

## Opportunities to Help

### FACE MASKS

Governor Walz has asked that those wishing to donate face masks bring them to their local fire department this coming Saturday, April 25. If you have face masks you would like to donate please watch the Excelsior Fire Department's website or FaceBook page for the announcement of times they will receive those donations.

### LUNCHESES FOR VETERANS

The Uptown VFW, Post 246, is preparing sandwiches and bag lunches for the homeless Veterans who come to the VA Community Resource and Referral Center in downtown Minneapolis. During this time of pandemic, when the restaurant is closed, they could use some help with the cost of providing them. If you would like to help, you can send a donation to the James Ballantine Uptown VFW Post 246, 2916 Lyndale Avenue S, Minneapolis, 55408. Please put Lunches for Vets in the memo line.

### FOOD

ICA has made changes to the hours and method of food distribution to make it safer and more efficient. New hours are Monday 10-5, Tuesday and Wednesday 10-3. Call ahead to schedule an appointment and get instructions for pick up. If you are unable to go to ICA you can place an order and a volunteer from Trinity will arrange to pick it up for you. Emergency bags of food are available for pick up at the St. David's location. If you or someone you know is in need of an emergency supply or help with picking up an order, please contact Chip on his cell phone, [612-239-2774](tel:612-239-2774) or Trinity email.

The demand for emergency food supplies has doubled in the last couple weeks and donations of cash are still needed to help offset this need. In addition, canned tuna, toilet paper, cereal and bar soap can be made during the new operating hours.

### BLOOD

There is a significant increase in need for blood donations. If you are a donor and willing to be out and about, you can contact the American Red Cross by phone at 1-800-Red Cross or go online at red cross [blood.org](http://blood.org) to schedule an appointment to donate at a location near you.

### NOTES OF SUPPORT AND ENCOURAGEMENT

Many folks in the community are becoming increasingly isolated. South Shore Meals On Wheels has changed its schedule to once a week delivery of frozen meals in order to reduce the number of person-to-person contacts and the demand for volunteer drivers. They would like to include a card or note of support and encouragement to the recipients with each delivery. Trinity's children and youth are already contributing to this request, but the opportunity is open to adults as well. If you are interested in participating, you can write notes or cards and send them directly to Laura Williams, who is the new coordinator of the Meal On Wheels program, at her home address, 4720 Temple Rd. Minnetonka, MN 55345.