

SPRING ISSUE | MAY 2024



A Publication of Care and Share of Crookston, Inc.



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## Hope for a Better Tomorrow

Hundreds of homeless and hurting men, women, and children with nowhere else to turn come through the doors of the Care and Share of Crookston, Inc, every month. Their stories are as different as they are. A hot meal, a place to shower, clean clothing, and a safe place to lay their heads help to restore their feelings of dignity and self-respect. Most of all, they find practical help and spiritual hope for a better tomorrow. And it's all thanks to you! From homeless to hopeful: See how you - and a stay at the Care and Share changed these shelter guests' lives for good.



# Mission and Values

Sister Justina Violette, the founder of Care & Share, was a woman of deep caring and compassion. During her lifetime she cared for the people of Crookston and the surrounding area by aiding with heating, electricity, car repairs, groceries, clothing, and most importantly, friendship and support. At First, Sr. Justina served those in need through the back door of the bishop's resident while working as a cook there. Then in 1985, after almost 20 years of ministry to the poor, Father Krebs offered her the use of the former Cathedral School located in downtown Crookston. Care & Share's doors opened in October of 1986. After a lifetime of making a difference in countless hearts and lives, Sister Justina passed away on September 12, 2001. Her mission lives on in Care & Share, which now consists of a homeless shelter for men, women, families, a soup kitchen, and a food shelf. Care and Share of Crookston continues to serve individuals and families in Crookston and the surrounding communities.

The mission of Care and Share of Crookston has become increasingly focused on not just helping people find housing but encouraging strengths and community connections that will help them meet any challenges to their newfound stability, thereby breaking the cycle of homelessness. Care and Share of Crookston, Inc. provides the unhoused with shelter and the tools to build a better life.

My vision moving forward for Care and Share of Crookston pursues a delegation of providing hope, creating opportunity, and transforming lives of all men, women, and children experiencing homelessness in our community. We bring this mission to life every day by helping our residents obtain permanent housing, increase their income, improve their health, develop healthy connections with their children, and regain their strength and self-sufficiency. Our vision is a home and a bright future for every man, woman, and child in our community.

The Values of Care and Share of Crookston is committed to providing quality services to our residents and treating them with respect and dignity. We base our high standards and our daily actions on five basic principles. Every decision that we make, whether related to resident matters or operational matters, is tested and measured against these values.

- Client-Centered – collaborating relationships with our residents.
- Learning Organization – fostering education, innovation, and discovery.
- Integrity – do the right thing and make the right choice.
- Authentic Communication – Respectfully exchange ideas, information, and perspectives.

# Mission and Values continued

Philosophy: Since 1986 Care and Share of Crookston, Inc. has been providing a comprehensive, innovative array of services to unhoused families and single adults. Care and Share is the oldest and largest provider of shelter beds in the 8 northwestern counties: Polk, Marshall, Kittson, Norman, Mahnomen, Pennington, Red Lake, and Roseau. Grounded in our vision, mission, and core values, we continue to offer new innovative and lasting solutions to end the cycle of homelessness by providing unhoused men, women, and families the services they need to change their lives and succeed. Each of these success stories contributes to a stronger, healthier community for all.

*Carolina Affonso, Executive Director*



## New Hope Food Shelf hours

Mon & Wed 1-4:00 pm  
Friday 3-6:00 pm

## Did you know?

Care and Share serves two hot meals every day, for both residents and anyone in the community needing something to eat

As the need increases, we appreciate anyone or any group who wants to donate a meal. Please contact us and arrange a time. We average 50 people served at each meal.

# We have a van!



There has been a need for a van at Care and Share to make special trips to the North Country Food Bank in East Grand Forks, pick up donations from community members and businesses, help residents to move into their own housing, take items to the transfer station and run errands around town.

Tom Amiot made a significant donation to start our van account. We raised over \$16,000.00 at our fund-raising event in February at the Eagles, thanks to amazing community support.

After shopping around, we chose a 2021 Chevrolet Express extended van with 55,000 miles on it from Brost Chevrolet here in Crookston. It had been a rental from Bozeman, Montana. We are very grateful for Brost holding it for us and giving us a great deal !

We did need to transfer some funds from a capital savings account to make it happen.

This van will serve a significant need at the Care and Share for many years to come. We greatly appreciate the communities' support in helping making this a reality !

Tom Anderson, Board Chair

**THANK YOU!**

# An excerpt from the life of Jeannette Kay McLaughlin

I found myself at the age of 53, alone, and going on 33 years married to a husband who had left me. He was the provider in our marriage, so it was the first time I have ever experienced sleeping outside.

My journey to Care and Share started with a kind security guard who had brought me in from the outside and given me a cup of coffee. I didn't know what to do, no services could help me right then. He gave me the number to the Care and Share, so I called the organization and took a bus there. When I walked in, I felt relief. Like I could finally breathe. The staff is unbelievable, there's no way without them I could have navigated my way through this whole experience. The support is incredible from

when I first got here Kayla has been here with me on this roller coaster ride. Now I am working, have my ID, & I have my own place. I can't thank Care and Share enough as I cannot imagine where I would be without the help & support, I have received.

Care and Share has given me the space to finally breathe, my feet stable, and the meals are wonderful! It's just an overall good place if you truly want to better your situation, they can guide you through the hoops.

Prior to coming to the Care and Share I was in one other shelter for 8 days. It was scary & dirty. There were mats on the floor hallway for sleeping. You couldn't use phones until after lockdown, so you were on your own from 7 a.m.- 8p.m. The food was very much like you didn't dare eat, it was that bad. Thank you for reading my story,

Thank you for reading my story.

*Kay McLaughlin*



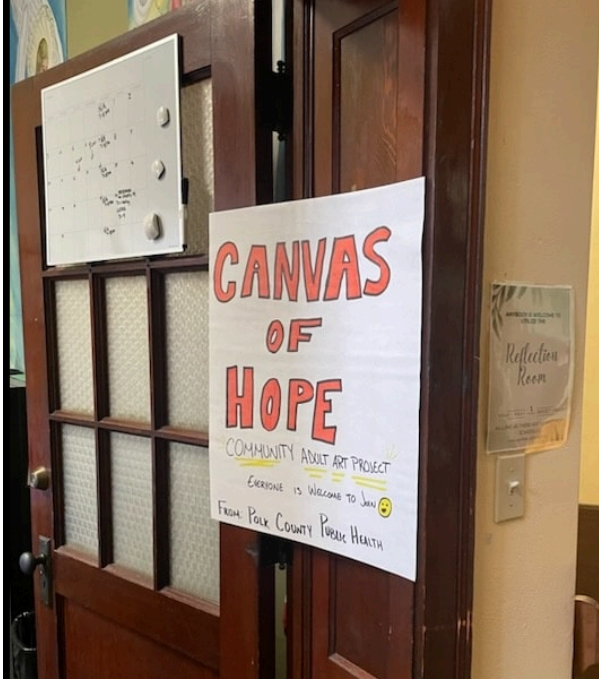
**DONATIONS NEEDED!!!**

Care and Share of Crookston is looking for the communities help with paint supply donations. If you have any you're not using we will gladly take them! Anything from paint rollers, paint & tarps among any other supplies you can think of that could help us refresh our walls inside and continue making the Care and share an enjoyable and lovely place to be

**We also would like to take this time to give a massive THANK YOU to everyone who chips in to support our cause, whether by lending a hand or donating =**

A collection of paint supplies including a paintbrush, a paint can, and a paint tray.

# Community Gifts



Eliza M. from Polk County Public Health hosted a community art project called 'Canvas of Hope' in the Reflection room at the Care and Share. This was open to the community and residents.



Huge shout out to Crookstons New Flyer of America Inc. employees for volunteering their time and energy into prepping walls, tapping, scraping, and creating new light in our building that brightens up the atmosphere. The men and women walking the halls felt the new paint on the walls represented growth and hope within themselves.

Every act of kindness given is a reminder to so many how a shift in the atmosphere has the ability to change the mindset of those residing within this organization. We thank you all for helping us make this happen



# Board Member Intro



I'm am Sanisha Stribling and I was raised in Chicago Illinois. Growing up in Chicago wasn't easy I faced a lot of obstacles but due to my perseverance & optimistic attitude, I was able to break free of my environment & make a change for me & my children. I have 5 children (4 Girls and one boy) and all I've ever wanted for them was a better childhood than mine. So I moved to Crookston & with the help of the Care & Share family who were once strangers but treated me no differently. With their help and resources I was able to jumpstart a whole new life & give my kids a better environment so they can properly grow & flourish, and experience a different atmosphere, & scenery. Care & share was able to help me & many others accomplish this same goal! I'm so grateful to have been allowed to grow & I plan to do exactly that! I joined the Care & Share Board to help the community prosper, uplift them, and Guide them to the path of success.

*Sanisha*

## Employee of the Month Heather Tronnes

"Heather was chosen by her peers for showing initiative, being a team player, and the most improved. Heather is a valuable component to our team dynamic, and she provides compassion and dedication each day with her interaction and deliberate investment into making a change for all those in need. Heather has been with our organization almost a year now, and in that year, she has really stepped up and shown her strength and humility. We are so grateful you chose us to be your team."



# Show your support



Getting an Amazon Wish List package always makes us smile and brightens our day! The generous donations we receive, including through the Amazon Wish List, help us better meet the needs of residents. Thank you to everyone who sends donations through our Amazon Wish List!!



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