



Making a Difference with Holiday Hope

This year marks the 51st anniversary of Community Thread’s Holiday Hope program. Since 1970, Holiday Hope has touched countless lives and left a lasting impact on those who would not otherwise have enjoyed the traditions of gift giving and a holiday meal.



As other local holiday programs have come to an end, people are left with no place to turn. To best respond to this need as well as help support those impacted by the ongoing pandemic, Community Thread will again partner with Christian Cupboard Emergency Food Shelf to support families in Woodbury, Oakdale, and Landfall. We will also continue to serve families in the Stillwater Area School District.

“Last year Holiday Hope served 2,369 total individuals, including 1,470 children,” according to Jennifer Kmecik, Director of Community Engagement. “Each year the need continues to grow, and we know this year will be no different.”

Community Thread is seeking community sponsors to supply gifts and gifts cards, and a holiday meal. Sponsorship forms are available on Community Thread’s website, by phone or email request, or in person at Community Thread. Forms will be accepted through December 1. Community Thread also accepts cash and donations of gift cards which are directed toward families in need. Please see Page 17 for the list of needed items.

Please join us as a community sponsor, donor, or volunteer. When you do, you will be making a lasting impact in the life of a child, older adult, or adult with a disability.

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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Thrive Program Coordinator

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Jennifer Kmecik

Community Engagement Director

Leanna Miller

Volunteer Center Coordinator

Jenny Hutchins Farrell

Administrative Coordinator

Tax-Aide Program Returns to Community Thread!

Community Thread will continue to host the AARP Tax-Aide Program. Free income tax assistance will be provided to low- and moderate-income individuals and families. Trained and certified AARP Tax Aide volunteers will work with taxpayers to prepare and electronically file federal and state income tax returns. Returns can be prepared for Minnesota residents who are not required to file a state tax return in any other state than Minnesota or Wisconsin. Please note that not all IRS forms can be prepared in this program.

**Appointments can be made starting January 17, 2022
by calling 651-789-4177, M-F between 9am-4pm.**



**Are you interested in becoming a Tax-Program Volunteer?
Please call 651-439-7434 or email Volunteer@CommunityThreadMN.org.**

Support Community Thread

Give to the Max Day

Show your support for our work by
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important programs like Holiday Hope!

Schedule your donation online at
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www.CommunityThreadMN.org/Support-Us/Shop-Earn**



Ride the Community Thread Connector Loop!

The Community Thread Connector Loop runs every Monday from 10am-3pm, with scheduled stops at housing complexes, area businesses, retail stores, and other community destinations serving the greater Stillwater and Oak Park Heights area. The Connector Loop is open to all. Riders pay a \$3 (cash only) fare for an all-day pass and can get on and off the bus at any stop along the loop. There are no age or income restrictions. The 14 person bus is wheelchair and walker accessible, with a lift. Caregivers and personal care assistants may ride for free.

Raymie Johnson Estates	Birchwood Townhomes	Rivertown Commons	River Market Co-Op	Lakeview Hospital	Courage Kenny Rehab	Stillwater Medical Group	Valley Outreach	Ann Bodlovick Apartments	Target	CUB Foods	Walmart	Green Twig Apartments	Oak Park Senior Living
10:00	10:05	10:11	10:13	10:19	10:23	10:25	10:27	10:32	10:36	10:39	10:46	10:50	10:53
11:00	11:05	11:11	11:13	11:19	11:23	11:25	11:27	11:32	11:36	11:39	11:46	11:50	11:53
12:00	12:05	12:11	12:13	12:19	12:23	12:25	12:27	12:32	12:36	12:39	12:46	12:50	12:53
1:00	1:05	1:11	1:13	1:19	1:23	1:25	1:27	1:32	1:36	1:39	1:46	1:50	1:53
2:00	2:05	2:11	2:13	2:19	2:23	2:25	2:27	2:32	2:36	2:39	2:46	2:50	2:53

Questions? Please visit www.CommunityThreadMN.org or call 651-789-6221.

How to Decide When Memory Care Is Right for Your Loved One

When Residential Memory Care Is Best for Your Loved One

One of the most difficult challenges facing at-home caregivers is recognizing when the time has come to provide your loved one with 24/7 professional care. Experts tell us that while it can be a very difficult and highly emotional decision, it is important to keep your loved one's well-being and best interests as your top priority.

Six Tips to Help You Know When Residential Memory Care Is Best

Here are some helpful questions to ask yourself to help you decide when it may be time for you to make the decision to have your loved one in residential memory care:

- Is your loved one with Alzheimer's becoming unsafe in their current

home? Do they have difficulty climbing stairs, toileting and bathing? Are they at risk of falling?

- Is the health of your loved one or your health as a caregiver at risk? Have symptoms of the disease progressed to the point where they are becoming very challenging for you to manage in the home (e.g., incontinence, dehydration, aggression, paranoia and wandering)?
- Are your loved one's care needs progressing beyond your physical abilities? Is your loved one becoming increasingly dependent on you for help with activities of daily living such as eating, dressing, bathing and toileting?
- Are you becoming a stressed, irritable and impatient caregiver? Are you feeling depressed, hopeless, and having trouble sleeping?

- Are you neglecting your work responsibilities, your family and yourself?
- Would the 24-hour professional care, security, support services and social interaction at a residential memory care community benefit your loved one with dementia?

By doing some self-assessment of your current situation with your loved one, you can make an objective decision about what is best for them—and ultimately for you. Remember, despite your love and best intentions as a caregiver, it is simply not possible to provide your loved one with the level of care and support they require in a home environment as their condition progresses.



To get additional information on this and other helpful topics for caregivers, call 612-208-8714 or go to TheArtisWay.com/StillwaterSenior

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





Thrive—Deepening Our Work With New Services



Thrive at Community Thread is a new program focused on combining and expanding the traditional activities and services we offer, while aiming to elevate our work by offering new services that meet the demand of our growing and changing community.

So, what are some of our new services?

Throughout 2022, in addition to our social and educational events and our ride and home services, we will begin to offer new benefits designed to help our neighbors not only age in place *but thrive in place*. One new service in the works is a **trade professionals list of licensed or certified service providers** who can help with services that we cannot offer through our volunteer network. This list of plumbers, electricians, financial planners, etc. will offer Thrive members trusted options, adding peace of mind.

A second service will feature a **community resource bulletin board**, sharing information about local organizations under development that provide public services we do not (food, clothing, housing assistance, etc.).

Additionally, Thrive members will have the **opportunity to request being paired with a call companion**, a volunteer who will connect regularly for social conversations or visits. Our goal is to keep Thrive members connected and supported.

The above benefits are just some of the ways in which we are deepening our work with the community and connecting neighbors with neighbors to support one another. We look forward to refining and expanding Thrive during and beyond its launch in 2022. Stay tuned for more details about the launch and how you can become a member in our next edition!

Questions? Please contact Rachel Presslein, Program Director, at 651-789-4172 or Rachel@CommunityThreadMN.org



Winter Weather Reminder

Please note Community Thread follows the Stillwater Area School District #834 policy for closing due to severe weather and winter conditions.

Please call ahead of scheduled activities for more details.
We want all of our staff and participants to be safe. Call 651-439-7434





Veterans Day Party

Join us to celebrate our Veterans with music and treats!

This event features live music from Manny Cortez! Manny is originally from the Bronx, NY and has been entertaining in Minnesota for the last 30 years. He has played at the Fine Line, Minnesota State Fair, the State Capital, and many other venues. He “rocks” the 40’s, 50’s, & 60’s.



Thursday, November 11
1:00pm | Stillwater
Free and Open to All

Call 651-439-7434 to let us know you’ll be joining in the celebration!

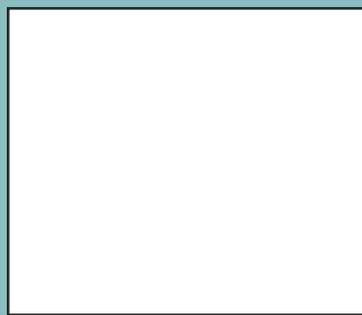



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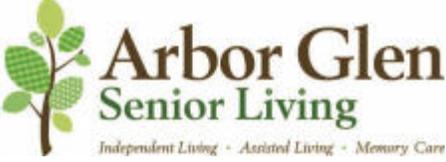
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651 -270-5027 651-402-1753

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

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Holiday Social

Celebrate the upcoming holiday season with your friends at Community Thread! Enjoy live music from the Autumn Serenade Barbershop Quartet and treats at our Holiday Social.

The Autumn Serenade barbershop quartet has been registered with the Barbershop Harmony Society for 17 years. Its beginning can be traced back to the formation of the Faculty Forum 32 years ago when four University of Wisconsin-River Falls faculty members performed in "The Music Man" at the St. Croix Valley Summer Theater at the University of Wisconsin – River Falls. Since that time, a number of personnel changes have occurred and the name Autumn Serenade has been adopted. Two of the original members, the lead, Curt Larson, retired Physics Professor, and the baritone, Mark Bergland, retired Biology Professor are still singing in the quartet. They are joined by Roger Bosmoe, retired Forest Lake Postmaster who sings tenor and Duane Hall, retired 3M health physicist who sings bass.

**Wednesday, December 1
12:30 - 2:00pm • Stillwater**

**Free and Open to All
Registration is required.**

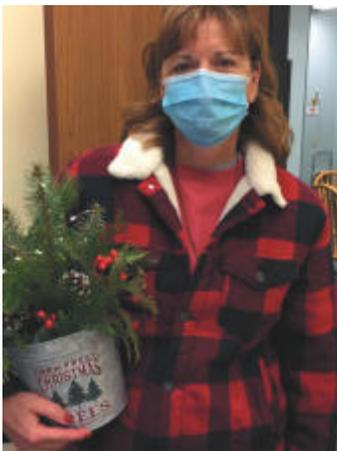
Call 651-439-7434 to register by November 24.



Holiday Centerpiece Class

Gina Zeuli from Rose Floral will teach us how to create a beautiful floral holiday centerpiece to take home.

Please bring a pair of garden gloves and a pruning shears. All other materials provided.



**Tuesday, November 30
1:00pm • Stillwater
Cost: \$14/person
Open to All**



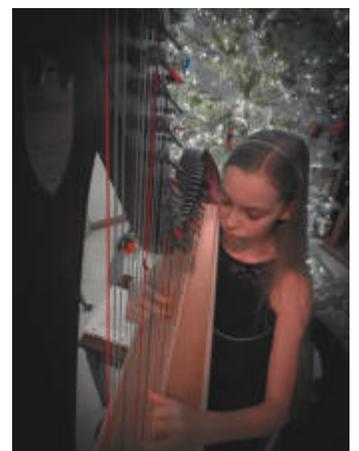
**Space is limited - Registration is required
Call 651-439-7434 to register by November 22**

Harp Concert

The talented Kaitlyn Kockelman will treat us to a delightful Holiday Harp Concert.

Kaitlyn is a ninth grader at Stillwater Area High School and has played the harp for four years. Kaitlyn participates in Chamber Orchestra as an extracurricular activity.

**Thursday, December 23
11:00am • Stillwater
Free and Open to All**



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



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

Free and Open to All

November 9

How to get the most out of a medical visit. Learn how to prepare for a doctor visit, what questions you should ask, and more!

Presented by Bob Florence, M.D.

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

Coffee Talks will not be held in December.



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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.

2nd Monday/month
1pm • Stillwater

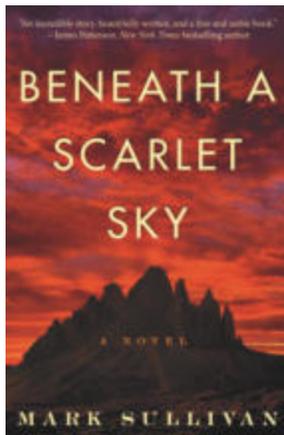
November 8

Beneath a Scarlet Sky by Mark Sullivan
Presented by Sally Altier

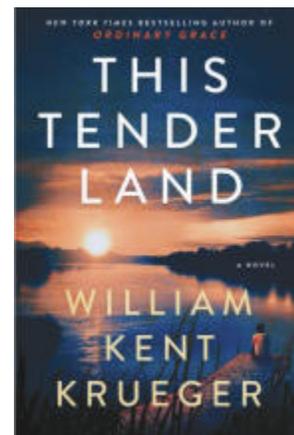
December 13

This Tender Land by Kent Krueger
Presented by Karen Bergstrom

Book Club will meet in Bayport in December.



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.

1st & 3rd Thursday/month
10:30am • Stillwater
Free and Open to All

November 4 & 18
December 2 & 16

This group will meet at Bayport on Dec. 16

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

Men's Group

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

2nd and 4th Thursday/month
10:30am • Stillwater
Free and Open to All

November 11
December 9 & 23

This group will meet at Bayport on Dec. 9

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

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



Hot in the Kitchen

Get together with others to cook up a lovely lunch and then enjoy the fruits of our labors. This is a hands-on, full participation class. Cost: \$6.

November 16 & 23
10am • Stillwater

Learn how to prepare Chef Paul Mahoney's Pumpkin Sausage Soup.

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



Hot in the Kitchen will not meet in December.

Men's Breakfast

Join in our monthly Men's breakfast at Community Thread's Bayport location. Coffee, conversation, and continental breakfast.

November 27
8am • Bayport
Cost: \$5



Men's Breakfast will not meet in December.

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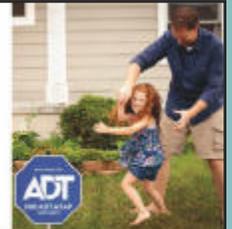
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Community Thread, Stillwater, MN

D 4C 02-1032



Bingo

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

1st and 3rd Friday/month

10am • Stillwater

No Bingo on Dec. 17



Cribbage

Calling all experienced cribbage players!

Every Tuesday & Thursday

1pm • Stillwater

Please note: Nov. 11, Dec. 7, 9, 14 & 16 in Bayport



Fun Bridge

All are welcome to stop in and play bridge with a fun and lively group that enjoys playing weekly.

Every Tuesday

9:30am • Bayport



Bunco

Come play this fun and easy-to-learn dice game.

2nd and 4th Friday/month

9:30am • Stillwater

Cost: \$1.50

Please note: Dec. 10 in Bayport



Bowling for FUN

Join Community Thread at Stillwater Bowl for a time to learn, have fun or practice your game! Cost: \$7

Every Monday

3pm - 7pm • Stillwater Bowl

Location

5862 Omaha Ave, Oak Park Heights, MN 55082



500-Cards

Come and join this fine group of card players for a relaxing and fun afternoon. Visitors welcome.

1st and 3rd Tuesday/month

12:30pm • Bayport

2nd and 4th Wednesday/month

12pm • Stillwater

Please note: Dec. 8 in Bayport



Bridge

Socialize and play a hand of cards. Call 651-439-7434 to sign up one week in advance. Cost: \$1.

Every Friday

12pm • Stillwater

No Bridge on Nov. 26



Mahjong

Join us to learn and play this fun and fascinating game! All skill levels welcome.

Every Wednesday

9:30am • Bayport

Call 651-439-7434 to register



Hand and Foot

1st & 3rd Monday/month

12pm • Stillwater

Please note:

Dec. 6 in Bayport

Pinochle

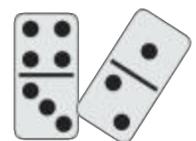
Every Thursday

1pm • Bayport

Dominoes-Mexican Train

3rd Monday/month

12:30pm • Bayport



Community Thread will be closed Friday, December 24 through Sunday, January 2 .
Please note: All activities are subject to change. Call 651-439-7434 with questions.

Event Calendar

November 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
1	12p Hand & Foot (S) 12p Bowling (O) 3p SAIL Aerobics (S)	9:30a Fun Bridge (B) 9:30a SAIL Aerobics (B) 12:30p 500/Cards (B) 1p Cribbage (S)	9:30a Mahjong (B) 9:30a Quilting (B) 1:30p Fun With Yarn (S) 3p SAIL Aerobics (S)	4 9:30a SAIL Aerobics (B) 10:30a Wise Wdrfl Women (S) 12p 55+ Driver Discount (S) 1p Pinochle (B) 1p Cribbage (S)	5 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	6
7	8 9a Health Ins. Counsel (S) 12p Bowling (O) 1p Book Club (S) 3p SAIL Aerobics (S)	9 9:30a Fun Bridge (B) 9:30a SAIL Aerobics (B) 10a Coffee Talks (S) 1p Cribbage (S)	10 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p SAIL Aerobics (S)	11 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage @ Bayport (B) 1p Veteran's Day Party (S)	12 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S)	13
14	15 12p Hand & Foot (S) 12p Bowling (O) 12:30p Dominoes (B) 3p SAIL Aerobics (S)	16 9:30a Fun Bridge (B) 10a Hot in the Kitchen (S) 12:30p 500/Cards (B) 1p Cribbage (S) 4p Fare for All (S)	17 9:30a Mahjong (B) 9:30a Quilting (B) 10a Techn. In Paper Crafting (B) 1:30p Fun With Yarn (S) 3p SAIL Aerobics (S)	18 9:30a SAIL Aerobics (B) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B) 1p Cribbage (S)	19 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	20
21	22 12p Bowling (O) 3p SAIL Aerobics (S)	23 SAIL Aerobics (B) 9:30a Fun Bridge (B) 10a Hot in the Kitchen (S) 1p Cribbage (S) 1:30p Vision Loss Rsr (S)	24 8a Men's Breakfast (B) 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p SAIL Aerobics (S)	25 Community Thread is closed.	26 Community Thread is closed.	27
28	29 12p Bowling (O) 3p SAIL Aerobics (S)	30 9:30 Fun Bridge (B) 9:30a SAIL Aerobics (B) 1p Cribbage (S) 1p Make Centerpiece (S)				

Event Calendar

December 2021

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
Notes:			1 9:30a Mahjong (B) 9:30a Quilting (B) 12:30p Holiday Social (S)	2 9:30a SAIL Aerobics (B) 10:30a Wise Wdrfl Women (S) 12p 55+ Driver Discount (B)	3 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	4
			1:30p Fun With Yarn (S) 3p SAIL Aerobics (S)	1p Pinochle (B) 1p Cribbage (S)		
5	6 12p Hand & Foot @ Bayport 12p Bowling (O) 3p SAIL Aerobics (B)	7 9:30a Fun Bridge (B) 9:30a SAIL Aerobics (B) 12:30p 500/Cards (B) 1p Cribbage @ Bayport	8 9:30a Mahjong (B) 12p 500/Cards @ Bayport 1:30p Fun With Yarn @ Bayport 3p SAIL Aerobics (B)	9 9:30a SAIL Aerobics (B) 10:30a Men's Group @ Bayport 12:30p Pinochle (B) 1p Cribbage @ Bayport	10 9:30a Bunco @ Bayport 12p Bridge @ Bayport	11
12	13 9a Health Ins. Counseling (S) 12p Bowling (O) 1p Book Club @ Bayport 3p SAIL Aerobics (B)	14 9:30a Fun Bridge (B) 9:30a SAIL Aerobics (B) 1p Cribbage @ Bayport	15 9:30a Mahjong (B) 9:30a Quilting (B) 1:30p Fun With Yarn @ Bayport 3p SAIL Aerobics (B)	16 10:30a Wise Wdrfl Women @ Bayport 12:30p Pinochle (B) 1p Cribbage @ Bayport	17	18
19	20 12p Hand & Foot (S) 12p Bowling (O) 12:30p Dominoes (B)	21 9:30a Fun Bridge (B) 12:30p 500/Cards (B) 1p Cribbage (S)	22 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S)	23 10:30a Men's Group (S) 11a Harp Concert (S) 12:30p Pinochle (B) 1p Cribbage (S)	24 Community Thread is closed.	25
26	27 Community Thread is closed.	28 Community Thread is closed.	29 Community Thread is closed.	30 Community Thread is closed.	31 Community Thread is closed.	1



Painting - Open Studio

All are welcome to join fellow painters— beginners to experienced at Community Thread's Open Studio. No instructor. Bring your own supplies.

Every Friday

9:30am • Stillwater
Open to all. **Cost: \$1**

Please note: Painting will not meet on Dec. 10 & 17

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
Free and Open to All

Register to attend - Call 651-439-7434.

Please note: Dec. 8 & 15 in Bayport

Card Making - Beginner Level

"Make and Take" six greeting cards. Please bring your own scissors, glue, and tape runner. Card supplies provided. Instructor led class, no experience needed! **Cost: \$12 per session**

Friday, November 12

10am • Bayport

Register by November 8

Space is limited. Pre-registration required.
Call 651-439-7434.

***No Card Making in December**

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 • Bayport
Free and Open to All

***No Quilting in December**

Techniques in Paper Crafting

Are you interested in going beyond basic card making? Instructor Monique Vernon will explore different techniques that you can apply to card-making, scrapbooking, and journaling! The class will consist of three card designs using the technique featured that month. There will be a demonstration followed by hands-on. Intermediate skill level required.

Please bring scissors, tape, glue, and a paper cutter if you have one. All other items will be supplied unless specified.

November's technique of the month is 'One Sheet Wonder Christmas Cards in a Gift Box'. It is a technique used to create a number of cards from just one sheet of patterned paper. It's an easy, quick way to create lots of cards to have on hand as gifts! Please bring a 12" x 12" Christmas patterned paper to class.

November 17

10am • Bayport
Cost: \$10 per session

Registration is required by November 15
Call 651-439-7434

***No Techniques in Paper Crafting in December**



NEW! SAIL Aerobics

Introducing **Stay Active & Independent for Life (SAIL)**, a strength, balance, and fitness class from Juniper. Certified instructor, Sara Thompson will lead this 12-week class. Cost: \$2/class or \$40/series of 24 classes.

Mondays & Wednesdays • 3 - 4pm • Stillwater
November 1 - December 15

Pre-registration required.

Register at www.YourJuniper.org or 651-439-7434.

Please note: All classes December 6-15 will meet at Community Thread's Bayport location.

Tuesdays & Thursdays • 9:30 - 10:30am • Bayport
November 1 - December 15

Pre-registration required.

Register at www.YourJuniper.org or 651-439-7434.

*Class will not meet on November 11 and 16

Learn more at YourJuniper.org

Questions? Call 651-439-7434.



Foot Care

Melissa Stanek with Heart and Soles Foot Care wants to help you keep your feet happy and healthy!

To schedule an appointment, call 715-222-9456 or email SolecarenurseMelissa@gmail.com.

3rd Thursday/month • Bayport
November 18 • December 16
Cost: \$55 per session



Did you know? The foot and ankle is a complex mechanical structure made up of 26 bones, 33 joints, and over 100 muscles and ligaments!

Health Insurance Counseling

Trellis, formerly 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 supplemental 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.

Appointments required. Call 1-800-333-2433 or visit <https://trellisconnects.org/get-help/medicare/> to schedule your appointment.

2nd Monday/month
Stillwater
Free and Open to All





Community Walking Group

Thank you to all who have taken part in our community walking group this year! This group will not be meeting in November and December.

Visit CommunityThreadMN.org/daily-activities/ to find new fitness exercises to do at home!

Please call 651-439-7434 with questions.



Vision Loss Resources



Vision Loss Resources is leading a support group for folks with low vision. Vision Loss Resources is at work in the community helping folks with low vision live independently. This group will meet to offer support, education and socialization for one another.

November 23

1:30pm • Stillwater

Free and Open to All

Please call to register - 651-439-7434.

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
= **NORGARD** =
SENIOR LIVING

- 55+ Independent Living Community
- 1-2 Bedroom units with 1-2 bath(s)
- Controlled entrance
- In-unit laundry
- Heated underground parking
- Programs and events to promote socialization

1807 Gervais Court East, Maplewood

651.777.5020 • www.norgardcourtapartments.com



- 55+ Independent & Assisted living Options: EW & CADI accepted
- Spacious 1-2 bedroom units
- Onsite restaurant experience
- 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

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www.mycommunityonline.com

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to place an ad today!

dpetfalski@lpicommunities.com or

(262) 785-1188 x2675



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Pamela Petersen, Agent

1330 Frontage Rd W
Stillwater, MN 55082
Bus: (651) 439-8442 | Cell: (651) 336-4615
ppetersl@amfam.com





River Rally Recap

On Saturday, September 11, 2021, 46 volunteers from Xcel Energy and our community cleaned up Brown's Creek Trail, stenciled storm drains in a partnership with Washington Conservation District, and cleaned up the islands and shoreline along the St. Croix River from the Stillwater Boomsite down to Xcel Energy's Allen S. King Plant in Bayport.

Event Numbers

46 Volunteers

144.5 Service Hours

\$4,254 Value of Volunteer Time



Thank you to our River Rally Sponsors!



A special thank you to our In-Kind Donors!

Boomsite Marina | Costco | Jimmy John's
Let's Go Fishing | Ole Sawmill Marina
St. Croix Boat Club & Rental





Support Community Thread's Holiday Hope Program

Donate new items such as clothing for all sizes (youth and XS-2X), household goods, gift cards, toys, and teen items. Please provide gift receipts for clothing. Donation Deadline: December 6, 2021.

Gift Card Wish List *\$25 Increments

Aldi | Amazon | Cub Foods | Holiday Station Stores | Kwik Trip | Speedway | Target | Walmart | Five Below

Gift Wish List

Winter Coats | Snow Pants | Winter Boots | Hats/Scarves | Mittens/Gloves | Winter Slippers | Makeup
Ear Buds | Hoodie Sweatshirts | Fleece Pajama Bottoms | Games | Crafts | Pokemon | Books | Blankets
Sports Equipment | Toiletries | Kitchen Towels | Washcloths | Cookware | Paper Products

Donation Drop off

Community Thread, 2300 Orleans St. W., Stillwater, MN 55082, Monday-Friday, 9am-4pm

"My family appreciated the opportunity to give back this holiday season. We were glad to know recipient names so we could draw and write cards to the family with wishes for the holiday season."

- Holiday Hope Sponsor



community thread



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Travel to places you dream of! **Two** professional escorts on every tour! Water, snacks, & new friends always included!



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CONTACT US AT 800-950-9952





Ring Bells this Holiday Season!

November 12 - December 24

The Salvation Army is looking for volunteers to help with their iconic Red Kettle fundraiser.

Volunteers are the difference between an empty kettle and one that raises about \$30 per hour – enough to provide a family with two bags of groceries, or shelter an individual for a night.

Each shift is two hours long and there are hundreds of locations across the metro making it easy to find a spot near home!

Volunteers can sign up by calling the bell ringing hotline at 651-746-3519.

Movie Theater Volunteer

Boutwells Residents have the opportunity to view a movie in our top of the line movie theater. Volunteers are needed to play the movie, serve soda, and be of assistance to the residents during the movie!

Contact Jen Wittek 1-651-275-5039 to register to volunteer!



Fluent Spanish Speakers are Needed to Help with Holiday Hope!

This volunteer opportunities runs through November 30, 2021.

Community Thread is looking for volunteers to help with our Holiday Hope Program.

Volunteers are needed to come to the Holiday Hope registration shifts at Landfall and Cimarron. Volunteer shifts vary by week and are 4:00-5:00pm or 5:00-6:00pm.

For more information contact Leanna Miller at Leanna@CommunityThreadMN.org.



Pet Therapy Teams Wanted!

This volunteer opportunity is ongoing.

Saint Therese is looking for volunteers to bring the joy, comfort, and companionship of their trained therapy pet to brighten someone's day. Visit seniors and families in individual or group settings

Saint Therese welcomes pet therapy teams which are registered with one of the nationally recognized pet therapy organizations.

Learn more and apply to volunteer online at www.sttheresemn.org/volunteer or call 952-283-2210.



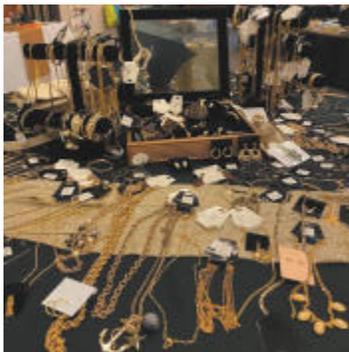


Baubles, Bangles & Bling

Thank you to all of our volunteers for making our sale a big success! We also want to thank all who donated jewelry, bags, and scarves, as well as those who shopped our sale! Your support helps create programs that keep our older adults engaged, enriched, and connected!



community thread



A special thank you to our jewelry appraiser, Stokes Jewelry! Stokes Jewelry is an old fashioned goldsmith shop. If you can dream it, they can build it. If it's been broken, Stokes Jewelry can restore it.

Save the date for next year's Baubles, Bangles, and Bling Sale: October 6-8, 2022!

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising



ADVERTISE HERE

to reach your community



Call (800) 950-9952

STAND OUT

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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 few months, 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.



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.



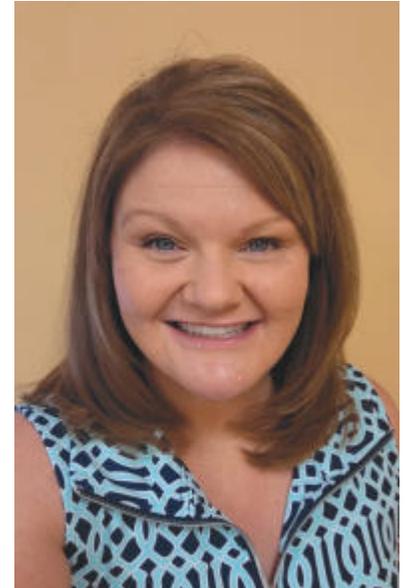
Get to Know Cathleen Hess

Join us in extending a warm welcome to our newest team member! Cathleen Hess started with Community Thread in mid-July as the new Development and Communications Director. In this role, she leads development efforts to secure grant dollars as well as funds from local companies and individuals. In addition, she oversees marketing and communications. With nearly twenty years of combined experience in these areas, she is delighted to put her skills to work for the greater good of the community on behalf of older adults.

“I feel lucky to work with an age group that I hold near and dear to my heart,” she noted. “Even as a child, I always enjoyed interacting with older adults. They have so much knowledge to give, interesting stories to share, and I love laughing with them! Some of my favorite and the most impactful people I’ve met were from the Greatest Generation.”

Born and raised in Minnesota, Cathleen has spent most of her life in the St. Croix River Valley. For the last 16 years and counting, she has called Bayport home, which she chose because of how endearing the neighborhood felt and how well the properties were maintained when she was looking for a place of her own.

In her spare time, Cathleen enjoys travelling, live music, going to restaurants with friends and family, running 5K and 10K races, walking, yoga, crafting, enjoying the outdoors (there is nothing as good as fall in Minnesota!) and showering her beloved miniature schnauzer, Tux, with attention.



Meet the Community Thread Quilters

The Quilting group has gone through many changes since its start at Community Thread in 1999. However, one duo has been steadfast in their commitment to *doing good* and prioritizing friendship. Emilie Carlson and Lynn Bechel first met in 1984 while volunteering at Croixdale Senior Living, as arts & crafts leaders for their annual fundraiser. They have been meeting regularly ever since and enjoy the camaraderie as their quilt creations support funding for our Older Adult Programs, as well as being shared with families in need during *Holiday Hope* and with other local non-profits such as Solid Ground. The duo’s work is appreciated by many from babies to furry friends alike! Often times their beautiful work is available at the Stillwater site for sale.

In addition to volunteering at Community Thread, Emilie volunteers for many organizations such as Good Samaritan & Bethlehem Lutheran Church. Lynn & her husband even volunteer when they head south teaching card games two days a week.

Thank you both for helping our community stay enriched!

Get Involved at Community Thread!

View the upcoming programs and activities on Pages 11-12.





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

Upcoming Date Near Stillwater

November 16, 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
to see a full list of dates and sites.

Please note:

There will be no Fare For All in December

55+ Driver Discount Program

This Driver Discount program provides the latest driver, traffic, and vehicle safety information, including changes to laws and technology.

4-hour Refresher Courses:

- November 4, 12-4pm, Stillwater location
- December 2, 12-4pm, Bayport location

Pre-registration and payment are required.

**Register at www.driverdiscountprogram.com
or call 1-888-234-1294.**



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

651-789-6221 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.

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/ 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

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.

Christian Cupboard Emergency Food Shelf

651-233-1296 | www.ccefs.org

Offers food assistance through various programs.

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.



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Donate. Sponsor. Volunteer.

Community Thread's Holiday Hope connects people in need to those willing to provide support during the holidays.



Visit www.CommunityThreadMN.org to learn how you can give hope this holiday season!