

COVID-19 Stages of Grief

In 1969, *On Death and Dying* by Dr. Elizabeth Kübler-Ross put forward a way of thinking about grief that has become known as the 5 Stages of Grief.

Denial – Anger – Bargaining – Depression – Acceptance

Understanding grief and how it manifests in our bodies, souls, and minds can help us navigate this time of unprecedented upheaval, to say nothing of how we can help the people around us navigate it as well, particularly children and those who may not have the emotional capacity to recognize the side effects of the trauma almost all of us are experiencing on a very regular basis. In that vein, here are some things you should know about grief and grieving to help you understand how you feel, how those around you may feel, and how you can move through this time with much health.

1. “Stages” is a bit of a misnomer. The phrase “stages of grief” implies that grieving is an orderly process in which each step is completed before moving to the next. While the general direction of healthy grief is a movement toward acceptance, it is not uncommon for one who is grieving to move from stage to stage, in and out of order, particularly as the level of trauma increases or as events occur which bring that trauma to our attention. Our current circumstances will be particularly difficult to navigate because many of us are experiencing trauma piling on trauma. Periods of acceptance may be followed by periods of anger or denial with what appears to be no rhyme or reason to it. This is a normal part of grief.

2. Every loss must be grieved. Grief comes with far more than death. Loss causes grief. Disappointment causes grief. Even a change of circumstances which would be described as better overall can cause grief because of what must be left behind. Grief is not something we can escape; it is an essential part of human existence. Difficult feelings are tunnels, and we are the trains traveling through them. The only way out of the grief process is through it. Try and escape too quickly and things get worse in a hurry. We are experiencing a period of intense, simultaneous trauma on several fronts: medical, academic, economic, religious, and social crises are all part of our shared reality. All losses that come with these traumas will require grief. Make sure to be kind with yourself and with others who are grieving.

3. Everyone processes grief on their own schedule. This can be particularly disorienting for groups of people experiencing a shared loss, as many of us are experiencing at present. Grief lasts as long as it lasts. You may find yourself in a position where your emotional state does not match that of the people around you. You may feel acceptance while others are obviously angry or hurt, or vice versa. This doesn’t mean either one of you is “wrong”—no two people process grief at the same pace. Be at peace with your own emotions and the emotions of others as much as you can.

4. Unprocessed grief can lead to trauma down the road. Emotional trauma is an injury like any other injury—it requires time and treatment to heal properly. Shooting an injured athlete full of painkillers and sending them back onto the field is a recipe for disaster; the same is true for us when we are injured emotionally.

As we move through this period of trauma caused by losses related to COVID-19, it is imperative that we regularly take time to examine our emotional status and to process what is happening. Athletes build strength by taxing muscles and allowing time for recovery. We build emotional strength in the same way, by experiencing our emotions and giving ourselves time to process what we’re feeling.

Historic College of St. Benedict WALKING TOUR

History lessons, statues, famous alumni, significant events,
natural history, and archives...all interesting facets of CSB.

Next week - Wednesday, September 9th ...at 12 noon sharp...a social distancing Chamber event with individually packaged boxed lunches to enjoy on campus or as a "to-go" box after the tour.

You will enjoy an interesting journey through the CSB timeline, presented by the vibrant Ryan Gideon, Facilities Management Executive Director at CSB.

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Adam Otteson,
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CONNECT WITH US:
stjosephchamber@gmail.com
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**St Joseph Area Chamber of
Commerce**

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StJosephChamber.com

Visit our website for a great list
of local chamber member
businesses!

Check this out!

BUSINESS AFTER HOURS EVENT

**Are you looking for a brand new way
to promote our business?**

Business After Hours is not only a great networking opportunity, it is a perfect way to bring business to your door! When you host one of the quarterly events you have a unique opportunity to introduce your organization to business professionals who may not be familiar with who you are and what you do.

If you would like to host a Business After Hours, contact Jude by email at

stjosephchamber@gmail.com

Create a relaxing, informative evening to network! Traditionally held from about 4:30-6:30, Business After Hours is one of St. Joseph Chamber's sought after events.

St. Joseph 
AREA CHAMBER of COMMERCE

It's Easy! Really!

BE A MEETING HOST!

We are looking for member businesses to host a monthly Chamber meeting. This is a wonderful opportunity to showcase your business and tell others why they should do business with you. Any member is welcome to host a meeting. As host you will have an opportunity to greet our members and time at the beginning of the meeting to highlight your company. You will also have the opportunity to display any brochures, business cards, or giveaways. If you would like to be a Chamber lunch host please contact Jude for available months.

stjosephchamber@gmail.com

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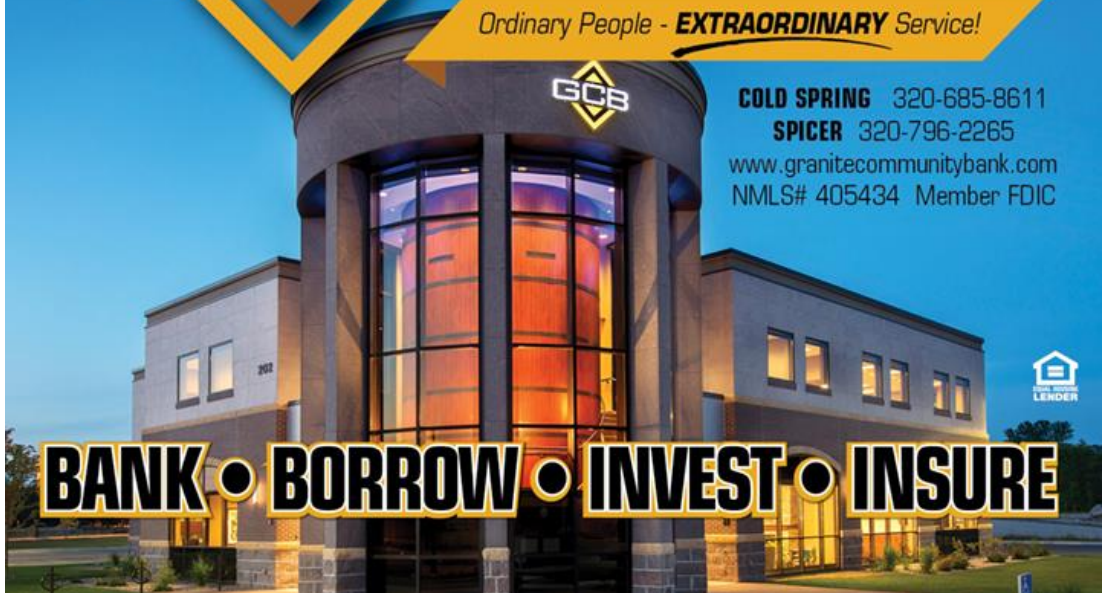
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The Custodial Services department at Saint John's University invites applications for a full-time, benefit-eligible Custodian position. This positions will work 6:00 am - 2:30 pm Monday through Friday and some weekends as required.

This position serves as a valuable member of the Saint John's University Custodial Services team dedicated to providing the campus community with a high level of efficient and attentive service. The Custodial department has approximately 25 full-time staff and many student employees. Together they oversee the cleanliness and maintenance of 1.4 million sq. feet of the interior of the University.

Saint John's University (SJU), a liberal arts college for men and a graduate School of Theology for both men and women, is located in the central lakes area of Minnesota. The campus is minutes away from St. Cloud, an increasingly diverse regional center with a population of over 100,000, and 70 miles from Minneapolis and St. Paul. Some SJU staff choose to reside locally, while others commute from the Twin Cities. Both St. Cloud and the Twin Cities offer a wide range of fine arts, cultural, dining, recreational, and sporting opportunities.

SJU is a Catholic university in the Benedictine tradition enlivened by values of community, hospitality, stewardship, and justice. The university is dedicated to cultivating an equitable, inclusive community founded on respect for all persons. Students, staff and faculty from many diverse belief systems and backgrounds collectively bring a rich dimension to the academic, cultural, and religious experience at SJU. Learn more in our [Statement on Diversity](#) and in our brochure regarding [Higher Education in the Catholic and Benedictine Tradition](#).

SJU offers competitive salaries and a comprehensive benefits program.

Responsibilities:

The custodian is responsible for all aspects of cleanliness, refuse/recycling removal, and sanitation of assigned areas, including but not limited to the following:

- Cleaning and sanitizing rest rooms and shower areas
- Sweeping, dust mopping, wet mopping, scrubbing, carpet cleaning, corridors, classrooms, rooms, offices, lounges, etc.
- Cleaning of windows fixtures and coverings
- Removing refuse and recycling from the buildings to outside holding containers
- Snow removal from all entrance/exit doors
- Maintaining security of storage areas and custodial equipment used in performing duties
- Performing minor maintenance and repair of equipment used
- Assisting with inventory of chemicals, equipment, furniture and dorm room condition reports
- Adhering to product and equipment usage and safety practices
- Providing guidance and assistance to student custodians
- Performing other duties as assigned



Qualifications:

Required:

- High school diploma or GED
- Demonstrated self-initiative, organization and work prioritization skills
- Positive attitude and ability to communicate and interact effectively with all members of the SJU community
- Ability to follow instructions and department procedures working with minimal supervision
- Ability to perform the physical requirements of the position, including performing manual labor for prolonged periods, lifting, bending, loading/unloading supplies, moving furniture, mopping, vacuuming, scrubbing, climbing ladders, working with strong cleaning products, and snow removal.
- Ability to use a computer for email and electronic work orders
- Ability to work the required schedule

Preferred: Institutional housekeeping experience preferred; on-the-job training provided.

To Apply:

Applications are accepted online by clicking on "**Apply**" above. Candidates should complete the full application. Submission of a cover letter and resume is optional. If you require special accommodations to participate in the Saint John's University hiring process, please contact Human Resources at (320) 363-2508 or employment@csbsju.edu. *It is the policy of SJU to conduct pre-employment background checks. An offer of employment is contingent upon a successful background check.*

Saint John's University is an Affirmative Action/Equal Opportunity Employer.

Women In Trucking
Association Names 2020
Top Woman-Owned
Businesses in Transportation



The list was created to recognize women in leadership and encourage more women to become proactive leaders in their organizations – and even start their own businesses, according to WIT president and CEO Ellen Voie. The program supports WIT's overall mission: To encourage the employment of women in the trucking industry, promote their accomplishments, and minimize the obstacles they face.

Entrepreneurship is a viable means of economic self-sufficiency, and many women are choosing an enterprise connected to transportation to be part of their career aspirations, according to Brian Everett, publisher of *Redefining the Road* magazine.

Criteria used to identify qualified applicants include majority ownership by a woman, financial stability and growth, innovation, and entrepreneurial spirit. Each company was nominated and chosen based upon business success and accomplishments—including those related to gender diversity.

The list is comprised of companies from a diverse range of business sectors in the commercial freight transportation marketplace, including motor carriers, third-party logistics companies, and original equipment manufacturers.

Companies named to the 2020 "Top Woman-Owned Businesses" list and the primary female business owners are:

- **AGT Global Logistics** (Angela Eliacostas, President and Founder)
- **Aria Logistics** (Arelis Gutierrez, President and CEO)
- **Brenny Transportation, Inc.** (Joyce Brenny, CEO and Founder)
- **Kenco** (Jane Kennedy Greene, Owner Chairwoman)
- **Knichel Logistics** (Kristy Knichel, CEO and President)
- **Powersource Transportation** (Barb Bakos, President and Owner)
- **RFX Inc.** (Kimberly Welby, President and CEO)
- **Rihm Family Companies** (Kari Rihm, President and CEO)
- **S-2international, LLC** (Jennifer Mead, CEO)
- **Tru-Pak Moving Systems** (Allyson Siegel, CEO and Owner)
- **United Federal Logistics Inc.** (Jen Behnke, President and Owner)
- **Veriha Trucking, Inc.** (Karen Smerchek, President)





Humor In A Time Of Crisis (Or Not)

If you're not sure, don't post it.
You'll never regret the joke you don't tell.
Humor is gift.
Truly.

The ability to laugh, even during a crisis is an important way to specially?) find relief and share community. But knowing the line between what's funny and what's distasteful can be hard. So, are there any guidelines we can follow to help us share humor in a responsible way during the current season of difficulty?

Here are a few pointers:

1.Run it by someone else, first.

Before posting or re-posting something on social media, ask a trusted friend if you should. If they cringe, quarantine the joke between the two of you.

2. Laugh with, not at

There's enough dividing us. Use laughter to unite. Social distancing is for geography, not humor.

3. Keep it light-hearted, not edgy

While insult comedy is a valid form of communication, it's hard to do well. It should be left to the professionals. Especially when people are ill or at risk. Default to the light-hearted, not the edgy.

4. Use it to instruct

Humor has a way of cutting through people's defenses so they can hear something they might otherwise be closed off to.

5. If you're not sure, don't post it

You'll never regret the joke you don't tell.

CHAMBER NEWS ELECTRONIC ADVERTISING OPPORTUNITIES

You can submit a camera-ready, full-page, half-page or quarter-page advertisement in Chamber News.

Sizes:

Full-page 8"x10"

1/2-page is 8"x5"

1/4-page 3.75"x5"

All advertisements have an active link to your website... bringing them to your doorstep! Or, you can link directly to your email address.

10 Benefits of Advertising in Chamber News

Your target audience is welcoming newsletters in their email box every day. The Chamber News is the right e-newsletter for placing your ads. You are speaking directly to your best potential customers. Advertising in emailed newsletters is one of the most effective and least expensive forms of advertising.

1: Precise Targeting. Your message won't get lost in the mass chatter. The people of St. Joseph are your target market, you have a much greater prospect of generating business leads with The Chamber News specifically marketing to your audience. The more specifically you can define your target market, the better your chances of success.

#2: Inexpensive. E-newsletter ads are a cost-effective way to reach your niche market. You'll build a list by using ours – a direct connection to businesses in St. Joseph. The return on investment (ROI) for e-mail marketing continues to far surpass other channels. According to a report from the Direct Marketing Association, newsletter's ROI returned \$48.06 in revenue for every dollar spent.

#3: Top of mind visibility. Each month you can remind readers of your business-generate continuous income, give your business a successful image, keep you competitive and invest in your success. Your ad is among only a few, so you'll receive maximum visibility.

#4: Linkability. Your advertising in The Chamber News will be linked directly to your home page or direct customers to your social media page.

#5: Credibility. In addition, advertising in the St. Joseph Area Chamber of Commerce newsletter adds to the established credibility of your business. Readers trust information from our newsletter and individuals don't have to worry about viruses or spam because the links are coming from a trusted source.

#6: Anytime, anywhere. The Chamber News reaches your target audience on a laptop, on their phones, at their desks in the office or at home.

#7: Lead generation. Quality lead results from The Chamber News are trackable. You will know if your investment in the Chamber's newsletter is worthwhile by watching the metrics on your website.

#8: Pass-Along Exposure. Not only can The Chamber News be forwarded from every recipient to others beyond our mailing list, an electronic newsletter has more longevity because it now exists in cyber space.

#9: No SPAM worries. The Chamber News gets your message past SPAM filters. Your email sent to a SPAM folder is a problem. With the Chamber News, you are in an e-mail message recipients welcome. 22% of people trust an emailed newsletter message from known organizations, according to Forester.



Body Mechanics and Footwear

Physical Therapy may be your answer. Along with posture, proper body mechanics keeps your body from becoming damaged or painful during daily activities. Repetitive daily movements can actually be causing harm without you noticing until it is too late.

If something does not feel right, most likely it is improper body mechanics and harming your body. Poor body mechanics is not avoidable but should be kept to a minimum.

Here are some points to remember for all activities throughout the day.

- *Keep proper posture
- *Keep objects close to your body by not leaning over
- *Don't stand or sit in the same position for long periods of time
- *Use proper lifting techniques (lift with legs not back)
- *Keep back neutral with knees bent and decrease strain on joints in standing
- *Use a backpack on both shoulders with a light load
- *Do not twist your back or carry heavy loads with your arms
- *Keep your head in a neutral position for all activities

Wear Appropriate Footwear:

Footwear has an impact on the rest of your body even during walking, and standing posture. You may need to consider custom orthotics if you are unable to find proper shoes.

Tips when shopping for your next pair of shoes:

- Size varies from brand to brand
- Orthotics may help arches
- Soles should be flexible
- Low heel (no high heels) decrease back pain
- Breathable material
- Firm heel to keep foot in place

Athletic shoes (similar to everyday shoes): need extra cushioning for sports, do not assume high cost equals high quality, insoles if needed, flexible cushion soles that bend at the forefoot, breathable material to decrease fungi and bacteria, tight heel grip to keep foot in place, and other characteristics depend on the type of sport you are using your shoes for.

If you are having increased difficulty in self-transfers, walking, running, back, neck, shoulder aches and pains, you may need to relook at what your overall posture and/or foot support system is.

Give SPOT a call so they can help you stay in your desired SPOT. 320.259.4151

Trouble Sleeping? Get Outside!

The amount of sleep we get greatly impacts every aspect of our daily lives, from our mood to our energy to our body's natural healing abilities. And it's no surprise that a lot of us are having trouble sleeping given the current worldwide health crisis.

So what can we do today to better prepare our bodies for a restful night's sleep? Get outside.

Studies show that exposure to sunlight "helps calibrate your body's circadian "clock", which regulates everything from appetite and sleep schedules to mood and energy levels."

Share Your News

This newsletter is your **FREE** opportunity to share information about exciting things happening in your organization with the rest of the St. Joseph Chamber!

Send us newsworthy updates about your:

- Celebrations
- Recognitions, Awards and Accomplishments
- Advancements
- New Employees
- Job Listings
- New Projects and New Locations
- Construction and Renovations
- Or anything journalism-related you'd like to share!

Newsworthy submissions to inform and enlighten will be accepted for our newsletter.

Deadline: 20th of every month!

Email your business name and a paragraph of 300 words or less, exactly as you'd like it published, to: Jude DuHoux at: stjosephchamber@gmail.com with the subject line "**NEWSLETTER**".

FREE Advertising Opportunity

Send us advertising to promote your business:

- Sales
- Exclusive Offers
- Coupons
- Promotions
- Special Events
- Grand Openings
- New Products

Your Chamber Board of Directors has made the decision to offer free advertising in this newsletter. You must submit a camera-ready 8.5x11 or 8.5x5.5 jpg or pdf by the 20th of the month to advertise. You must submit each month and you must include an offer or benefit to our members within your advertising.

DON'T MISS THIS!

Deadline: 20th of every month!

Plan ahead for your Advertising!

10 Bonuses of Advertising in Chamber News

Your target audience is welcoming newsletters in their email box every day. The Chamber News is the right e-newsletter for placing your ads. You are speaking directly to your best potential customers. Advertising in emailed newsletters is one of the most effective and least expensive forms of advertising.

#1: Precise Targeting

#2: FREE

#3: Monthly top-of-mind visibility

#4: Links to your home page

#5: Credibility

#6: Anytime, anywhere the newsletter reaches your audience.

#7: Lead generation

#8: Pass-Along Exposure

#9: No SPAM worries

#10 Positive SEO for your website

Plant-based Protein Made Easy



What does it mean to be plant-based? It means you're choosing to get most of your food from plant sources. The Director of the Department of Nutrition at Brigham and Women's Hospital and Harvard Health contributor, Katherine D. McManus, MS, RD, LDN, **explains:**

"This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you are vegetarian or vegan and never eat meat or dairy. Rather, you are proportionately choosing more of your foods from plant sources."

If you've considered reducing your meat or dairy intake (Meatless Monday perhaps?), you may be wondering how to get adequate protein when your main sources are eliminated.

Here are 10 sources of plant-based protein that are easy to incorporate into your meals today: Lentils, chickpeas (think: hummus), nuts, quinoa, tofu, steel-cut oats, chia seeds (toss in a smoothie), beans with rice, potatoes, and leafy greens.

3 Simple Ways to Protect Your Spine When Working from Home

Working from the couch wearing on your spine? Try these 3 simple tips:

Lift your laptop: If you're using your laptop at the kitchen table, it might be positioned too low causing neck strain. Place a few books or a shoebox underneath it so you are looking directly at the screen.



Stand up: You don't need an expensive standing desk. A simple hack like placing a large cardboard box on your kitchen table can raise your laptop enough to be effective. Try to alternate between sitting and standing throughout the day.

Go wireless: Wireless headphones are affordable game-changers. A wireless headset can relieve the strain an extended cell phone call puts on your neck, plus allow you more freedom to stretch and walk around while talking.

If working from home is putting extra strain on your back and neck, it may be time for an adjustment. Schedule your next visit today.



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We are excited to offer a 10% discount on all Website Projects, Design Services, and any Digital Marketing set up fees (including Reputation/Review Management and Google My Business) to Chamber members.

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(320) 282-5828



Lunch & Learn Certificate: **FREE Lunch**

Be Our Guest!

Be Our Guest!

Be Our Guest!

Attend your first Chamber **Lunch & Learn** and lunch is on us!

The St. Joseph Area Chamber of Commerce invites you to one of our informational meetings held the second Wednesday of every month at the St. Joseph Government Center (City Hall).

Don't Miss Out of a Great Opportunity to:

*Network with other businesses. *Increase recognition. *Generate new contacts. *Inform others about your business.

Name: _____

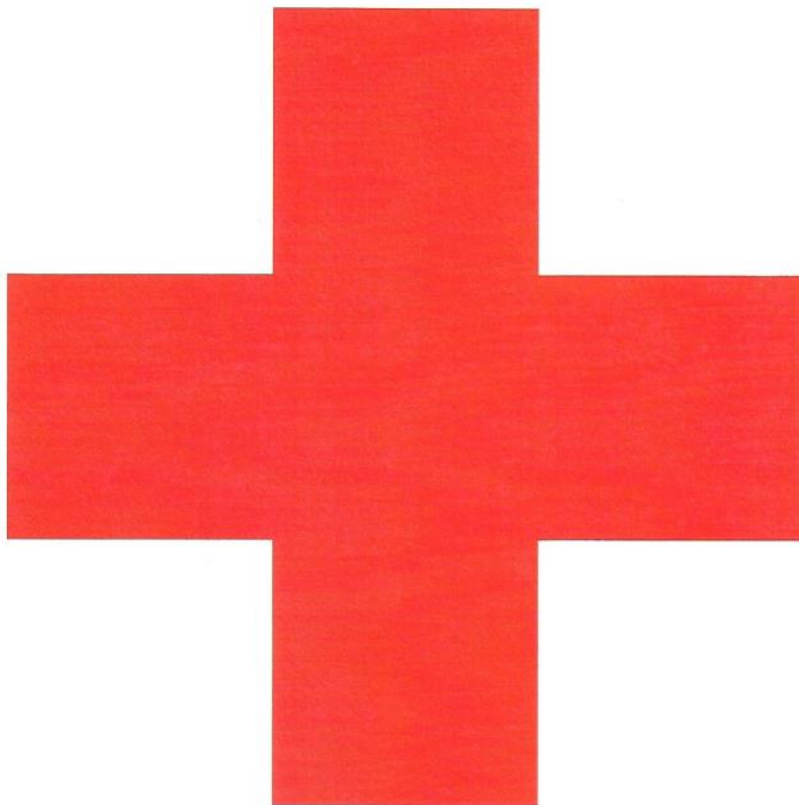
Company: _____

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Give blood.

Every 2 seconds someone
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Blood Drive
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Resurrection Lutheran Church

610 N County Rd 2 - St. Joseph

Wednesday, September 9, 2020
12:00 p.m. to 6:00 p.m.

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enter Sponsor Code: St Joseph



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an appointment.



PREP FORWARD

REOPENING RIGHT. REOPENING NOW.



As we have prepared to open for regular instruction on August 26, 2020, we have committed to providing a safe and healthy campus for our students, families, faculty and staff and to delivering an exceptional and flexible educational experience. *Prep Forward* describes what life in the school, classes, and other campus activities and experiences will look like in the upcoming year.



MULTI-MODAL LEARNING

We will deliver our curriculum in multiple formats: live in-person, remote live (every class will be broadcast live via Zoom), and remote recorded (recorded Zoom classes available to all students).



SYMPTOM SCREENING

Each day, all students, faculty, staff and visitors must complete and submit a COVID-19 symptom screener indicating that they are symptom free when they enter the building.



MANDATORY MASKS

Students, faculty, staff and visitors must wear cloth face coverings or masks within the school building throughout the day to reduce the risk of disease transmission.



SOCIAL DISTANCING

All classrooms will be set to physical distancing guidance suggested by the American Academy of Pediatrics. Students will sit in forward-facing, diamond patterns. Middle School and Upper School dismissal times will be staggered to reduce the number of students in hallways during passing times.



DAILY CLEANING

Our building and residence hall will be cleaned daily throughout the week. Cleaning and disinfection will follow CDC guidance. Faculty and staff will clean high-touch areas throughout the day, including desks, tables and doorknobs.



ACTIVITIES AS ALLOWED

We will follow Minnesota Department of Health and Minnesota State High School League guidance for athletic, club, and academic team competition and practices.

Committed to providing a
SAFE and **HEALTHY** campus.

We all can do our part to keep Saint John's Prep healthy and safe!



SJPREP.NET/reopening

MELROSE HEADQUARTER OFFICE

900 Kraft Drive SE, PO Box 40
Melrose, MN 56352-0040
(800) 962-0655

**ST. JOSEPH BRANCH OFFICE**

29643 Frontage Road, PO Box 816
St. Joseph, MN 56374-0816
(800) 962-655

PRESS RELEASE

For Immediate Release: 8/5/2020

For more information contact:

Whitney Ditlevson, *Communications and Marketing Supervisor*

wditlevson@stearnslectric.org

(800) 962-0655 | direct (320) 433-4895

OPERATION ROUND UP® PROGRAM ACHIEVES \$2.5 MILLION MILESTONE

Melrose, Minn. - Stearns Electric's Operation Round Up® Program achieved a major milestone in 2020 by awarding a grand total of over \$2.5 million in grants for organizations throughout Central Minnesota over the past 27 years.

Since the program's inception in 1993, Operation Round Up® (ORU) and Stearns Electric members have awarded \$2.55 million to 4,867 local non-profit organizations and community service programs.

Through the Operation Round Up® program, Stearns Electric Association gives its member-consumers the opportunity to give back to the community by rounding up their electric bill to the nearest dollar. The rounded-up funds, no more than \$11.88 per year, per member, are placed in a trust fund that is administered by the Stearns Electric Association Trust Board. The Trust Board is appointed by the Cooperative's elected Board of Directors.

Trust Board Directors met on July 15 to review applications and funding requests. Forty-three organizations were selected to receive funds totaling between \$250 to \$2,000 in this round of contributions. A total of \$28,500 was awarded in July.

Operation Round Up® funds have been used to help youth and senior organizations, food shelves, community organizations, scholarships, environmental projects, park and lake associations, health groups, emergency responders and more.

The following organizations received funding in July 2020:

American Legion Auxiliary – St. Joseph
Belgrade Police Department

BIO Girls Boy Scouts of America - Individual Eagle Scout Project Broken Roads Ranch Catholic Charities of the Diocese of St. Cloud Dakota County Technical College – Rosemount Eden Valley Area Library Fare for All Flensburg Fire Relief Association Freeport Community Care – Service Corporation Freeport Family Fishing Freeport Senior Center Friends of Career Solutions Keller Family Community Foundation Knights of Columbus 5548 Auxiliary Lake Henry Fire and Rescue Midwest Outdoors Unlimited Minnesota State Community and Technical College – Wadena Minnesota West Community and Technical College – Jackson Mound Lake Association Osakis High School Trap Team Randall Fire Department Relay for Life – Western Stearns County – Sauk Centre Ridgewater College – Willmar Rockville Fire and Rescue Sartell – St. Stephen Education Foundation Sauk Centre American Legion Club Sauk Centre Conservation Club Sauk Centre Youth Baseball Association Sauk Rapids Fire Department Second Chance Animal Care Sinclair Lewis Foundation St. Cloud Technical and Community College St. Nicholas Athletic Association St. Paul's Unity Lutheran / Unity Cemetery Fund St. Stephen American Legion Post 221 Stearns County 4H Horse Club Todd County Sheriff's Office K-9 Program Todd Wadena Community Corrections Veterans National Living Memorial WACOSA West Central Minnesota Communities Action Visit stearnslectric.org for more information on the Stearns Electric Operation Round Up® Program.

Free Meals for Seniors

Frozen meals will be handed out next Tuesday, Wednesday and Thursday from 11-12:30 at Whitney Senior Center. People can get up to 30 meals. Deliver of the meals is possible. Please use this service so this program con-

**Start by clicking on this link
to fill out the necessary form.**

<https://irp-cdn.multiscreensite.com/43f8da0a/files/uploaded/2020%20HDM%20NAPIS%20SNAP%20FORM-Food%20Shelf%20St%20Cloud.pdf>

Do You Know Seniors Who May Be Isolated?

The following Programs are available to provide telephone reassurance and friendly visiting via phone to older adults. This is being partially funded through the Central MN Council on Aging's Older Americans Act funding.

Assumption Community Faith in Action	320-348-2322
Faith in Action for Cass County	218-675-5435
Family Pathways- Isanti, Kanabec, Mille Lacs, Pine , Chisago	651-674-8040
Holdingford Helping Hands	320-746-9960
Horizon Health Faith in Action- Morrison	320- 468-6451
Lakes Area Interfaith Volunteers- Crow Wing	218-825-4804
Lakes & Pines- Mille Lacs, Isanti, Chisago, Pine, Kanabec	320-679-1800
Paynesville Rose Center	320-243-5144
Senior Community Services- Wright	952-541-1019
Wright County Community Action- Wright	320-963-6500
Lutheran Social Service- Crow Wing, Todd, Wadena, Morrison, Cass	218-233-7521
Park View Care Center- Buffalo	763-682-1131

Turn to
St. Joseph
Chamber
of
Commerce
Businesses
First!

<u>Advantage Chiropractic</u>	32 32nd Ave. S, SC	320-251-1080	Mark D. Roerick D.C.	drmark@advantagechiro.net
<u>American Door Works</u>	2150 Frontage Road, WP	320-257-9108	Gary Bechtold	GaryB@americadoorworks.com
<u>Anfinson Thompson & Co., P.A.</u>	710 County Rd 75E, #102	320-441-2989	David Anfinson	David@anfinsonthompson.com
<u>St Joseph Veterinary Clinic</u>	111 South Red River, CS	320-363-7756		
<u>Arlington Place Assisted Living</u>	21 16th Avenue SE	320-363-1313	Karen Hennessey	karen@arlingtonplacemn.com
<u>Auto Body 2000, Inc</u>	611 19th Avenue NE	320-363-1116	Craig Zahara	zaharacraig@gmail.com
<u>BankVista</u>	125 Twin Rivers Court	320-257-1600	Karen Baas	joe.prodinsky@bankvista.com
<u>Bello Cucina</u>	PO Box 300	320-363-4534	Jason Mueller	bellocucinastjoe@gmail.com
<u>Borgert Products Inc</u>	8646 Ridgewood Road	320-363-4671	Ramona Jonas	ramonaj@borgertproducts.com
<u>Brenny Transportation Inc.</u>	8505 Ridgewood Road	320-363-6999	Joyce Brenny	joyce@brennytransportation.com
<u>Central Minnesota Ceilings Inc</u>	31294 115 Ave. PO Box 328	320-363-7303	Dave Mehr	dave@cmceilings.com
<u>Central Minnesota Credit Union</u>	1300 Elm Street East	320-271-0274	Leslie Lane	adamo@mycmcu.org
<u>Christine R Panek CPA</u>	PO Box 347	320-260-6491	Chris Panek	chris@panekcpa.com
<u>Church of St Joseph</u>	12 Minnesota Street West	320-363-7505	Amber Walling	sscholz@churchstjoseph.org
<u>City of St Joseph</u>	75 Callaway Street East	320-363-7201	Kris Ambuehl	kambuehl@cityofstjoseph.com
<u>Coborns</u>	1500 Elm Street East	320-363-0011	Clair Rodgers	stordir.2039@cobornsinc.com
<u>Cohlab</u>	PO Box 309, Becker	320-290-3663	Kelsey Meyer	heather@cohlab.com
<u>College of Saint Benedict</u>	37 College Avenue South	320-251-1817	Kim Poganski	kpoganski@csbsju.edu
<u>Collegeville Communities</u>	15 Minnesota St E #104	320-363-7656	Colleen Hollinger- Petters	colleen@collegeville.biz
<u>Computer Repair Unlimited</u>	24 Birch Street West	320-492-2814	Blake Thoennes	Blake@computerrepairunlimited.com
<u>Daniel Funeral Home</u>	1010 N 2nd Street	320-363-7783	Paul Daniel	paul@danielfuneralhome.com
<u>DeZurik Black Signs</u>	39852 125th Ave	320-293-4118	Sherri DeZurik	justsayittoday@gmail.com
<u>Dijital Majik Computers</u>	553 25th Avenue North	320-230-7525	Don Blonigen	don@dmconline.com
<u>Laser Dentistry LTD</u>	26 Second Avenue NW	320-363-4468	Dr. Michael Contardo, DDS	michael@laserdentistrymn.com
<u>Edina Realty</u>	110 Division Street	320-266-8727	Tara Bayerl	tarabayerl@edinarealty.com
<u>Edward Jones - Beau Hanowski</u>	24 Birch Street West	320-363-0294	Beau Hanowski	beau.hanowski@edwardjones.com
<u>Ehlinger Lawn Service</u>	305 10th Avenue North	320-980-5697	Katy	katy@ehlingerlawn.com
<u>Exponential Chiropractic</u>	103 College Avenue N	320-363-4573	Brian Koltes	exponentialchiropractic@gmail.com
<u>Farmers Insurance</u>	1511 E Minnesota Street, #5	218-343-4702	Laurie Oppel	loppel@farmersagent.com
<u>Filsan Talent Partners</u>	400 1st St. S. #600, SC	612- 987-7323	Hudda Abraham	hudda@filsantalentpartners.com
<u>Finken Water Solutions</u>	PO Box 7190	320-258-2005	Tom Finken	tfinken@finkens.com
<u>Floor-to-Ceiling Store</u>	8075 Sterling Drive	320-271-1632	Paul Heun	paul@waiteparkftc.com
<u>Floral Arts</u>	307 1st Ave NE	320-363-7705	Elaine Kacures-Wruck	office@floralartsonline.com
<u>Forest Mushrooms Inc.</u>	14715 County Road 51	320-363-7956	Kevin Doyle	mail@forestmushrooms.com
<u>Gabriel Media</u>	1926 W Division St., SC	320-251-1780	Deb Huschle	deb@gabrielmedia.info
<u>Gary's Pizza</u>	17 College Avenue N	320-363-7261	Roger Steichen	roger@garyspizza.com
<u>Granite Community Bank</u>	PO Box 416, Cold Spring	320-685-8611	Jim Eiyneck	jime@granitecommunitybank.com
<u>Granite Services, LLC</u>	30736 Pearl Drive	320-249-1172	Jeffrey Burg	jbarg@graniteservicesllc.com
<u>Grey Face Rescue</u>	PO Box 7072, SC	952-261-7178	Bethie Gondeck	bethieg@greyfacerescue.org
<u>Heartland Door Sales</u>	30489 Pearl Drive	320-363-4657	John Notch	heartlanddoorsales@gmail.com
<u>Hometown Title</u>	710 County Rd. 75 E, #101	320-260-1492	Tim Nelson	timnelson@email.com
<u>Joe Pfannenstein Signs</u>	1015 14th Avenue South	320-255-1049	Joe Pfannenstein	joesign88@gmail.com
<u>Jan's Barbershop</u>	21 1st Ave NW	320-428-3050	Jan Glandon	iowalibber@hotmail.com
<u>Jovanovich, Kadlec & Athmann</u>	1010 St. Germain St W	320-230-0203	Thomas Jovanovich	Thomas.Jovanovich@jkalawfirm.com
<u>Kay's Kitchen</u>	303 College Ave. North	320-557-0030	Tanya Finken	tanyafinken@gmail.com
<u>Knight Builders</u>	701 Elm Street East	320-363-0783	Kevin Dierkhising & Carol	knightkbi@aol.com

<u>Kwik Trip, Inc</u>	408 Great Oak Dr	320-253-5732	Justin Pope	jpope@kwiktrip.com
<u>LaPayette</u>	19 College Avenue North	320-363-7747	Ann Reiser	sjrproductions@gmail.com
<u>Little Saints Academy</u>	124 First Avenue SE	320-557-0123	Amy Bonfig	littlesaintsacademy@gmail.com
<u>Local Blend</u>	19 Minnesota Street W	320-363-1011	Stacie Engholm	thirdstonecoffee@gmail.com
<u>Mary Kay Beauty Consultant</u>		320-247-0210	Pat Schreiber	pjsmk2@gmail.com
<u>McDonald's-Jova Mgmt LLC</u>	1180 Elm Street East	320-260-0071	Joseph & Valerie Silva	valerie.silva@partners.mcd.com
<u>Michelich Granite</u>	7808 CR 75, S.C. 56301	320-363-7779	Jane Kalthoff	janek@michelichmemorials.com
<u>Midcontinent Communications</u>	3901 Louise Avenue N	605-357-5783	Tammy Haase	tammyhaase@mmi.net
<u>MN Assoc. of Farm Mutual Ins.</u>	601 Elm Street East	320-271-0909	Dani Hennen	dani@mafmic.org
<u>MN Home Improvement</u>	8850 Ridgewood Court	320-363-4435	Tom Borresch	mnhomeimprovements@gmail.com
<u>MN Street Market</u>	27 W Minnesota Street	320-363-7733	Pia Lopez	generalmanager@mnstreetmarket.com
<u>Newsleaders</u>	32 First Avenue NW	320-363-7741	Janelle Von Pinnon	janellev@thenewsleaders.com
<u>Omann Insurance Agency, LLC</u>	305 Cedar Street East	320-363-7233	Peter Omann	pro@omannins.com
<u>Pam's Auto Inc</u>	7505 Ridgewood Road	320-363-9220	Mike Meyer	mike@pamsauto.com
<u>Premier Real Estate Services</u>	550 25th Avenue N	320-260-0972	Kerry Peterson	kerry@premierhomesearch.com
<u>Quill & Disc Inc</u>	30844 First Avenue NE	320-363-7296	Julie Watkins	watline@gmail.com
<u>Resurrection Lutheran Church</u>	610 North CR2	320-363-4232	Tracey Birr	rlc@rlcstjoe.com
<u>Retro Green Energy</u>	315 Franklin Avenue NE	320-252-8888	Lisa Taylor	lisa@retrogreenenergy.com
<u>Rockhouse Productions LLC</u>	PO Box 757	320-363-1000	Jeff Vee	jeffvee@rockhousepro.com
<u>Russell Eyecare & Associates</u>	15 Minnesota St E #107	320-433-4326	Chris Russell-Villnow	info@russelleyecare.com
<u>Rolling Ridge Event Center</u>	31101 County Road 133	320-257-7755	Randy Schmitz	info@rollingridgeevents.com
<u>Scherer & Sons Trucking</u>	1007 1/2 Minnesota St E	320-363-8646	Bill Scherer	bscherer@scherertrucking.com
<u>Sentry Bank</u>	400 Fourth Avenue NE	320-363-7721	Brad Eckhoff	Brad.Eckhoff@mysentrybank.com
<u>Serenity Place on 7th</u>	329 Seventh Avenue SE	320-406-7650	Matt Imdieke	matt.imdieke@serenityon7.com
<u>Sharing (Shaklee)</u>	5011 Hidden Acres Circle	320-654-1175	Dave & Heidi Carlstedt	sharing@cloudnet.com
<u>Short Elliott Hendrickson Inc</u>	1200 25th Ave S	320-229-4300	Randy Sabart	rsabart@sehinc.com
<u>Short Stop Custom Catering</u>	3701 Third Street North	320-251-0716	Byron Bjorklund	byron@shortstopcustomcatering.com
<u>Sisters of Order of St. Benedict</u>	104 Chapel Lane	320-363-7142	Sister Karen Rose	krose@csbsju.edu
<u>Snap Fitness</u>	708 Elm Street	320-363-7757	Deb Seifert	stjoseph@snapfitness.com
<u>SPOT Rehab & Home Health</u>	2835 W St. Germain Street	320-259-4151	Tamara Huesers	tezers@pamsauto.com
<u>St Joe Mini-Storage</u>	24 Birch Street West	320-363-4953	Mike Deutz	mdeutz@live.com
<u>St John's Prep</u>	2280 Water Tower Road	320-363-3320	Zoe Davis	lzdavis002@sjprep.net
<u>St Joseph Meat Market Inc</u>	26 First Avenue NW	320-363-4913	Harvey Pfannenstien	stjoemeat@stjoemeat.com
<u>St Joseph Mutual Insurance</u>	13 Minnesota Street W	320-363-4144	Jenny Eiyneck	jenny@stjoemutual.com
<u>Stearns County Abstract</u>	21 Courthouse Square	320-251-5920	Chris Steffes	chriss@stearnscountyabstract.com
<u>Stearns Electric Association</u>	29643 Frontage Road	320-363-4630	Michelle Christiansen	mchristiansen@stearnselectric.org
<u>Strata Performance</u>	PO Box 803	320-557-0701	Bob Ringstrom	rjr@strata-ps.com
<u>The Estates Bed & Breakfast</u>	29 E Minnesota Street	320-557-0300	Julie Ehlert	info@estatesbedandbreakfast.com
<u>Thomsen's Greenhouse</u>	29754 156th Avenue	320-363-7375	Arno Shermock	arno@tgreenhouses.com
<u>Tiremaxx/Mid-State Wholesale</u>	11415 County Road 75	320-363-7246	Bethany Strom	bo@tiremaxx.com
<u>Tri-County Abstract & Title</u>	122 Twelfth Ave N	800-892-2399	Melanie Walz	melaniew@tricityabstract.com
<u>Voigt-Johnson Realty</u>	1101 2nd St. S, Sartell	320-774-2400	Tara Schommer	taraschommer@voigtjohnson.com
<u>W Gohman Construction Co.</u>	815 County Road 75 E	612-859-0382	Tim Elness	telness@wgohman.com
<u>WACOSA</u>	PO Box 757, Waite Park	320-251-008	Roxanne Ryan	rryan@wacosa.org
<u>Woodcrest of Country Manor</u>	1200 Lanigan Way SW	320-271-1200	Gail Rucks	grucks@countrymanor.org