



### Stuff the Bus: Giving Students a Strong Start



As the 2021 school year came to an end, resilience is the word that came to mind. The resiliency of teachers continuing to educate students, whether in-person or through a computer screen. The resiliency of our young learners adapting to the ever-changing school environment. The resiliency of the families that had to adjust schedules and modify their homes to create learning spaces for their children.

Each year, Community Thread and United Way of Washington County-East collect new school supplies for students in the Stillwater Area School District through our Stuff the Bus campaign. And, each year, the need continues to grow. In 2020 we experienced a 50% increase in the number of families requesting help with school supplies.

In 2021, we expect the need to be just as great as people continue to struggle to get back on their feet. As one family shared last year: “The Stuff the Bus program alleviated a tremendous amount of financial stress for our family this year. My daughter’s school supply needs were completely met by your program. We are very grateful to you for assisting us through this difficult time.”

Community Thread is accepting new school supplies July 6—August 12. Community Thread has created an online shopping option through a Stuff the Bus Amazon Wish List and an online donation option to donate directly to the Stuff the Bus program on our website. To view a complete list of requested school supplies, see page 19 or visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org). Your support will help our students continue to be resilient this coming school year and get off to a strong start.

### 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

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*Volunteer Center Director*

Leanna Miller

*Volunteer Center Coordinator*

Jenny Hutchins Farrell

*Administrative Coordinator*

## Meet 2021 Scholarship Winner: Karissa Kockelman



Each year, Community Thread awards a scholarship to a graduating Stillwater Area High School senior who has a strong commitment to volunteerism and demonstrates how volunteering has made an impact on his or her personal life and community.

**This year, we are pleased to announce Karissa Kockelman as our 2021 Community Thread Scholarship recipient.**

Karissa has an impressive resume, which includes quite a bit of volunteer experience. She started volunteering at a young age with her church by helping at events and volunteering with her Dad, who was very involved with Kiwanis, where she would help with group projects. During high school she joined Key Club and was an active member for 4 years. Karissa has continued to volunteer with her church where she had the opportunity to travel to Kenya, helping a local school. Additionally, Karissa has been involved in the Artspoke summer camps, leading young children during on-site classes, empowering youth to find their passions.

Karissa believes volunteering is essential in our community.

**“Volunteerism is important to help everyone who needs help, no matter who they are. Through volunteering I have been able to enjoy seeing the impact it makes in the community.”**

Karissa will be attending the University of Wisconsin Eau Claire, majoring in Mathematics and Music Performance and plans to continue to volunteer and be involved in her community.

**Congratulations, Karissa!**

**Are you or someone you know looking for volunteer opportunities?**

Visit [CommunityThreadConnect.org](https://CommunityThreadConnect.org) to get involved and make a difference!



## 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 helping to design the development of Thrive at Community Thread. (See page 4 for more information on this exciting new program.) Since August of 2020, the Team has been meeting monthly 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.

### Interested in joining the Thrive Planning Team?

Contact Rachel Presslein, Thrive Program Director at 651-439-7434 or [Rachel@CommunityThreadMN.org](mailto:Rachel@CommunityThreadMN.org)



## Dementia Care Communication— When Words Don't Work

*Presented By Heather McKay, PhD, OT/L; Dr. Heather McKay is an occupational therapist, dementia care specialist and international trainer/speaker on topics related to dementia care and caregiver education*

Alzheimer's disease and other types of dementia are challenging conditions for both the person with the disease and their caregivers. Even in the early stages of the disease, communication between family caregivers and the people they support is difficult as the person's brain changes in areas of memory, language comprehension, language production, judgment and impulse control.

Broken communication affects all aspects of life, and in the case of dementia, it's always changing. Award-winning occupational therapist and dementia care specialist, Dr. Heather McKay presents this program designed to help caregivers better understand why communication changes with dementia and new strategies to improve interactions when communication is a challenge.

**Join us for this FREE Educational Webinar**

**Tuesday, July 13<sup>th</sup>**

12:00 - 1:00 p.m.

**To Register**

**612-208-8714**

**[TheArtisWay.com/StillwaterSenior](http://TheArtisWay.com/StillwaterSenior)**

*Please Register By  
Monday, July 12<sup>th</sup>*



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## Why Thrive? Why Now?

As programs at Community Thread evolve to meet our community's needs, we are excited to continue the development of Thrive throughout 2021. Thrive is a joining of the social and educational activities of our Older Adult Program and the ride and at-home services of our Chore & Transportation Program into a membership model that will offer these same benefits and much more to our community. But why Thrive, and why now?

It's no secret that the aging population in our community is increasing at a rapid rate. Projections show that in Washington County the older adult population will grow by nearly 60% between 2020 and 2030. Not only is the number of older adults growing, but the demand for more and new activities and services has increased as well. As a result of this data and valuable input from our participants and neighbors, we look forward to launching Thrive to deepen our connections and service in the community decades to come.

By combining—and expanding—the activities and services of our programs through Thrive, we aim to engage older adults in ways that more holistically address some of the biggest concerns we face as we age. Through Thrive, we intend to combat common issues of physical health, mental wellness, isolation, loneliness, lack of access to basic needs, ageism, and more. We will honor the dignity of older adults, maximize their strengths, and celebrate their value by helping them help each other to make aging in community an exceptional and fulfilling experience.

Stay tuned for more details about Thrive programs and services in our next newsletter. Interested in giving your input on Thrive's development? See page 3 for more information.

Questions about Thrive? Contact Rachel Presslein, Program Director, at 651-789-4172 or [Rachel@CommunityThreadMN.org](mailto:Rachel@CommunityThreadMN.org)

## Bus Loop Update

The Community Thread Connector Loop continues to run every Monday from 10am-3pm in partnership with a new provider, Newtrax. Newtrax is a NE Metro nonprofit transportation provider that specializes in working with adults with disabilities and older adults. The loop is open to all ages and abilities.



Many thanks to the generous sponsors who are making this community service possible:

**Stillwater Lions Club**

**Hugh J. Andersen Foundation**



**Lakeview Hospital**



City of  
Oak Park Heights

**The Connector Loop will not operate on July 5 and September 6.**

**Visit [CommunityThreadMN.org](http://CommunityThreadMN.org) to view the bus schedule and FAQs.**



## All Aboard the Stillwater Trolley!

Ride the hills of Stillwater and enjoy learning about its history along the way! Meet at Community Thread at 9:45am to board the Stillwater Trolley. The ride is approximately one-hour long.

**Trolley Tour**  
**Monday, July 19**  
**\$12 per person**

**9:45am**—Meet at Community Thread in Stillwater

**10:00am**—Trolley departs from Community Thread in Stillwater

**11:00am**—Approximate return to Community Thread in Stillwater



**Space is limited! Pre-registration and payment required.**  
**Call 651-439-7434 to reserve your seat by July 15.**



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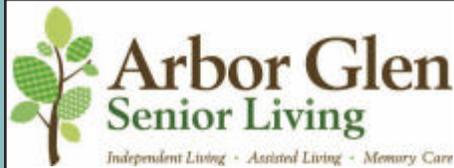
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Managed by Ebenezer and part of Fairview Health Services, Arbor Glen Senior Living in Lake Elmo, provides a variety of senior living options and programs to help older adults age-in-place, keeping them as independent as they are able.

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

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## Lunch Cruise on the St. Croix

Enjoy lunch and a boat cruise on the St. Croix River! Featuring a plated lunch: ham & turkey croissant sandwich served with potato salad, grapes, pickle and a cookie.

Payment for the lunch/boat ride will be made directly to St. Croix Boat & Packet (651-430-1234). Transportation is on your own or sign up to carpool from Community Thread's Stillwater location.

**Friday, August 13**  
**\$28.30 per person**

**10:30am** — Meet to carpool  
**11:00am** — Boarding begins  
**11:30am** — Boat departs  
**1:30pm** — Boat returns



**Space is limited! Pre-registration and payment required by August 10.**

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

**Call Stillwater River Boats to pay them directly for the event at 651-430-1234.**

## 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 card making. Please bring scissors, tape, glue and a paper cutter if you have one. All other supplies provided unless noted.

**Watercolor Techniques for Cards**  
**Wednesday, July 28 • 10am • Bayport**

Instructor: Monique Vernon

Cost: \$10 per session

**Space is limited - Registration is required**  
**Call 651-439-7434 to register by July 26.**

**Please Note: There will be no Techniques in Paper Crafting class in August.**





## 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**

**Free and Open to All**

### July 13

Learn the Do's and Don'ts of Recycling.

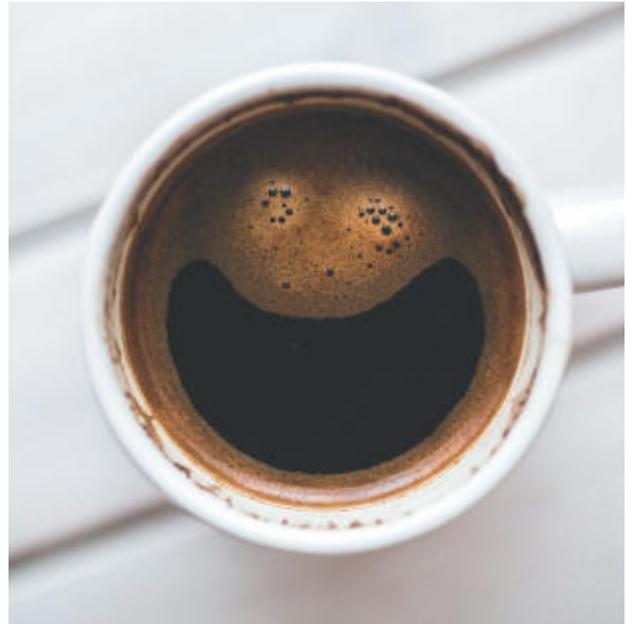
Presenter: Karre Wagner, Sustainability Specialist, Minnesota Waste Wise Foundation

### August 10

Learn how to plan ahead for what comes after retirement and how to incorporate your family into your plans.

Presenter: Kalena Davis & Patty Todora, CareAParent

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



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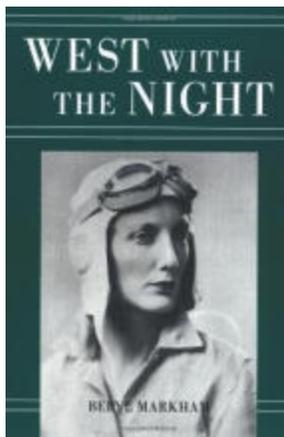
## Book Club

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. Weather permitting, book club will meet outside at Community Thread.

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

**July 12**

*West With The Night* by Beryl Markham  
Presented by Ruth Lasswell



**Must register to attend.**

Call 651-439-7434

**August 9**

*Small Great Things* by Jodi Picoult  
Presented by Bev Jellum



## 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 stop in and meet new women in the community.

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

**July 15**  
**August 5 and 19**

## 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**

**July 8 and 22**  
**August 12 and 26**

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



## Save the Date for Community Thread's Annual Jewelry Sale!



**Baubles, Bangles & Bling**  
**October 7, 8 & 9, 2021**



**Community Thread is accepting donations for the Baubles, Bangles & Bling Sale.**  
Donations of new and gently used handbags, scarves and jewelry are accepted.

### Donation Drop-off

Monday-Friday, 9am-4pm • Community Thread, 2300 Orleans Street West, Stillwater, MN 55082

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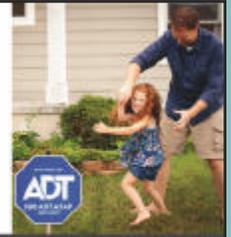
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## Bingo

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

**No Bingo on July 2 or August 20.**

## Cribbage

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



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

**Cribbage will meet at Bayport on August 10, 12, 17 & 19.**

**COMMUNITY THREAD WILL BE CLOSED JULY 1-5 IN OBSERVANCE OF INDEPENDENCE DAY.**

## 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!

**2<sup>nd</sup> and 4<sup>th</sup> Friday/month**  
9:30am • Stillwater  
**Cost: \$1.50**



**Bunco will meet at Bayport on August 13.**

## Bowling for FUN

Bowling is back! Join Community Thread at Stillwater Bowl for a time to learn, have fun or practice your game!

**Every Monday/month**  
3pm—7pm • Stillwater Bowl  
**Cost: \$7 per bowler**

**Location: 5862 Omaha Ave, Oak Park Heights, MN 55082**



## Mahjong

Join us to learn and play this fun and fascinating game! All skill levels welcome. Not sure what Mahjong is? Stop in and see!

**Every Wednesday/month**  
9:30am • Bayport



## Baubles, Bangles & Bling Socializing & 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**  
**July 12, 19 & 26**  
**August 2, 9, 23 & 30**  
1pm-3pm • Stillwater



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

# Event Calendar

# July 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	<p><b>NOTES:</b></p> <p>1 No programming.</p> <p>2 Community Thread is closed.</p>					
4	5 Community Thread is closed.	6 9:30a Fun Bridge (B) 12:30p 500/cards (B) 1p Cribbage (S)	7 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S)	8 10:30a Men's Group (S) 12:30p Pinochle (B) 1p Cribbage (S)	9 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S)	10
11	12 9a Walking Group (O) 9a Health Ins. Counseling (S) 12:30p Hand & Foot (S) 1p Book Club and BBB Sorting (S) 3p Bowling (O)	13 9:30a Fun Bridge (B) 10a Coffee Talks (S) 1p Cribbage (S)	14 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 12p 500/cards (S)	15 10:30a Wise Wdrfl Women (S) 12:30p Pinochle (B) 1p Cribbage (S) ***Reg. due for the Stw Trolley Tour on 7/19***	16 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	17
18	19 9a Walking Group (O) 9:45a Stw Trolley Tour (S/O) 12:30p Dominoes (B) 1p BBB Sorting (S) 3p Bowling (S)	20 9:30a Fun Bridge (B) 12:30p 500/cards (B) 1p Cribbage (S) 4p Fare for All (S)	21 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S)	22 10:30a Men's Group (S) 12:30p Pinochle (B) 1p Cribbage (S)	23 9a Walking Group (O) 9:30a Bunco (S) 9:30a Painting Studio (S) 12p Bridge (S)	24
25	26 9a Walking Group (O) 12:30p Hand & Foot (S) 1p BBB Sorting (S) 3p Bowling (S)	27 9:30a Fun Bridge (B) 1p Cribbage (S) 1:30p Vision Loss Rsrs (S)	28 9a Walking Group (O) 9:30a Mahjong (B) 10a Techn. in Paper Crafting (B) 10:30a Fun With Yarn (S) 12p 500/cards (S)	29 12:30p Pinochle (B) 1p Cribbage (S)	30 9a Walking Group (O) 9:30a Painting Studio (S) 12p Bridge (S)	31

# Event Calendar

## August 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
1	2 9a Walking Group (O) <b>1p BBB Social Sorting (S)</b> 3p Bowling (O)	3 9:30a Fun Bridge (B) 12:30p 500/cards (B) 1p Cribbage (S)	4 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S)	5 10:30a Wise Wdrfl Women (S) 12:30p Pinochle (B) 1p Cribbage (S)	6 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	7
8	9 9a Walking Group (O) <b>9a Health Ins. Counseling (S)</b> 12:30p Hand & Foot (S) <b>1p BBB Social Sorting (S)</b> 1p Book Club (S) 3p Bowling (O)	10 9:30a Fun Bridge (B) <b>10a Coffee Talks (S)</b> 1p Cribbage (S)	11 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 12p 500/cards (S)	12 10:30a Men's Group (S) 12:30p Pinochle (B) <b>1p Cribbage @ Bayport</b>	13 9a Walking Group (O) <b>9:30a Bunco @ Bayport</b> 9:30a Painting Studio (S) <b>11a River Boat Luncheon (O)</b> <b>12p Bridge @ Bayport</b>	14
15	16 9a Walking Group (O) 12:30p Dominoes (B) 3p Bowling (O)	17 9:30a Fun Bridge (B) 12:30p 500/cards (B) <b>1p Cribbage @ Bayport</b>	18 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S)	19 10:30 Wise Wdrfl Women (S) 12:30p Pinochle (B) <b>1p Cribbage @ Bayport</b>	20 9a Walking Group (O) 12p Bridge (S)	21
22	23 9a Walking Group (O) 12:30p Hand & Foot (S) <b>1p BBB Social Sorting (S)</b> 3p Bowling (O)	24 9:30a Fun Bridge (B) 1p Cribbage (S) <b>1:30p Vision Loss Rsrs (S)</b>	25 9a Walking Group (O) 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 12p 500/cards (S)	26 10:30a Men's Group (S) 12:30p Pinochle (B) 1p Cribbage (S)	27 9a Walking Group (O) 9:30a Painting Studio (S) 9:30a Bunco (S) 12p Bridge (S)	28
29	30 9a Walking Group (O) <b>1p BBB Social Sorting (S)</b> 3p Bowling (O)	31 9:30a Fun Bridge (B) 1p Cribbage (S)	1 9a Walking Group (O) 9:30a Mahjong (B) 9:30a Quilting (S) 1:30p Fun with Yarn (S)	2 10:30a Wise Wdrfl Women (S) 12:30p Pinochle (B) 1p Cribbage (S)	3 9a Walking Group (O) 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	4



## 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.



**Friday, July 9**  
10am • Bayport  
**Register by July 6**

**Cost:** \$12 per session

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

**Card Making will not meet in August.**

## 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



Created by  
Polly Olmstead

**Painting will not meet on August 20.**

## Quilting

**No Quilting July and August.**

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**



**Mark your calendars to join us again  
starting September!**

## 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**  
10:30-11:30am • Stillwater

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



**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—Let's Explore Together!

Monday, Wednesday & Friday • 9am

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

The walking group will explore walking trails around the Stillwater area. The routes for each month will be available for pick-up at Community Thread and can also be found on our website under the daily calendar.

**NOTE:** In the event of inclement weather, walkers will meet at the Pony Activity Center (PAC)

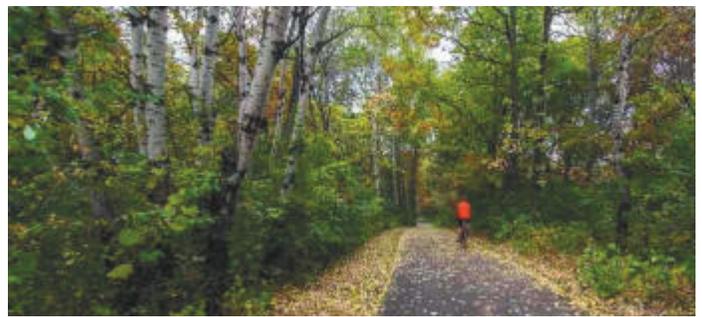
**Things to Know about the Pony Activity Center (PAC):**

**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.

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



## Community Garden

Take part in Community Thread's Community Garden! This raised garden bed is free and open to all for harvesting produce!



The harvest changes every year. Stop by our Stillwater location to see what's growing! Free and open to all harvesters.

Extra produce will be donated to Valley Outreach.

Questions? Call 651-439-7434.





## 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.



Please call 651-439-7434 to find out times available.

## Health Insurance Counseling

Trellis, formerly known as Metropolitan Area Agency on Aging, provides health insurance counseling to people who receive Medicare benefits or are eligible for them.

Gain better understanding of what services are covered and insurance options available to supplement Medicare coverage. During open enrollment, you can receive help understanding your choices and evaluating your specific options. **Senior LinkAge Line specialists are trained and state-certified.**

Monday, July 12 • 9am-12pm • Stillwater

Monday, August 9 • 9am-12:pm • Stillwater

**Appointments Required.**

**Call 1-800-333-2433 to schedule.**

### SENIOR COMMUNITY = BRIARCLIFF = MANOR APARTMENTS

- 55+ Affordable Independent Living Housing
- 1-3 Bedroom units
- Controlled Entrance
- Common laundry facilities
- Heated underground parking
- Programs and events to promote socialization

115 East Ave., Mahtomedi

651.426.7960 • www.briarcliffapartmentsmn.com

### COURT APARTMENTS = NORGDARD = SENIOR LIVING

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- Heated underground parking
- Programs and events to promote socialization

1807 Gervais Court East, Maplewood

651.777.5020 • www.norgardcourtapartments.com



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- Spacious 1-2 bedroom units
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- Heated underground parking
- Programs & special events to promote socialization
- Housekeeping and Laundry services
- Onsite Nursing & more!

6060 Oxboro Ave North, Stillwater

651.439.8034 • www.oakridgeplace.net

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)

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## Spring into Service Recap

Spring into Service continued to look a little different in 2021. With some nonprofits still closed to on-site volunteers, we matched volunteers to a handful of local nonprofit organizations, as well as homeowners who needed a little extra help with spring clean-up.



**160 Volunteers**

**286 Service Hours**

**13 Homeowners**

**9 Nonprofit Organizations**

**\$8,860 Value of Volunteer Time in the Community**

“Thank you for connecting us with volunteers to help with the spring clean-up that I was unable to do myself. The volunteers came out last Saturday and did a wonderful job!”

- Spring into Service Recipient



### Be a Home Helper

Assist older adults and individuals living in their homes with outdoor and indoor home projects such as lawn care, snow removal, small repairs, house cleaning, gutter cleaning, painting etc.

**Help make a difference!**

### For More Information:

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



### Sort Food For Families in Need

Help feed your community with Today’s Harvest, powered by Christian Cupboard Emergency Food Shelf. Today’s Harvest is a new way for people to access fresh, health food and increases food access while also reducing waste in the community.

### For More Information:

Complete the volunteer application form at [www.CCEFS.org/Volunteer](http://www.CCEFS.org/Volunteer), or contact Shannon at **Shannon@ccefs.org** or **651-413-2685**.



## Save the Date: Stuff the Bus

**Volunteers Needed: August 12—20, 2021**

Help sort school supplies, put together student lists, and assist with curbside pick-up of school supplies at Community Thread!



## Save the Date: River Rally



**Volunteers Needed: September 11, 2021**

Help keep the St. Croix River clean by cleaning up the islands and shorelines of the St. Croix River, the Boom Site, and along Brown's Creek Trail.

**Learn more & Sign up Today!**

Visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org) or call our Volunteer Center at 651-439-7434.

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## A Special Thanks to...

**Our Outgoing Board Members Aaron Drevlow, Rachael Kozlowski and Gina Zeuli, who each served six years on the Community Thread Board of Directors.**

Aaron served in leadership roles as vice president, president and past president of the board. As an Assistant Principal at the Stillwater Area High School, Aaron strengthened our relationship with the school system and he served Community Thread well with his big picture thinking and strategic vision.

Gina also served in board leadership roles, and helped us screen incoming board members. She volunteered at our fundraisers and put her creative talents to work by making our events special. Gina also has a long history of volunteering for Holiday Hope. She was willing to help anywhere she was needed, contributing to our overall image and success.

Rachael helped Community Thread with her marketing expertise. She volunteered at our various fundraisers and helped us name Thrive, our new model for older adult programming that launches soon to deepen our connection to the community and help us serve older adults in new and meaningful ways. Rachael understood and supported our mission of delivering high impact programs and services.

Many thanks to these outstanding board members whose embrace of innovation and understanding of the needs in our community will continue to serve Community Thread's mission for years to come.

**Thank you, Aaron, Gina and Rachael for your dedication to Community Thread!**



**Aaron Drevlow**



**Gina Zeuli**



**Rachael Kozlowski**

***“Volunteers do not necessarily have the time; they just have the heart.”***

**- Elizabeth Andrew**



## HELP LOCAL KIDS SUCCEED WITH STUFF THE BUS

### SCHOOL SUPPLY DONATION REQUESTS

**School Supplies must be dropped off at Community Thread by August 12.**

- 1", 2" or 3" Binders
- 3 Hole Soft Pencil Cases
- Backpacks (Adult/Teen)
- Backpacks (Elementary)
- Black Sharpies
- Calculators (Basic)
- Calculators (Graphing)
- Calculators (Scientific)
- Colored Pencils
- Composition Notebooks
- Divider Tabs with and without Pockets
- Double Sided Tape
- Ear Buds
- Elmer's Glue Sticks
- Expo Markers (Thick/Thin)
- Graphing Paper Notebooks
- Headphones
- Kleenex
- Lunch Boxes/Bags
- Masking Tape
- Plastic, 2-Pocket Folders
- Post-it Notes
- Red Pens
- Sanitizing Wipes
- Scotch Tape
- Sheet Protectors
- Ticonderoga Dixon Pencils
- Twist Colored Crayons
- Ziplock Bags



United Way of Washington County-East



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CONTACT US AT 800-950-9952





### 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 will be able to choose to engage in the level of activities and services that best meet their interests and needs. There will be a modest membership fee, but membership will be available on a sliding scale so that finances won't become 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 a 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.

Contact our Volunteer Center at 651-439-7434 or email [Leanna@CommunityThreadMN.org](mailto:Leanna@CommunityThreadMN.org).



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).



## Reintroducing Kim McRunnel

Kim McRunnel has been our Older Adult Program Director since May 2019. In this role she plans and oversees the events and activities aimed at older adults at both of our community center sites.

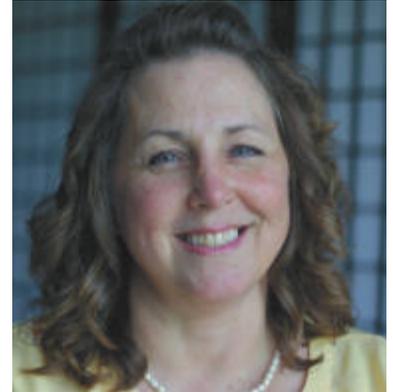
**“Now that the pandemic is starting to loosen its grip, it is exciting to plan special events and activities for people to attend,” Kim shared.**

Over the past two years, Kim has created a number of innovative learning opportunities. For example, working with the high school, she was able to find volunteers to assist at our Technology Class where participants learn how to use their mobile devices to order groceries online or set up a Facebook account. “Older adults are eager to learn new skills, and I am looking forward to hearing about other topics that interest people. My goal is to offer engaging programming and experiences that keep people coming back,” Kim said.

Kim’s practical side has been helpful with finding new ways to engage volunteers in activities such as jewelry sorting as part of the Baubles, Bangles and Bling annual event. “I observe how the volunteers learn from each other and have a genuinely good time connecting”.

Kim may be reached at [Kimm@CommunityThreadMN.org](mailto:Kimm@CommunityThreadMN.org) or 651-439-7434.

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



## Meet the Forest Lake Good Samaritans

One morning on a run through a storm devastated neighborhood in Forest Lake, it occurred to Mike Kaiser that it would be a nice gesture to surprise neighbors by offering to help clean up storm damage—a random act of kindness. Encouraged by his wife, Mike posted a request for help on Nextdoor.com and got 37 responses the first day. By the end of the week, there were 100 volunteers ready to help.

Today the Forest Lake Area Good Samaritans is an official 501(c)3 non-profit organization with a 9-person board of directors. Together, they support over 500 volunteers who routinely perform random acts of kindness and encourage others to do the same.

One of their newest service initiatives is participating in the “cleanest City in the World Challenge”. Through this challenge, they will do city-wide clean up events. The Forest Lake Good Samaritans also participated in Community Thread’s annual Spring into Service event, cleaning up the yards of 4 older adults in Washington County.

**Thank you, Forest Lake Area Samaritans for sharing your love of service with local communities and beyond!**



**These volunteers were recognized with the Outstanding Group Volunteer award in 2020 for their achievements.**



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

July 20 and September 21, 2021

4-6pm | Community Thread

2300 Orleans St. W. Stillwater, MN 55082

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.

## Driver Safety Courses

### AARP Driver Safety

[www.aarpdriversafety.org](http://www.aarpdriversafety.org)

### Drive Safely

[www.idrivesafely.com](http://www.idrivesafely.com)

### Drive Safe Online

[www.drivesafeonline.org](http://www.drivesafeonline.org)

### Minnesota 55 Alive

[www.Minnesota55alive.com](http://www.Minnesota55alive.com)

### Minnesota Safety Council

[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)



## 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**

651-789-6221 or 651-846-9302

Offers a handicap accessible bus every Monday from 10am-3pm with stops throughout Stillwater and Oak Park Heights. Learn more online 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



## Online Activities and Resources

Community Thread has compiled an online activity and resource webpage to help keep you and your loved ones virtually engaged, enriched and connected!

Visit [www.CommunityThreadMN.org/daily-activities/](http://www.CommunityThreadMN.org/daily-activities/) to find activities and resources for the following:

- Fitness at Home
- Musical Resources
- Puzzles
- Virtual Tours
- Internet Access
- Fall Prevention
- Mental Health Support
- Grocery Delivery Services



### ***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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**October 23, 2021**

**Need help with fall lawn clean-up? Our Volunteers can help!**

**Visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org) to learn more.**