

The Communicator

News from your local coop to keep you connected.

May 2025

InControl Wi-Fi

Our InControl Wi-Fi features are now included at **no extra cost** when you lease one of our routers-- helping you get the best internet experience possible! Make sure to have the CommandIQ app set up to access these free features.

What are the benefits of our routers?

- We run all firmware and software updates so you don't have to
- Remote troubleshooting
- Free system replacement
- All devices connected to your network are automatically protected from virus and malware intrusions
- Parental controls including:
 - Time limits
 - Content filtering
 - Pause internet access
 - Block inappropriate apps/sites



Need help getting the CommandIQ app set up? Give us a call or stop in our office!

Syttende Mai

We hope to see you at the Syttende Mai parade on May 17! Make sure to check out the schedule of events included with your bill or online at www.sgsyttendemai.com



Call Before You Dig

You should always call 811 a few business days before you begin any digging, even for smaller projects like planting trees or installing a mailbox. This ensures you don't unintentionally hit an underground utility line. Learn more or submit a ticket online at www.call811.com

The Power of Change - Round Up Program

The Round Up Program is a voluntary program where members elect to have their monthly billing statement rounded up to the next whole dollar. Money collected through this program will be given back to events and projects that contribute to the community's overall quality of life in our local area. Programs like this are a great way to give back to your community. The average donation is roughly .50 cents each billing cycle. That small change adds up quickly!

To be a part of this great program, please call our office at 507-498-3456 and we will take it from there!

Twins TV - Ch. 30

Exciting news! Twins TV is available with our GoTo>TV service on channel 30 as part of the Premier package. You can find our full TV line-ups at www.gototv.us or stop into our office for one.



watchTVEverywhere (WTVE)

watchTVEverywhere (WTVE) allows you to watch TV, well, everywhere! As a GoTV>TV subscriber, you have access to WTVE, which gives you access to TV shows, movies, behind-the-scenes content and more at no additional charge. Once you've registered, download apps from your favorite networks for your smartphone, tablet, computer or smart TV and start watching. Each TV network makes their own decision about what to make available on watchTVEverywhere. Some are live feeds and others may just offer full episodes of their more popular programs.

1. Go to www.wtve.net
2. Select Spring Grove Communications as your provider from the drop down.
3. Click "Register".
4. Enter your SGC account number (shown on your bill) as well as the last name on your account and fill out the new user information.
5. A link will be sent to your email address to confirm (if you don't see it within a few minutes, check your junk and spam folders).
6. Start watching!



The Mindful Moment

May is Mental Health Awareness Month! This is a great time to raise awareness and reduce the stigma surrounding behavioral health issues. This month we wanted to highlight some ways a well-rounded diet can help. The foods on this list are good sources of Omega 3 Fatty Acids, Folate, Folic Acid, Vitamin D, or Vitamin B12—all of which are backed by scientific research to affect brain health (but not replace treatment for mental health conditions). Don't feel pressured to buy all of the items on this list, but try to pick a few from each category, if possible, for a well-rounded diet with mental health in mind. You can learn more here mhanational.org/may and scan the QR code to view the grocery list!



If you need free, confidential support, call or text 988 to connect to the National Suicide Prevention Lifeline. The Lifeline is available 24/7.

Spring Grove Digital Assist

- 📅 Mondays, Wednesdays, & Fridays
- 🕒 3:00pm - 6:00pm
- 📍 Spring Grove Cinema
- ✉️ SGAssist@springgrove.k12.mn.us



Spring Grove Communications is partnering with Spring Grove High School to provide this program to the community through funding provided by an Innovation in Service Learning Grant with the Minnesota Department of Education. Spring Grove Digit Assist is available to help you with email questions, pesky pop-ups, password resets, training tutorials, login assistance etc. at no cost!

Happy Workiversary!



Shayla - 2 years



Mark - 1 year