2026
11:30 A.M. - 2:00 P.M.

Hosted at Bethlehem Lutheran Church
 4100 Lyndale Avenue S Minneapolis

**LEARN IT
OPTIONS**

MINDFUL FOCUS

TECHNOLOGY
HEALTH & WELLNESS

PROGRAM:
LEARNING THE ART OF
INK-TOBER

THE SCHEDULE

11:30
GATHERING FOCUS

12:00
LUNCH OPTION

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:





Get ready for Ink-Tober! Dive into the fascinating world of ink art and its rich history. Whether you're an experienced artist or just curious, this event is for everyone!

Join us for hands-on activities and demonstrations as we explore various techniques and styles. We'll provide all supplies, so just bring your creativity and enthusiasm! Don't miss this chance to connect with fellow art lovers and express yourself. Sign up today and let's create some amazing art together!



From The Health & Wellness Team – Fall Changes & Seasonal Affective Disorder (SAD)

As seasons shift to fall and winter, older adults are notably affected by Seasonal Affective Disorder (SAD), which involves significant emotional and physical challenges beyond the typical winter blues.

Understanding Fall and Winter SAD: Decreased sunlight during these months leads to lower serotonin levels, worsening symptoms such as depression, lethargy, and social withdrawal. Common symptoms include irritability, loss of interest in activities, sleep issues, and appetite changes.

Physical Challenges: Cold weather increases the risk of falls due to icy conditions and can reduce outdoor activity, leading to muscle stiffness and reduced fitness. Additionally, more indoor time may contribute to dehydration in older adults who may not feel thirsty.

Emotional and Social Isolation: Shorter daylight hours can intensify feelings of loneliness and isolation, as older adults might be less inclined to engage socially or go out after dark, further impacting emotional health.

Strategies for Coping with Fall and Winter SAD

- encouraging sunlight exposure, - even a few minutes a day by a window can help.
- creating a safe environment both indoors and outdoors as seasons change.
- promoting social interaction and engaging in community initiatives.
- maintaining a routine and sticking with it, even on tough days.
- staying active – if you can't walk outside – plan ways to walk around your home
- monitoring mental health. If you are feeling out of sorts, reach out to others.

By recognizing and addressing these seasonal challenges, families can help older adults maintain safety, health, and emotional well-being year-round. ~Rose Huttner, Health & Wellness Nurse



Reflections From Nick

Hey everyone! It's wild to think September is already back again! This is the time of year I often think about change and renewal. It was always this time of year that school began, when the anxieties of new classes and classmates brought both fear and joy. It's an exciting time!

Since my birthday is in September, it also brought about the joy of starting again, which I know is often a theme around this time of year. If something is changing in your life right now, take a second to take stock. What is it that's brought you joy about this transition? What are the events that brought you to this moment? Think specifically about those joyful moments. And now, what excites you about what's next?

Maybe you're not attending classes every September but think back to those shining moments when it was exciting to find out your best friend was in the same class or that you sat next to your crush. Those same exciting moments are still present in your life. Sit and think about where they are. Journal about it or spend a few minutes with a cup of coffee or tea and remind yourself that we can always start afresh. — Nick

Program Updates from the “Live Well At Home” Grant Funding Expansion

As we continue to expand our Minnesota Department of Human Services Live Well At Home grant, we are hiring and reorganizing several staff members and their responsibilities as we approach the fall season. We are excited to plan during this time and commence our activities once everything is in place. Our goal is to maximize the benefits of this grant and quickly provide services that enhance our comprehensive program offerings for our clients and the community. Below is an overview for your review:

ORGANIZING AND DECLUTTERING SPECIALIST:



Meet Tracy Christianson, an Organizing & Declutter Specialist at TRUST Inc. With nearly 20 years of experience in higher education, corporate, and small business sectors, she holds a Bachelor's in Sociology (2008) and a Master's in Leadership (2014). After two decades in higher education and corporate content writing, Tracy launched *Declutterly*, her home organization business, to pursue her passion for helping people declutter while finding new homes for their pre-loved items.

Tracy is thrilled to join TRUST Inc., where she will support older adults in discovering the joy of decluttering and organizing. She will be part of our Chore Home Services program team. In the coming months, Tracy will assist staff in designing an organizing and decluttering service aimed at helping clients effectively and joyfully let go of the items that prevent them from living their best lives. She lives in South Minneapolis with her husband Brian, their daughters, Maggie (12) and Cora (9), and their Labradoodle, Beau. *(Note: Tracy will be transitioning to her surname, Wade, in the near future.)*

CARE NAVIGATOR: Kelley Francis will be taking on additional hours as our new Care Navigator. In this role, she will assist clients in navigating the various services offered by TRUST Inc., helping them connect with the appropriate staff members. Kelley will also facilitate access to outside resources, linking clients to broader services available in our community. Additionally, she will continue to provide client intake support for scheduling while incorporating these new responsibilities into her schedule.

TRANSPORTATION SERVICES: With Transportation Services moving to Richfield, Susan Sanchez will extend her hours during the week to offer scheduling support. She will assist clients in booking Transportation rides while also learn to schedule Chore Home Services in support of Whitney Jones and this vital program. This expansion aims to enhance accessibility and ensure smooth response for clients utilizing these vital services.

HEALTH & WELLNESS NURSE: Rose Huttner will continue to provide a variety of services and will expand her role to include home visits as needed for client support during the week. She will help individuals navigate their health and wellness needs, playing a vital role in our agency by offering comprehensive wellness support and health assessments.

HEALTH & WELLNESS INTERN: Nick Nelson will be returning to school and working clinicals as he prepares for his career as a counselor and therapist, specializing in support for older adults and grief counseling. While his hours will be more limited at TRUST Inc, you can expect to find him monthly at Journey Café, Sunday Support and other initiatives as his schedule permits.

MINOR HOME REPAIR SPECIALISTS: We are expanding our team for the Chore Home Services program. Our specialists are dedicated to addressing our clients' needs for simple home repairs effectively and efficiently.

Here's What's Happening – Help Us Spread the Word!



TRUST Incorporated presents
"State Fair Memories"
A Shared Spaces - Shared Stories
Senior Story Slam



Sunday, September 27, 2026
4 pm - 5 pm

Diamond Lake Lutheran Church
5760 Portland Avenue S Minneapolis MN

Complimentary community dinner served @ 5 pm

TRUST Inc is a proud grant partner with **m1 MINNESOTA**
LIVE WELL AT HOME™

Now Serving South
Minneapolis and Richfield!

**Put your
trust in Trust Inc**
Building Community Together
www.TrustInc.org

Now serving older adults 60+ in
Richfield and South Minneapolis
with 90-minute scheduled rides
for grocery and errand runs.

TRUST Inc. is a 501(c)(3) nonprofit organization
that serves older adults in our community, in
partnership with the Live Well At Home Grant.



Safe, dependable
arm assist rides you
can trust!



Only \$7/per round trip ride
with monthly billing



TRUST Inc also offers rides
to our variety of community
initiatives

m1 MINNESOTA
LIVE WELL AT HOME™

Visit us at TRUSTInc.org



For more information or to register as a client call the
TRUST Inc Transportation Hotline: 612-403-4579

Save the date!



SOUTH MINNEAPOLIS SENIORS FAIR 2026

Hosted by Ward 8 Council
Member Soren Stevenson,
Ward 11 Council Member
Jamison Whiting and Ward
12 Council Member Aurin
Chowdhury.

Wednesday, Oct. 21
9 a.m. - 2 p.m.

Diamond Lake Lutheran Church
5760 Portland Ave.
Minneapolis, MN 55417



Help Us Grow

BE A PART OF THE LEGACY LIVING FUND!

Join us in making
a lasting impact!



Trust Inc
Building Community Together
www.TrustInc.org

For over 56 years, we've
proudly supported our
community. Become a
sustainable donor to
help empower us for
the next 56 years!



We can gladly accept your donation of any amount as follows:



by mailed check to:
9 West Rustic Lodge, Minnesota, MN 55419



via our website links:
<https://www.paypalme/TRUSTINCNMN> OR
<https://www.givenn.org/organization/Trust-inc>



through the QR code portal link listed on the right

Scan to donate



Thank you for your generosity!