

The Communicator

News from your local coop to keep you connected.

March 2025

2025 Annual Meeting

The Annual Membership Meeting of Spring Grove Communications will be held **Thursday, March 20th at 7:00pm** at the Spring Grove Cinema. In early March you will receive a packet of information which will include instructions on how to join the meeting if you'd like to participate virtually, a ballot to vote for director positions up for election, and a return envelope for the ballot. If you plan to attend virtually, please update your most current email address on the RSVP form - this is where the link for the Zoom meeting will be sent to. There will be two chances to be entered to win prizes-- one for submitting your RSVP and one for attending the meeting! We look forward to connecting with you and sharing information from your local cooperative over the past year.



Happy Workiversary!



Dustin - 5 years

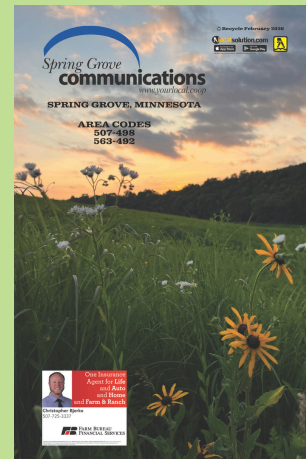


Cory - 3 years



Melissa - 1 year

2025 Directory Cover



Thank you to Kerry Ruffridge for submitting this year's 2025 directory cover photo! Per Kerry, "The photo was taken on my farm near Riceford Minnesota. The Riceford Creek (A Minnesota trout stream) flows on the North side of the property below 16 acres of prairie wildflowers & grasses."

Pick-It Bracket Challenge Winners

1st Place: Jenny St. Mary

2nd Place: Joyce Lee

3rd Place: Brett Wiste

Thank you to all for participating!

The Mindful Moment



A common misconception about massage is that it's only part of a spa day and intended for pampering yourself. While this may be true for some people, it is most frequently a tool for stress reduction and pain relief. Massage is increasingly being offered along with standard treatment for a wide range of medical conditions and situations. If you have never tried massage, scan the QR code to learn about its many benefits via the Mayo Clinic.

Physical Benefits:

- Improved circulation
- Decreased muscle stiffness
- Improved flexibility
- Decreased joint inflammation
- Better quality of sleep

Mental Benefits:

- Lower stress levels
- Improved relaxation
- Improved mood
- Decreased anxiety
- More energy

At SGC we believe that mental health is just as important as physical well-being, and we are committed to supporting our community in every way we can. In this column, we'll provide valuable resources, tips, and encouragement for those who may be hesitant or unsure about where to seek help. Together, we can create a stronger, more connected community—one that prioritizes wellness for all.

What is a QR code?

A QR code is a two-dimensional code that you can scan with a smart device that will take you directly to a link.

To scan:

1. Open the camera app on your smart phone or tablet and point it at the QR code
2. Tap the banner that appears to open the link associated with the QR code

Test it out by scanning the QR code below to view this month's Mindful Moment article!



Pay your bill online with SmartHub

With SmartHub you can easily make and manage your payments online or through the app. The app is available in the Apple App Store & the Google Play Store and you can access it online from our website at yourlocal.coop. This is a great tool to quickly view your account and make changes. If you need assistance setting this up, please give us a call or stop in the office!



- View and pay your bill online
- Sign up for paperless billing
- Set up automatic payments
- Update your billing information
- View previous bills
- Report service trouble
- Update account information
- 24/7 access from the palm of your hand

SmartHub Login allows you to create an account and utilize all the features listed above

Pay Bill Now allows you to quickly pay your bill without creating an account--you just need your SGC account number and last name or business name

