



SPOOKY

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ISSUE



The Care and Share of Crookston, Inc. **The Caring Heart**

Content/Articles

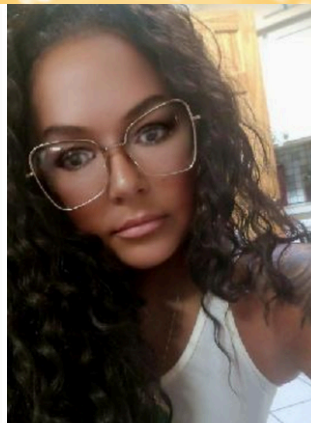
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"The nature of humanity, its essence, is to feel another's pain as one's own, and to act to take that pain away. There is nobility in compassion, a beauty in empathy, a grace in forgiveness."

~John Connolly



Notes from the Executive Director,
Carolina Diaz



“The Power of Resilience”

We are pleased to announce that the Care and Share of Crookston, Inc. is back to full functionality. We are able to house at full capacity once again knowing that we gave and continue to give space and time to self-care and healing.

Every guest and team member has a unique story to tell, but sometimes these stories can get stuck in a negative cycle, especially when we're dealing with trauma. It is tough to move past our trauma and continue living our lives. And in moments it feels like it's defining us. We have shown as a team, as an organization, that we can change the narrative and move forward positively.



Before we could rewrite our stuck story, it was important to understand the power of our story. Our stories shaped the way we viewed ourselves and this new space around us. When we experienced this trauma, our story became defeated. However, the power stuck in a negative cycle, causing us to feel powerless and defeated. However, the power to rewrite our story lies within us. We had the ability to change the narrative and create a new, positive story. A challenge each team member accepted with extreme highs and lows.

One of the keys to rewriting our stuck story was reframing our perspectives. When we experienced this trauma, it was easy to fall into negative thought patterns and believe that we are powerless to change our situation. The Care and Share team challenged each other to begin reframing our perspectives, rather than our weaknesses and failures. By shifting our perspective we began to see our trauma as a challenge to overcome, rather than a barrier to our success.

I want to take the time to recognize the team I am grateful to be a part of, because I am acutely aware that no achievement is an island. This is not just my success, or the organization's success, this is a shared victory of hard work, dedication and a lifetime of tears for each team member who has fought this journey alongside me. To my team, you are the unsung heroes, the backbone of every challenge and victory, and the courage behind our success. Your dedication, creativity, and spirit of collaboration have not only made our work meaningful but have also made every trial, every hard decision a journey in self-discovery, only empowering us more in our resilience and strength to be the best version of ourselves for each other and for those we serve.

With deepest gratitude for you all-

Carolina Diaz



Recognizing Donors

IN RECOGNIZING OUR DONORS AND VOLUNTEERS PAST AND PRESENTLY, WE KNOW ALOT OF OUR WORK WOULD NOT BE POSSIBLE WITHOUT THEM, WE WANT TO THANK YOU FROM THE BOTTOM OF OUR HEARTS! EVERY SINGLE ONE OF YOU ARE AMAZING TO THE VERY CORE!!



Employee Recognitions

OCTOBER
EMPLOYEE
OF THE
MONTH


Thank you for all your hard work on this month



AURORA SERRANO

THE CARE AND SHARE OF CROOKSTON, INC. 220 E 3RD ST
 CROOKSTON, MN 56716

Happy Isaac L.
Birthday



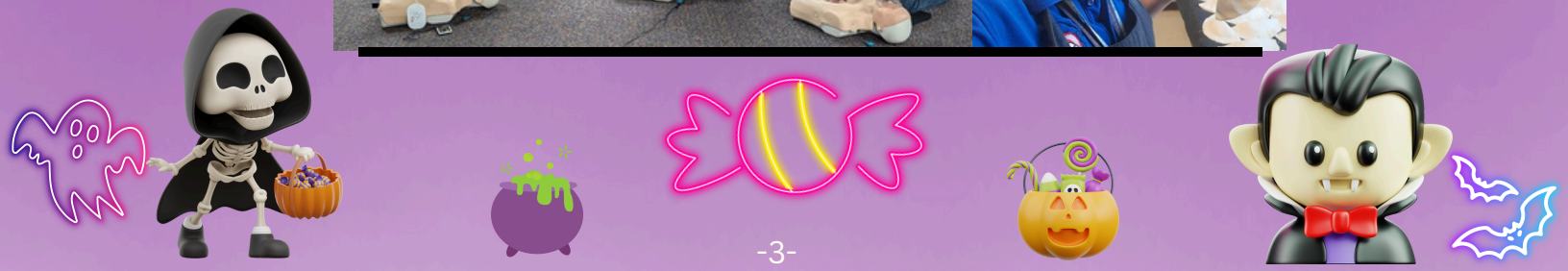
The Care and Share of Crookston 220 E 3rd St Crookston, MN 56716

WELCOME TO THE TEAM

MIKE S.
 SECURITY

We are confident that your unique skills and expertise are going to make a significant contribution to the organization

The Care and Share of Crookston
 220 E 3rd St Crookston, MN 56716



LIVED EXPERIENCE STORY

Care and Share my home "This is the first time I am speaking a little about myself, and I want to say that it is not very easy. There were always mixed emotions in my marriage after a complicated life full of domestic violence. I decided to end it, but that meant being homeless along with my daughter who was only 5 years old at the time. Everything felt against me, I did not speak the language hardly at all, not knowing anyone, not having friends or family to ask for support. Well, that was me, fortunately God has always been with me, and I met the organization that helps victims, and they told me about this place.

I confess I was very afraid because I had heard negative things about other shelters, but they assured me that here I would be fine with my daughter, and it was like that. Care and Share was the best thing that could have happened to me here, they made me feel protected and supported. They helped me receive mental health therapy for my daughter and also helped me to find a home.

dream big

I have been working here as a cook for 2 years now. A job I do with a lot of love for all those who need a hot meal every day. It makes me happy when I hear people say "Thank you, Maria", That makes my heart feel satisfied.

Maria G.-R.

A Huge thank you to Gary Menard on his years of service to our organization. Gary was instrumental in the accounting of our financials and will be greatly missed. You will forever be a part of the Care and Share family



Introduction of Board Members & Employee Recognitions

Greetings,

My name is Stephen Larson, and I recently joined the board of directors of Care and Share of Crookston, Inc. I'm originally from Beltrami, Minnesota. However I have called Crookston home since 2009, where I live with my wife Frieda and our four daughters: Ruby, Hattie, June and Pearl. I'm an attorney at the law firm of Harbott, Knutson, Larson, & Holte, P.L.L.P. here in Crookston. When I'm not working in the office, I enjoy fishing, working with my hands, and traveling with my family. My favorite place on earth (so far...) is Glacier National Park. I hope to make it to many more national parks in the coming years.



Stephen Larson

I've seen firsthand the importance the Care and Share has in our community from a few different perspectives. I believe the Care and fills is a void that is desperately needed in our community. Whether it's providing a cup of cold water, a warm meal, a safe place to sleep, or the resources to get back on one's feet. the Care and Share has made a significant difference in the lives of many people, both for those being served and those doing the serving.

CARE AND SHARE BOARD OF DIRECTORS

- Tom Anderson- Board Chair*
- Allen Dragseth- Director*
- Kari Braault- Vice Chair*
- Anna Corona- Director*
- Angel Korynta- Treasurer*
- Leah Winjum- Director*
- Mike Anderson- Secretary*
- Stephen Larson- Director*



EERIE

www.careandshareck.org
+218-281-2644

We now have online job applications available!

how to **Apply Online**

Available positions listed on our Website

- Visit the Care and Share of Crookston's Website
- Fill Out the online submission form under 'join our team'
- Once completed click on the 'Apply' button

The Care and Share of Crookston, Inc. 220 E 3rd St Crookston, MN 56716

The Care and Share of Crookston, Inc

&

New Hope Food Shelf

220 E 3rd St Crookston, MN 56716

218-281-2644



**THE NEW HOPE
FOOD SHELF**

MONDAY 1:00 - 4:00P.M.
WEDNESDAY 1:00 - 4:00P.M.
FRIDAY 3:00 - 6:00P.M.

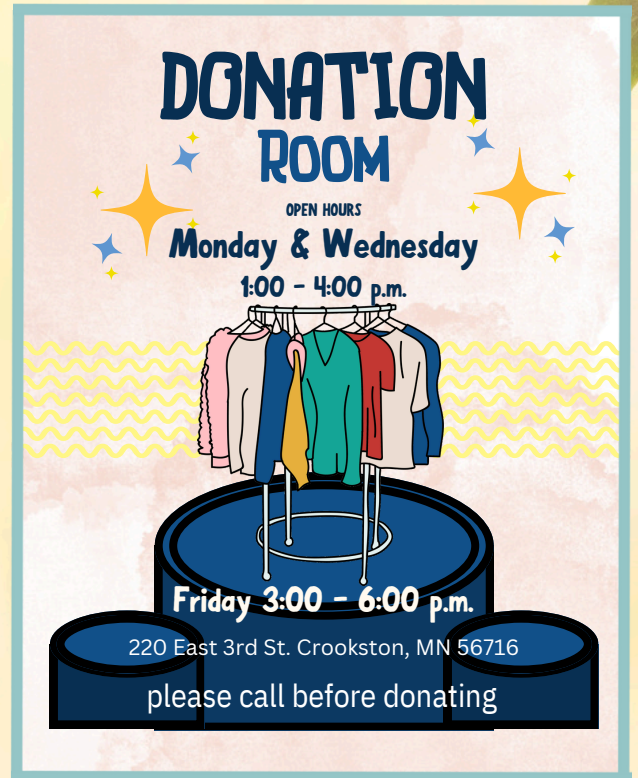
Bakery goods
& produce are
1st come
1st serve!



YOU'RE WELCOME TO VISIT 2X A MONTH


📞 218-281-2644 🌐 www.careandsharecrookston.com

CARE AND SHARE OF CROOKSTON INC.
220 E. 3rd St. Crookston, MN 56716



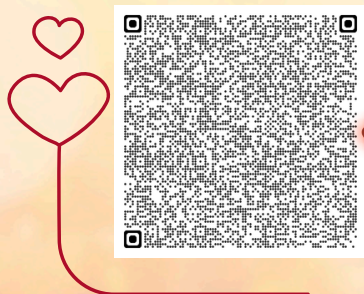
**DONATION
ROOM**

OPEN HOURS
Monday & Wednesday
1:00 - 4:00 p.m.



Friday 3:00 - 6:00 p.m.

220 East 3rd St. Crookston, MN 56716
please call before donating



**SCAN me
to go to
our
Amazon
Wishlist**

To visit our
GiveMN site to
donate directly
& paperless
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code



Please scan this QR code to be brought directly to our WEBSITE!!

EEKS!!



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EDITOR:
Candace Sam