



### A Message from the Executive Director Responding & Giving Back During Challenging Times



You don't need me to describe the many crises we have all met during the past year. This has been – and will continue to be – a uniquely challenging time. These challenges have called upon us, both as individuals and as organizations, to tap into our deepest reserves of resilience. And yet, we at Community Thread have much reason for gratitude as we adapt during this time of uncertainty.

In spite of the global pandemic, economic crisis and social upheaval, Community Thread has been fortified by multiple constants: our historic mission, the generosity of our supporters, and the unwavering dedication of our board, volunteers and staff. We have witnessed how acts of kindness create a ripple effect, strengthening our community to create a sense of responsibility across generations.

Going forward, we will continue to turn to our generous community to assist with stepping up when called upon. Let us know if you are seeking ways to stay connected, either as someone who needs extra support or as a volunteer willing to give back. **We are here for you!**



Sally Anderson  
Executive Director

**See pages 11-12 for the Event Calendar**



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## Our Locations

### Community Thread

#### Stillwater

2300 Orleans St. W.  
Stillwater, MN 55082

**Phone:** 651-439-7434

**Hours:** M-F, 9am-4pm

### Community Thread

#### Bayport

342 Fifth Avenue  
Suite 180

Bayport, MN 55003

**Phone:** 651-275-8907

### Staff

Sally Anderson

*Executive Director*

Kathryn Bolinder

*Associate Director*

Allissa Obler

*Development &  
Communications Director*

Hannah Erickson

*Development &  
Communications Coordinator*

Rachel Presslein

*Thrive Program Director*

Kim McRunnel

*Older Adult Program Director*

Lynn DeCorsey

*Older Adult Program Assistant*

Jennifer Kmecik

*Volunteer Center Director*

Leanna Miller

*Volunteer Center Coordinator*

Jenny Hutchins Farrell

*Administrative Coordinator*

## Farewell to Cathy Dyball: Recognizing 22 Years of Service



During her 22 years of service, Cathy Dyball improved the lives of hundreds of older adults and adults with disabilities throughout our community. Her gentle spirit touched many of our programs and helped shape the work we do today.

Cathy joined Community Thread in 1998 as a Project Coordinator to launch the Neighborhood Exchange Program. The program was part of the international Time Dollar/Time Bank program where members shared services with each other and did projects for the community.

In 2004, Cathy was also asked to manage the Transportation Program where she coordinated direct services, made referrals and led local groups focused on transportation issues in our community.

Over the years, Cathy also helped coordinate an intergenerational program that connected older adults with students from Lily Lake Elementary and the Alternative Learning Center. She also ran a support group for the Washington County Caring Kin Program before taking on the role of Program Manager for our Chore Services and Transportation Program.

Cathy's compassionate care for others created strong relationships with those who benefit from our services. She demonstrated her care of others by being knowledgeable about resources that could help them "get out of the woods" when they needed support. Her ability to make connections with volunteers helped people remain independent and develop new friendships too.

Through her heartfelt work, Cathy made the mission of Community Thread come alive. Her vision of how neighbors can support each other positioned Community Thread to develop a new model that will serve our community for years to come.

**Thank you, Cathy, for your years of outstanding service and support of  
Community Thread's impact. You have left a legacy!**

**Do you or someone you know need  
Chore Services or Transportation support?**

Call 651-439-7434 to learn more.



## Volunteers Help Their Neighbors Thrive!

At Community Thread we know the value of volunteers. Each year thousands of volunteers dedicate their time and talent to support our work and that of others throughout the Stillwater area.

These volunteers help people feel connected and are vital to building a strong community.

**Our Thrive Planning Team is no exception!**

## Help Shape Thrive to Meet Our Community Needs!

The Thrive Planning Team is a valued group of volunteers informing the design and development of Thrive at Community Thread. Since August of 2020, the Team has been meeting monthly via Zoom and has provided advice for branding, marketing, membership benefits, social activities, and volunteer recruitment strategies. We are so grateful for the fresh ideas and perspective the Team provides and are looking for 2-3 additional community members to join the Team this Spring.

**Interested in joining the Thrive Planning Team?**

Contact Rachel Presslein, Thrive Program Director at 651-439-7434 or Rachel@CommunityThreadMN.org

**Want to learn more about Thrive? Turn to page 20.**

## DEMENTIA SHOULD NOT DEFINE HER.

*Artis helps her be who she's always been.*



### JOIN US FOR OUR UPCOMING COMMUNITY & CAREGIVER EVENTS

#### What Is a Neuropsychological Evaluation?

*Presented by Dr. Sherrie All*

Tuesday, March 9<sup>th</sup> | 12:00 p.m.

#### Effects of Social Isolation

*Presented by Teepa Snow*

Thursday, April 29<sup>th</sup> | 12:00 p.m.

Your Partner in Memory Care

**To Register: [TheArtisWay.com/StillwaterSenior](http://TheArtisWay.com/StillwaterSenior) • 612-208-8714**

Artis Senior Living of Woodbury: 8155 Afton Road, Woodbury, MN 55125





## Nominate Exceptional Volunteers

Community Thread is now accepting nominations for the 2021 Community Involvement Awards. These awards shine a spotlight on volunteerism and honor the great work volunteers do throughout Washington County. Nominees must be residents or organizations located in Washington County who meet the criteria for each award.

### Volunteers are recognized in six categories:

Youth • Group/Family • Exemplary Employer • Outstanding • Lifetime • Legacy

Visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org) to complete a nomination form.

Forms are also available at Community Thread's Stillwater or Bayport locations and may be requested by email at: [Jennifer@CommunityThreadMN.org](mailto:Jennifer@CommunityThreadMN.org)

**Nominations Due by  
Friday, March 5, 2021**

## Bus Loop Rider Reminder

The Community Thread Connector Loop continues to run on its normal schedule. All riders are required to wear a mask. Seating restrictions apply per CDC guidelines.



**Riders are encouraged to make a reservation so they don't have to wait for a later Loop.**

Please call 651-455-1560 between 7:30am – 4pm Monday thru Friday to schedule your trip.

## Thank You Community Partners and Loop Sponsors



**Stillwater  
Lions Club**



**Lakeview Hospital**





## Aging with GUSTO

Community discussions on aging

A New Perspective on Aging

### Ignite Positive Views of Aging

Community Thread is proud to sponsor the Vital Aging Network’s upcoming discussion on aging.

Aging. Whether we’re 6, 60 or 106, it’s happening to all of us. That’s not going to change. But what we can change is how we view aging and how we treat one another and ourselves as we age.

This interactive Zoom series will expand your positive view of aging during the challenges of COVID and help you determine what values you want to emphasize to continue leading a meaningful and satisfying life.

#### Aging with GUSTO in the time of COVID

March 12, 19 & 26 • 2:00 - 3:30pm • Virtual Event

Space is limited! Pre-registration required.

Call 651-439-7434 to register.

Learn more about the Vital Aging Network at [vital-aging-network.com](http://vital-aging-network.com)



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## TRAVEL SHOW

Thursday, April 22<sup>nd</sup> at 10:00 AM

Are you ready to explore the world again? I know we are! Join us either at Community Thread, or from your home via Zoom, to learn more about the exciting world of escorted travel.

Call 651-439-7434 to register.



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June



**Alaska**  
Land & Sea Expedition  
July



**Nova Scotia**  
& The Maritimes  
August



**Best of Norway**  
Oslo, Bergen  
August



**Canyonlands of the SW**  
Bryce Canyon, Grand Canyon  
September



**Autumn in New England**  
Berkshires, White Mountains  
October



**Albuquerque Balloon Fiesta**  
Fiesta, Santa Fe, Taos  
October



**Iceland**  
In Search of the Northern Lights  
October



**New York City**  
The Big Apple  
September & December



**Taste of Italy**  
Rome, Tuscany, Venice  
November



### Unforgettable Travel Experiences

For a complete list of all travel opportunities visit [www.GoWithLandmark.com](http://www.GoWithLandmark.com)

### NEW: Techniques in Paper Crafting

Are you interested in going beyond basic card making? Join us and explore different techniques you can apply to card making, scrapbooking and/or journaling!

Each class will feature three card designs using the technique of the month. There will be a demonstration followed by hands-on cardmaking. Please bring scissors, tape, glue and a paper cutter if you have one. All other supplies provided unless noted.

Instructor: Monique Vernon

Cost: \$10 per session

#### Stencils & Heat Embossing

Wednesday, March 31 • 10am • Bayport  
Register by March 29

#### Spray Starch & Bleach Backgrounds

Wednesday, April 28 • 10am • Bayport  
Register by April 26 \*Please bring a Clorox bleach pen\*

**Space is limited - Registration is required**

Call 651-439-7434





## NEW: Coffee Talks

Join others from the community for a casual group discussion. Each month will feature a new topic and presenter.

**2<sup>nd</sup> Tuesday/month**  
10am • Stillwater

**March 9**  
Learn tips and tricks for staying active and avoiding falls during COVID.

Presenter: Physical Therapist from Lakeview Hospital/  
Stillwater Medical Group.

**April 13**  
Learn how to make the most of your Medicare + VA health benefits.

Presenter: Diane Kass from Humana



**Free and Open to All. Pre-registration required. Call 651-439-7434.**

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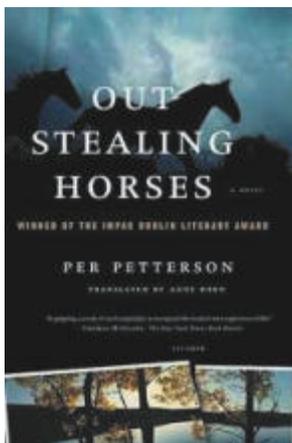
## Book Club

Join a great group who loves to read! Visitors and new members welcome. Stop in to meet the group even if you have not read the book. Participants take turns facilitating.

**2<sup>nd</sup> Monday/month**  
1pm • Stillwater

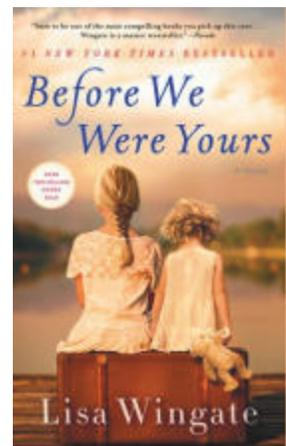
**March 8**

*Out Stealing Horses* by Per Petterson.  
Presented by Phyllis Bjork



**April 12**

*Before We Were Yours* by Lisa Wingate  
Presented by Karen Bergstrom



**Must register to attend.**  
Call 651-439-7434

## Conversations with Women

This small, casual group meets twice a month to share life experiences, laugh and learn from each other.

All are welcome to stop in and meet new women in the community.

**1<sup>st</sup> & 3<sup>rd</sup> Thursday/month • 10:30am • Stillwater**

**March 4 and 18**  
**April 1 and 15**

## Men's Group

This group of active men enjoy getting together to meet, discuss and socialize.

**2<sup>nd</sup> and 4<sup>th</sup> Thursday/month**  
10:30am • Stillwater

**March 11 and 25**  
**April 8 and 22**

.....  
**PRE-REGISTRATION REQUIRED**

**Please remember you must call ahead to reserve your spot for all activities.**  
**651-439-7434**  
.....

All activities subject to change or cancellation.  
Please visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org) or call 651-439-7434 for updates.



# Let's Get Together

## Baubles, Bangles & Bling Socializing and Sorting

Join in the fun! Help sort through all the jewelry and purse donations to get ready for the Baubles, Bangles and Bling jewelry sale. No experience necessary.



April 20 • 10am - 12pm • Stillwater  
April 26 & 30 • 12:30pm - 2:30pm • Stillwater

Call 651-439-7434 to register.

## Do you enjoy our programs and activities? Help others do the same - Donate Today!

Your donation helps us offer free and low-cost activities that keep people engaged, enriched and connected.

Mail your donation to: Community Thread, 2300 Orleans Street West, Stillwater, MN 55082  
Or donate online at: [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org)

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Community Thread, Stillwater, MN

D 4C 02-1032



Community Thread is happy to bring back activities that can be held with 6' of social distance. Unfortunately, card games that require 4 players cannot be hosted due to social distancing guidelines.

## Bingo

3-faced cards are \$.50 apiece for the hour. Fun prizes are given to winners!

**1<sup>st</sup> and 3<sup>rd</sup> Friday/month**  
10am • Stillwater



## Cribbage

Calling all experienced cribbage players! Spend an afternoon with us.

**Every Tuesday & Thursday**  
1pm • Stillwater



**PLEASE NOTE NEW GUIDELINES:**

- \* Maximum of 3 people per table.
- \* Please bring your own dauber. Don't have one? Purchase one at Community Thread for \$1.
  - \* No drinks will be served.
  - \* No outside food allowed.

**CRIBBAGE WILL MEET IN BAYPORT ON FEBRUARY 16**

**PLEASE NOTE NEW GUIDELINES:**

- \* Maximum of 2 people per table.
  - \* No drinks will be served.
  - \* No outside food allowed.

**PRE-REGISTRATION REQUIRED**

Please remember you must call ahead to reserve your spot for all activities.  
651-439-7434

## Bunco

Bunco is a great way to end the week!

Come play this fun and easy-to-learn dice game. The more people who play, the more fun it is! We are always looking for new players, so grab a friend or just bring yourself to have a great morning.

**2<sup>nd</sup> and 4<sup>th</sup> Friday/month**  
9:30am • Stillwater

**Cost:** \$1.50



**PLEASE NOTE NEW GUIDELINES:**

- Please bring your own place mat and dice.
  - \* No drinks will be served.
  - \* No outside food allowed.

**Activities and Games listed below are cancelled until further notice.**

500-Cards

Bridge Groups

Mahjong

Dominoes-Mexican Train

Hand and Foot

Pinochle

# Event Calendar

# March 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
1	9a Walking Group (O)	2 1p Cribbage (S)	3 9a Walking Group (O) 9:30a Quilting (S) 1:30 Fun With Yarn (S)	4 10:30a Conv. w/ Women (S) 1p Cribbage (S)	5 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	6
7	8 9a Walking Group (O) 9a Health Ins. Counsel (S) 1p Book Club (S)	9 10a Coffee Talks (S) 1p Cribbage (S)	10 9a Walking Group (O) 1:30p Fun With Yarn (S)	11 10:30a Men's Group (S) 1p Cribbage (S)	12 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B) 1p Tech. Class (S)	13
14	15 9a Walking Group (O)	16 1p Cribbage (S)	17 9a Walking Group (O) 9:30a Quilting (S) 1:30p Fun with Yarn (S)	18 10:30a Conv. w/ Women (S) 1p Cribbage (S)	19 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	20
21	22 9a Walking Group (O)	23 1p Cribbage (S) 1:30p Vision Loss Rsrs (S)	24 9a Walking Group (O) 1:30p Fun With Yarn (S)	25 10:30a Men's Group (S) 1p Cribbage (S)	26 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S)	27
28	29 9a Walking Group (O)	30 1p Cribbage (S)	31 9a Walking Group (O) 10a Tech. In Paper Crafting (B) 1:30p Fun With Yarn (S)			





## Card Making - Beginner Level

Instructor led class, no experience needed!

“Make and Take” 6 greeting cards. Please bring your own scissors, glue and tape runner. Card supplies provided.

**Cost:** \$12 per session

**Friday, March 12 • 10am • Bayport**  
**Register by March 8**

**Friday, April 9 • 10am • Bayport**  
**Register by April 5**

**\* Space is limited - Registration is required \***  
Call 651-439-7434

## Quilting

Stop in and help make machine sewn quilts.

Experienced volunteer, Emilie Carlson, leads this program. All are welcome to come and learn about the process of making simple and beautiful quilts.

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday/month • 9:30am • Stillwater**

**March 3 and 17**  
**April 7 and 21**

**Learn More and Register at 651-439-7434.**



## Painting—Open Studio

All are welcome, beginners to experienced painters.

No instructor.

Bring your own supplies.

**Every Friday/month 9:30am • Stillwater**

Open to all.

**Cost:** \$1



## Fun with Yarn!

Join us at our open knit/crochet time. All are welcome to work on a project or start something new. Those wanting to learn, please bring your own crochet hook or knitting needles if you have them. Yarn will be provided for practice. Open to all from beginners to advanced.

Instructors Jean “Charlie” Baker and Karen Bergstrom help teach and facilitate this group.

**Every Wednesday/month • 1:30-2:30pm • Stillwater**

**Note:** The group may be divided into 2 rooms.

**Registration is required - Call 651-439-7434**

**PRE-REGISTRATION REQUIRED FOR ALL ACTIVITIES**  
**Call 651-439-7434**

All activities subject to change or cancellation.  
Please visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org) or call 651-439-7434 for updates.

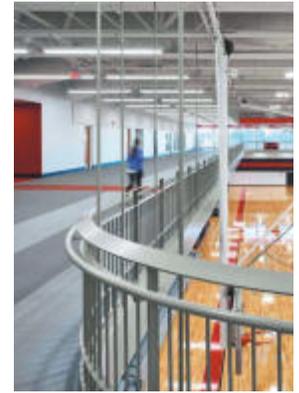


### Community Walking Group at Pony Activity Center

Continue to walk even during the colder months!  
Walk the indoor track at the Pony Activity Center - 9 laps equals 1 mile.



**Monday, Wednesday & Friday • 9am**  
Pony Activity Center (PAC)  
5701 Stillwater Boulevard North, Stillwater  
**Pre-registration required. Call 651-439-7434.**



**Cost:** \$10 for a monthly membership or daily passes can be purchased for \$3.

- ◆ Medicare supplement plans like Silver Sneakers, Silver and Fit or Renew Active are accepted. Call Alexa Hanson at 651-351-8036 with questions or to register using these benefits.
- ◆ All new members or guests must provide a valid government issued ID on their first visit.
  - ◆ Please come early to your first visit to complete an in-person registration.

**NOTE: A COMMUNITY THREAD VOLUNTEER WILL BE ONSITE MOST DAYS.**

### Vision Loss Resources

Vision Loss Resources helps those with low vision live independently. This group offers support, education and socialization. Stop in and join us to learn more and find out if this group is a good fit for you.

**Presenter:** Mark Dahlberg, Community Service Specialist.

**We will meet in person, but Mark will join us virtually.**

**Pre-registration required.**  
Call 651-439-7434

**Tuesday • March 23 • 1:30-2:30pm • Stillwater**  
**Tuesday • April 27 • 1:30-2:30pm • Stillwater**



### Foot Care

Our Bayport location is now hosting Perfect Pair Foot Care LLC.



This Mother-Daughter duo is quite the pair! Linda and Alexis are both Certified Foot Care Specialists and members of the American Foot Care Nurse Association. They love working with older adults and can't wait to meet you!

**Cost:** \$45/session

Call Alexis at 651-769-5496 to schedule your appointment.



### OTHER LIVING WELL UPDATES

Aerobics and Hot in the Kitchen are cancelled until further notice.



## NEW: Technology Class

Join Stillwater Area High School students Alex Steil and Evan Jinks to learn a different “How to...” each month.

**2<sup>nd</sup> Friday/month**  
1pm • Stillwater

### March 12—How to Order Groceries Online

Bring your portable device, and students will walk you through the basics of ordering your groceries for delivery.

### April 9 - How to Q & A

Bring your portable device and questions. Students will walk you through the answers.



**Free and Open to All. Pre-registration required. Call 651-439-7434.**

**Space is limited. Sign up early!**

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ppetersl@amfam.com

**Contact Jeff Parkinson to place an ad today!**

**jparkinson@4LPi.com or (800) 950-9952 x5887**



Provide transportation and delivery services to Thrive members in the Stillwater Area School District.

**Be a Volunteer Driver**

Choose a shift that works for you!

Provide approximately one ride per month, either bringing a Thrive member to and from an appointment or picking up and delivering essential items.

**Shifts are offered at varying times Monday - Friday from 7am - 5pm.**

Drivers must have a good driving record and at least 8 years of driving experience.

**Interested?**

Contact Community Thread's Volunteer Coordinator at **651-439-7434** or email **Leanna@CommunityThreadMN.org**.



Help procure and deliver food donations from local businesses.

**Be a Food Donation Assistant**

Volunteers are asked to commit to a regular schedule or at least two volunteer shifts per month.

Shifts can vary in length depending on the amount of donations and volunteer availability.

All shifts require transporting food from local businesses to the Basic Needs store in St. Paul Park.

**Interested?**

Contact Basic Needs' Volunteer Coordinator at **651-458-9786** or email **volunteerssts@gmail.com**.

**Basic Needs Thrift Shop - 950 3rd Street, Suite 101 - St. Paul Park, MN 55071**



# Volunteer Opportunities

Save the "Date"  
May 2021



While we aren't sure what the Spring may bring,  
we know there will be work to be done!

Watch our email newsletter, Facebook page &  
website for more details - coming soon!



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**HAPPY NATIONAL  
VOLUNTEER WEEK**  
April 18-24, 2021



### Celebrating Our Volunteers

Each year thousands of volunteers dedicate their time and talent to improve lives in our local community. Without these volunteers, Community Thread would simply not exist.

Community Thread was formed by volunteers who had a vision of helping others in the community - a vision that still guides our mission today.

**Thank you to all of the volunteers who give our work meaning!**

Your efforts have helped us expand our services and reach throughout the community.  
**We sincerely appreciate all you do to make our community thrive!**



*"I think a hero is any person really intent on making this a better place for all people."*

- Maya Angelou



## Recognizing Our Volunteer Impact

**2,070** Total Volunteers - **7,843** Volunteer Hours - **\$230,894** Value of Volunteer Time

**In 2020, volunteers stepped up in countless ways to support others during uncertain times.**

In addition to offering rides to medical appointments, raking lawns and assisting with programs like Holiday Hope and Stuff the Bus, volunteers helped pick up and deliver essential items such as prescription medication, groceries and meals from our area schools.



Volunteers also made check-in calls to older adults who were isolated at home and protective face masks for students and others who needed them.

**Volunteers are the thread that ties our community together!**  
And for that we honor you.



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### About our program...

The Chore Services and Transportation Program connects older adults and adults with disabilities to trained volunteers who assist them with home maintenance tasks and door-to-door rides to medical appointments.

### Transition to Thrive...

Over the next year, the Chore Services and Transportation Program will be transitioning to Thrive, a new model that will expand and enhance the social activities, transportation options, and home services we provide. Thrive builds off of our current programs and will help better serve our neighbors in the decades to come.



Thrive is based off of a nationally-recognized membership network model. Members can choose to engage in the level of activities and services that best meets their interests and needs. There is a modest membership fee, but membership is available on a sliding scale so that money isn't a barrier for anyone who wants to be part of the program.

Thrive has launched with a small charter group with a goal to open enrollment to broader audience in late 2021.

### Volunteer with us...

In recent years, there has been an increase in the number of people who need help with home services and rides to medical appointments. We welcome you to help us meet these needs and help our neighbors stay safe, well, and thriving while living in their own homes. Volunteer positions are flexible with a variety of opportunities available. Please let us know if you would like to share your time with us. Call our Volunteer Center at **651-439-7434** or email [Leanna@CommunityThreadMN.org](mailto:Leanna@CommunityThreadMN.org).

*"I have been blessed with so many volunteers  
who have helped me stay in my home.  
I feel like the luckiest man on earth!"*

*- from Ron*



Learn more about the Chore Services and Transportation Program, or sign up to volunteer, by calling **651-439-7434** or visit our website at [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org).



## Meet Lynn DeCorsey

Lynn joined Community Thread in July 2019 as an Older Adult Program Assistant in our Bayport location as well as helping in the Chore Services and Transportation department. Currently Lynn is the primary coordinator in Chore Services & Transportation and is working full time in Stillwater until our programs can start up again. Prior to joining Community Thread, Lynn worked at Twin Cities Orthopedics in Patient Financial Services.

*“I love working with our participants, getting to know them and hearing about their lives. I go home at the end of the day feeling grateful that I was able to make a difference.”*

Lynn lived in three different states before settling down in Minnesota 30 years ago. She now lives in Lakeland with her husband, two adult children and two 9 month old German Shepherds. Lynn enjoys reading, spending time with family, traveling and spending time in the pool in the summer.

**Thank you, Lynn, for all you do to help older adults stay active and connected in our community!**

## Meet Jennifer Kemnetz

Jennifer was born and raised in Minnesota and has lived in Stillwater for 20 years. Many of you may remember her, or her husband Bryan, from Lake Elmo Bank where Jennifer worked until her retirement.

She first heard about Community Thread through her work at Lake Elmo Bank and her daughter, Ivy, who worked with us as a part time receptionist. Jennifer and her family began volunteering at events like Holiday Hope and Rake a Difference Day. During this time, we discovered Jennifer’s crafty side and also recruited her to make table centerpieces and cards for various events and programs.



Jennifer has always enjoyed being creative and found herself buying scrapbook paper when she saw it on sale at craft stores. Since she isn’t a scrapbooker, she found herself looking for ways to use these papers and knew she had found the perfect match when Community Thread was seeking cards for Holiday Hope. Her cards have been bringing smiles and joy to others ever since!

Volunteering at Community Thread has created many happy memories for Jennifer and her family. She especially loves knowing that her work contributes to programs that provide such vital support for people in our community.

*“Community Thread connects people who need help to people in our community who volunteer to give it. I’m happy to have this connectivity and to live in a community that cares about others.”*

**Thank you, Jennifer, for sharing your creativity with us and so many others throughout our community!**



This monthly program offers an assortment of high quality meat and fresh produce at a savings up to 40% off grocery store prices.

Fare for All is running a limited number of sales with a drive through model.

### Upcoming Dates Near Stillwater

March 19, 2021, 1-3pm

Community of Grace Lutheran Church  
4000 Linden Street, White Bear Lake

Call 763-450-3860 to hear about menus.

Visit [www.fareforall.thefoodgroup.org](http://www.fareforall.thefoodgroup.org)  
to see a full list of dates and sites.



## No AARP Smart Drivers Courses in March or April

Stay tuned for new offerings coming soon!

### Caregiver/Family Support Services

#### **FamilyMeans**

651-439-4840

#### **Alzheimer's Action Team**

Dementia Resource Navigators recommended by the Stillwater Area ACT are available to accompany families through complex issues when faced with the many challenges of dementia.

Navigators include:

- Sarah Adams at 651-789-4027 or [sadams@familymeans.org](mailto:sadams@familymeans.org)
- Sarah Gavin at 651-789-4004 or [sgavin@familymeans.org](mailto:sgavin@familymeans.org)
- Valerie Richards at 651-210-7866 or [vjrichards@familieswithdementia.com](mailto:vjrichards@familieswithdementia.com)

#### **Alzheimer's Association Support Group**

651-210-7866

24/7 Information helpline: 800-272-3900

#### **Community Thread Connector Loop**

651-439-7434

Offers a handicap accessible bus every Monday from 10am-3pm with stops throughout Stillwater and Oak Park Heights. Learn more at [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org).

#### **Help at Your Door**

651-642-1892

Provides grocery delivery, handyman services and transportation support.

#### **Housing Resources/Washington County**

651-430-6488

Offers homeless services and housing resources.

**Don't see the resource you need?**

Call us at 651-439-7434



## Free Food Distribution

Washington County, Christian Cupboard Emergency Food Shelf and Valley Outreach are partnering to distribute free food to the community.

Participants can drive up to receive boxes with a variety of dry food items, protein, dairy and fresh produce. Free masks will also be distributed.

### All are welcome.

There are no eligibility requirements to receive food.

Volunteers will be on-site to speak Spanish and communicate in American Sign Language. Public bathrooms will NOT be available.

### Questions?

Email [foodsupport@co.washington.mn.us](mailto:foodsupport@co.washington.mn.us) or call 651-430-6688.

### Unable to attend the event?

Find a food shelf near you. Visit [www.hungersolutions.org](http://www.hungersolutions.org) or call 1-888-711-1151.



### **Meals on Wheels (Optage)**

651-746-8280

Offers meal delivery to your home.

### **Metro Mobility**

651-602-1111

Provides demand responsive service for certified riders with disabilities that prevent them from using the regular route system.

### **Senior LinkAge Line**

1-800-333-2433 or visit [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

Offers referrals for legal or financial assistance, transportation, health insurance counseling, and meals.

### **Silver Sobriety**

651-342-1402

Provides age specific, non-residential recovery services and support for alcohol & drug addiction.

### **St. Michael's Catholic Church Food Shelf**

651-439-3241

Offers food assistance to the Stillwater community.

### **Transit Link**

651-602-5465

Offers a dial-a-ride small bus service where regular route transit service is not available.

### **Valley Outreach**

651-430-2739 or visit [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)

Offers food, clothing and emergency assistance.

### **Vision Loss Resources**

651-224-7662 or visit [www.visionlossresources.org](http://www.visionlossresources.org)

Offers vision loss resources.

### **United Way's First Call for Help**

Dial 2-1-1 from any landline

Offers referrals for food, clothing, support groups, health care, crime and abuse services, and more.

### **Weathering Life's Losses Adult Grief Group**

651-430-4578

Grief support groups where participants learn about grief and have the opportunity to share their story.



community thread

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