



Communicator

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April—August 2020

“Most Americans are heroes just waiting for their moment.”

Steve Hartman, CBS



Now is the moment. Welcome to TRUST in the age of Corona! All of you have driven by the rabbit on Minnehaha Parkway. Well now, it has a mask, but, please notice, it also has a garland of flowers! If that doesn't highlight the mixed message of these days, what would?

As we see our lives restricted more and more and our anxiety levels spike as we see the numbers of infected folks rise, it is easy to see the horror of Covid 19. We are not able to share our feelings as easily. Churches are meeting on-line; friends are less available; life is way more complicated.

And then we see in person, on TV or on-line the myriad of ways people are reaching out to each other to help, to support and to sustain. Yesterday, I drove down Rustic Lodge Avenue to TRUST, and I came across a woman with her toddler in a stroller, putting on birthday hats. I stopped, and they said they were going to dress up, walk by and wave to the birthday kid since they couldn't attend a real party.

Rose, our longtime mail carrier, said she was concerned about a woman around the corner from TRUST and asked me to check on her. I knew her name; she gets the newsletter. I called her. She answered and was happy to hear from me. Apparently, she reads our newsletter, and she greeted me as an old friend.

Executive Director continues on page 2

TRUST Contact Information

Main Office Location:

9 Rustic Lodge West
Minneapolis MN 55419
Website: www.trustinc.org
Email: trust@trustinc.org

Main Office Phone: 612-827-6159

Nancy Biele, Interim Exec. Director
Sara Quinn, Administrator
Jan Bankey, Estate Sale Program
Norine Larson, Grief Coalition

Parish Nurse Phone: 612-822-2394

Ann Dunagan, Parish Nurse

Chore Phone: 612-827-6150

Sara Quinn, Chore Coordinator

Grocery Phone: 612-721-5786

Sandy Parnell, Grocery Driver

MOW Office Phone: 612-822-6040

Eleonore Balbach, MOW Director
Kathy Rosen, MOW Coordinator
Shannon Burke, MOW Coordinator

Meals on Wheels Office Location:

4101 Harriet Avenue South
Minneapolis, MN 55409

Initiatives:

TRUST Builders	TRUST Youth
TRUST Loaves & Fishes	The Gathering
Starfish Ministry	Wreath of Love

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TRUST

*Toward Renewed Unity
In Service Together*

Board service is one of the most important volunteer roles of all. The TRUST Board of Directors have been formidable stewards leading with dedication and tenacity. If you would like to serve on the TRUST Board, contact us.

Bethlehem Lutheran Church
Cindy Tintner

First Universalist Church

Judson Memorial Baptist Church
Clay Gustafson
Jim ten Bensele

Lake Harriet Christian Church

Lake Harriet United Methodist Church

Lake Nokomis Presbyterian Church
Diane Hansen

Linden Hills Congregational UCC
Tiffany Bils
Kathryn Lundquist

Living Spirit United Methodist Church

Lutheran Church of Christ the Redeemer
Roxann Metz

Lynnhurst Congregational UCC
Doug Mead

Mayflower Congregational UCC

Mount Olive Lutheran Church

Richfield Lutheran Church

Richfield United Methodist Church

St. Joan of Arc Catholic Church

St. John's Episcopal Church
Mary Corlett

St. John's Lutheran Church

St. Leonard's Catholic Church
Karen Virnig

St. Luke's Episcopal Church
Barbara Buehl
David Truckenmiller

St. Thomas the Apostle

Caritas

VOCAL ENSEMBLE



**Sunday, May 3, 2020
3:00 PM**

**St. John's Lutheran
4842 Nicollet Ave
Minneapolis
\$25 ADMISSION**

Caritas performed its first season in the spring of 2002 with the express purpose of raising money and awareness for people in need. Eighty-five percent of the proceeds from the group's concerts are given to other non-profits to help fund their provision of human services. Since its inception, the group has raised over \$180,000 for diverse, local charitable organizations (over \$29,000 to TRUST!)

Join us to benefit TRUST Parish Nursing. Dessert and coffee reception immediately following the concert.

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She is 97 years old and living alone in her own home. I asked all the requisite questions – how was she getting groceries, how was her health, what might she need. Her health is great, her son is getting her groceries and she needs nothing. But she was really happy to talk with me! Her only problem in this time is not being able to get out so she is lonely. So, I will call her again, and we will chat. And I can reassure Rose that she is fine. Hi (you know who you are!) neighbor!

This is what we all need to do now. Even if you are isolated in your own home, you can call and check on people. You can write notes or email.

Let me catch you up on TRUST doings:

Meals on Wheels – since its inception in 1973, we have prided ourselves on the daily in-person delivery of a hot fresh meal which also serves as a check-in with the recipient. Now we are going to be delivering once a week to our clients. We will return to daily deliveries as soon as possible. Please read all about it on page 4.

Chore Program for the Elderly – we are at a natural lull in this program between snow removal and yard clean up and mowing. If there is a snowstorm, our workers will be there. Yesterday, we sent out 80 letters to our Chore clients with the same offer of a buddy system as Meals on Wheels. We got our first call an hour ago!



Executive Director continues on page 10

From the Desk of the Parish Nurse

Staying Healthy while Confronting Coronavirus Challenges



Coronavirus (COVID-19) has been the main topic of news coverage and conversation recently. Our physical, mental and spiritual health are affected by this. Proper handwashing, staying home when sick and social distancing are ways that can help protect physical health. Staying connected with loved ones, monitoring our emotions, working to stay healthy and keeping up-to-date by accessing information from reputable resources will help mental health. The spiritual impact of fear of the unknown can be an issue. We may grieve losses. We must choose what we believe, keep moving calmly forward, be compassionate and supportive, encourage others, find ways to decrease anxiety, pray, and practice self-care. Music, taking deep breaths, meditation and exercise can all be helpful. The sections below discuss ways to protect our physical, mental and spiritual health by recognizing symptoms and dealing with stress.

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Coronavirus at a Glance

*COVID-19 symptoms may develop within 14 days of exposure and include:
Cough, Fever, Shortness of breath*

Transmission and Diagnosis – The virus that causes COVID-19:

- *Usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.*
- *May also spread through airborne transmission, when tiny droplets remain in the air even after the person with the virus leaves the area.*
- *Can only be diagnosed with a laboratory test.*

The best ways to protect yourself

- *Wash your hands frequently and thoroughly, using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.*
- *Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.*
- *Avoid touching your eyes, nose or mouth with unwashed hands.*
- *Avoid close contact with people who are sick, sneezing or coughing.*
- *Stay home when you are ill.*
- *Clean and disinfect surfaces and object that people frequently touch.*
- *Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.*



Parish Nurse continues on page 7



HELP TRUST!

Volunteer! Join the 1,000 people who give their time every year so TRUST can keep on serving the community. Deliver Meals on Wheels, cook at Loaves and Fishes, or pound nails for TRUST Builders.

Donate! You can donate through TRUST's website or GiveMN.org. Check to see if your employer (or former employer if you are retired) will match your donation. If you are part of **Thrivent**, you can recommend us for Thrivent Choice Dollars. Look it up!

Attend our fundraisers! The next event is the Caritas concert. Look for the date!

Plan for TRUST in the Future Fund. The mission of the fund is to provide an opportunity for supporters to sustain TRUST through planned giving for the next 50 years. Please consider including a gift to TRUST in your estate planning.

Donate stock! TRUST welcomes the opportunity to convert your stock to cash to support our programs.

Got a special skill? Do you like fundraising? Can you help with events? Give us a call!

Tell your neighbors and friends about us. They may have parents or friends who could use our help. Or they may want to become a volunteer.

Thank you!



Response to COVID-19

TRUST Meals on Wheels is committed to the health and safety of the individuals that we serve and the volunteers it takes to deliver meals. We have decided to make the very difficult decision to switch to delivering frozen meals once a week to all our clients. Between this change and other procedures recently put in place, exposure and contact between everyone involved is greatly reduced, and, hopefully, everyone stays healthy and safe. Meals on Wheels is still committed to the daily contact and interaction with our clients, as that is such an important part of our program. For clients that have expressed interest, we will be doing a daily check in phone call. We have also implemented a new volunteer buddy system (read below).

With the change in delivery, we are in need of handled grocery bags. If you have any to pass along, please consider sending them to us! Local stores have also stepped up and donated paper bags to our program. Thank you to Cub Foods on Nicollet, Kowalski's on Lyndale, and South Lyndale Liquor store. We greatly appreciate having the support of local businesses.

Metro Meals on Wheels has committed to helping pay for meals for any client that is unable to afford them. Anyone who needs food during this time will receive meals. If you have any questions, or know of any one who could benefit from our service, please call the Meals office at 612-822-6040.

TRUST Meals on Wheels Spring 2020 Buddy System

Since the change in delivery and with everyone being more isolated, we have created a buddy system for our clients. Clients who are interested are paired with a volunteer who will be their buddy. This volunteer buddy calls the client once or twice a week to check on them and see if their basic needs are being met. If the volunteer cannot directly help the client, they will report back to the office so the appropriate resource will be found. The goals of the buddy system are to help clients feel more comfortable during this unprecedented time, to help ease any loneliness, and to provide another layer of support.

Meals on Wheels Volunteer Appreciation Luncheon is Postponed

Because of the current health situation, our annual spring Volunteer Appreciation Luncheon, celebrating the contributions of our TRUST Meals on Wheels volunteers, is postponed to a later date. Look for an announcement of the new date in your email or church bulletin. Thank you for your understanding. We'll do it as soon as possible!

TRUST Honors our Meals on Wheels Volunteers

One post on Next Door and a shout out for volunteers by Metro Meals on Wheels and TRUST Meals on Wheels had over 40 new people call offering to be an emergency volunteer driver during this spring. Because of the pandemic, many of our older drivers are making the smart decision to stay home. This pool of emergency drivers, consisting of college students and people working from home or recently out of work, help us continue delivering meals to over 90 clients. Thank you, south Minneapolis! Together we make a difference.

Dine Out, Give Back Fundraiser at The Lowbrow on Monday, July 13th

Join us at The Lowbrow, 4244 Nicollet Ave S, for dinner on Monday, July 13th! The Lowbrow will donate 10% of all food and drink purchases made on Monday, July 13th, to TRUST Meals on Wheels. Tell one, tell all! The more people who come out and enjoy a lovely summer meal at The Lowbrow, the more money is donated to Meals on Wheels. More information can be found at: <http://thelowbrowmpls.com/news/dine-out-give-back/>. Thank you!

Stay safe, everyone. We are thinking about you and wishing you well! Eleonore, Kathy & Shannon



Volunteer Becky Dankowski, MOW staff Kathy Rosen, volunteer Jan Hoffer and MOW Director Eleonore Balbach surrounded by bags holding 423 meals for 91 customers. 37 cars and 1 bike were lined up to deliver!

TRUST CHORE PROGRAM



Spring is here and it's wonderful that we can get outside and enjoy the warmer weather!

Most of the Chore clients just received a letter

from me asking if you would like to be part of a buddy system. If you would like, someone can be in touch with you a couple of times a week to check in, see how you are doing and ask if there are basic needs that you have. Give a call if you would like this. I know it is difficult to be isolated at home.

Chore workers will begin spring yard clean up once the ground is thawed and dry. Keep in mind if they rake too soon it will cause damage to your lawn. Please call us once your lawn is dry and we will connect you with a worker as soon as possible.

For those Chore clients who receive mowing help from us: We will be contacting you soon to see if you need mowing services this year. The rate for mowing is set for each individual lawn and will vary by lot size and terrain. There may be extra charges if you have steep hills, fences, lawn furniture or other objects that need to be moved.

If the lawn is excessively long and requires the worker to go over it twice, they will charge you as if they had to mow it twice. It doesn't save any money if you wait too long between mowings. Workers prefer not to rake or bag when they mow since most mowers are mulching mowers. Minneapolis Solid Waste & Recycling recommends that you leave grass clippings on your lawn since it helps feed & nourish the grass.

If you need mowing but haven't been a client in the past, please call us. We will see if we can add you to a list.

Catholic Heart Workcamp: We have not heard from Catholic Heart Workcamp yet this year. With everything changing daily due to COVID-19, I imagine they are trying to figure out how it will affect the program. If we hear anything we will let you know. Keep in mind they are looking for home projects that take 3-4 days to complete.

2019 Chore Stats: We served a total of 120 clients. 1,930 jobs were completed and over 3,725 hours were worked. We used 12 paid workers and 3 volunteers.

I am so grateful for our workers and volunteers. They make it possible for us to serve the community. Thank you for everything you do!

Our hours may vary right now. Please leave a message at 612-827-6150.

Stay well, everyone, Sara



From the desk of Vicki Elliott
Mental Health Connect Director

Of course, we're thinking about our physical health right now. There are reminders everywhere to wash our hands, stay away from other humans, and stay healthy. Social isolation and fear of an unknown future can cause us to be nervous, anxious and tense.

What about our mental health? Our mental health is equally as important and tied together with physical and spiritual health. During stressful times like this, our mental health may need some extra love and care. Over the coming days and weeks, we will be providing you with resources that can calm you and support you. If you've ever thought of adding a relaxation practice to your life, this is the perfect time to try a few and see what works best for you. It'll include yoga, meditation, tapping, prayer, on-line support groups, resources for parents, exercise and ways to be "social". All of the resources will be available to you on-line and free.

Our Navigators are available and ready to provide resources for you. Please call us at 612-312-3377 or email navigator@mhconnect.org or fill out our [online form](#). Our service is available Monday - Friday from 8:30-5. We are NOT closed.

MONDAY, MAY 11, 2020 - 6:30-8:00PM
Monday Mental Health Speaker Series and [Mental Health Connect](#) Presents...
Moving from Anxiety to Optimal Wellbeing
L. Read Sulik, MD – Praestan Health

This workshop will help you understand the "Exploding Canvas of Anxiety" and 4 steps you can take to help you gain control of the chaos. It is designed to get us started on our own path or guide others on their path to optimal wellbeing. Dr. Sulik will address anxiety in the midst of the COVID 19 pandemic.

Livestream video - more information to come All of us at Mental Health Connect wish you good health.



Loaves & Fishes



Here are the cooks for Loaves and Fishes trying to maintain distance!

Speaking of heroes, on Monday, in the midst of Corona, people gathered to feed the folks at St. Stephen's. Our church contacts looked high and low for volunteers. Twenty of us fed 183 people, more than we have fed for a long time. It was our first time of social distancing from the clientele. Cooks were in the kitchen, servers in the hall and we wheeled carts to the door to hand the recipients bags with a hot meal in it. They were very grateful.

I rarely do this, but I want a shout out to:

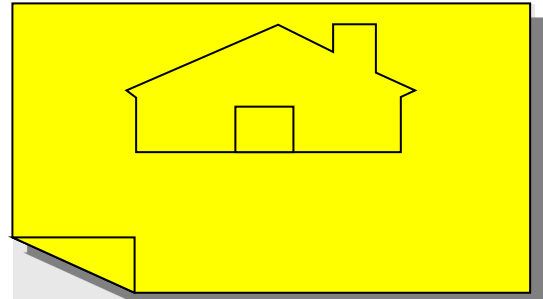
- ✓ Greg, Lukas and Emily Wammer and Larry Koch from Lutheran Church of Christ the Redeemer
- ✓ Kathryn Lundquist, Mike Rolek and David Pierce from Linden Hills UCC
- ✓ Gretchen Williams and Jim tenBensel from Judson
- ✓ Jon and Ann Jensen, Janelle Hill and Greg Collins from Living Spirit UMC
- ✓ Ginny Althoff, Erin West and an anonymous helper who just showed up
- ✓ Sara, the TRUST Administrator, brought her sister and niece—Trina and Isabel Berg

When we go forward again on May 25, I still need a church or group to come forward to cook and serve every other time. Help!

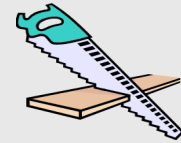
TRUST serves at Loaves and Fishes at the St. Stephen's site, 2123 Clinton Avenue South. Dates left for 2020 are May 25, July 27, September 28, and November 23, Call with questions or come check us out!

The program is divided into three teams. One team prepares the food, one team serves and the third team comes in and cleans up. The time schedule for the day is: 3:00-5:30—cooking & preparation; 5:15-6:30 -serving; and 5:45-7:00 - cleanup.

Current congregations are: Judson, Living Spirit UMC, Linden Hills UCC and Lutheran Church of Christ the Redeemer. Dedicated individuals also come.



Join us at
TRUST BUILDERS
after our little vacation



2020 dates left - all Saturdays

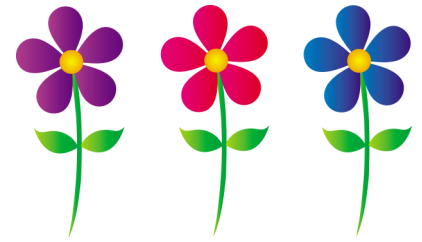
May 9	June 13
July 11	August 8
September 12	October 10
November 14	December 12

We also need church crews to provide food support. Lunch will be provided. Bring some work gloves & a great attitude. You don't have to be a Carpenter. We will be working with job supervisors, and each week we have a TRUST Builder site coordinator who will assist in organizing and deploying volunteers on various projects at the jobsite. All levels of experience are needed

To sign up, email John Corlett, TRUST Builders Coordinator at jrcorlett@comcast.net or call him at 612-839-6566 (evenings only).

If you have a TRUST Builders contact at your church, sign up there.





If you feel sick

If you have shortness of breath or a fever or cough, or if you had recent contact with someone who has shortness of breath or a fever or cough, please tell a nurse, doctor or other health care professional as soon as possible. Contact the provider before you arrive at the provider's office or emergency room, and tell them about your symptoms.

(source: hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic)

Strategies to Help Stay Calm

Uncertainty and concern about catching an infectious disease, and protecting oneself and one's family, can increase feelings of stress. There are effective ways for individuals and families to manage stress and concern:

- Stay up-to-date about developments related to the infectious disease outbreak by using a reliable and accurate source of health-related information, such as the WHO, CDC, state and local resources.
- Stick to your usual daily routine.
- Focus on positive aspects of your life and things that you can control.
- Seek social support from family members and/or friends and maintain social connections.
- Engage in relaxation techniques for stress reduction.
- Engage in physical activity and other enjoyable activities.
- If you or a family member is feeling overwhelmed, seek support from your health care provider or religious leader.

(Adapted from www.CSTSONline.org, The Center for the Study of Traumatic Stress)

Resources for further information

AARP has weekly "Coronavirus Tele-Town Halls", the audio and transcript for each is available online. Previous topics were (1) *Symptoms of COVID-19, How to Protect Yourself, and What It Means for Older Adults and Caregivers*; (2) *Staying Safe: Protect Your Health, Wealth and Loved Ones*; and, (3) *Protecting and Caring for Loved Ones*. The FTC (Federal Trade Commission) has advice for avoiding scams such as undelivered goods, fake charities, emails, texts, phishing, and robocalls.

MN Department of Health: health.state.mn.us/diseases/coronavirus/index.html;

Corona Virus Hotline for Health Questions: 651-201-3920

City of Minneapolis: minneapolismn.gov/coronavirus/

CDC (Centers for Disease Control and Prevention): cdc.gov/coronavirus/2019-ncov/index.html

WHO (World Health Organization): who.int/emergencies/diseases/novel-coronavirus-2019

AARP: aarp.org/health/

FTC: consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing

These are challenging times. If you are feeling overwhelmed or isolated, have additional or specific questions and concerns, please reach out to us at 612-822-2394, parishnurse@trustinc.org (nurse), and 612-827-6159 (main #).

Take care of yourselves!

Ann





*You don't have
to walk this path alone.*

**South Minneapolis Coalition for Grief Support
Spring/Summer Series 2020
St. Joan of Arc
4537 3rd Avenue South
Minneapolis MN 55409
Phone: 612-823-8205**

6:15 PM.....Registration and refreshments
6:30 - 7:00 PM..... Speaker
7:00 - 8:00 PM..... Facilitated small groups
All groups are on Thursdays

May 21	Characteristics of Grief	Beryl Schewe
May 28	Getting Unstuck	Beryl Schewe
June 4	Understanding Grief	Mary Marcoux
June 11	Moving Towards Hope	Mary Marcoux
June 18	Healing Hearts	Karen E. Astromsky
June 25	Healing Sounds and Healing Moves	Karen E. Astromsky
July 2	A Survivor's Story	Mary Canakes
July 9	Factors that Impact How We Grieve	Nancy Slothower, Ph.D.
July 16	Giving Thanks Can Help	Mark Scannell
July 23	Service of Remembrance	

Individuals may join the group at any time. Norine Larson is the Grief Coalition Coordinator and can be reached at 952-925-2437. Grief Coalition congregations are Bethlehem Lutheran Church, Church of St. Thomas the Apostle, Church of the Annunciation, Diamond Lake Lutheran, Lake Harriet Christian, Our Lady of Peace, Richfield United Methodist, St. Joan of Arc, St. John's Episcopal and Walker Methodist Health Center Pastoral Care. The South Minneapolis Coalition for Grief Support was formed in the winter of 1994 and became a TRUST program in 2006.

NOTE: Isolation is most difficult for people who are grieving. If you feel the need to have someone to talk to, call the Grief Coordinator, Norine Larson, at 952-925-2437. She and her grief facilitators are willing to be with you at this time.



**TRUSTY Salers Estate Sales has
taken a short break to
social distance.
They'll be back soon!**

Trusty Salers provides estate sales as both a service and a fundraiser for TRUST. All proceeds earned after expenses go back to supporting the community! Interested in volunteering? Weekdays we sort and mark. Weekends we hold sales. Want to shop? Sales are almost every week. Please give us a call at 612-827-6159 or visit www.estatesales.net for dates and locations!



TRUST's Chore needs volunteers & workers! The program provides household chore and maintenance services to those in need living in south Minneapolis—helping them to continue living safely and independently in their own homes. You may volunteer your time to help a neighbor or apply to become a paid worker. Some of the jobs are raking, snow removal, small repairs, and house cleaning. If interested, please call TRUST Chore at 612-827-6150.

*A Poetic Message -David Haas-
So much has been and will continue to
be, for some time, cancelled: sports
events, concerts, plays, worship ser-
vices, rallies, travel, meetings, classes,
family gatherings, and so much more.
However...
Love has not been cancelled.
Mercy has not been cancelled.
Prayer has not been cancelled.
Attentiveness has not been cancelled.
Goodness has not been cancelled.
Thanksgiving has not been cancelled.
Loving relationships have not been can-
celled.
Music has not been cancelled.
Conversations have not been can-
celled.
Learning has not been cancelled.
Courage has not been cancelled.
Families have not been cancelled.
Faith has not been cancelled.
Hope has not been cancelled.
And ... God's presence with us, has not
been cancelled.
From Mayflower Message Number 10*

2019 DONORS

Please accept our sincere gratitude for your generosity in 2019.
We regret any errors or omissions; please inform us if
you gave and were not included.



TRUST Donors (includes Give to the Max, Meals on Wheels, Chore, Parish Nursing & Grocery)

Anonymous (5)	Dr. Phillip & Sandra Edwardson	Daniel Kelley	Sarah Parsons & Dirk DeYoung
Ruth Aaskov	John & Sharon Eian	Sharon Kemper	E. Jeanne Paulson
Marilyn Abram	Saundra Eickhoff	Kim Keprios & John Everett	Mary Ellen Pegues
Rev. Mary Albing	Alvin & Ina Erickson	Margaret Ann Kersteter	Denise Peterson
Barbara Anderson	Barbara Ann & John Erickson	Sue & Dean Kloker	Shirley Peterson
Joann Anderson	Leon & Nancy Erstad	Sandra Knoche	Robert & Roxanna Plouff
Lawrence Anderson	Karen Feit	Frank & Margot Knoll	Teddie Potter
Carol Austermann	George Ferguson	Rae Komoto	Dan Quillin
Karl & Jan Balbach	Eileen Fondell	Michele & Lawrence Krakowski	Barbara Raddatz
Barb & Tom Balcom	Connie Ford & Robert Power	Carol Kramer	Avis & Ken Reed
Fred Banister	Joanne Frissell	Neville & Sue Kretzmann	Jo Reisdorfer
Richard & Judy Barbeau	Beth Gaede	Esther Krueger	Jeanne Robinson
Louise & Donn Barber	Ken & Diane Gardner	Kathryn LaFayette	Philip & Kristine Roe
Carol Barnhart	Nancy Garwick	Susan & Ernest Lampe	Jean Roessler
James & Mary Hamm Barrett	Tom & Susan Gerhard	Alan & Megan Lee	Steve & Beth Ronald
Betty Baxter	Erich Gill and Ann Dunagan	Gregory & Julene Lehman	Debra Root
Mary Beckman	Trudy Glaman	Dorothy Leigh	Bill & Margaret Rosen
Betty Beier	Esther Graney	James & Carrie Lichtenberg	Gloria Ross
Bob Bemel	Allen & Susan Greimel	Ellen Lindahl	Evelyn Royce
Joni & Patrick Bennett	Kathy Gremillion	Steven & Tristen Lindemann	Marjorie Ruch
Nancy Biele	Marjorie Gritzke	Tom & Helen Lockhart	Pat & Kurt Ruppell
Nancy & Mark Bjork	Nanette Grube	Jane Lordalen	Audrey Sanders
Lionel Blatchley	Stephen & Nancy Grundahl	Mark Lucas & Joanne Ortendahl-Lewis	C.M. Sauber
Helen Bodger	Alice Guiher	Harvey Lundin	Kristin & Patrick Schmidt
Raleigh & Ruth Broman	Clay & Lisa Gustafson	Chuck Lutz	Norleen Schmidt
Cathy Brown	Emily Gustafson	Tom & Annette Lynch	Phil Schmidt
James & Nancy Broz	Heather Halen	Vernon Maetzold	Molly Schomburg
Mark & Illiana Buckholdt	Frank Hallson	Kenneth & Kathleen Marsh	Belle & Bob Scott
Elsie Buffie	Donald Hamnes	Matthew Marshall	Sherman & Carol Shand
James & Sharon Burns	Diane & Bill Hansen	William & Louise Matson	Betty Shannon
Rev. Norma Burton	Kari Hanson	Karen McConkey	Veronica Sjovall
Kathleen Cahill	Linda Hart	Kimberly & John McDevitt	Patricia Slack
Margaret Johnson & Jacqueline Caple	Shawn Hartfeldt	Mary Ann McGuire	Lawrence Smith
Renee & David Carey	Jean Hartle	Geraldine McHugh	Margaret Stoick
Jeff Carlson	Edward & Nancy Hennen	Bercaw McKelvy Family	Dan & Peggy Swalm
James & Janet Chandler	Eleonore Herman	Patricia & Patrick McLaughlin	Barbara Taft
Karen Chandler & Craig Schultz	Jon & Lynne Hesse	Martha McMurry	John Taillon
W. Chapin	Ruth Hiland	Doug & Janice Mead	Jim ten Bensel & Eileen McLaughlin
Marguerite Leubner Charlton	Frances Hirsch	Marian Lang Mead	Kay & Jim Tennesen
Debra & Daniel Christensen	Debra & Richard Hoffman	Roxann Metz	Joanne Tews
Katherine & Robert Christensen	Janice Holmstrom	Dennis & Avis Meuwissen	Teresa Thake
Jean Corlett-Galligan & Michael Galligan	Linda Holt	Clark & Jodie Meyer	Mary Thatcher
Barbara Cracraft	Roger & Mary Ann Holtzleiter	Mary Miller	Susan Thornton
Ann Croaston	Joanne Hostert	Jacqueline Mithun	Cindy Tintner
Craig Cunningham	Julie & Bill Howard	Gerry Mooers	Alan Torney
Robert & Deborah Dalton	Carol Hughes	Marlene Moore	Janet & Richard Tripp
Karen Davis	Joseph Hyser	Mary Moore	Wayne & Kathy Urbaniak
Tom Davis	Paul Jachman	Timothy Murphy & Patricia Lawrow	C.W. Vandersluis & Cynthia Marsh
Winona Davis	Suzanne Jebe	Patricia Neely-Spinosa & Dennis Spinosa	Karen Virnig
Richard & Beverly Decker	Rodney & Marjorie Jenkins	Linda Nelson & Jeffrey Richards	Nora Whiteman
Sharon Decker & Patrick Dibartolomeo	Beth Jensen	Lavonne Nesheim	Janet Wickstrom
Roger & Irene Dellert	Robert & Susan Jepsen	Mary Nielson	Craig Wiester
Van Dierauer	Pam & Brad Joern	Helen Nikkel	Joy & Douglas Wise
Judith Diffley	Carol Oversvee Johnson & Darold Johnson	Marlys Nygren	A. Christine & Steven Wold
Sandy DiNanni	Gerhard & Janet Johnson	Patricia O'Connor	Joyce & Lee Woodruff
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Lisa Dunning	Roberta Kagin	Chuck & JoAnne Parsons	Joan Young
Janet Eckhoff	Jennifer Kahn	James & Carolyn Parsons	Mary Zadach

TRUST Memorials & Honors

In Memory of Neil Gustafson

Barb & Tom Balcom
Ralph & Margaret Buystedt
Sandra & Malcolm Chatfield
Pat & Shirley Doyle
Jon & Lynne Hesse
Duane & Mary Alice Krohnke

Monica Lewis
Kathy & Wayne Urbaniak
Karen Virnig

In Memory of John & Jeanne Cummings

C.L. & Cheryl Brockman
Debra & Daniel Christensen

Lynn & Bob Dixon
Leon & Nancy Erstad
Ron & Mary Faulkner
David Graham & Therese Pautz
Joanne Hostert
Mary Ann Matson
Audrey Monicken

Kevin & Lori Nicol
Terrance & Karen Reisch
Wade & Brenda Thommen

In Memory of Ellen Gill

Erich Gill and Ann Dunagan

Thanks to the South Minneapolis Coalition for Grief Support Congregations

Bethlehem Lutheran Church
Diamond Lake Lutheran
Lake Harriet Christian

Our Lady of Peace
St. Joan of Arc
St. John's Episcopal

Church of St. Thomas the Apostle
Walker Methodist Pastoral Care

Thanks to the Foundations and Groups that provided financial support last year

Allianz Life
Catholic Community Foundation
The Psalm 37:4 Zeltwanger Fund
Margaret Rivers Fund

Cremation Society of Minnesota
Metro Meals on Wheels
Golden Valley Products
Fairview Health Services

Perficient, Inc.
St. Joan of Arc Justice Fund

Thanks to the TRUST congregations that provide financial, in-kind, administrative and volunteer help.

Bethlehem Lutheran Church
First Universalist Church
Judson Memorial Baptist Church
Lake Harriet Christian Church
Lake Harriet United Methodist Church
Lake Nokomis Presbyterian Church
Linden Hills Congregational UCC

Living Spirit United Methodist Church
Lutheran Church of Christ the Redeemer
Lynnhurst Congregational UCC
Mayflower Congregation UCC
Mount Olive Lutheran Church
Richfield United Methodist Church

St. Joan of Arc Catholic Church
St. John's Episcopal Church
St. John's Lutheran Church
St. Leonard of Port Maurice Catholic Church
St. Luke's Episcopal Church
St. Thomas the Apostle Catholic Church

Thanks to those who provided Thrivent Choice Dollars and Thrivent Action Team Support

Nancy Biele

Gerri Graham

If you are a Thrivent member, help us!

Executive Director continued from page 2



Parish Nursing – the Parish Nurse is fielding many calls about the virus. She will also be the “buddy” for her own clients as will her volunteers who are usually visiting their senior clients. She is also busy answering general emails with questions and concerns.

Grocery Transportation – how this is usually done is the driver picks up individuals and takes them grocery shopping. We currently have four routes a week. Last week, the change was made that the staff member would get the list from an individual client, go shopping and then deliver the groceries. So we have done that for two weeks. Now, we are exploring Instacart and other possibilities so the actual shopping time would be lessened, but the groceries would still be delivered by us. We are not accepting new clients at this time.

The **Gathering Respite** program for people with memory loss and the caregiver support group have been suspended.

Read all the updates throughout the newsletter. As you might imagine, Corona has also created a financial crisis for us. Our services must continue. With churches closed, estate sales not happening and many individuals concerned about family members who have lost their jobs, little is trickling down to TRUST. Please help if you can.

*Let us continue to thank all those who provide heroic moments.
And let us make a few of our own. Be well.*

Nancy Biele

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www.abetteryoumindbodyspirit.com



TRUST YOUTH
TRUST YOUTH

On February 23, youth from St. John's Lutheran, Lutheran Church of Christ the Redeemer and Union UCC went rock climbing at Vertical Endeavors. The picture shows them before they were strapped into harnesses!

Stay tuned for more TRUST Youth adventures!

TRUST, Inc. (A)

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STRIDE FOR SENIORS

15TH ANNUAL 5K/10K
LAKE HARRIET BANDSHELL PARK
SATURDAY, JUNE 6, 2020



15th Annual Walk & Run Benefiting
Walker Methodist & TRUST Parish Nursing
Saturday, June 6, 2020
Lake Harriet at the Band Shell

8:00 AM Registration starts
9:00 AM 10K starts
9:05 AM 5K starts
Walk starts immediately after

Register online at foundation@walkermethodist.com. All registrants will receive a t-shirt, water and refreshments. The money for registration goes to Walker to raise money for their services.

Whether or not you walk or run, you can still sponsor participants on behalf of TRUST Parish Nursing. Pick up a sponsorship form at a TRUST church or on the TRUST web site. (www.trustinc.org) to gather sponsors. All sponsor money goes directly to our parish nursing program. Bring sponsor sheet and the money to TRUST or to Lake Harriet on the day of the race. TRUST folks will be there to happily collect.

Please support TRUST Parish Nursing and Walker Methodist.