

SPRING NEWSLETTER

MAY 2026 / VOL. 26 NO. 1



f a i t h
I N A C T I O N



Spring gives a time to reflect as we reemerge from our winter hibernation and lean into the new changes the season brings. As spring has arrived and new life begins to bloom all around us, we are reminded of the beauty of connection, compassion, and community.

At Faith in Action, every ride given, every visit made, and every helping hand extended is possible because of you. Your kindness helps ensure that our neighbors can remain independent, connected, and cared for - especially when they need it most.

This season of renewal is a powerful reflection of what you make possible each day. Because of your support, hope continues to grow, and lives are touched in meaningful ways across our community.

Thank you for standing with us, for believing in our mission, and for helping us bring warmth and dignity to those we serve.

With heartfelt gratitude,
Faith in Action



PHOTO FROM: SALSALICIOUS 2026
FABULOUS FUNDRAISER FOR
FABULOUS LOCAL NON-PROFITS!

Office Hours:

Monday-Friday

8:00am-3:30pm

651-327-2400

320 West Ave., Suite B

Red Wing, MN 55066

www.faithinactionredwing.org



A note from the President

Welcome to summer! This summer marks Faith in Action's (FIA) 28th year of proudly serving the Red Wing community. In our effort to help enrich the lives of seniors and enhance their ability to remain independent FIA:

- Logged 30,744 miles providing rides in the community
- (57% of those rides were for medical appointments)
- Provided book house calls
- Friendly visiting
- Cancer treatment rides to Rochester Mayo
- 77 FIA volunteers volunteered 3324 hours providing these services.

In its inception in the mid 1990's there were 22 Faith in Action nonprofit organizations in the state of Minnesota. Today only a handful remain. As we continue to work hard providing much needed services in our community of Red Wing, we recognize our:

- Sustaining funders and donors
- Volunteers
- Community organizations
- Red Wing Merchants
- Dedicated team members

All who make this possible by so generously supporting FIA, and remembering without them none of this would be possible. It is with heartfelt appreciation we sincerely Thank You!

Never underestimate the power of your support of FIA, we don't and for that we are forever grateful!

FIA Celebrating 28 years with you and because of you and looking forward to our future together!



Brittani
Executive
Director



Amber
Office Assistant &
Transportation Dispatch



Elaine
Transportation
Dispatch



Sheryl
Transportation
Dispatch

When you call FIA, these are the friendly staff that answer your phone calls and who work tirelessly to connect volunteers for transportation, friendly visits or book deliveries.

*Thank you for
your ongoing support!*

2026 Board of Directors

Sue Guerber - President
Dave Tincher - Vice President
Jean Lodermeier - Treasurer
Alondra Urzua - Secretary
Kirsten Fridell
Gordon Hansmeier
Dave Larson
Jim Maybach
Emily Thoms

Easy Ways to Give

Online: Give a one-time gift or monthly recurring donation through PayPal or Venmo. Just check the “make this a monthly donation” box on our website when giving in the “donations” tab.

www.Faithinactionredwing.org

Check or Cash Gift: can be mailed or dropped off at FIA office at 320 W Ave. Suite B, Red Wing, MN 55066

Thrivent Choice Dollars: Thrivent Members can delegate their Direct Choice Dollars to Faith in Action of Red Wing through their site:

<https://www.thrivent.com/about-us/membership/thrivent-choice>

Legacy Giving: Friends of Faith in Action can make a lasting impact by leaving a charitable gift in their Last Will and Testament. Another possible means of giving is through a Charitable Remainder Trust. To consider such donation, please consult with your attorney or estate planning professional.

Walmart Spark Good Round Up: Online Walmart orders can be rounded up to the nearest dollar and those extra cents go directly to Faith in Action: <https://www.walmart.com/nonprofits/e465d37d-144a-4cef-a8b4-f2b518a457e3/profile>

Other Options: Many retirees will direct a portion of their Required Minimum Distribution (RMD) from their IRA, 401(k) or other retirement account to Faith in Action. Check with your tax preparer to understand the possible tax advantages such as giving.

Potter Ridge

Lemonade Stand!

9AM - 3PM

JULY 10TH, 2026

1971 Neal St. Red Wing, MN

Join us for a Fundraising Event!

Lemonade, Baked Goods, Family Activities,
Ice Cream and More!

All Proceeds go to
Faith In Action - Non-Profit



Mark your calendars for our annual event
The Lemonade Stand at Potter Ridge!

At the fundraiser, you will find amazing
bake sale options, fresh lemonade and tea,
Build your Own Bouquets and Flower Bud
Vases, and a lot of friendly smiles!

We will also have rock painting outside – a
fun activity for all ages and rocks can be
taken home or added to the painted rock
garden on site.

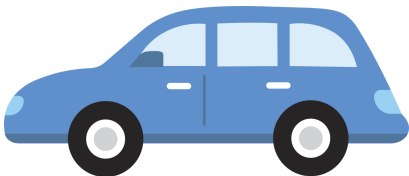
This year we will be indoors at Potter Ridge
as we melted beneath the July sun last
summer!

All proceeds go to Faith in Action.

FAITH IN ACTION WORD FIND

J M J T O I Z C A C J J N X K
W V S I F R K V L E N M I T O
G H A M Z O E G X I F Q M B P
B R F Q I F O D C O N O F B H
O T A R F L D D W B A I W V I
O D S N E H E P S I E W C O Z
K O J H T E A S T H N N C L C
S N D I O S A Z M R E G H U L
Q A A S X P L N V I E L A N L
M T G E K K P C D R X U F T O
D I U S K S X I F W I L C E Y
C O V C H F F P N S T D N E Q
K N J M H H G Y G G N W E R A
P S N O N P R O F I T J P S A
S B F R I E N D S H I P K A O

RIDES DONATIONS VOLUNTEER BOOKS FREE
SMILES FRIENDSHIP CLINIC FOOD SHELF
GRANTS SHOPPING NON PROFIT RED WING



Would you like library resources delivered to you at home?

Would you like a volunteer to come to your home for a friendly visit?

Please consider reaching out - we would love to provide these options to you beyond transportation!

HAVE AN APPOINTMENT?

Call FIA to get on our calendar right away!

Ride Recipients:

To ensure you have a ride, contact Faith in Action as soon as you have an appt date on your calendar!

Yes, even weeks or months ahead of time - the earlier, the better!

Contact us: 651-327-2400



As an organization that is funded through grants and donations, we are forever thankful for the grant opportunities within our own community. Knowing that these organizations see what we are doing as a positive for the Red Wing community year after year is an amazing feeling.

If you know of a grant opportunity that Faith in Action would be a good fit for, we appreciate any knowledge and insight to continue to fund our mission.

THANK YOU
UNITED WAY
OF GOODHUE, WABASHA,
& PIERCE COUNTIES

Faith in Action
Grant Recipient
2026 -2027



UNITED WAY
Goodhue, Wabasha,
and Pierce Counties



Ways to Maintain Independence as You Age



An overwhelming majority — 92% — of older adults reported that they would prefer to live out their golden years in their current home. In fact, the percentage of older adults checking in to assisted living or nursing homes has declined over the past 20 years.

As a culture, Americans place a high value on independence. The ability to be self-reliant and maintain control over one's own life is a source of confidence, self-esteem, and (perhaps counterintuitively) a feeling of belonging for many.

Aging in place is clearly a popular dream, but achieving it is easier said than done. This article will cover:

- Why independence is so beneficial as you age
- Common issues that may get in the way
- Actionable tips to help you prepare yourself or your loved ones to continue to enjoy an active and independent lifestyle for years to come

The impact of aging on independence

Older age groups in the U.S. are growing faster than their younger counterparts, with the number of people over the age of 65 on track to rise from 56 million in 2020 to 95 million by 2060. By 2030, nearly 1 in 5 Americans will be in this age group. It's a big demographic, and one that's growing quickly.

As you age, any number of health concerns can crop up that eat away at your independence. Chronic illnesses begin to become more apparent, loss of mobility can start a vicious cycle, hearing and sight can start to make it more difficult to take calls or handle paperwork, and a myriad of other issues begin to make themselves known.

Common age-related issues

Getting older impacts your independence in three broad ways: reduced hearing, reduced vision, and mobility issues. These are very common among seniors in the U.S.

- 31.1% of people aged 65 and older experience hearing loss
- 40.3% over the age of 75 experience hearing loss
- 23.3% of people over 65 have vision loss
- 40% of seniors reporting trouble with things like walking or climbing stairs

Why personal independence matters

To be clear, when we talk about "independence," we don't mean "never needing or asking for help from anyone." Everyone needs a hand every now and again. In fact, that kind of community support can help you achieve the type of independence we're talking about — the ability to age in place without constant care.

This kind of independence is an important part of mental health. It gives you a sense of autonomy, purpose, and control over your life. After living independently for decades, loss of independence can be a big blow to your self-esteem.

Tips for staying independent as you age

There is no shame in deciding to take advantage of assisted living options, and many of them have great programs in place to help their residents maintain a sense of independence. Still, 77% of Americans over the age of 50 say they prefer to age in place.

So here are a few tips that can help you maintain your independence as you age:



Physical activity

Regular exercise is the best way to prevent mobility issues down the line. Whether you can go for bike rides, swim, do Pilates, hit the weights, or just go out for a nice walk, any level of activity can be beneficial.

Depending on your age and health, it may be a good idea to talk with your doctor before starting a new exercise regimen. They can help you set reasonable goals and identify workouts that will work for you.

Here are a few keys to keep in mind when developing your own exercise routine:

- Start simple: Treadmills have lower settings for a reason. Walking can be an excellent aerobic exercise to start building endurance.
- Never skip a warmup: Especially as you get up there in years, preparing your body for a workout will help you avoid injury and make the most of the workout. Hop on a stationary bike for a few minutes or go through some active stretches that get your body moving, bring your heart rate up gradually, and loosen up your muscles.
- Everyone — even you — can benefit from strength training: The goal doesn't have to be bulky muscle mass; training key muscle groups can help with your balance, posture, and even bone density.
- Soreness is different than pain: If a joint or a muscle hurt for longer than a day or two, stop exercising that area and consult your doctor. They can diagnose whether you have a more serious problem or injury and may even be able to suggest alternative exercises to help you stay active while avoiding pain.

The key to any workout routine is consistency. Find an activity that gets you moving and stick to it.

Cognitive health

Keeping your body fit is great, but it's just as important to break the occasional mental sweat. Daily crossword puzzles and similar brain games are a fun way to keep your mind sharp, but they're only part of the picture. It's also important to maintain other mentally stimulating habits, like reading, listening to or playing music, and most importantly, staying socially active.

Studies have found a link between socializing and both mental flexibility and brain resilience. Similarly, research shows that maintaining close friendships delays mental decline. Face-to-face interactions with other people can activate parts of your nervous system that regulate stress and anxiety.

Plus, social interaction presents critical learning experiences no matter how old you are. Everyone has something they can teach you, and everyone is capable of surprising you.

Find opportunities to interact with your local community and get to know your neighbors. Enroll in group classes, get involved with some charity work, or find clubs centered around your interests.

Home modifications

There's plenty you can do to prepare yourself, body and mind, to age in place. There's also another factor to the equation — the place. An AARP survey found that nearly three quarters (71%) of adults said their homes and some accessibility issues.

Fortunately, there's an entire world of products designed to help you overcome home accessibility hurdles based on your particular needs.

For example, if you're worried about getting around your house, you can install grab bars in key locations, replace loose rugs with non-slip alternatives, swap corded vacuums with rechargeable cordless versions (or, better yet, autonomous robot vacuum cleaners).

Improving your indoor lighting can help if you've noticed your vision is going, and it also makes a big difference in preventing falls. You can also get low-intensity non-prescription glasses from just about any pharmacy and even invest in some personal magnifying glasses to keep in high-use areas.

There are also services like CaptionCall, which provide real-time captioning at no cost for people with hearing loss who need captions to understand phone calls. It even comes with a captioned landline phone included!

Embrace technology

We've touched on this above, but it bears repeating — in the quest for self-reliance, technology can be your friend. Technology that makes it easier for you to stay connected with your family, your community, your doctors, repair or delivery services — basically anyone outside your home — is probably worth learning to use.

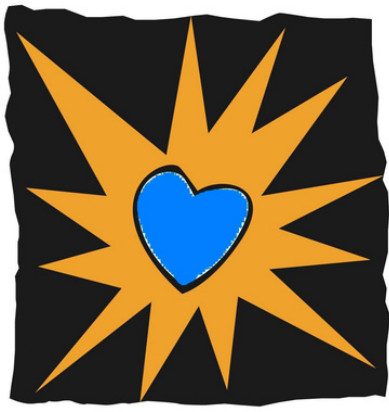
Smartphones enable communication anywhere, offering reliable applications for everything from video calling to home grocery deliveries. They can even sync with smart home appliances, allowing you to control lights, air conditioning, televisions, and even window blinds with a few taps on your phone. Getting comfortable with a smartphone can go a long way toward ensuring greater independence as you get older.

Another technology worth highlighting is telehealth portals — online communication systems that allow your doctor to share important medical information and updates with you. Doctors often use this as a follow-up to an appointment, sometimes even as an alternative to an otherwise unnecessary appointment. They can provide lab results, complete with your doctor's notes for you to review at any time to ensure you have a better understanding of your own health.

Ask for help when needed

Independence doesn't mean never asking for help. It means knowing how to proactively get the help you need when you need it. Nobody gets by entirely on their own; it always takes a village.

When you start having trouble with health, mobility, or any other issue that might impact your ability to take care of yourself, it's best to address it immediately. Consult your friends, family, neighbors, doctors, and other professionals where appropriate to find a solution that will help you maintain your independence. Accepting help from home health aids or through regular check-ins from loved ones will help you extend your years of living independently.



FAITH
IN ACTION

How You Can Help: Your role, as a Volunteer Driver, will involve providing transportation to Red Wing residents for medical appointments, shopping, Food Shelf, hair appointments and other requests. Your assistance can mean the world to someone who might otherwise struggle to access these essential services.

Interested in Volunteering or Know Someone Who Might Be?

Why Volunteer with Us:

- **Make a Real Impact:** Your time and effort can directly improve the lives of residents who rely on our services for their health and well-being.
- **Flexibility:** We understand that your schedule may vary. You can choose when or how often you want to volunteer.
- **Meet Amazing People:** Not only will you be helping your neighbors, but you will also have a chance to connect with fellow volunteers who share your passion for making a difference.

What We're Looking For:

- A valid Driver's License and reliable vehicle.
- A compassionate and patient demeanor.
- A commitment to our mission of helping those in need.

Ready to Get Started? Becoming a volunteer at Faith in Action is easy! Simply contact us and we will provide you with all the information you need to make a positive impact in your community. Together, we can ensure that NO ONE in Red Wing is left without access to the services they need.

To learn more and sign up to be a Volunteer Driver, please contact us at 651-327-2400 or visit faithinactionredwing.org/volunteer. Let's drive and change lives together!

**Welcome to our new
volunteers!**

Jon Hauschildt
John Alpers
Katie Bakke

Do you have an upcoming event and would like Brittani to speak to your group or church? Please email: director@faithinactionredwing.org



Faith in Action has another opportunity to have donations be matched up to \$5,000 total.

Our anonymous donor wants your generous donations to be doubled. What does this mean? Every \$1 donated means \$2 total go to Faith in Action.

Please include “Matching Donation” with any donation you make so the funds are totalled accurately.

Thank you for continuing to support Faith in Action year after year.

Spring Bingo 2026 was a successful fundraiser for Faith in Action. With over 70 bingo players, meals available for purchase from Potter Ridge staff, and 50/50 raffle tickets sold throughout, we were able to raise over \$2,000 for Faith in Action in one rapid fire evening.



We would not be able to do this without the support of our local businesses, community members, board members, recipients, and staff.

Thank you all for an outstanding and fun fundraising event that helps keep Faith in Action running smoothly and providing free services to the Red Wing community.



Have a future fundraising idea? Reach out!

THANK YOU TO OUR DONORS

Ace Hardware - Advance Auto - Caribou
Barrel House - Berghammer's - Bierstube
Cinema 8 - Creative Clips - Creative Hand
Fiesta Mexicana - Godfather's - Great Clips
Hair with Pizazz - Hanisch - Hi-Tek Nails
Impress Nails - Kelly's Taphouse - Mandy's
Kevin's Service - Liberty's - Pier 55
Mike's Barbershop - Pearl Vision - Snipz
Rancho Loco - Red Wing Shoe - 4 Seasons
River Bend Floral - River Blu Salon
Sargent's Nursery - Sheer Perfection -
S.W.A.T. - Struss Optical - West End Liquor
Tootsie Too's - Sherwin-Williams

Our Fundraising Committee spent time connecting with local businesses and seeking donations for our 2026 events. We are so thankful for the Red Wing community as everyone always shows up to support one another. Our first two events of 2026 were participating in Salsalicious April 7th and our Spring Bingo event on April 30th.

See photos on right of Spring Bingo.



THANK YOU TO OUR DONORS

Simple Abundance - Dave Erickson - Creola's
Clementine Flowers - Randy's - Gilberto's
Papa Murphy's - H.W. Mercantile
Plum Crazy - The Buzz Hair Salon
Indigo Salon - Red Wing Liquor
Taco Bell - Runnings - River Sushi
Whimsy's by Krista - Bev's Cafe
Red Wing Cafe - Carlson's Sports - Phileo
A&E Liquor - House of Wines - MGM Liquor
Chuck & Don's - Red Wing Confectionary
Red Wing Chevrolet
Potter Ridge Senior Living
American Legion Post #54



Faith in Action in Red Wing
320 West Avenue, Suite B
Red Wing, MN 55066

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May 2026

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Thank you to our Funders & Sponsors



Goodhue, Wabasha,
and Pierce Counties

