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Giving



Help us help the community by volunteering, praying with us, donating gifts in kind, and partnering financially. All donations are tax-deductible under section 501(c)(3) of the IRS code. You may also donate online by visiting our website.

Please complete the form below and mail to:

Love INC of Worthington

PO Box 952, Worthington, MN 56187

- ☐ I want more information on becoming a Core Supporter of Love INC.
- ☐ Included is my one time donation of \$ _____
- ☐ Contact me about ways to get involved.

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LOVE INC OF WORTHINGTON

515 South Shore Drive PO Box 952
Worthington, MN 56187

EMAIL

info@loveincw.org

PHONE

507-727-7291



Client to Volunteer

It's always a blessing to see clients reach their potential and overcome the obstacles they face, whether those be personal, health, family, work, or even spiritual hurdles. Samantha first came to us early in 2016, needing a bed. A single mom with two kids, Isaac and McKhia, she'd been living with a friend and then moved into a new place. We provided the bed and closed her case.

That was the beginning of some truly difficult years in Samantha's life, though we weren't aware of it for a long time. Samantha had been put on some serious medications for depression. Unfortunately, rather than solving her issues, the medications exacerbated her feelings of hopelessness and so began what became a vicious cycle of suicide attempts, facility visits and spiraling emotions. In addition, she began to have terrible back pain. To top it off, her ten year old daughter, McKhia, was diagnosed with leukemia.

At the time of McKhia's diagnosis, Samantha had lost custody of both her children and was in a mental health facility in northern Minnesota. She was doing well, had a doctor who supported her desire to wean her off of her medications, but then along came the devastating cancer. Samantha moved back to Southwest Minnesota to be close to her daughter, who spent many



weeks in the hospital in Sioux Falls. Samantha's emotions, understandably, continued to rollercoaster.

We became aware of what was going on when, in moving back to the area, Samantha needed a dresser. She'd moved in with a friend, and we were able to provide the dresser as well as some HyVee

(Continues on page 2)

Our mission is to mobilize local churches to transform lives and communities In the Name of Christ



(Continued from page 1)

cards which had been donated to us to help families who had been impacted by cancer. The cards helped with gas as she drove back and forth, visiting the hospital.

In the middle of this difficult time, Samantha asked us if there was anything that she could do to volunteer with Love INC to thank us for the help we'd given her. Her background in design led us to ask her to help with our newsletter, and Samantha did a fantastic job putting together several newsletters over the coming months. We still use her design to this day. Samantha also designed bookmarks for the local Women Seeking God conference for two consecutive years. She really liked being able to give back to others. She acknowledges, now, that it's easier to help others than to help herself.

Samantha's philosophy about volunteering in the middle of the stress of her life is simple. "You've got to challenge yourself to get out of your comfort zone and get out of bed," she said, recommending that when people feel withdrawn and depressed, they should, "Do the opposite of what you feel like doing."

Though Samantha's daughter's health improved, the tough years continued with further depression, facility visits and jobs lost. Samantha stayed in touch with us, occasionally asking for small things that we were able to help with.

We always enjoyed being in touch with Samantha, which was why we got worried when we suddenly lost contact and didn't hear anything after multiple attempts. Finally, after she was released from another facility having once again attempted to harm herself, she got in touch with us and was excited to be moving

back to Southwest Minnesota. Samantha was excited to be starting some college classes. Unfortunately, those classes proved to be too stressful and she once again felt overwhelmed.

After what was now five years of misery (the brightest light being that her daughter survived her battle with cancer) Samantha decided to drop her classes and pursue a new job as a peer counselor. The position happens to be with the first treatment center that she was ever admitted to. Coming "full-circle" feels right for Samantha. The job, combined with a new plan for her medications, makes Samantha feel positive about her future.

In all of this, Worthington Christian Church, which she has attended for many years, has been a fantastic support to Samantha. She has had some faith issues, unsurprisingly, in these past years, but the people at Worthington Christian have stood by her and helped her, and literally saved her life on at least one occasion.

Samantha recently threw a Thank You party for "everybody who helped me get through the last five years," she explained. "I have a long way to go. I have to learn to cope with the new normal."

Understanding how difficult it can be to get through tough times, Samantha offered wisdom for people feeling overwhelmed and unable to face life as they know it.

"Before, I was one of those people who wouldn't seek help and I crashed. It didn't go well. Now on one of my bad days, I remind myself that we are not meant to live life alone. We're here for each other."

Samantha suggests calling the local 24 hour Crisis Help Line through Southwest Mental Health Center, if anyone is feeling the need for support at 1 800.642.1525. She also suggests the Crisis Text Line which can be texted to 741741, or the "MY3 Support Network" free app, which offers various help for those in crisis.

**IF YOU WOULD LIKE TO VOLUNTEER
WITH LOVE INC OF WORTHINGTON,**

PLEASE CALL 507-727-7291

OR

VISIT WWW.LOVEINCW.ORG

♥ Volunteer Love Story ♥

Love In the Name of Christ couldn't do what we do without volunteers helping along the way. Volunteers make deliveries, they make phone calls, and they help with special projects. They're the ones interacting with clients in ways that we as staff often aren't able to do, given time restraints and workload. Volunteers may have multiple conversations, sometimes while offering car rides, enabling them to better understand a client's story. These connections ensure that Volunteers help bring the love to Love INC.



Joyce Klosterbuer began volunteering at Love INC of Worthington after she retired from Prairie Holdings several years ago. After being encouraged to volunteer by a couple different people, she gave us a call and began the process. She filled out an application, got a couple of recommendations and passed a background check.

Joyce is no stranger to volunteering, as she spends countless hours each year heading the local Operation Christmas Child program. Even in the pandemic, the shoeboxes of Christmas gifts were collected and sent internationally to children in need. Here in the Love INC offices,

however, volunteering opportunities dwindled. Facing CDC guidelines and in concern for volunteer's safety, volunteering at Love INC looked a lot different in 2020 and only now are we beginning to return to normal procedures.

"I missed it," Joyce explained. "I missed contacting people and visiting with people. I believe in what Love INC is doing as an organization. Helping people who are less fortunate. Plus it's something to do and I want to help people."

The reality and severity of the pandemic hit home for Joyce when, last fall, her husband Merle was hospitalized with COVID. Merle, who helped in multiple behind the scenes ways with Joyce's various volunteering positions, passed away in October.

"After Merle passed it felt like my life was empty and I wanted to get back to helping people," Joyce said.

We were so happy when Joyce and others were able to come back into the office to join us, thanks to a plastic barrier set up at our front desk. Though some volunteers had been making calls from home, blocking their numbers so that client's wouldn't see private numbers, having more people back in the office felt like life was returning to normal.

Joyce encourages others who may be considering volunteering to step into the process.

"I love helping people and listening to their stories," Joyce said. "Often they just need to talk. They feel so helpless and listening to their stories is the main thing I do here [at Love INC]. I encourage anyone who likes to help people to give a few hours a week - it is so rewarding to listen and help even just one person."

