



Older Adults—A Strength of Our Community

As the calendar flips to May, we enter into observance of Older Americans Month. Like the individuals it recognizes, this month is often overlooked. Sure, out of respect, we may hold open a door for an older adult or, out of compassion we may write cards to older adults in nursing homes, but - even if older adults are our peers – how often do we think about and celebrate the contributions they make in our lives and in our community?

Let’s make one thing clear - older adults are an asset in our community. As we age, we do not simply get more frail, senile, or dependent upon others like our culture may suggest. As we age, we also grow. We grow in wisdom, experience, and value, and we grow in the opportunity to share our value with one another.

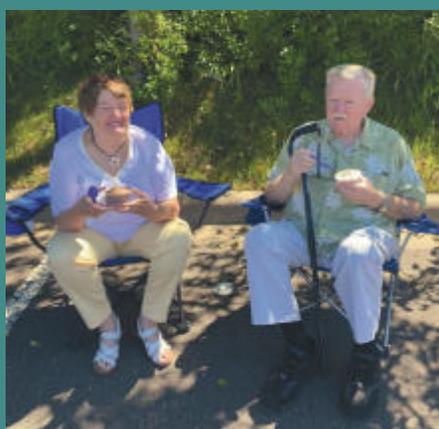
Older adults are leaders, inspiring and influencing the way we function and evolve as a society. Older adults are volunteers and donors, contributing their time, talent, and treasures to build the resources and resiliency that we rely upon to thrive. Older adults are our neighbors, creating a better sense of stability, safety, and satisfaction in our lives.



The value of older adults extends well beyond the list above. During the month of May, and as we continue to launch Thrive at Community Thread, we will share our reflections and celebrate the strength of older adults in our community. We invite you to do the same!

At Community Thread, we are proud to stand by our belief that every person, regardless of age or ability, has something to give and something to gain by engaging with their community. We are honored to serve older adults and provide a space where they can share their values for the betterment of us all.

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

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Volunteer Center Coordinator

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Administrative Coordinator



**We are so grateful to everyone who supported our
4th Annual Black Tie Bingo fundraiser!**

Even though we couldn't get together in person, we enjoyed seeing photos of those who played bingo at home and watching the online chat during the event. We hope you enjoyed the program and thank you for your generous support of our mission.

Miss the show? It's not too late!

Visit www.CommunityThreadMN.org to watch the recorded program.

Thank You to our Sponsors



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Pony Preschool and Child Development Center
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Thrive Needs You!

As Thrive continues to develop and launch, we need more volunteers to provide rides and home services to our charter members.

Are you looking for a flexible volunteer opportunity?

Drivers and Home Helpers make a big difference in the lives of their neighbors while volunteering as little as a few hours once a month! Choose your own hours and activities and get the benefit of connecting directly with the person you are helping.

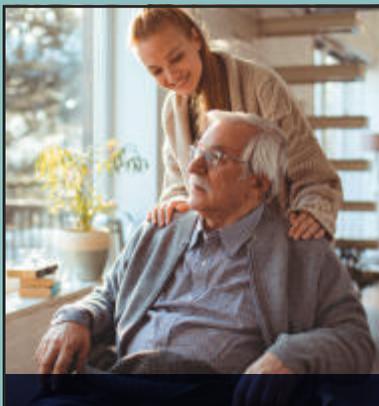
Volunteer Activities include:

Rides to appointments and errands • Pick-up and delivery of essential items • Yardwork
Light housekeeping • Dog-walking • Tech support and more!

Have time to spare and like to help others? Connect with us today!

Call 651-439-7434 or email Volunteer@CommunityThreadMN.org

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



Artis Senior Living Presents a Teepa Snow Virtual Workshop Series for Dementia Caregivers

Presented by Teepa Snow, MS, OTR/L, FAOTA, Owner and CEO of Positive Approach to Care® and nationally renowned Dementia Care Expert



Join nationally renowned dementia specialist Teepa Snow as she tackles familiar care challenges faced by family and in-home caregivers. Teepa's proven strategies will help caregivers learn how to provide support in a positive and respectful way.

Join us for this FREE Educational Webinar Series

Activity, Engagement and Routine

Thursday, May 27th • 11:30 a.m. – 12:45 p.m.

Recognizing Dementia Symptoms

Thursday, June 17th • 12:00 – 1:15 p.m.



Your Partner
in Memory
Care

To Register: TheArtisWay.com/StillwaterSenior • 612-208-8714

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





Bus Route & Stop Times

Every Monday | 10am-3pm | \$3 all day

Birchwood Townhomes	Rivertown Commons	River Market Co-op	Lakeview Hospital	Courage Kenny Rehab	Stillwater Medical Group	Valley Outreach	Community Thread/Ann Bodlovick Apartments	Target	Cub Foods	Walmart	Green Twig Apartments	Oak Park Senior Living
10:00	10:09	10:11	10:16	10:21	10:23	10:27	10:32	10:36	10:38	10:44	10:47	10:49
11:00	11:09	11:11	11:16	11:21	11:23	11:27	11:32	11:36	11:38	11:44	11:47	11:49
12:00	12:09	12:11	12:16	12:21	12:23	12:27	12:32	12:36	12:38	12:44	12:47	12:49
1:00	1:09	1:11	1:16	1:21	1:23	1:27	1:32	1:36	1:38	1:44	1:47	1:49
2:00	2:09	2:11	2:16	2:21	2:23	2:27	2:32	2:36	2:38	2:44	2:47	2:49

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

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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 our positive view of aging and grow our capacity to live meaningful, satisfying lives in our older years.

Aging with GUSTO

May 7, 14 & 21 • 2:00 - 3:30pm • Virtual Event

Space is limited! Pre-registration required by May 4.

Call 651-439-7434 to register.

Learn more about the Vital Aging Network at vital-aging-network.org



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Managed by Ebenezer and part of Fairview Health Services, Arbor Glen Senior Living in Lake Elmo, provides a variety of senior living options and programs to help older adults age-in-place, keeping them as independent as they are able.

➤ Visit our website to learn more, schedule a tour or enjoy a virtual tour of our community!

ArborSenior.com | 651.704.1444 EBENEZER





Stepping On

Stepping On will help you recognize your risk of falling and build the balance, strength and practical skills you need to prevent falls. Learn in a fun, hands-on way, putting information to use from the very first session. Local experts, trained leaders and other group members support and encourage you to find solutions to make your home safer and your body stronger. Regain the confidence to stay active in your community and do the things you want to do!

In just seven weeks you'll learn:

- Strength and balance exercises you can adapt to your individual level.
- How vision, hearing, medication and footwear affect your risk of falling.
- To identify and remove or avoid fall hazards at your home.
- How to get back on your feet the right way if you do fall.

Class will meet on seven Tuesdays, May 11 - June 22.

10am - Noon • Stillwater

Cost: \$10, with payment due by May 4

Class space is limited. **Go to www.yourjuniper.org/classes to register.**

Brought to you by:



Coffee Talks

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

2nd Tuesday/month

10am • Stillwater

May 11

Learn how to start and write a Legacy Letter to share your story with future generations.

Presenter: John Buettner.

June 8

Get expert advice on how and when to downsize your home and learn to create a fool-proof action plan.

Presenter: Lisa Bevens, Home to Sweet Home

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

Caring for the Dementia Caregiver

Have you found yourself suddenly cast in the role of the caregiver for someone experiencing dementia and memory loss?

In this seminar we will discuss how to find ways and time for self-care, effective communication strategies and ideas for staying safe and sane.

Thursday, June 10

1pm • Stillwater

Presented by: Ruth Hjelmgren, MA, MSE and Director of Community Relations at Artis Senior Living

Free and Open to All.

Pre-registration required.

Call 612-200-0506 or

go to www.TheArtisWay.com/WoodburyEvents

It's a SALE!

June 4 • 9am-4pm • Bayport

Community Thread will participate in the Bayport community garage sale. Stop by to see what we have in store!



Artful Creations Showcase

Month of May
9am-4pm • Stillwater



During the month of May we will showcase the "Artful Creations" of our program participants.



Stop in and admire their paintings, quilts, and knitted and crocheted items, along with other crafts created in our programs.

Super Summer Garden Party

Wednesday, June 23
1pm • Stillwater

Join us for an outdoor garden party!

Back by popular demand it's music by Bandanahhh! Last year, Dan and Judy got us singing and dancing in the parking lot. This year they'll bring their music from the decades to the garden!

Music - Outdoor Games - Treats
Bring your own lawn chair and shade.

Call 651-439-7434 to register by June 21.



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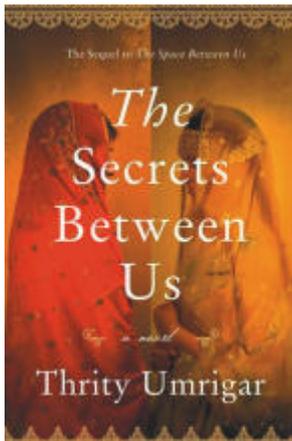
Book Club

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.

2nd Monday/month
1pm • Stillwater

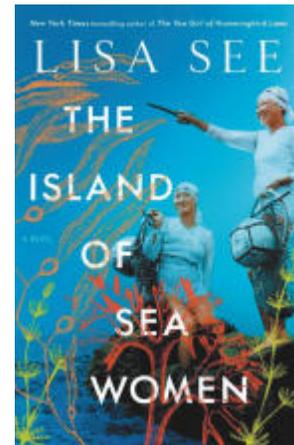
May 10

The Secrets Between Us by Thrity Umrigar.
Presented by Sally Altier



June 14

The Island of Sea Women by Lisa See.
Presented by Mary Baker



Must register to attend.
Call 651-439-7434

Wise Wonderful Women

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

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

1st & 3rd Thursday/month
10:30am • Stillwater

May 6 and 20
June 3 and 17

Men's Group

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

2nd and 4th Thursday/month
10:30am • Stillwater

May 13 and 27
June 10 and 24

Bowling is BACK!

A fun time to learn, have fun or practice your game.

Open to anyone!

Includes use of a ball and shoes.

Every Monday • 3-7pm
Stillwater Bowl
5862 Omaha Avenue
Oak Park Heights

Cost: \$7 per bowler

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PRE-REGISTRATION REQUIRED

Please remember you must call ahead to reserve your spot for all activities.

651-439-7434

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All activities subject to change or cancellation.
Please visit www.CommunityThreadMN.org or call 651-439-7434 for updates.



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.



Mondays, 1-3pm

- May 3
- May 10
- May 17
- May 24
- June 7
- June 14
- June 21

Thursdays, 10am - Noon

- May 13
- May 20
- May 27
- June 3
- June 10
- June 17
- June 24



Call 651-439-7434 to register.

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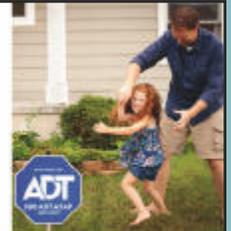
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D 4C 02-1032



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

Packets of cards are \$.50 apiece for the hour. Fun prizes are given to winners!

1st and 3rd Friday/month
10am • 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

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

Every Tuesday & Thursday
1pm • Stillwater



PLEASE NOTE CRIBBAGE WILL BE IN BAYPORT MAY 20

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 and join in!

**2nd and 4th 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.

Mahjong is BACK!

Join us to learn this fun and fascinating game!

All skill levels welcome. Not sure what Mahjong is? Stop in and see!

Every Wednesday
9:30am • Bayport

Space is limited.
Pre-registration required.



PLEASE NOTE NEW GUIDELINES:

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

Event Calendar

May 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
NOTES:						
2	3 9a Walking Group (O) 1p BBB Social Sorting (S) 3p Bowling (O)	4 1p Cribbage (S)	5 9a Walking Group (O) 9:30a Quilting (S) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	6 10:30a Conv. w/ Women (S) 1p Cribbage (S)	7 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	8
9	10 9a Walking Group (O) 9a Health Ins. Counsel (S) 1p Book Club (S) 1p BBB Social Sorting (S) 3p Bowling (O)	11 10a Coffee Talks (S) 10a Stepping on Class (S) 1p Cribbage (S)	12 9a Walking Group (O) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	13 10a BBB Social Sorting (S) 10:30a Men's Group (S) 1p Cribbage (S)	14 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B)	15
16	17 9a Walking Group (O) 1p BBB Social Sorting (S) 3p Bowling (O)	18 10a Stepping on Class (S) 1p Cribbage (S) 4p Fare for All (S)	19 9a Walking Group (O) 9:30a Quilting (S) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	20 10a BBB Social Sorting (S) 10:30a Conv. w/ Women (S) 1p Cribbage @ Bayport	21 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	22
23	24 9a Walking Group (O) 3p Bowling (O)	25 10a Stepping on Class (S) 1p Cribbage (S) 1:30p Vision Loss Rsrs (S)	26 9a Walking Group (O) 9:30a Mahjong (B) 10a Tech. in Paper Crafting (B) 1:30p Fun With Yarn (S)	27 10a BBB Social Sorting (S) 10:30a Men's Group (S) 1p Cribbage (S)	28 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S)	29
30	Community Thread is closed.					

Event Calendar

June 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		1 10a Stepping on Class (S) 1p Cribbage (S)	2 9a Walking Group (O) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	3 10a BBB Social Sorting (S) 10:30a Conv. w/ Women (S) 1p Cribbage (S)	4 9a Walking Group (O) 9a Community Garage (8) 9:30a Painting Studio (S) 10a Bingo (S)	5
6	7 9a Walking Group (O) 1p BBB Social Sorting (S) 3p Bowling (O)	8 10a Coffee Talks (S) 10a Stepping on Class (S) 1p Cribbage (S)	9 9a Walking Group (O) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	10 10a BBB Social Sorting (S) 10:30a Men's Group (S) 1p Cribbage (S) 1p Caring for the Dementia Caregiver (S)	11 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B)	12
13	14 9a Walking Group (O) 9a Health Ins. Counseling (S) 1p Book Club (S) 1p BBB Social Sorting (S) 3p Bowling (O)	15 10a Stepping on Class (S) 1p Cribbage (S)	16 9a Walking Group (O) 9:30a Mahjong (B) 1:30p Fun With Yarn (S)	17 10a BBB Social Sorting (S) 10:30a Conv. w/ Women (S) 1p Cribbage (S)	18 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	19
20	21 9a Walking Group (O) 1p BBB Social Sorting (S) 3p Bowling (O)	22 10a Stepping on Class (S) 1p Cribbage (S) 1:30p Vision Loss Rsrs (S)	23 9a Walking Group (O) 9:30a Mahjong (B) 1:30p Fun With Yarn (S) 1p Super Summer Party (S)	24 10a BBB Social Sorting (S) 10:30a Men's Group (S) 1p Cribbage (S)	25 9a Walking Group (O) 9:30a Painting Studio (S)	26
27	28 9a Walking Group (O) 3p Bowling (O)	29 1p Cribbage (S)	30 9a Walking Group (O) 9:30a Mahjong (B) 10a Tech. in Paper Crafting (8) 1:30p Fun With Yarn (S)	1 10:30a Conv. w/ Women (S) 1p Cribbage (S)	2 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S)	3



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, May 14 • 10am • Bayport
Register by May 10

Friday, June 11 • 10am • Bayport
Register by June 7

*** Space is limited - Registration is required ***
Call 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

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.

1st and 3rd Wednesday/month • 9:30am • Stillwater

May 5 and 19

*** No quilting in June, July or August ***

Learn More and Register at 651-439-7434.

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

Creative Ways to Use Leftover Paper Scraps
Wednesday, May 26 • 10am • Bayport
Register by May 24

Making & Decorating Envelopes
Wednesday, June 30 • 10am • Bayport
Register by June 28

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

Fun with Yarn!

Join us at our open knit/crochet time. 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 or call 651-439-7434 for updates.



Community Walking Group—Let's Explore Together!

Monday, Wednesday & Friday • 9am • Stillwater

Join our Community Walking Group to get outside and explore walking trails around the Stillwater area. Enjoy a new route each month! The route of the month will be available for pickup at Community Thread and can also be found on our website under "Daily Calendar."

NOTE: In the event of inclement weather, walkers will meet at the Pony Activity Center (PAC) at the Stillwater Area High School.

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

Things to Know about the Pony Activity Center (PAC):

Address: 5701 Stillwater Boulevard North, Stillwater

Cost: \$10 monthly membership / \$3 daily pass



- ◆ 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.



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 • May 25 • 1:30-2:30pm • Stillwater

Tuesday • June 22 • 1:30-2:30pm • Stillwater



Technology Class

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

2nd Friday/month

1pm • Stillwater

May 14—How to set up a Facebook account

Bring your portable device and the students will teach you how to set up and manage a Facebook account!

** No Class in June, July or August **

Free and Open to All. Pre-registration required.

Call 651-439-7434.

Space is limited. Sign up early!



Garden Volunteers Needed

Do you enjoy planting and tending to a garden?

If so, then we need you!
Volunteer to help with our community garden.
Planting, weeding & harvesting!

Want to dig in?
Call Kim at 651-439-7434 to learn more and sign up today!



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Connect youth and young adults ages 13-24 (and their children, if parenting) to basic needs and resources.

Be a NorthStar Youth Outreach Advocate Volunteer

Volunteer at Tubman's NorthStar Youth Outreach Center at Maplewood Mall.

Youth are able to receive a range of services including individual advocacy, safety planning and connection to resources at Tubman and partner agencies. As a volunteer, you help provide comprehensive support services, assist with the use of a computer lab, laundry and access to food and clothing.

Interested?

Call **612-767-6680** or email **Volunteer@Tubman.org**.



Help keep the Historic Courthouse beautiful.

Be a Garden Volunteer

The Washington County Historic Courthouse is seeking volunteers to help with the gardens on the grounds. Tasks may include weeding, watering, splitting plants and more.

The time commitment is 1-2 hours, one day per week with flexibility on dates and times. One-time group projects are also available for spring and fall clean-up.

Interested?

Call the Washington County Historic Courthouse at **651-275-7079**.



Volunteer as a family or group!

Spring into Service matches groups of community volunteers with local nonprofits or older adults living in their homes to assist with special projects.

Volunteers make a difference by assisting with projects like assembling kits, sorting food, spring cleaning and much more!

Volunteer activities will take place throughout the month of May and include opportunities at Arcola Mills Historic Foundation, EVOLVE Adoption & Family Services, Christian Cupboard Emergency Food Shelf and St. Therese of Woodbury.



Registration closes May 7

It's as easy as 1, 2, 3!

1. Complete the online registration form.
2. Choose the project that's right for you.
3. Schedule time with your nonprofit or homeowner.

**Register today at:
www.CommunityThreadMN.org**

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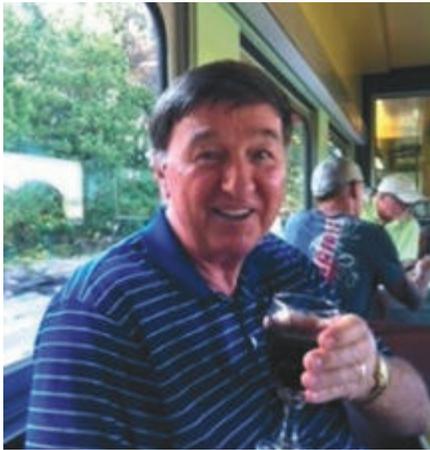


18 Community Involvement Award Winners



2021 Community Involvement Award Winners

Since 1975 the Community Involvement Awards have recognized outstanding volunteer service in Washington County. Each year volunteers contribute millions of dollars of service to our communities. These awards provide an opportunity to recognize how volunteer service strengthens our community. We salute all volunteers for the invaluable contributions they give to benefit our community.



Legacy Volunteer Award: Edward Simonet

To the people who knew him, Edward Simonet was “Mr. Stillwater.” Born and raised here, “Eddie” was a well-known and highly respected member of the community. Eddie was a hard worker, often spending evenings and weekends in his office. He knew everyone and people knew he was always available to talk. He was a strong advocate for the underserved and believed in treating people with dignity and kindness. He shared his time and compassion with many local organizations. His legacy will live on and continue to reflect his many contributions to make Stillwater and Washington County a great place to live.

Lifetime Volunteer Award: Christina Arndt

Christina Arndt is a busy woman who devotes many hours each week volunteering with various organizations in Washington County. Having moved to Stillwater from Sweden, Christina wasted no time getting involved in her new community—a lifestyle that continues to this day. She has supported organizations including Community Thread, the Family Violence Network, League of Women Voters, Stillwater Public Library, and many more. Through her dedication and compassion for helping others, Christina is a catalyst for encouraging others to get involved and strengthen our community.



Group Volunteer: Team Hickerson

Canvas Health • Muscular Dystrophy Association
Cystic Fibrosis Foundation

Exemplary Employer: DiaSorin, Inc.

Community Thread • DaVinci Fest • Feed Our Heroes
MN Academy of Science • Stillwater Area Schools
Valley Outreach • Youth Service Bureau, and more!



Visit www.CommunityThreadMN.org to read full write-ups on all of this year’s award winners.



**Outstanding Youth
Paula Akakpo**

- League of Women Voters
- Minnesota Youth Council
- Woodbury Community Foundation, and more!



**Outstanding Volunteer
Brian Ring**

- Minneapolis Homeless Camps



**Outstanding Volunteer
Tom Strom**

- Boy Scouts
- Hope for the Journey Home
- Red Cross, and more!

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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. We are still accepting new participants! To determine your eligibility and apply for chore or transportation assistance, please call **651-439-7434**.

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 2022.

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.

*"Your volunteers mean so much!
Their support makes life easier and
brings joy to my day too!"*

- from Karen, a transportation program recipient



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.



Meet Josiah Hill

Having attended Stillwater Area Schools, Josiah Hill describes himself as a product of his community.

For the past 20 years, Josiah has taught in the English Department at the Stillwater Area High School and considers himself blessed with the opportunity to serve students and families in our community. Josiah is also proud to serve as the current president of the St. Croix Education Association, the local teachers' union of 550 members.

Although Josiah and his wife Emily are busy raising three daughters, he still finds time to help with community volunteering—such as stepping up to help with flood relief efforts in 2019. As a Community Thread board member, Josiah shared, *“I am grateful to have this incredible opportunity to find new ways to serve and contribute to this community—a community that was so instrumental in shaping me.”*

Thank you, Josiah, for supporting our mission as we evolve to serve more community members.

Meet Cheryl Kelly

Cheryl began volunteering at Community Thread about five years ago. She was recently retired and looking for additional ways to give back to her community. She learned about volunteer opportunities at Community Thread through her daughter, Kim McRunnel (our Older Adult Program Director), and got connected with a variety of activities right away.

Cheryl started volunteering to support our Baubles, Bangles and Bling jewelry sale. Since then she has also raked lawns through Rake a Difference Day, helped at Friday Bingo, offered support during Holiday Hope and so much more.

Last year, Cheryl noticed the need for volunteers to deliver groceries and other essential items to people who were homebound due to the pandemic. She and her husband, Dennis, signed up to help and were connected with an older adult in our community. Cheryl has been delivering groceries ever since - an experience that has quickly become one of her favorite volunteer roles and the most rewarding.

“When you work one-on-one with someone you get to know them. They are so grateful to have you there and that appreciation means so much. These experiences touch your heart and keep you going.”

Most recently, Cheryl volunteered her time, along with fellow members of the Afton Bayport Lakeland Lions Club, to assemble Bingo To Go bags for our Black Tie Bingo fundraiser. Cheryl also shared her volunteer story as part of the event to inspire and encourage others to give their time too.

Thank you, Cheryl, for sharing your care and compassion with us and so many others throughout our community!





Fare For All

is open to everyone, at community-supported locations across Minnesota.



Save up to 40% on groceries

Visit Fare For All at Community Thread

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

**May 18, 2021 from 4-6pm
at Community Thread**

Call 763-450-3860 to learn about menus.

Visit www.fareforall.thefoodgroup.org to see a full list of dates and sites.



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
- Sarah Gavin at 651-789-4004 or sgavin@familymeans.org
- Valerie Richards at 651-210-7866 or 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.

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



Looking for Driver Safety Courses? Check out these online classes!



AARP Driver Safety
www.aarpdriversafety.org

Drive Safely
www.idrivesafely.com

Drive Safe Online
www.drivesafeonline.org

Minnesota 55 Alive
www.minnesota55alive.com

Minnesota Safety Council
www.minnesotasafetycouncil.org



Questions?
Call 651-439-7434

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
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
Offers food, clothing and emergency assistance.

Vision Loss Resources

651-224-7662 or visit 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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