

# THE CARING HEART

A CARE AND SHARE OF CROOKSTON, INC. PUBLICATION



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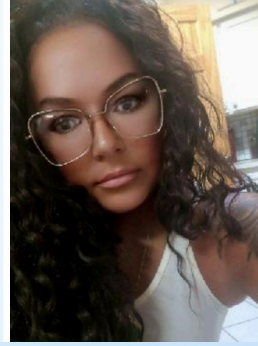


"A Place that really cares about every individual who walks through the door."





## Executive Director's Memo,



### Care and Share of Crookston Partners with Riverview Recovery Center to Tackle Opioid Epidemic:

On **November 5th**, the **Polk County Board of Commissioners** approved the **Opioid Epidemic Response Grant** in support of a new and vital initiative aimed at combatting the opioid crisis amongst the most vulnerable. The grant is funded through the **Polk County Opioid Settlement Fund**, a portion of the settlement proceeds from lawsuits against opioid manufacturers and is intended to directly address the public health challenges posed by substance use disorder.

With this funding, **Care and Share of Crookston, Inc.** is proud to announce a new service partnership with **Riverview Recovery Center (RRC)**, a leading provider of addiction treatment and recovery services. This collaboration is a pivotal step forward in the efforts to support individuals affected by opioid addiction and provide a comprehensive, multi-faceted approach to recovery and wellness.

The **Service Partnership Agreement** outlines shared responsibilities and goals between Care and Share and Riverview Recovery Center. This partnership will focus on providing **prevention, treatment, and harm reduction** strategies tailored to individuals residing at Care and Share's **main shelter** as well as **The Hope Center**—a critical service hub for the most vulnerable populations in the region. These programs will include **individual counseling, group therapy, medication-assisted treatment (MAT), harm reduction workshops, and education on opioid and substance abuse addiction** to foster long-term recovery.

"We are thrilled to partner with this incredible organization to bring essential support to some of our most vulnerable community members. Those who face the greatest challenges deserve our unwavering commitment and compassion, and together we can help build pathways to hope and healing," said Leane LaFrance, MSML, LADC Director of Riverview Recovery Center. This partnership is a reflection of our shared commitment to providing holistic care that supports people through every step of their recovery journey—from prevention to sustained recovery.

#### Key Aspects of the Partnership:


- **Comprehensive Care:** Integration of **addiction treatment services** and **recovery support** for individuals at Care and Share's shelter and The Hope Center.
- **Harm Reduction Initiatives:** Focus on reducing risks associated with opioid and substance abuse, including safe practices, overdose prevention education, and distribution of naloxone (Narcan).
- **Prevention and Education:** Providing community outreach and education aimed at preventing the initiation of substance use, particularly opioids, and fostering a healthier environment in the region.
- **Personalized Recovery Plans:** Tailored, client-centered treatment plans designed to meet the unique needs of individuals seeking recovery.

This new partnership is made possible by the generous funding from the **Polk County Opioid Settlement Fund**, which was established to mitigate the impact of opioid addiction on local communities. It represents an essential step in the organization's ongoing commitment to public health and wellness.

We are deeply grateful to the Polk County Board of Commissioners and the Opioid Settlement Advisory Council for their vision and support in making this collaboration possible. Together, we can make a lasting impact in the lives of those affected by addiction and help them build a brighter, healthier future.

For more information on the **Opioid Epidemic Response Grant, Care and Share of Crookston, Inc.**, and **Riverview Recovery Center**, please contact Executive Director Carolina Diaz at 218.281.2644.



 We are continuously in need of the following items. If you can contribute any of the items listed below, please bring them to The Care and Share of Crookston, Inc. located at 220 E 3rd St, Crookston, MN 56716. Thank you for your kindness and generosity towards those in need!

- Diapers (all sizes)
- Baby wipes
- Pack and play
- Baby crib
- Deodorant (Men's & Women's)
- Men & Women's body wash/soap
- Shaver's & Shaving cream (Men's & Women's)
- socks (Men's & Women's sizes)
- grooming kits (fingernail & toenail clippers)
- Women's feminine hygiene products
- Women's Jackets
- Women's hats and gloves
- Bras, underwear, & pajamas
- Men's 2 XL clothing, jackets, hats & gloves
- Larger Men's boxers/briefs & pajamas

If you are planning on helping families at a food bank this season, things you probably don't know.

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

In all the years I have donated food at the Holidays, I bought what I thought they wanted but have never asked. I am glad I did. If you are helping a Family this Christmas, maybe this can help you tailor it more. It does for me!



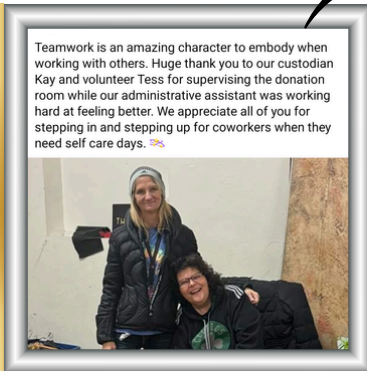
# Employee Recognitions



Happy birthday to our Administrative Assistant Candace S.!

May this special day bring you all the happiness you deserve.

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



Teamwork is an amazing character to embody when working with others. Huge thank you to our custodian Kay and volunteer Tess for supervising the donation room while our administrative assistant was working hard at feeling better. We appreciate all of you for stepping in and stepping up for coworkers when they need self care days. 🌸



The Care and Share of Crookston announces Heather T. Security Manager as December 2024 Employee of the Month



We want to shout out our Case Manager, Kayla and Food Shelf Manager Keith, for their choice in providing compassion and kindness to a couple residing with our organization. The couple is expecting, and it is high risk. They needed to both get to Fargo, and these two went above and beyond their job duties to give hope to a family in need, driving them to their appointment to get the care they deserved. Thank you both for generosity and humbleness. 🌸



# TOM A. RETIRES AS BOARD CHAIR

I have had eight rewarding years on the Care and Share board. Due to term limits, it's time to go. And I am ready. I have some amazing board members who have gotten us through good times and bad.

Jesus preached to feed and shelter the poor, sick and downtrodden. Care and Share does this for individuals and families; and so much more. Once basic needs are met, guests are referred to Polk County Social Services, Alluma and housing and other programs; many go to work.

We have had 5 directors in my time, which required board members to be hands on. Presently, we have a great director and dedicated and capable staff in key positions. I am so grateful that we got 1.7 million to rehab our buildings. The roofs have been done and the present focus is on windows, doors, floors, bathrooms and electrical and heating systems for the Hope Center for families. I look forward to riding the elevator in the main shelter!

The makeup of our present board reflects our collaborative nature which includes Public Health, Polk County Social Service, Alluma, Law Enforcement, churches, an attorney and a strong chair in Kari Brault.

I have truly been amazed by the financial support from regional communities, which is a significant part of our budget. I have signed off on thank you cards for folks in Crookston, Fertile, Fisher, Warren, Roseau, Red Lake Falls, Mahnomen, East Grand Forks, Grafton, the Twin Cities, Georgia, Texas, Washington, and on and on. The churches and auxiliaries throughout the region have been so generous.

People bring in hygiene and personal care items, quilts, clothes, food and furniture that guests can take with them when they move into their own place.

Volunteers pick up food from grocery stores, help out in the food shelf, painted the interior, sort in our donation room, churches adopt rooms in the Hope House for families and more.

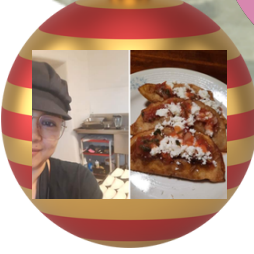
I encourage you to continue to support the good work at the Care and Share !



*Tom A.*



# Recognizing Donors & Volunteers



# Lived Experience: A Personal Story



My Name is Dean Lamke, I've struggled with alcoholism, mental health issues, and homelessness for over the last 15 years. I have been in and out of prison, county jail, & psych wards. I called and wrote to the Care and Share from county jail 2 1/2 years ago, with nowhere to go, 2 days before X-mas. They welcomed me, sheltered me for 5 months, And got me into my Apartment (I still have it!). The shelter pointed me to Alluma for my mental health, and also employed me for 6 months! I've seen them all (homeless shelters) in the last 15 years if you want to change your life for the better and have nothing. This is the place to start.

True fact!! There are fair, kind, understanding, and most importantly, they do care!! I am still not perfect, but I come here once, twice a week to give back for what they've done for me. I don't sugarcoat anything. This is the place to start changing your life. God Bless! Ezekiel 7:6

*Dean Lamke*



**Donations we are Accepting at this time:**

- Gently used and in good condition clothing
- Kitchen ware
- Bedding: blankets, sheets & pillowcases
- footwear
- winter jackets & gear: gloves, hats, mittens, & scarves

**\*Please call before coming to drop any donations off (218) 281-2644. Thank you!! We sincerely appreciate your thoughtfulness, care, and support!**

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

# The Care and Share of Crookston, Inc.

## Board of Directors

Tom Anderson - Board Chair

Anna Corona - Director

TBD - Vice Chair

Jon Street - Director

Angel Korynta - Treasurer

Kari Brault - Director

Mike Anderson - Secretary

Kyle Hunt - Director

Allan Dragseth - Director

Leah Winjum - Director

Stephen Larson - Director



### Board member introduction

Hello! My name is Angel Korynta, and I recently joined the Board of Directors of the Care and Share of Crookston, Inc. The Red River Valley has been my home for most of my life. I graduated from East Grand Forks Senior High, attended the University of North Dakota where I earned a degree in Nursing, and now reside in Fisher, MN. Since 2008, I have worked at Polk County Public Health, in a variety of programs that serve the community of Polk County. To stay busy, I also work part-time as an accountant for Valley Electric.

Outside of work, I spend much of my time supporting my children's activities. I also enjoy spending time outdoors, fishing at Lake of the Woods, golfing, playing pickleball, and enjoying the company of friends and family. When I need a quiet moment, you can often find me curled up with a good book.

It wasn't until I began working at Polk County Public Health that I truly understood how fortunate we are to have Care and Share in our community. I have seen firsthand the incredible impact it has on those in need—whether it's providing a warm bed, a nutritious meal, or simply a listening ear. The culture of Care and Share creates a welcoming environment where people feel valued and supported.

I am excited to serve on the Care and Share Board of Directors and look forward to contributing to its important work.

*Angel Korynta*



# Meet our Program Managers:

Maria G.-R.

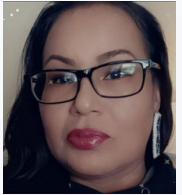
Soup Kitchen Manager



My name is Maria Isabel G.R., and I am a certified chef responsible for the kitchen at Care and Share. My role involves selecting all the vegetables and meats to create the daily menu. I prepare two meals each day, including advance meals for the weekend, to ensure that all guests and anyone in need of a warm meal are well-fed. Thank you!

Candace S.

Donation Room Manager



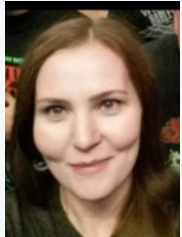
My role includes engaging with donors and guiding them on how to contribute effectively. We kindly request that everyone call ahead before dropping off items, as this helps us minimize costs and maintain this valuable resource for the community. The Donation room is open Mondays 1:00-4:00 p.m. Wednesdays 1:00-4:00 p.m. Fridays 3:00-6:00 p.m. With the implementation of new ideas, we are continuously assessing what works and what doesn't to ensure this free resource remains accessible to those in need. My goal is to ensure that every visitor has a positive experience, regardless of circumstance. Managing the donation room is one of the responsibilities I have within the organization along with being the Administrative Assistant. 😊

Keith D. New Hope  
Food Shelf Manager



With these resources, we can offer essential basic human needs to the community, helping to supplement their food requirements! Given the significant needs within the community, we feel grateful to have access to such valuable resources! We live and work alongside the community, dedicated to serving their needs.

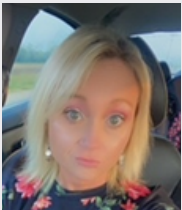
Heather T.  
Security Manager



As the security manager, I am responsible for leading and supervising a security team. We, as a team, take on many different tasks throughout our shifts. The safety and security of the building, staff, guests, and visitors is a top priority. Along with this comes great communication with each other. We, as a team, also help in assisting with taking in and housing people here who are homeless. Providing a bed, warmth, food, and essentials for hygiene and clothing.

For me, this job means a lot, and I am so very grateful to have been given this opportunity. Every day that I come to work is another day to have a positive and enthusiastic attitude towards helping others and continue motivating my team to do the same.

Kayla W.  
Case Manager II



I assist in applying for benefits and housing along with making sure they have all their necessary documentation. I feel I become an advocate for them when need be. I help them work with housing authorities until they are able to find stable secure housing. I make sure to stress that it's a 90-day program and that one needs to be working and or housed within that time frame which then helps them want to look for work as well. I like attending trainings and meetings to learn more about being a Case Manager and what other tools are out there to use in different situations. I help assist the guest's getting back on there on their feet and starting a fresh new life with a success story which are really heart warming for me and makes it so worth it.

## Security staff quotes:

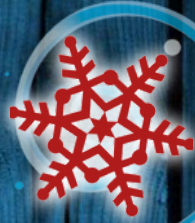
**"Creating a safe space for our staff and guests as well as others, whomever may come here. Also being able to help and give back to the community and guests." Mike S.**

**"Security means more than just safety to me; it encompasses ensuring that the Care and Share community not only feels secure but also that the environment feels clean and positive. We are dedicated to protecting and enhancing the experience for the guests at Care and Share, Inc. Additionally, we offer a confidant for those in need and create a safe space that should never be underestimated. My work in security has taught me the importance of making everyone feel acknowledged and valued. Security goes beyond simply monitoring cameras throughout the day." Jayden L.**





Care and Share  
of Crookston  
Presents



# Open Hearts, Open Doors

Dinner & Silent Auction  
Saturday, February 1st, 2025

CROOKSTON INN

5:00 p.m. - Social Hour  
6:00 p.m. - Dinner  
7:00 p.m. - Silent Auction  
& Games

**BUFFET:**  
Barbecue Ribs  
Creamy Chicken with  
Garlic & Spinach  
With Sides



All proceeds will go  
towards a Walk In Freezer  
for the New Hope Food Shelf

**\$50** *per ticket*

**TICKETS:**

Available to purchase at American Federal Bank, Care and Share or any  
Care and Share Board Member. For Questions call 218-281-2644

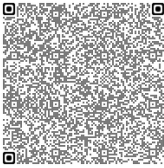
# The Care and Share of Crookston, Inc.

## & New Hope Food Shelf

220 E 3rd St Crookston, MN 56716

218-281-2644

SCAN me  
to go to  
our  
Amazon  
Wishlist



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



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

*Editor: Candace Sam*

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