




Veterans Crisis Line

1-800-273-8255 PRESS 1



Contributed photo

Yard signs to promote the Veterans Crisis Line are free and after ordering, are available for pick-up at the Max J. Beilke VA Clinic in Alexandria.

Free yard signs increase awareness of Veterans Crisis Line, can be picked up at VA clinic in Alexandria

This September, veterans, community groups and individuals are invited to increase awareness of the Veterans Crisis Line (VCL) among veterans by helping to place 1,000 VCL yard signs across Central Minnesota.

Participants are asked to distribute a minimum of five VCL yard signs and those receiving signs are asked to commit to keeping the signs in yards for as long as possible. Larger quantities are available upon request.

To order the free signs, contact the St. Cloud VA's Suicide Prevention Team at 320-252-1670 ext. 6719 or fax an order form to 320-255-6389. Order forms are available

at: <https://www.va.gov/st-cloud-health-care/stories/>

Orders received by Friday, Aug. 20 can be picked up from the VA Medical Center in St. Cloud and VA clinics in Alexandria, Brainerd, and Montevideo the week of Aug. 23-27. Here is the pick-up schedule:

► St. Cloud VA Medical Center, Bldg. 111, Aug. 24, 1 to 3 p.m.

► Max J. Beilke VA Clinic (in Alexandria), Aug. 25, 1 to 3 p.m.

► Brainerd VA Clinic, Aug. 26, 1 to 3 p.m.

► Montevideo VA Clinic, Aug. 27, 1 to 3 p.m.

Orders placed after Aug. 20 can use the same ordering information and

make individual arrangements for a later pick-up.

The Veterans Crisis Line is a free, confidential resource available to any veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.

Veterans in crisis or anyone who is concerned about a veteran can reach caring, qualified VA responders standing by to help 24 hours a day, seven days a week by calling 1-800-273-8255 and pressing 1.

Since its launch in 2007, the Veterans Crisis Line has answered more than 5.4 million calls and initiated the dispatch of emergency services to callers in crisis more than 184,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 630,000 chats.

In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for veterans to connect with confidential, round-the-clock support and since then has responded to more than 204,000 texts.

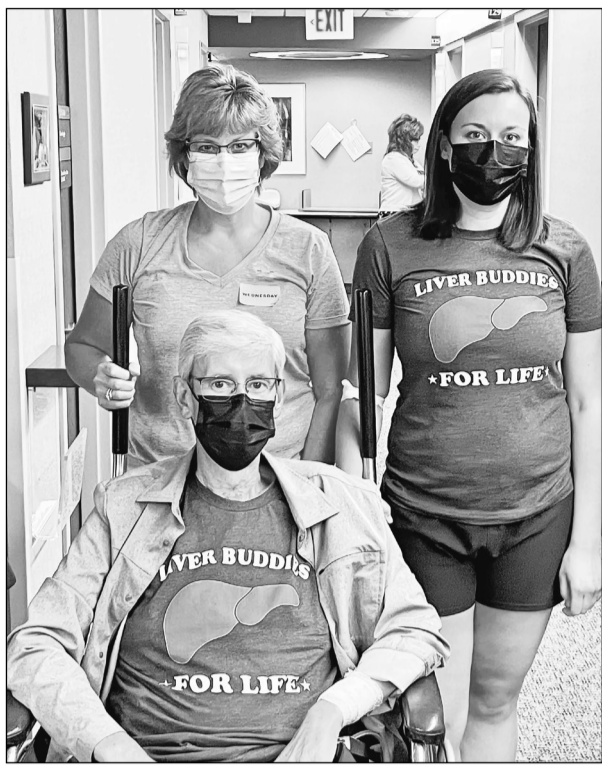
BIRTHS

8/12
Girl born to Ashley and Scott Iverson of Parkers Prairie

8/14
Twin boys born to Jessica and Kyle Krafthefer of Farwell
Births to date: 369

MARRIAGE APPLICATION

8/10 Cruz Wilfredo Marcano and Ledezma Doreida Aldana
8/14 Michael Luke Erickson and Stephanie Kay Thoen



Contributed photos

Mike Maudal, being pushed in a wheelchair by his wife, Cindy Maudal, and his daughter, Molly, Maudal, wearing "Liver buddies for life" shirts, are pictured at a follow-up appointment at Mayo Clinic shortly after they were discharged. Mike had a liver transplant with Molly as his living donor.



As they were leaving the house they rented in Rochester following a transplant surgery at Mayo Clinic, Mike Maudal and his daughter, Molly, lift their arms in excitement as they are headed back to Carlos. Molly donated more than half her liver to her father.

THRIVE

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caregiver and Mike's sister, Ann Maudal, was Molly's primary caregiver.

Ann was with Cindy at the hospital while Molly and Mike had their surgeries. Cindy shared another fun coincidence about the day of the surgery. She said Ann got a message that Molly was done with surgery at 10:43 and that ironically Molly had been born at 10:43. But she laughed and said the surgery was done at 10:43 a.m. and that when Molly was born, it was 10:43 p.m. Regardless, she said it made her tear up and that it was God's

handiwork.

More than two months post-op, Mike and Molly are both doing great. Mike's liver is working like it should and so is Molly's.

The family's hope in sharing their story is to let people know how great the need is for living donors and that the process – although extensive – is also fairly simple. To find out more about the process of being a living donor, either ask your primary care physician or visit the Mayo Clinic website and search for living donor transplant.

Email reporter Celeste Edenloff at cedenloff@echopress.com

Want to be a master gardener? Here's how

Master gardener volunteers help their neighbors understand and use research-based information and practices that can improve their quality of life while minimizing negative impacts on the environment and natural resources. These volunteers strive to make scientific knowledge understandable to all. They inspire and encourage lifelong learning through continued scientific exploration and discovery.

If you have a passion for gardening and a desire to share that passion with others, the University of Minnesota Extension Master Gardener Volunteer Program might be for you.

Who are master gardener volunteers?

Master gardeners come from all walks of life.

They share gardening best practices that promote healthy landscapes, healthy foods and healthy lives.

They complete a core course taught by University of Minnesota faculty and Extension educators.

Upon completing the core course, they contribute their time teaching research-based horticulture practices in their communities.

Important dates and deadlines



ROBIN TROTT
Douglas County Extension

Jan. 1-Dec. 31: Extension master gardener program year

Oct. 1: Deadline to apply

Mid-November: Deadline to submit background check data and view the Safety of Minors online training

Dec. 1: Deadline to register for the Extension master gardener core course

Steps to becoming an Extension master gardener

1. Apply for a master gardener internship

► Complete and submit the online application by Oct. 1.

► Meet with the volunteer program coordinator.

► We'll show you how to submit a background check online. All master gardener volunteers must repeat a background check every three years.

► Once you receive notice that your background check has cleared, you can register for the core course, which costs \$295, with an optional \$25 printed manual. The fee includes the background check and course, and registration is due by Dec. 1.

2. Complete the Extension master gardener core course

► Each year,

48-plus hours of basic horticulture education are offered.

► The course is entirely online for 2022. It begins in January and is self-paced through mid-May.

► It is taught by University of Minnesota Extension educators and faculty, with bonus weekly online webinars with experts. Sessions are recorded to watch later.

► All students must complete online quizzes for certification. An active email address and reliable internet access are required.

3. Share your knowledge

► During your first year, volunteer 50 hours on projects and events that deliver horticulture education and information to the public.

► Learn alongside experienced Extension master gardener volunteers.

► Report your volunteer hours online by Dec. 31.

► Individuals who drop out of the internship before fulfilling the educational and volunteering requirements will be required to pay an additional \$300.

4. Celebrate!
When your internship is completed, you'll start the next calendar year as an active University

of Minnesota Extension Master Gardener in your community.

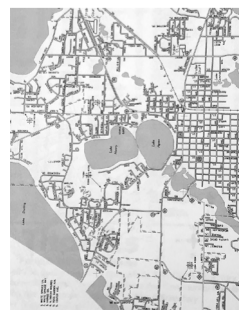
5. Stay involved
To maintain your active Extension master gardener volunteer status, you will complete at least 25 hours of volunteering and required continuing education hours per year. Continuing education hours vary from 5 to 12 hours depending on your county.

For more information on becoming a master gardener volunteer, and to fill out an application, please visit: <https://extension.umn.edu/master-gardener/become-master-gardener>
Until next time, happy gardening!

A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust. — Gertrude Jekyll

Robin Trott is a horticulture educator with University of Minnesota Extension. Contact her at 320-762-3890, or at trt0053@umn.edu.

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◆ FAITH @ WORK LUNCH ◆

Dr. Kathy Koch



FIVE TO THRIVE:

5Core Needs we all have, how we meet them for ourselves, our employees and or customers

FRIDAY, AUGUST 20, 2021

12-1 pm • \$10 • Lunch Buffet starts 11:45

Broadway Ballroom

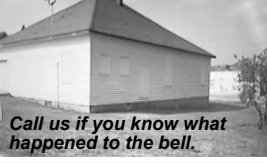
115 - 30th Avenue E. • Alexandria, MN

RSVP @ <https://aug21fw.eventbrite.com>
email: unityfoundationalex@gmail.com or call 320-491-6417.



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Monday, August 30, 2021 @ 11:00 AM
Long Lake Lodge • 16021 Long Lake Road, Brandon



Preregister \$30 per person - At the door \$35
Please contact us if the cost is a burden.
Bring well-labeled pictures and memorabilia to share with the group.

Call us if you know what happened to the bell.
Mark Olsen: 320-834-2688 - James Kloehn: 763-222-8626