



TRUST-worthy News

March 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

MARCH MADNESS IS IN FULL SWING AT TRUST INC!

SUNDAY SUPPER
MARCH 22
4 PM: ST. PATRICK'S DAY PARTY
WITH MUSIC BY THE BLARNEY STONES
5 PM: SUPPER
MEAL IS FREE. ALL ARE WELCOME.
TO HELP US PLAN FOR THE RIGHT AMOUNT OF FOOD,
PLEASE RSVP: EMAIL TRUST@TRUSTINC.ORG
OR CALL 612-827-6159.

WOULD YOU LIKE TO HELP SERVE OR CLEAN UP?
PLEASE CONTACT JOHN.PEDERSEN@DLLC.ORG

A TRUST, Inc. Initiative
Hosted at Diamond Lake Lutheran
5760 Portland Avenue South

TRUST Inc. is thrilled to embrace the March season with a fantastic lineup of programs, events, and activities designed to empower our clients to thrive independently in the community.

This year we feature **Sunday Supper St Patrick's Day Celebration**, featuring the beloved Irish Corned Beef and Cabbage Meal at our Sunday Supper on **March 22**. Enjoy the delightful entertainment of "The Blarney Stones," complete with spirited Irish Jigs. We can't wait to celebrate with you! **PLEASE CALL TO REGISTER FOR THE EVENT AT 612-827-6159 or trust@trustinc.org by March 18th**

Daylight Savings Time **ALSO** Means Change Your Smoke Alarm Batteries

In March, we celebrate the start of Daylight Saving Time (*this year, it began on March 8*). This change not only provides us with longer, brighter evenings but also serves as a reminder to change the batteries in our smoke detectors. We've all experienced the annoying chirp of a dying smoke alarm battery, but if you change them when adjusting your clocks, you can avoid that inconvenience. If you need help reaching and changing the batteries, please call us at TRUST Inc. at 612-827-6159. Please do not use a chair to reach the batteries in your ceiling smoke detectors, as this poses a risk of falling. Remember call – don't fall!

Make it a
spring forward
tradition:

Change your clocks

Change your smoke & CO alarm batteries

*** Important Changes to Transportation Services Fees & Payments Effective April 01 ***



The TRUST Inc. Transportation Services program has experienced significant growth in recent years. In 2021, we assisted 12 clients, and now, in 2026, we serve over 100 older adults each month, providing rides for grocery shopping, errands, and transportation to medical appointments. While

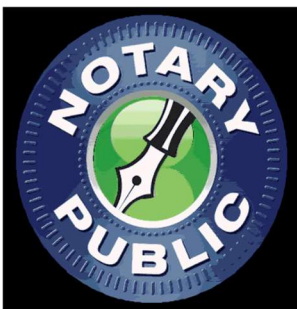
we remain committed to keeping our services affordable, we must increase our ride fees to address the rising costs of operations. Beginning **April 1, 2026**, the price for a round-trip ride will increase from **\$5 to \$7**. This adjustment will enable us to continue providing quality rides with our conscientious and dedicated drivers and maintain our services, despite increasing expenses.

Along with this change we are excited to introduce a monthly billing option for rides. Clients will no longer need to carry cash or pay the driver each time they receive a ride. Instead, our Schedules Plus system will track your rides, and you will receive a monthly invoice detailing your total amount due from the previous month worth of rides. Payments can be made by check or by calling our office to pay with a debit or credit card.

At TRUST Inc, No client will ever be denied transportation due to inability to pay.

Our goal is to provide convenient and safe transportation options for our clients and relieving our clients and drivers of the necessity of carrying cash. This new billing option will help clients budget and manage their transportation by allowing a single monthly payment for all rides taken during the previous month. Thank you for your time and understanding. If you have any concerns on these changes, please contact Mary Beth Weibel at [612-827-6159](tel:612-827-6159)

TRUST Inc Now Offers Mobile Notary Services



At TRUST Inc, Whitney Jones, our Operations Director, is now a certified Notary Public. A notary public acts as an impartial witness during the signing of vital documents, ensuring their authenticity and validity. They verify identities and confirm that agreements are entered into willingly, which helps reduce risks for all parties involved. To enhance convenience, our notary public offers mobile services, allowing clients to have documents notarized at their preferred location. This service saves time and effort while upholding the highest standards of trust and professionalism. With TRUST Inc, clients can be assured that their paperwork is managed with integrity and care, regardless of where they are. For notarization services, please contact Whitney Jones at the TRUST Inc Rustic Office at **612-827-6159**, and experience reliable, professional assistance tailored to your needs.

News From Health & Wellness - March is Sleep Awareness Month



We all need sleep, but many of us are not getting enough of it. Research shows that a lack of sleep regularly may have long-term health problems, including diabetes, high blood pressure, heart disease, depression, and obesity.

Sleep and the Brain

Sleep is important for brain functions, including how nerve cells (neurons) communicate with each other. Did you know that your brain and body stay remarkably active while you sleep? Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake.

How Much Sleep Do You Need?

According to the National Institute of Neurological Disorders and Stroke, most adults need 7-9 hours of sleep a night, but after age 60, nighttime sleep tends to be shorter, lighter, and interrupted by multiple awakenings. Older people are also more likely to take medications that interfere with sleep. Questions? Contact Health & Wellness Rose Huttner at 612-481-5525

TRUST Inc Now Accepting Clients for Spring Clean Up and Summer Yard Services

Please call our offices at **612-827-6159** to sign up for the 2026 Season.

You must call us to ensure you have a place on our list. Thank you!

TRUST Inc is now accepting Senior clients (60+) for Spring Yard Clean Up, Lawn Mowing and Gardening in South Minneapolis

Affordable Lawn & Yard Care for Seniors 60+ in South Minneapolis

TRUST@trustinc.org

612-827-6159

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CADI & Elder Waivers Accepted

TRUST Inc. is a non-profit organization with over 56 years of experience supporting older adults and individuals with disabilities. They empower clients to live independently at home and create community-building initiatives. Visit www.trustinc.org for more information.

Our Services

- Lawn Mowing
- Spring Cleanup
- Weeding/Gardening
- Pruning

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TRUST Inc 9 W Rustic Lodge Minneapolis MN 55419
A Community Partnership of TRUST Inc & Trellis, Inc



Let TRUST Inc Transportation Services Do The Driving

- Our vetted team of drivers will delivery you door to store for;
- errands and
- therapy and dialysis appointments
- groceries
- community initiatives
- routine medical appt
- voting and other civic activities

Just \$7/round trip ride with convenient monthly billing options
 Call the Transportation Services Hotline to begin your intake process **612-403-4579**

April 02 Lunch & Learn It Explores MN Author Sinclair Lewis

TRUST INC. ORG
TRUST
CREATING COMMUNITY
THAT IS BETTER TOGETHER

TRUST Inc Invites You To Lunch & Learn It Thursdays
APRIL 02, 2026
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:
THE LIFE & TIMES OF SINCLAIR LEWIS

THE SCHEDULE
11:30
 GATHERING FOCUS
12:00
 COMPLIMENTARY 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:

JOURNEY CAFE



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

The 3rd Tuesday
Jan 20 Feb 17
Mar 17 Apr 21
May 19 Jun 16
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 partners at:
St John's Lutheran Church
 4842 Nicollet Ave S
 Minneapolis

Life is a journey - let's talk about it!
 This facilitated group experience is designed to be a welcoming and safe space for older adults (55+) to share conversations and make connections with others as we journey through life.

Designed for older adults 55+ through this community partnership

March 17 – Journey Café Continues

Join us March 17 @ 10 am for our next gathering of Journey Café.

This group meets monthly for time to gather and discuss the journey of life with all its ups and downs.

Coffee & Treats Provided

Open to community members 60+

Rides available for TRUST Inc clients

A Community Initiative from the TRUST Inc Health & Wellness Team

Name: _____ Date: _____

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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