



VOLUME 8
MARCH 2025



THE CARING HEART

A CARE AND SHARE OF CROOKSTON, INC. PUBLICATION



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EXECUTIVE DIRECTOR'S MEMO

EXCITING NEWS: A SUCCESSFUL 2025 OPEN HEARTS OPEN DOORS FUNDRAISER!

WE ARE THRILLED TO ANNOUNCE THAT THE 2025 OPEN HEARTS OPEN DOORS FUNDRAISER HAS BEEN AN OVERWHELMING SUCCESS! THANKS TO THE GENEROUS SUPPORT OF OUR AMAZING COMMUNITY, WE HAVE RAISED A TOTAL OF \$26,893.40. WE ARE DEEPLY GRATEFUL TO EACH AND EVERY ONE OF YOU WHO RALLIED BEHIND SUCH A VITAL CAUSE, REPLACING THE FREEZER FOR THE NEW HOPE FOOD SHELF. YOUR CONTRIBUTIONS WILL DIRECTLY IMPACT THE LIVES OF SO MANY IN OUR COMMUNITY.

AS WE LOOK AHEAD, WE ARE INCREDIBLY EXCITED ABOUT THE DIRECTION THE ORGANIZATION IS HEADED IN 2025. THIS YEAR, WE'VE ALREADY STARTED WITH A STRONG FOCUS ON ENHANCING OUR SKILLS AND KNOWLEDGE TO BETTER SERVE THOSE IN NEED. OUR TEAM HAS PARTICIPATED IN SPECIFIC TRAINING AROUND TRAUMA-INFORMED CARE, HARM REDUCTION, AND DE-ESCALATION SKILLS, ENSURING WE ARE EQUIPPED WITH THE TOOLS TO PROVIDE COMPASSIONATE, EFFECTIVE SUPPORT.

WE ARE PROUD TO BE FOSTERING A CULTURE CHANGE WITHIN OUR ORGANIZATION, ONE THAT IS ROOTED IN OUR CORE PILLARS OF SAFETY, SECURITY, AND INDEPENDENCE. THESE VALUES ARE NOT ONLY REFLECTED IN HOW WE INTERACT WITH ONE ANOTHER BUT ALSO IN HOW WE ENGAGE WITH EVERY GUEST AND COMMUNITY MEMBER. WE ARE COMMITTED TO CREATING AN ENVIRONMENT WHERE EVERYONE FEELS RESPECTED, SUPPORTED, AND EMPOWERED.

THIS YEAR, WE'VE ALSO STRENGTHENED OUR RELATIONSHIPS WITH PARTNERING AGENCIES, OPENING CLEAR LINES OF COMMUNICATION TO COLLABORATE AND WORK MORE EFFECTIVELY AS A UNIFIED TEAM. BY SHARING RESOURCES AND KNOWLEDGE, WE CAN BETTER SUPPORT OUR MUTUAL CLIENTS AND CONTINUE TO BUILD A STRONGER, MORE CONNECTED COMMUNITY.

2025 IS SHAPING UP TO BE A YEAR OF IMMENSE GROWTH AND POSITIVE CHANGE FOR OUR ORGANIZATION. WE ARE OPEN TO LEARNING, EVOLVING, AND CONTINUOUSLY STRIVING TO ACHIEVE HIGHER STANDARDS IN EVERYTHING WE DO. OUR GOAL IS CLEAR: TO BE THE BEST VERSION OF OURSELVES, SO WE CAN PROVIDE THE BEST POSSIBLE SERVICE TO THOSE WHO DEPEND ON US.

THANK YOU AGAIN FOR YOUR CONTINUED SUPPORT, TOGETHER, WE ARE CREATING LASTING CHANGE, AND WE ARE EXCITED TO SEE WHAT THIS YEAR HOLDS!

WITH DEEPEST GRATITUDE-
CAROLINA DIAZ

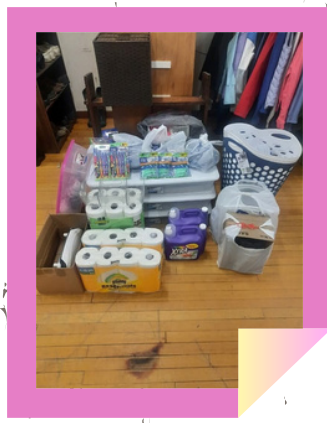
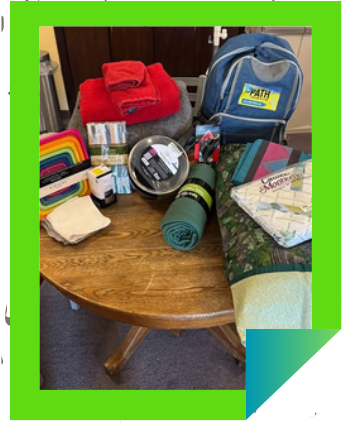
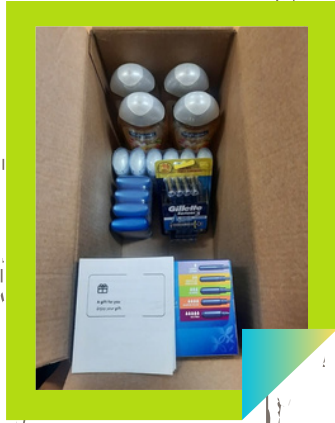
~CAROLINA DIAZ: I WANT TO SINCERELY THANK OUR SAVIORS LUTHERAN SCHOOL FOR INVITING ME TO SPEAK DURING NATIONAL LUTHERAN SCHOOLS WEEK. IT WAS TRULY AN HONOR TO SHARE WITH THE STUDENTS ABOUT THE MISSION OF CARE AND SHARE. THE EXPERIENCE WAS INCREDIBLY REWARDING, AND I WAS DEEPLY HUMBLLED BY THE THOUGHTFUL QUESTIONS THE CHILDREN ASKED. THEIR GENUINE CURIOSITY ABOUT HOW THEY CAN HELP AND SHOW KINDNESS TO THOSE IN NEED WAS INSPIRING.

I AM ALSO GRATEFUL FOR THE HYGIENE AND DIAPER DRIVE THAT THE SCHOOL ORGANIZED IN SUPPORT OF CARE AND SHARE. THESE DONATIONS WILL GO A LONG WAY IN ASSISTING THOSE WE SERVE, AND IT MEANS SO MUCH TO KNOW THAT YOU ARE ACTIVELY INVOLVED IN SHOWING COMPASSION AND CARE FOR THE GUESTS WE SUPPORT. 🌟💛

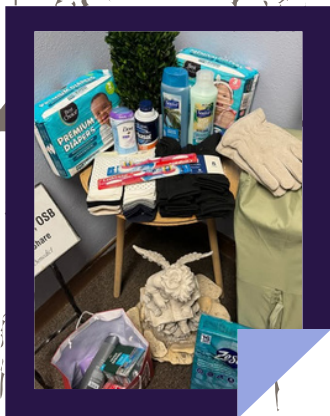
THANK YOU ONCE AGAIN FOR YOUR HOSPITALITY, KINDNESS, AND DEDICATION TO MAKING A DIFFERENCE.



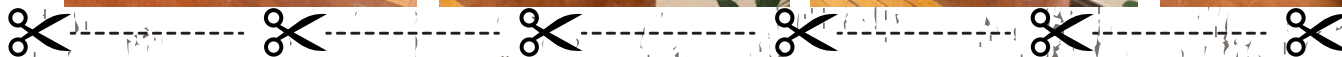
RECOGNIZING DONORS AND VOLUNTEERS



RECOGNIZING DONORS AND VOLUNTEERS



TAILOR MADE BARBERS VISITED CARE AND SHARE FEB. 11TH TO OFFER HAIRCUTS TO GUESTS





LIVED EXPERIENCE

ESCAPING DOMESTIC VIOLENCE

I FOUND MYSELF TRAPPED IN AN ABUSIVE RELATIONSHIP THAT DRAINED MY SPIRIT AND LEFT ME LIVING IN CONSTANT FEAR. HE, A MONSTER, CONTROLLING EVERY ASPECT OF MY LIFE—WHAT I WORE, WHO I SPOKE TO, AND EVEN HOW I BREATHED AROUND HIM. THE EMOTIONAL ABUSE WAS RELENTLESS, CHIPPING AWAY AT MY SELF-WORTH, I NEEDED TO MAKE THE MOST TERRIFYING YET NECESSARY DECISION OF MY LIFE: TO ESCAPE.

IT WASN'T JUST ABOUT ME. MY DAUGHTER WAS GROWING UP IN A HOUSEHOLD FILLED WITH FEAR AND ANGER. THE DAY HE RAISED HIS HAND TO HER WAS THE DAY SOMETHING INSIDE ME SNAPPED. I KNEW I HAD TO GET OUT, NO MATTER THE COST.

LEAVING WASN'T EASY. ABUSERS MANIPULATE THEIR VICTIMS INTO FEELING POWERLESS, AND I HAD BEEN MADE TO BELIEVE THAT I HAD NOWHERE TO GO AND NO ONE WHO WOULD HELP ME. BUT I REFUSED TO ACCEPT THAT. IN THE DEAD OF NIGHT, WITH ONLY A SMALL BAG OF CLOTHES AND THE WEIGHT OF UNCERTAINTY ON MY SHOULDERS, I FLED WITH MY DAUGHTER.

WALKING INTO THE SHELTER WAS LIKE STEPPING INTO ANOTHER WORLD—ONE WHERE SAFETY AND KINDNESS REPLACED FEAR AND PAIN. THE STAFF WELCOMED US WITH OPEN ARMS, GIVING US WARM MEALS, A SAFE PLACE TO SLEEP, AND MOST IMPORTANTLY, REASSURANCE THAT WE WERE NO LONGER ALONE. FOR THE FIRST TIME IN WHAT FELT LIKE FOREVER, I DIDN'T HAVE TO WATCH MY BACK, MY DAUGHTER AND I COULD SLEEP THROUGH THE NIGHT.

AT CARE AND SHARE, WE WERE NOT JUST GIVEN A ROOF OVER OUR HEADS BUT THE TOOLS TO REBUILD OUR LIVES. I RECEIVED COUNSELING THAT HELPED ME PROCESS THE TRAUMA AND REDISCOVER MY STRENGTH. I ATTENDED SUPPORT GROUPS WHERE I MET PEOPLE WHO HAD WALKED SIMILAR PATHS, EACH OF US FINDING SOLACE IN SHARED EXPERIENCES. THE SHELTER CONNECTED ME WITH LEGAL ADVOCATES WHO GUIDED ME THROUGH THE STEPS OF OBTAINING A RESTRAINING ORDER AND STARTING THE PROCESS OF REBUILDING MY INDEPENDENCE.

MOST IMPORTANTLY, MY DAUGHTER AND I FOUND HOPE. SHE LAUGHED AGAIN, PLAYED WITHOUT FEAR, AND BEGAN TO HEAL FROM THE SCARS OF OUR PAST. I FOUND A JOB, AND A HOME AND STARTED DREAMING ABOUT A FUTURE WHERE I WAS IN CONTROL OF MY OWN LIFE.

LEAVING MY ABUSER WAS THE HARDEST THING I'VE EVER DONE, BUT IT WAS ALSO THE MOST EMPOWERING. THE CARE AND SHARE SHELTER SAVED US IN EVERY WAY IMAGINABLE—NOT JUST BY GIVING US A SAFE PLACE TO STAY BUT BY REMINDING US THAT WE WERE WORTHY OF LOVE, RESPECT, AND A LIFE FREE FROM FEAR. TODAY, MY DAUGHTER AND I ARE SURVIVORS, NOT VICTIMS. WE ARE FREE. AND FOR THAT, I WILL FOREVER BE GRATEFUL.

ANONYMOUS ❤️

Board of Directors
 Kari Brault - Board Chair
 Anna Corona - Vice Chair
 Angel Korynta - Treasurer
 Mike Anderson - Secretary
 Jon Street - Director
 Kevin Thompson - Director
 Leah Winjum - Director
 Stephen Larson - Director



EMPLOYEE RECOGNITIONS



March 2025 Employee of the Month

Klarissa R.

"So I will choose Klarissa. She has always been in good spirits to be around. Always willing to lend a helping hand with a positive attitude.. Has taken on her job without any doubt!!"

"She has shown over and over again initiative and strength in her position that she just picked up not too long ago and that she strives for better communication and a better work environment."

"Klarissa rocks and is pleasant to work with!! keep up the amazing work Klarissa!! WOOT WOOT!!!"

"I would love to nominate Klarissa for employee of the month of March. She has shown great communication skills not only in our notes but also in person when I have talked with her. She has been quick in knowing & learning the basic tasks & duties of everyday security & also pays attention to the little details & things that sometimes may get missed. Love that! I let her know not long ago, that she has been doing a great job here. She just like myself & others sometimes doubt ourselves sometimes. I assured her that she isn't the ONLY one that feels this way & that's ok."

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

[HTTPS://WWW.CAREANDSHARECROOKSTON.ORG/](https://www.careandsharecrookston.org/)

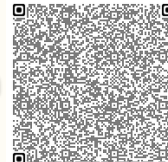
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OUR E-NEWSLETTER E-MAILING LIST
PLEASE SEND THE EDITOR CANDACE S.
AN E-MAIL @
CANDACES@CAREANDSHARECRK.ORG

THE GENEROUS DONATIONS WE RECEIVE,
INCLUDING THROUGH THE AMAZON WISH LIST HELP
US BETTER MEET THE NEEDS OF OUR GUESTS,
THANK YOU TO ALL WHO DONATE THROUGH OUR
WISH LIST!!

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



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Editor: Candace Sam