



IT'S TIME TO THRIVE!

After 55 years of providing limited services to support aging adults, it's no secret that times have changed. The aging population in our community is growing quickly, with most people choosing to remain in their homes as long as possible. As adults age, many experience barriers to creating and maintaining their independence. Some face challenges in finding safe and affordable transportation while others have trouble finding reliable and cost-effective help for routine home repairs and maintenance. Studies have shown that everyone - regardless of age - benefits from staying socially connected and engaged in community life.

At Community Thread, we will meet these connection and support needs with the launch of **Thrive at Community Thread**.

This membership program has two goals: to keep our neighbors socially connected AND keep them living independently as they age.

The proceeds from our annual fundraiser, **Black Tie Bingo**, will be directed to support this program so that it is affordable for anyone who applies when it is launched this spring. Please consider supporting Black Tie Bingo; visit CommunityThreadMN.org for details.

Lastly, all of our programs, including Thrive at Community Thread, could not be successful without the hard work of our outstanding volunteers. Their generosity with their time and talent are what enable us to provide essential services and resources to the community at low or no cost to those who need it most. If you've been looking for a way to contribute to our community, it may be your time to thrive as a volunteer! Please consider joining us a volunteer, and thank you to all of the amazing individuals who are already volunteers. We appreciate you!

WHAT'S INSIDE

Community Thread News	2-4
Special Programs	5-7
Let's Get Together	8-9
Activities & Games	10
Event Calendar	11-12
Create It!	13
Living Well	14-15
Volunteer Center News	16-17
Special Thanks	18
Volunteer Opportunities	19
Thrive News	20
Get to Know Us	21
Community Resources	22-23

COMMUNITY THREAD NEWS

OUR LOCATIONS

COMMUNITY THREAD

Stillwater

2300 Orleans St. W.
Stillwater, MN. 55082

Phone: 651-439-7434

Hours: M-F, 9am-4pm

COMMUNITY THREAD

Bayport

342 Fifth Avenue
Suite 180

Bayport, MN. 55003

Phone: 651-275-8907

STAFF

SALLY ANDERSON

Executive Director

KATHRYN BOLINDER

Associate Director

CATHLEEN HESS

*Development &
Communications Director*

HANNAH ERICKSON

*Development &
Communications Coordinator*

RACHEL PRESSLEIN

Thrive Program Director

KIM MCRUNNEL

Thrive Associate Director

LYNN DECORSEY

Thrive Program Coordinator

JENNIFER KMECIK

Community Engagement Director

LEANNA MILLER

Volunteer Center Coordinator

JENNY HUTCHINS FARRELL

Administrative Coordinator

KIM MCRUNNEL

THRIVE ASSOCIATE DIRECTOR

We are excited to announce the promotion of Kim McRunnel to the new position of Thrive Program Associate Director. In this role, Kim will help bring to life Thrive at Community Thread - a membership model focused on empowering older adults and adults with disabilities to stay socially connected in our community while living independently at home.

Kim will continue to plan and manage activities at our Stillwater and Bayport locations, and in her new role she will be involved in member enrollment and developing new benefits and services.

“Kim is exactly the person we need to help launch and grow Thrive at Community Thread,” states Rachel Presslein, Thrive Program Director. “She is a critical-thinker and a problem-solver. She is creative and resourceful. Most importantly, she cares deeply about her neighbors and



this community, and she is committed to making this program a success.”

Kim has been an employee of Community Thread since 2016. “I am very excited about our Thrive Program and what we will offer the members,” says Kim. “I look forward to working closely with our members to help them take full advantage of what a Thrive membership offers.”

Thrive at Community Thread combines the offerings of the Older Adult Program with the Chore & Transportation Program. As Thrive develops, Kim’s new role will expand her influence, responsibilities, and impact. Please join us in congratulating Kim!



2022 COMMUNITY INVOLVEMENT AWARDS

Community Thread continues to accept nominations for the 2022 Community Involvement Awards. These awards shine a spotlight on volunteerism and honor the great work volunteers do throughout Washington County. Nominees must be residents or volunteer at organizations located in Washington County and meet criteria for each award. Volunteers are recognized in six categories: Youth, Group/ Family, Exemplary Employer, Outstanding, Lifetime, and Legacy.

**Visit www.CommunityThreadMN.org to complete a nomination form.
Nominations due: Friday, March 11, 2022**

COMMUNITY THREAD NEWS

COMMUNITY THREAD CONNECTOR LOOP

The Community Thread Connector Loop runs every Monday from 10am-3pm, with scheduled stops serving the greater Stillwater and Oak Park Heights area. **The Connector Loop is open to all. Riders pay \$3 (cash only) fare for an all-day pass and can get on and off the bus at any stop along the loop. The 14-person bus is wheelchair and walker accessible, with a lift.**



THANK YOU TO THE GENEROUS SPONSORS WHO MAKE THIS COMMUNITY SERVICE POSSIBLE!

ALLINA HEALTH

CITY OF OAK PARK HEIGHTS

CITY OF STILLWATER

**HUGH J. ANDERSEN
FOUNDATION**

LAKEVIEW HOSPITAL

STILLWATER LIONS CLUB

**STILLWATER CENTENNIAL
ROTARY CLUB**

WANT TO LEARN MORE?

Visit www.CommunityThreadMN.org to view the Connector Loop Bus Route Schedule and Frequently Asked Questions. Questions? Please call 651-439-7434.

THE ARTIS STORY IS UNIQUE, JUST LIKE EVERY PERSON IN IT

MEET LOIS.

LOIS LOVES WEARING BRIGHT PINK ROUGE, CALLS HER SON EVERY TUESDAY, BAKES HER FAMOUS APPLE PIE FOR NEIGHBORS AND PLAYS PIANO ALMOST EVERY DAY.



LOIS IS NOT DEFINED BY HER DEMENTIA, THAT'S *THE ARTIS WAY*

Your Partner
in Memory
Care™

TheArtisWay.com/StillwaterSenior • 612-208-8714

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



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Community Thread, Stillwater, MN

A 4C 02-1032

COMMUNITY THREAD NEWS



ENROLLMENT IN THRIVE AT COMMUNITY THREAD IS OPEN!

We are excited to announce that current participants in Community Thread's Older Adult Program or Chore & Transportation Program are now eligible to enroll in Thrive at Community Thread.

Thrive is an evolution of our programs that expands and enhances the social activities, transportation options, and home services we provide to local older adults and adults with disabilities. Thrive introduces a membership structure with a modest fee that helps support new and exciting benefits for you and your neighbors - helping you stay socially connected while living independently through your lifespan!

A simple application and membership agreement are required to enroll in Thrive at Community Thread. Your full payment is due at the time of enrollment. Enroll any time after March 1, 2022. Membership benefits begin April 4, 2022, and extend through December 31, 2022.

See page 20 for more details about Thrive at Community Thread and learn how to enroll.



SPECIAL PROGRAMS

GRANDPARENT LOVE - STRENGTHENING THE TIES THAT BIND US WITH OUR GRANDCHILDREN

This special discussion on the role of being a grandparent will feature fun and unique ideas for engaging your grandchildren in bond-building activities. You'll be encouraged to share your ideas of crafts, games, or activities you've done or plan to do, but you're also welcome to simply come learn from others. Facilitated by Sandy Harris of Stillwater Wellness 50+.

Thursday, March 24
2:00-3:30pm | Stillwater
Free and Open to All

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




**presbyterian
homes & services**



Croixdale
750 Highway 95 N
Bayport
651.275.4800
www.croixdale.org

Senior Apartments
Assisted Living
Memory Care

www.preshomes.org
Equal housing opportunity.
All faiths welcome.



COLDWELL BANKER REALTY



Joan Foster *Becca Wilson*
651 -270-5027 651-402-1753

WE'RE HIRING


AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.


- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



LPi Contact us at: careers@4lpi.com | www.4lpi.com/careers




**Arbor Glen
Senior Living**
Independent Living • Assisted Living • Memory Care



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



**support our
ADVERTISERS**



SPECIAL PROGRAMS

ST. PATRICK'S DAY PARTY

Join us for music and treats to celebrate St. Patrick's Day!

Music by The Riverside Duo. Take a trip down memory lane with all the hits from the 1950's, 40's, and 30's. Request your favorite artists like Buddy Holly, Sinatra, Johnny Cash, Elvis, Nat King Cole, Patsy Cline, and more. Get ready to dance and we'll see you on St. Paddy's Day.



Thursday, March 17
1:00pm | Stillwater
Cost: \$5 per person

Registration is required.
Call 651-439-7434 to register.

Sponsored by
Artisan Senior Living
of Woodbury!

LIVING WELL WITH CHRONIC CONDITIONS



Don't let an ongoing health condition rule your life. Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge. But it doesn't have to be!

Join a small group of adults for 2 ½ hours, once a week for six weeks. Get peer support, learn self-management and problem-solving strategies, choose your own goals and make personalized step-by-step plans to live a healthy life with your chronic condition. Attendance at all sessions is requested.

Registration is required.
Register online at <https://yourjuniper.org/programs-classes/>
or call 1-855-215-2174.

Thursdays, March 24-April 28
1:00-3:30pm | Stillwater
Free and Open to All

Brought to you by Lakeview Hospital and Juniper

SPECIAL PROGRAMS

COFFEE TALKS

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

2nd Tuesday/month
10:00am | Stillwater

Tuesday, March 8 | Free and Open to All
Presenter: Ruth Hjelmgram, Artis Senior Living
Do you ever wonder if it's just normal "forgetting" or something more? Ruth will answer these questions and more.

Tuesday, April 12 | Free for Thrive Members
Cost: \$5 for Non-Members, Open to All
Meet with staff at Community Thread who will show you the different opportunities to volunteer at Community Thread and with our local nonprofit affiliates.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

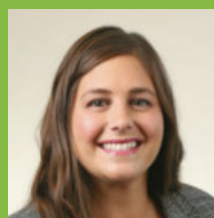
Contact David Petfalski to place an ad today!
dpetfalski@lpicommunities.com
or (262) 785-1188 x2675



Are you turning 65 or New to Medicare?

Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.

Humana.



Call a licensed sales agent
Diane Kass
651-202-1903
Monday-Friday, 8 a.m.-5p.m.
humana.com/dkass

Y0040_GHHJJ7PEN_20_C



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Community Thread, Stillwater, MN

C 4C 02-1032

LET'S GET TOGETHER



Please note: The following activities are free and open to all in March. April activities are free for Thrive members and \$5 for non-members.

WISE, WONDERFUL WOMEN GROUP

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**

Registration is required.
Call 651-439-7434

MEN'S GROUP

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

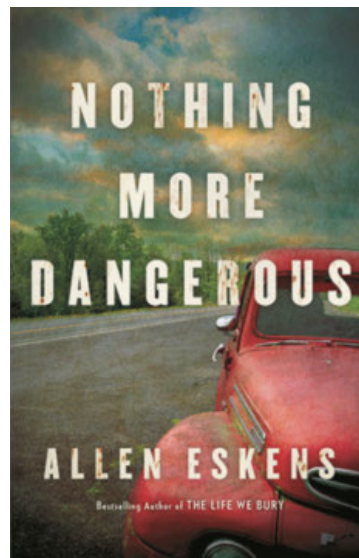
**2nd & 4th Thursday/month
10:30am | Stillwater**

Registration is required.
Call 651-439-7434

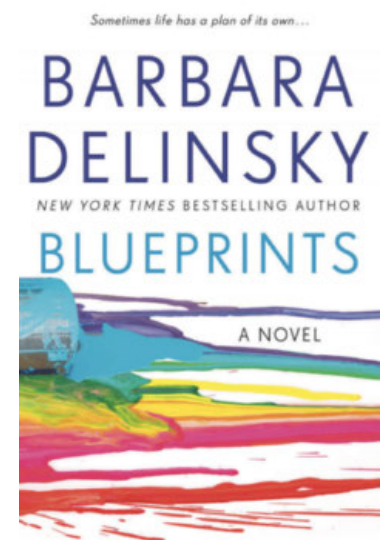
BOOK CLUB

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

**2nd Monday/month
1:00pm | Stillwater**



March 14
Nothing More Dangerous
by Allen Eskens
Presented by Lois Gassman



April 11
Blueprints
by Barbara Delinsky
Presented by Gail Andrews

LET'S GET TOGETHER

HOT IN THE KITCHEN

Delicious recipes and a great group of fun cooks come together each month! Instructed by Judy King.



March 22
10:00am | Stillwater
Cost is \$6

April 19 & 26
10:00am | Stillwater
Thrive Member Cost: \$3
Non-Member Cost: \$6

Space is limited. Registration is required. Call 651-439-7434. Fee is NON Refundable or Transferable once they are registered due to the purchasing of ingredients.

MEN'S BREAKFAST

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

Wednesday, March 30
8:00am | Bayport
Cost: \$6

Wednesday, April 27
8:00am | Bayport
Thrive Member Cost: \$3.
Non-Member Cost: \$6.



Independent Living Solutions



Certified Age-In-Place Specialist

If your aging plan does not include the nursing home, call us for a free home assessment. Safe, Secure, Affordable home modifications. Grab bars, walk in tubs, stair lifts, bath and kitchen renovations.

Financing available and all major credit cards accepted



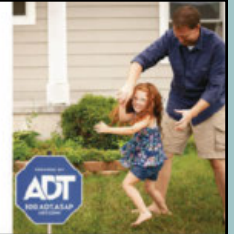
Brent Megahan www.mnils.com **P: 612-743-7373**
E: Brent@mnils.com MN LIC# BC630902

Make your house a home for a lifetime. **Mention this Ad for a 10% discount.**

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



THE ESTATES AT GREELEY

313 Greeley Street S
 Stillwater, MN

651-439-5775

Short Term Rehabilitation,
 Long Term Care,
 Outpatient Therapy



Please call or visit our website for more information on admissions and to tour one of our communities

THE ESTATES AT LINDEN

105 Linden Street W
 Stillwater, MN

651-439-5004

Short Term Rehabilitation,
 Long Term Care, Behavioral Health,
 Outpatient Therapy

Visit us on Facebook! @MonarchMN



www.MonarchMN.com

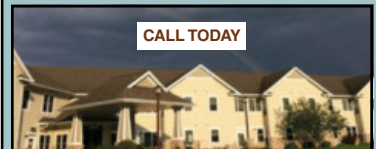


- Consumer Banking
- Online/Mobile Banking
- Cash Management Services
- Business Banking
- Construction Loans
- Personal Loans
- Business Loans
- Home Loans

2270 Frontage Rd. W • Stillwater, MN

651.439.3050

MidWestOne.com



RIVERBEND SENIOR LIVING

ASSISTED LIVING AND MEMORY CARE
 STUDIO AND ONE BEDROOM APARTMENTS AVAILABLE

715-268-9949 • riverbend-seniorliving.com

475 GOLFOVIEW LANE, AMERY, WI 54001



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Community Thread, Stillwater, MN

D 4C 02-1032

ACTIVITIES & GAMES



PLAY BINGO WITH US!

Join a lively crew for Bingo on the first and third Friday of every month! Fun prizes are given to winners!

1st & 3rd Friday/month
10:00am | Stillwater

March Cost: \$1 for packet of BINGO cards
April Cost: Up to 2 packets free for Thrive members. Non-members pay \$2 per packet.

*All activities subject to change or cancellation.
Please call 651-439-7434 for updates.*

Please note: March Cost: Free, April Cost: Free to Thrive members and \$5 for non-members. BINGO and Bowling are excluded from the pricing. Some groups have awards for the winners and charge additional for this.

BOWLING

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

Every Monday
12:00pm | Stillwater Bowl
5862 Omaha Ave. Oak Park Heights

BRIDGE

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

Every Friday
12:00pm | Stillwater

BUNCO

Come play this fun and easy-to-learn dice game. Please bring your own place mat and dice.

2nd & 4th Friday/month
9:30am | Stillwater

CRIBBAGE

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

Every Tuesday & Thursday
1:00pm | Stillwater

DOMINOES-MEXICAN TRAIN

Join us to learn to play! This is a great game to learn and teach grandchildren!

3rd Monday/month
12:30pm | 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

HAND AND FOOT

What is Hand and Foot? It's a card game played with multiple decks of cards. Come to play or watch.

1st & 3rd Monday/month
12:00pm | Stillwater

MAHJONG

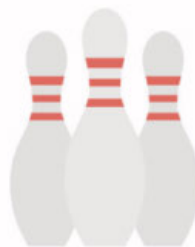
Join us to learn and play this fun and fascinating game! All skill levels welcome.

Every Wednesday
9:30am | Bayport
Call 651-439-7434 to register

PINOCHLE

Join our weekly Pinochle group! Come learn to play this classic game!

Every Thursday
1:00pm | Bayport



500-CARDS

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

1st & 3rd Tuesday/month
12:30pm | Bayport

2nd & 4th Wednesday/month
12:00pm | Stillwater
Call 651-439-7434 to register

Event Calendar

March 2022

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		1 9:30a Fun Bridge (B) 9:30a SAIL (B) 12:30p 500/Cards (B) 1p Cribbage (S)	2 9:30a Mahjong (B) 9:30a Quilting (B) 9:30a SAIL (B) 1:30p Fun With Yarn (S)	3 9:30a SAIL (B) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B) 1p Cribbage (S)	4 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	5
6	7 12p Bowling (O) 12p Hand & Foot (S)	8 9:30a Fun Bridge (B) 9:30a SAIL (B) 10a Coffee Talks (S) 1p Cribbage (S)	9 9:30a Mahjong (B) 9:30a SAIL (B) 12p 500/Cards @ Bayport 1:30p Fun With Yarn (S)	10 9:30a SAIL (B) 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage (S)	11 9:30a Painting Studio (S) 9:30a Bunco (S) 10a Card Making (B) 12p Bridge (S)	12
13	14 9a Health Ins. Counsel (S) 12p Bowling (O) 1p Book Club (S)	15 9:30a Fun Bridge (B) 9:30a SAIL (B) 12:30p 500/Cards (B) 1p Cribbage (S) 4p Fare for All (S)	16 9:30a Mahjong (B) 9:30a Quilting (B) 9:30a SAIL (B) 1:30p Fun With Yarn (S)	17 9:30a SAIL (B) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B) 1p Cribbage @ Bayport 1p Saint Patrick's Day Party (S)	18 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	19
20	21 12p Bowling (O) 12p Hand & Foot (S) 12:30p Dominoes (B)	22 9:30a Fun Bridge (B) 9:30a SAIL (B) 10a Hot in the Kitchen (S) 1p Cribbage (S) 1:30p Vision Loss Rsrs (S)	23 9:30a Mahjong (B) 9:30a SAIL (B) 12p 500/Cards @ Bayport 1:30p Fun w/ Yarn (S)	24 9:30a SAIL (B) 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage (S) 1p Living Well (S) 2p Grandparent Love (S)	25 9:30a Painting Studio (S) 9:30a Bunco (S) 12p Bridge (S)	26
27	28 12p Bowling (O)	29 9:30a Fun Bridge (B) 1p Cribbage (S)	30 8a Men's Breakfast (B) 9:30a Mahjong (B) 10a Techn. In Paper Crafting (B) 1:30p Fun With Yarn (S)	31 1p Pinochle (B) 1p Cribbage (S) 1p Living Well (S)		

Event Calendar

April 2022

S	Monday	Tuesday	Wednesday	Thursday	Friday	S	
						1 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	2
3	4 12p Bowling (O) 12p Hand & Foot (S)	5 9:30a Fun Bridge (B) 9:30a SAIL (B) 12:30p 500/Cards (B) 1p Cribbage (S)	6 9:30a Mahjong (B) 9:30a SAIL (B) 9:30a Quilting (B) 1:30p Fun With Yarn (S)	7 9:30a SAIL (B) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B) 1p Cribbage (S)	8 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S)	9	
10	11 9a Health Ins. Counseling (S) 12p Bowling (O) 1p Book Club (S)	12 9:30a Fun Bridge (B) 9:30a SAIL (B) 10a Coffee Talks (S) 1p Cribbage (S)	13 9:30a Mahjong (B) 9:30a SAIL (B) 12p 500/Cards @ Bayport 1:30p Fun With Yarn (S)	14 9:30a SAIL (B) 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage (S)	15 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	16	
17	18 12p Bowling (O) 12p Hand & Foot (S) 12:30p Dominoes (B)	19 9:30a Fun Bridge (B) 9:30a SAIL (B) 10a Hot in the Kitchen (S) 12:30p 500/Cards (B)	20 9:30a Mahjong (B) 9:30a Quilting (B) 1:30p Fun With Yarn (S)	21 9:30a SAIL (B) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B)	22 9:30a Painting Studio (S) 9:30a Bunco (S) 12p Bridge (S)	23	
24	25 12p Hand & Foot (S) 12p Bowling (O)	26 9:30a Fun Bridge (B) 9:30a SAIL (B) 10a Hot in the Kitchen (S) 1p Cribbage (S) 1:30p Vision Loss Rsrscs (S)	27 8a Men's Breakfast (B) 9:30a Mahjong (B) 10a Techn. In Paper Crafting (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S)	28 9:30a SAIL (B) 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage (S)	29 9:30a Painting Studio (S) 12p Bridge (S)	30	

Notes:

CREATE IT!

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/or journaling! Intermediate skill level required. Three card kits are included in the cost of each class. Cost: \$10 per session.

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

Wednesday, March 30 - Pick a Pocket!

Add pockets to your cards for inserting gift cards or other memorabilia. Making and using pockets adds pizzazz and uniqueness to your cards or other art projects. We will focus on using recycled and scrap paper. Please register by March 28.

Wednesday, April 27 - Tea Bag Art

In this class, we will stamp and paint on used tea bags to create mini pieces of art to embellish our cards and use in collage. Used tea bags are the perfect substrate for stamping and creating a vintage look for a project. You will learn the basics on prepping the tea bags, painting and stamping on them and then incorporating them into a larger project - like cards. Please register by April 25.

10:00am | Bayport
Registration is required. Call 651-439-7434

FUN WITH YARN!

Join us at our open knitting/crocheting time. All are welcome to come work on your project or start something new. Instructors Jean "Charlie" Baker and Karen Bergstrom will help teach and facilitate.

Those wanting to learn, please bring your own crochet hook or knitting needles if you have them. Yarn will be provided for practice.

Every Wednesday
1:30-2:30pm | Stillwater
March Cost: Free and Open to All
April Cost: Free for Thrive Members, \$5 for non-members

Registration is required. Call 651-439-7434

CARD MAKING

Instructor led class, no experience needed! "Make and Take" six greeting cards. Please bring your own scissors, glue, and tape runner. Supplies for the cards will be provided. Cost: \$12

Friday, March 11
10:00am | Bayport
Register by March 7

Friday, April 8
10:00am | Bayport
Register by April 4

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

PAINTING

All are welcome to get creative at Community Thread's Open Painting Studio. No instructor. Bring your own supplies.

Every Friday
9:30am | Stillwater
March Cost: Free
April Cost: Free for Thrive Members, \$5 for non-members

QUILTING

Help make machine sewn quilts! This program is led by experienced volunteers. Come and learn more about making simple and beautiful quilts.

1st & 3rd Wednesday/month
9:30am | Bayport
March Cost: Free
April Cost: Free for Thrive Members, \$5 for non-members

LIVING WELL



SAIL AEROBICS

Stay Active & Independent for Life (SAIL) is a 12-week strength, balance, and fitness class from Juniper. Certified instructor Sara Thompson leads the class.

Tuesdays, Wednesdays, & Thursdays

April 5 - June 9

9:30-10:30am | Bayport

Cost:

FREE for Thrive members (a \$40 savings!)

\$2 per session for non-members

Registration is required.

Register online at www.YourJuniper.org or call 1-855-215-2174.

Please note:

There is no class on April 20, April 27, May 18, and May 25.

FOOT CARE

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

3rd Thursday/month

Cost: \$55 per session

Thursday, March 17

Bayport

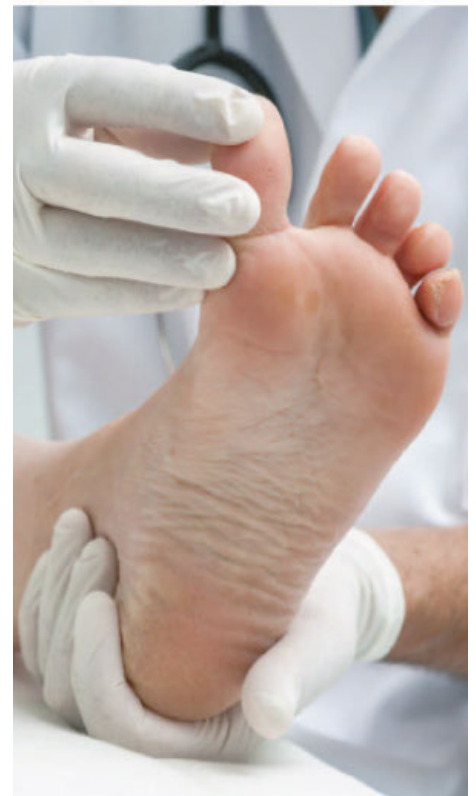
Thursday, April 21

Bayport

Schedule an Appointment:

Call Melissa at 715-222-9456 or email

SolecarenurseMelissa@gmail.com



LIVING WELL



HEALTH INSURANCE COUNSELING

Trellis provides health insurance counseling to people who receive Medicare benefits or are eligible for them. Learn what services are covered and which insurance options are available to supplement Medicare coverage. Senior LinkAge Line specialists are trained and state-certified. Appointments required.

2nd Monday/month | Stillwater

Call 1-800-333-2433 to schedule your appointment.

TRELLIS, FORMERLY KNOWN AS METROPOLITAN AREA AGENCY ON AGING

Trellis provides services, connections, and innovations to help people thrive as they age.

Senior LinkAge Line
800-333-2433

Online
MinnesotaHelp.info

<p><small>SENIOR COMMUNITY</small></p> <p>= BRIARCLIFF =</p> <p><small>MANOR APARTMENTS</small></p> <ul style="list-style-type: none"> • 55+ Affordable Independent Living Housing • 1-3 Bedroom units • Controlled Entrance • Common laundry facilities • Heated underground parking • Programs and events to promote socialization <p>115 East Ave., Mahtomedi 651.426.7960 • www.briarcliffapartmentsmn.com</p>	<p><small>COURT APARTMENTS</small></p> <p>= NORGARD =</p> <p><small>SENIOR LIVING</small></p> <ul style="list-style-type: none"> • 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 <p>1807 Gervais Court East, Maplewood 651.777.5020 • www.norgardcourtapartments.com</p>	 <p>Oak Ridge Place <small>A Place to Call Home</small></p> <ul style="list-style-type: none"> • 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! <p>6060 Oxboro Ave North, Stillwater 651.439.8034 • www.oakridgeplace.net</p>
--	--	--

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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



GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact David Petfalski to place an ad today!
dpetfalski@lpicommunities.com
or (262) 785-1188 x2675



VOLUNTEER CENTER NEWS



UPCOMING SERVICE INITIATIVE: SPRING INTO SERVICE, MAY 2022

Help strengthen our community - volunteer for Spring into Service during the month of May. Groups of volunteers will be matched with local nonprofit organizations to help with a one-time project or an older adult to help with an outside project.

Visit www.CommunityThreadMN.org for Spring into Service updates!

VOLUNTEERISM HIGHLIGHTS

VALLEY OUTREACH

Valley Outreach is a nonprofit that provides clients with a range of support - whether they need food, clothing, or personalized client services. Current volunteer roles needed include Food Shelf Volunteers, StyleXchange Store Volunteers, Warehouse/Food Rescue Volunteers, and more!

To learn more, visit www.valleyoutreachmn.org.

CHRISTIAN CUPBOARD EMERGENCY FOOD SHELF

Christian Cupboard Emergency Food Shelf provides food to more than 1,000 families each week through regular food shelf visits, Produce Fairs, Wildcard Wednesday program, and a Mobile Food Shelf. Current volunteer roles needed include Food Sorting Volunteers, Food Distribution Volunteers, and more!

To learn more, visit www.ccefs.org.



VOLUNTEER CENTER NEWS



VOLUNTEER CENTER AFFILIATES

Community Thread's Volunteer Center supports local organizations to create and promote meaningful volunteer opportunities that contribute to your organization's mission.

Become an affiliate of the Volunteer Center to access services and increase the reach of your organization within our community. You will have access to services to help recruit volunteers including posting your volunteer opportunities on our database, volunteer management support, and the opportunity to gain additional visibility for your organization.

Visit CommunityThreadConnect.org to become an affiliate today!

FIND NEW VOLUNTEER OPPORTUNITIES



Community Thread has an online volunteer portal where you can find volunteer opportunities at local nonprofit organizations.

Visit www.CommunityThreadConnect.org to sign up, get involved, and make a difference!

 <p>Mike DeRosier's 55+ Group Tours with <i>style!</i> Travel to places you dream of! Two professional escorts on every tour! Water, snacks, & new friends <u>always</u> included!</p> <p>heartofthenorthtours.com 833-424-2700</p> <p>HEART OF THE NORTH TOURS THE ONLY WAY TO ROLL!</p>	<p>SUPPORT OUR ADVERTISERS!</p> 	
<p>Thrive Locally</p>		<p>STAND OUT with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM</p>  <p>CONTACT US AT 800-950-9952</p> 
<p>FREE AD DESIGN WITH PURCHASE OF THIS SPACE</p> <p> CALL 800.950.9952</p>		



SPECIAL THANKS



HAPPY NATIONAL VOLUNTEER WEEK! APRIL 17-22, 2022

Thanks to many generous volunteers and the work they do across our community, we are able to improve lives and keep people engaged, enriched and connected. We salute our Community Thread volunteers during National Volunteer Week, April 17 – 22, 2022 and every day of the week!

"INDIVIDUALLY MY DIFFERENCE IS SMALL, BUT THERE IS POWER IN GROUPS, SO EVERY SMALL EFFORT COMES TOGETHER TO MAKE A BIG IMPACT. IT IS REALLY INSPIRING TO SEE PEOPLE COME TOGETHER TO SUPPORT THOSE WHO NEED HELP."

-COMMUNITY THREAD VOLUNTEER





\$295,210
VOLUNTEER TIME
VALUE IN 2021




**VOLUNTEERS ARE THE
THREAD THAT TIES
OUR COMMUNITY
TOGETHER!**



**VOLUNTEERS PLAY
A KEY ROLE IN ALL OF
COMMUNITY THREAD'S
PROGRAMS!**

**2,559 VOLUNTEERS
SUPPORTED
COMMUNITY THREAD
IN 2021!**



VOLUNTEER OPPORTUNITIES

VOLUNTEER FROM HOME: BECOME A CALL COMPANION TODAY!

Never underestimate the power of a meaningful conversation. Call Companions are matched with an adult and commit to just two 30-minute phone conversations per month. You can choose whether you'd like to be matched with one or more adults, and you determine your call schedule to fit your personal schedule and the schedule of your match. Calls are intended to remain social, and a volunteer orientation is provided to ensure you are comfortable in your role. Volunteers must pass a background check and be age 21 or above.

HELP NEIGHBORS THRIVE IN THEIR HOMES: SIGN-UP AS A HOME HELPER!

No task is too small for a neighbor experiencing challenges with routine activities. Home Helpers assist older adults and individuals with disabilities by completing indoor and outdoor home projects that help them better live their daily lives. Tasks can include: lawn care, snow removal, small repairs, light house cleaning, meal preparation, laundry assistance, pet-walking etc.

This is a very flexible and ongoing opportunity. We send you requests that meet your preferences, and you choose a task(s), day, and time when you are available. Volunteers must pass a background check and be age 21 or above, but individuals age 12 and up may volunteer with a parent or guardian. Family participation is encouraged!

Visit CommunityThreadMN.org or contact Leanna Miller at 651-439-7434 to learn more.

**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

with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952



THRIVE NEWS

THRIVE AT COMMUNITY THREAD

Thrive at Community Thread – a membership program offering social activities, transportation options, and home services to local older adults and adults with disabilities.

Community Thread’s previous Older Adult Program and Chore & Transportation Program are being combined this Spring into Thrive at Community Thread. Beginning April 4, 2022, all participants from our previous programs are invited to enroll in Thrive membership or transition to a fee-for-service non-member option.

**New benefits will be added throughout 2022!
Join early and help grow the program with us!**



Why Thrive at Community Thread?

The aging population in our community is growing, and so is the need for new types of services. Through Thrive at Community Thread, we will deliver more services to more people in a flexible and sustainable way. Thrive at Community Thread will help us deepen our connection with the community and increase our ability to better serve our neighbors for decades to come.

How can I Thrive?

A simple application and membership agreement are required to enroll in Thrive at Community Thread. Please visit us in Stillwater to learn more about your eligibility, membership rate, and the application process, or call Thrive Program Director, Rachel Presslein, at 651-789-4172.



Thrive Membership Benefits

- | | |
|-----------------------------|-------------------------------|
| Coffee & Treats On-Site | Partner Services & Activities |
| Community Thread Library | At-Home Services |
| Ongoing Clubs & Activities | Transportation Services |
| SAIL Aerobics Fitness Class | Connector Loop |
| Special Events & Classes | Companion Calls |
| Group Outings & Excursions | |

GET TO KNOW US

REINTRODUCING JENNIFER KMECIK & LEANNA MILLER



Jennifer has brought over 10 years of nonprofit experience to Community Thread, including work in the areas of program and fund development, volunteer engagement, and strategic planning. Jennifer's title was recently changed to Community Engagement Director. In this role, she elevates Community Thread's networking opportunities which brings more visibility to the organization's expanding programs like Holiday Hope and the increasing impact in the community. Jennifer is also taking part in the 2021-22 Leadership in the Valley cohort where she has enjoyed getting to connect with even more local business and nonprofits, while learning about critical issues affecting our communities.



Leanna serves as Community Thread's Volunteer Center Coordinator. Prior to Community Thread, she spent 13 years as a special education paraprofessional in the Stillwater Area School District. She has always wanted to help make her community stronger, and that is exactly what she has accomplished over the last four years at Community Thread! Leanna is certified in Volunteer Leadership and actively volunteers with a variety of local nonprofits. Leanna shares, "I know the value that volunteers bring to an organization, and I strive to make sure volunteers feel welcome and valued at Community Thread!"

MEET DAN STUBBS

Dan Stubbs retired from his technical career in 2014. Since 2016, Dan has volunteered with Community Thread analyzing the services provided to the community and supporting the organization's grant application process. In addition to his work at Community Thread, he has also served as a mentor to the robotics team at Stillwater Area High School!

Through his volunteer role at Community Thread, Dan supports daily activities of the transportation services by providing summary information on driver preferences and availability to help match riders to a suitable and comfortable ride. Rachel Presslein, Community

Thread's Thrive Program Director, works closely with Dan and notes, "Dan's volunteer work with us is essential to our service delivery and reporting. He is great to work with and is always open to new data projects. We are very grateful for his years of expert support!"

Dan finds that his involvement at Community Thread makes him feel engaged in the community and keeps his technical skills in use. Beyond assisting with transportation services, Dan helps the Volunteer Center with reporting data. "I believe that I help Community Thread better track its own activities and great accomplishments. I find the Holiday Hope Program demonstrates the large impact Community Thread's donors and volunteers have each year for those in the community who are in need during the holiday season." Dan states.

Thank you, Dan, for the outstanding support you have provided for Community Thread!



COMMUNITY RESOURCES



FARE FOR ALL: STRETCH YOUR FOOD DOLLARS

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

Upcoming Fare For All Dates

March 15 | April 19 | May 17 | June 14 | July 19 | August 2 | September 13
October 11 | November 8 | December 6

4-6pm | Community Thread, 2300 Orleans St. W. Stillwater, MN 55082

FOOD ASSISTANCE RESOURCES

Christian Cupboard Emergency

Food Shelf - Provides nutritious food for those in need. Call 651-233-1296 or visit www.ccefs.org to learn more.

Food Harvest of the St. Croix Valley

Distributes food from 8am-9am every third Saturday of the month at Afton/ Lakeland Elementary School. Call 612-708-6799 to learn more.

Meals on Wheels

Offers meal delivery to your home. Call 651-746-8280 to learn more about meal availability near you.

Valley Outreach

Offers food, clothing, and emergency assistance. Call 651-430-2739 or visit www.valleyoutreachmn.org to learn more.

United Way's First Call for Help

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

Call 2-1-1 from any landline.

CAREGIVER/FAMILY SUPPORT SERVICES

Alzheimer's Action Team

Dementia Resource Navigators accompany families through complex issues when faced with dementia. Call 651-439-4840 or contact bwiggins@familymeans.org to learn more.

Alzheimer's Association Support

Group - Offers support groups for caregivers, individuals living with Alzheimer's, and others dealing with the disease. Call the 24/7 information helpline at 800-272-3900.

Senior LinkeAge Line

Offers referrals for legal or financial assistance, transportation, health insurance counseling, and meals. Call 1-800-333-2433 or visit www.MinnesotaHelp.info to learn more.

TRANSPORTATION SERVICES

Community Thread Connector

Loop - Offers a handicap accessible bus every Monday from 10am-3pm with stops throughout Stillwater and Oak Park Heights. Cost: \$3 (cash only) fare per day. This service is open to all. Call 651-439-7434 or visit www.CommunityThreadMN.org to learn more.

Metro Mobility - Provides demand responsive service for certified riders with disabilities that prevent them from using the regular route system. Call 651-602-1111 to learn more.

Transit Link - Offers a dial-a-ride small bus service where regular route transit service is not available. Call 651-602-5465 to learn more.



COMMUNITY RESOURCES



55+ Driver DISCOUNT PROGRAM

This Driver Discount Program provides the latest driver, traffic, and vehicle safety information, including changes to laws and technology. Pre-registration and payment are required. Register and pay at driverdiscountprogram.com. Call 1-888-234-1294 for more information. Cost: \$24

Upcoming 4-Hour Refresher Course:

Wednesday, April 20 | 9:00am-1:00pm | Bayport

HEALTH AND WELLNESS RESOURCES

Canvas Health

Provides healing and recovery to adults and families struggling with mental health, chemical health, and abuse. Call 651-777-5222 or visit canvashealth.org to learn more.

Family Means

Helps families with counseling & therapy, caregiver support, debt & financial management, youth programs, and grief support. Call 651-439-4840 or visit www.familymeans.org to learn more.

Silver Sobriety

Provides age specific, non-residential recovery services and support for alcohol and drug addiction. Call 651-342-1402 or visit www.silversobriety.org to learn more.

Vision Loss Resources

Helps people with vision loss find new ways to adapt, connect, and thrive. Call 651-224-7662 or visit www.visionlossresources.org to learn more.

Weathering Life's Losses Adult

Grief Group - Grief support groups where participants learn about grief and have the opportunity to share their story. Call 651-430-4578 to learn more.

Don't see the resource you need? Call Community Thread at 651-439-7434 M-F, 9am-4pm.

ONLINE DAILY 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 explore new activities and resources.

[Fitness at Home](#) | [Musical Resources](#) | [Books & Puzzles](#) | [Virtual Tours](#) | [Internet Access](#) | [Fall Prevention](#)
[Mental Health Support](#) | [Grocery Delivery Services](#)

HOUSING AND FINANCIAL ASSISTANCE

The Connect Center

Connects people to sustainable housing, financial stability, and healthy community connections. Call 651-231-7807 or visit theconnectcenter.org to learn more.

Housing Resources of Washington County

Offers homeless services and housing resources such as workforce, housing, and senior housing. Call 651-430-6488 to learn more.





community thread

2300 Orleans Street West
Stillwater, MN 55082

NON-PROFIT
Organization
U.S. Postage
PAID
PERMIT 259
STILLWATER, MN



Tickets are now available!

Saturday, April 23

6:00pm

The Grand | Stillwater, MN

Visit

**CommunityThreadMN.org
to learn more and purchase
your ticket today!**