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A Publication of

The Care and Share of Crookston, Inc.



The Caring Heart

Content/Articles

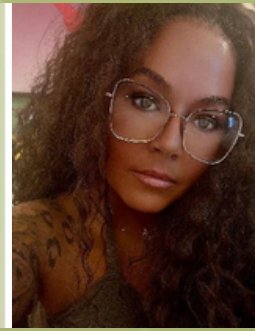
- pg. 2 & 3 Memo from the ED and Jane Freeman
- pg. 4 Memorial mural article
- pg. 5 Recognizing Volunteers & Donors
- pg. 6 A personal story shared from a community member
- pg. 7 Board member intro and employee recognitions

“At the end of our lives we will not be judged by how many diplomas we have received, how much money we have made or how many great things we have done. We will be judged by: I was hungry and you gave me to eat, I was naked and you clothed me, I was homeless and you took me in”

~Mother Theresa



Notes from the Executive Director, Carolina Alfonso



“A new normal is a state to which an organization, economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crisis (the “old normal”).”

To consider the problems before us we must divide our epoch into three periods, that of crisis, that of transition, that of the new normal, which undoubtedly will supersede the old. The questions before us, therefore, are broadly two: How shall we pass from war to the new normal with the least jar, in the shortest time? In what respect should the new normal be shaped to differ from the old?

We are working on moving past our organization’s crisis and memorializing life while honoring healing and moving forward with grace and forgiveness. The next thing has started, it’s called the New Normal, and 2025 will be the first full year of it. The New Normal isn’t where you wait for the next boom. It’s about the rest of your life. There was so much urgency from within us to hurry and heal, forget and move on. For due diligence, leadership, recruiting, and investment. Our new normal is about real life, and real time. Getting things right the first time is more important than getting things done quickly.

The concept of a “new normal” after a crisis can bring several benefits including:

1. **Improved Mental Health Awareness:** Our organization’s crisis highlighted the importance of mental health, leading to better support systems and reduced stigma around seeking help.
2. **Increased Flexibility:** During our shutdown we adopted more flexible work arrangement, such as remote work, which can improve work-life balance and increase our healing time with compassion and empathy
3. **Enhanced Community and Social Support:** People often come together during crises, fostering a stronger sense of community and mutual support.
4. **Focus and Health and Safety:** We heightened our awareness of health and safety practices, which has assisted us toward healthier lifestyles and producing better organizational policies.
5. **Economic and Social Reforms:** This current crisis we experience exposed systemic issues, prompting reforms that address inequalities and improve social justice for the organization, staff and guests who reside with us.

These benefits can help organizations not just recover, but potentially thrive in new and improved ways. What aspects of the new normal are you most interested in?

At some point in every leader’s career, they’ll be faced with a crisis. It may be a problem that’s major and public, or something contained and private. What our organization experienced was a situation that may not be experienced globally, but it was clearly experienced organizationally and community wide. Whatever the circumstances, crisis is a time of intense difficulty, stress, and complexity. During our organization’s crisis we found there is no one perfect way to remedy trauma and no easy path toward recovery.

When this crisis strikes, we respond instinctively, but those initial impulses may not be especially productive. They may even be counterproductive. An equally suboptimal response is freezing in place, doing nothing and hoping that “it” will go away. “It” won’t. Leaders must be able to act quickly. We need to do so rationally, and not by going with our gut, whether our gut is telling us to jump in and start flailing around or to ignore what’s going on. Our team decided to tackle this crisis, as leaders we must be able to create flexible plans, communicate clearly, and lead with compassion, while simultaneously managing the post-crisis “new normal”

During our crisis, there was a lot of noise out there. When delivering difficult news, the best advice ever given to me was to be direct and honest. When progress has been made, even if it’s minor, I was reminded to be sure to share it so that people don’t despair. For our team to persevere through times of pressure and uncertainty, we all needed compassion from each other and the community. “This is not a time to move away from kindness and caring, even if your brains nudge us in that direction.” -Amy Gallo. One thing the recent crisis within our organization has shown us is that a crisis is mentally, emotionally, and physically draining. Each day, as you weigh your priorities and decisions, we intentionally took the needs of others into consideration.

After our organization’s crisis has somewhat subsided, we anticipated, even insisted for a “new normal” with new processes, strategies, and culture to emerge. Adjusting to the new normal both emotionally and cognitively may continue to take us time, but it’s crucial to help the team recover and heal. Once the most immediate and challenging aspects of this crisis were under control, we had to think about the kinds of crises that our organization is likely to experience in the future. What should our team be doing to prepare? What worked well this time, what not so well? Are there any preventative measures we can put in place to keep a crisis from occurring to begin with? (CONT. ON NEXT PAGE :)



*Notes from the Executive Director,
Carolina Alfonso*



Continued

...As an organization, we found ourselves having to manage our way through and out of a crisis,. Our takeaway from this impactful crisis was , don't wait for the next crisis to hit to get yourself prepared? This is exactly what we are doing with training, mental health services and empowering our team with skills to support the important work they do. We are officially opening the third floor September 15th and returning to full capacity.

“The Phoenix, a mythical bird known for its cyclic life of death and rebirth, is a potent symbol across numerous cultures. This legendary creature represents transformation, rebirth, and resilience. It is a symbol of the eternal cycle of life, death, and resurrection, embodying the idea of perseverance and emerging stronger from the ashes of adversity. The fiery end, followed by the rise of a young phoenix signifies renewal and the indomitable spirit of life itself.

A Memo from Jane Freeman

“We are excited that the first part of actual work on the buildings will begin in September. Starting in September the roofs on both the Care and Share building and each roof will be completed by the end of September and probably sooner than that. We have notified our guests and employees about the work so they are prepared. No doubt there will be some noise and some restrictions coming into and out of the buildings.

The safety of everyone going in and out of the buildings will be through the front door. We do not anticipate closing the food shelf during this time. Access to the food shelf will still be from the normal side door when possible. The donation room will be closed.

We want to give a big thank you in advance to our guests, our employees and the public for their cooperation while this important work is being done!

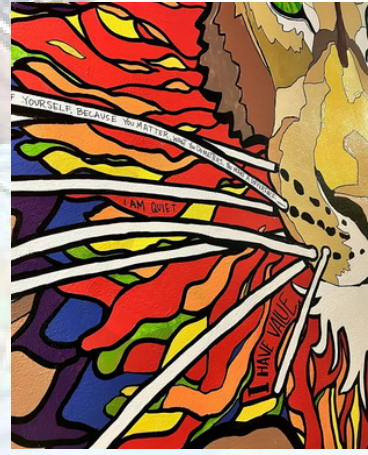
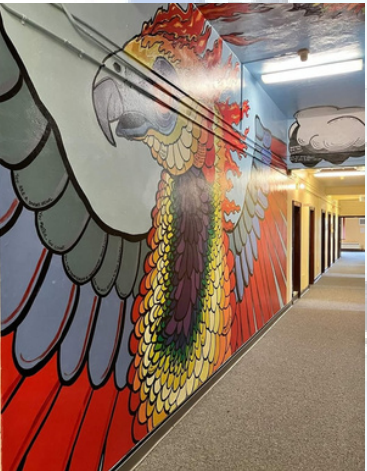
Thank you,

Jane Freeman

Threshold Guardians

THRESHOLD GUARDIANS
 WE ARE ALL ON A JOURNEY. THIS JOURNEY IS CHALLENGING, PAINFUL & FULL OF RISK. AT TIMES OUR JOURNEY LEADS US TO A REALM THAT IS BEYOND ALL WE UNDERSTAND & HAVE EXPERIENCED. AT THESE POINTS OF MYSTERY, WHERE RULES AND LIMITS ARE UNKNOWN TO US, WE ENCOUNTER THRESHOLD GUARDIANS WHO APPEAR TO BOTH STOP US & URGE US TO CONTINUE. THIS MURAL REFLECTS THE LION & PHOENIX AS THRESHOLD GUARDIANS AT THIS POINT IN OUR JOURNEY. THEY SYMBOLIZE SUPPORT, STRENGTH & GUIDANCE FOR US. THEY ENCOURAGE US TO CONTINUE OUR JOURNEY TOWARDS OUR YET-TO-BE-REALIZED, TRANSCENDENT WHOLENESS.

It was an honor to paint the Threshold Guardians mural on the third floor of Care and Share. When I was brought up to the third floor after the death of Christopher J. and I saw the two large walls in the narrow hallway, my initial thought was to create some sort of image that conveyed protection, guidance, and support for the guests who would be walking back and forth through that hallway. Threshold guardians quickly came to mind because I have been reading Joseph Campbell and all the symbolism of the human journey. At some points in our journey, we encounter these iconic guardians who simultaneously block our journey and welcome us to continue. Statues of threshold guardians are often seen at the entrance to sacred spaces. Some of the most well-known are the NY Public Library lion guardians you pass between as you enter the building. When you arrive at a threshold you have two choices; go back or move forward. Threshold guardians are designed to scare away those who are not ready or are not mature enough to enter. For those who are ready for the journey they welcome them and become fierce and loyal guides and helpers. In Chinese temples sometimes you will see a fierce looking demon with a raised and outstretched hand signifying for you to stop, but if you look closer, the other hand, which is lower is giving a gesture for you to move forward. The Lion and Phoenix chosen by the Care and Share staff. For me, the Phoenix represents the moon and feminine attributes of healing, rebirth, nurturing, and wisdom while the Lion, with his solar face, represents power, strength, guidance and protection. Words, phrases, many chosen by Care and Share staff, are written throughout the mural to give inspiration. It is my hope the Phoenix and Lion Threshold Guardians mural will give encouragement and empowerment to all those who walk through the third floor hallway and continue the healing journey they are on.



Trey Everett

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Recognizing Donors & Volunteers



Thank You

"Your donation is a gift that will make a lasting difference."



Thankyou

"Your generosity is a beacon of hope. Thank you for your donation!"



A Personal Story Shared by a Community Member



Prior to C & S I was living with family in Florida. The circumstances that brought me to Care and Share, well long story short, I had gotten tired of being treated like I am not worth anything. It has been that way for awhile now. It made me want to go back to the only place I have ever felt genuine kindness.

I would like others to know about Care and Share because I have spent a good portion of my life moving around the States & I can honestly say shelters as good as Care and Share are few and far between.

The most helpful aspect to me was that I felt the kindness I received was genuine. For me that was important because not everyone appears nice so to speak, some peoples' versions of helping others is just a means to help themselves.

The difference between Care and Share and other shelters is that if you're really trying to better yourself the help is readily available, That is not necessarily the case with other shelters.

My success story now is since I've been on a mission to better myself & reinvent myself has taken a big change for the better, it's as if someone up above has my back. I say this because good things keep happening, I am compelled to pinch myself to see if it is a dream.

Thank you for reading my story,

Isaac L.



Introduction of Board Members



My name is Leah (Olson) Winjum I was born and raised in Crookston, MN. My husband of 24 years, Chris Winjum, is from Crookston as well. We moved away for about 10 years but returned 15 years ago to raise our 4 children in Crookston so that they would have 4 loving grandparents nearby and to have our kids experience the support and love of a community that lives out the phrase - "it takes a village". Our Oldest Walker (22) attends NDSU, Hayden (20) is at UND, Halle (19) is starting at UMC this fall, and our youngest Reggie (16) is a junior at CHS.

The Winjums are grateful for when our schedules align, and we can simply spend time together. We especially like being active and doing things such as tennis, pickleball, and basketball. Along with spending time at the woods or lake with our extended family. I currently work as the Director of Children, Youth and Family Ministries at Trinity Lutheran Church. Through my role at the church and in the community, I have had a lot of overlap with different service projects and service groups that have volunteered at the Care and Share. The staff at Care and Share have always been wonderful to work with and have always created a welcoming and warm environment. I am grateful for this opportunity to serve on the Board of the Care and Share. I look forward to working alongside the Care and Share staff and with the other Board Members to serve the guests and play an active role in the mission of the Care and Share.

Employee Recognitions

Help us congratulate Candace S. as our:
September Employee of the Month

Would like to wish Kay M. a very HAPPY BIRTHDAY!!!

MEET OUR NEW SECURITY STAFF

CALLIE A. **ISAAC L.**

Welcome TO THE TEAM

Heather T.
 As The Care and Share of Crookston's new Security Supervisor

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.

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

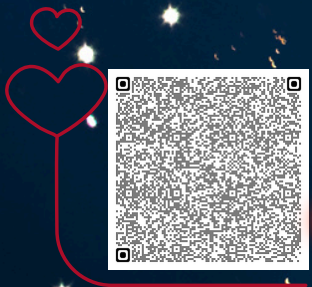
DONATION ROOM

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



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To visit our GiveMN site to donate directly & paperless SCAN this QR code



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