



community thread

THE CONNECTOR

MAY/JUNE 2022



AGING OUR WAY

Older adults play vital, positive roles in our community – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and much more. Just as every person is unique, so too is how they age and how they choose to do it, and there is no “right” way. This May, we proudly recognize Older Americans Month 2022 with the theme: *Age My Way*.

This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. While *Age My Way* will look different for each person, here are strategies to help pave the way to successful aging:

- **Planning:** Think about what you will need and want in the future, from home and community services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through working, volunteering, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, using assistive technologies and customized supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Community Thread is excited to celebrate Older Americans Month with the launch of Thrive – a membership program designed to expand and enhance social activities, direct services, volunteer opportunities, and resources. Through this program, we demonstrate our commitment for all older adults to retain right of choice while aging in place by offering a variety of membership options and benefits to suit your plan, your way.

Thrive was designed and will continue to grow with the ideas and talents of its members and our community. Please join us in ensuring *Age My Way* is not just a pledge but a reality for us all. Become a Member. Volunteer. Share our message. Together, we will thrive.

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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

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Thrive Program Director

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Thrive Associate Director

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Thrive Program Coordinator

JENNIFER KMECIK

Community Engagement Director

LEANNA MILLER

Volunteer Center Coordinator

JENNY HUTCHINS FARRELL

Operations Specialist



Thank you to everyone who supported our 5th Annual Black Tie Bingo fundraiser!

After a two year hiatus from an in-person gathering, Community Thread welcomed nearly 200 guests to The Grand Banquet Hall to celebrate the return of our Black Tie Bingo fundraiser!

The event was packed with energy and fun, as local residents and business owners enjoyed delicious hors d'oeuvres, dessert, a photo booth, socializing, and winning fabulous prizes via a mystery prize wall as well as during bingo games called by local celebrity bingo callers.

Thank you to all of the attendees, as well as those who could not attend but made a generous donation instead. Money raised at the event will support Thrive at Community Thread, a program launched this year as a combination and evolution of our existing Older Adult Program and Chore Services and Transportation Program. This offers a set of membership benefits, including; direct support services, community resources, social activities, and volunteer opportunities. Enrollment fees are modest, and a sliding fee scale ensures everyone who would like to join can enroll regardless of their economic status.

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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!

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more:**

Visit www.CommunityThreadMN.org
Bus Route Schedule and Frequently Asked Questions.
Questions? Please call 651-439-7434.
No service on May 30, 2022.

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Community Thread, Stillwater, MN

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THRIVE NEWS



IT'S TIME TO THRIVE!

In case you've missed it, Thrive is our new membership model combining our Older Adult Program (social and wellness activities) and Chore & Transportation Program (direct services).

If you have been a recent participant in either program, now is the time to act!

Step 1 - Select an option that best suits your needs and interests. You have three participation choices:

- **Connect Member** - this level is designed for those who most align with the goal of staying socially connected. By paying an annual fee, you have free access to most regular ongoing activities and a discount for special events. You also have access to additional benefits, some already available and others under development.
- **Enrich Member** - this level is designed for those who are more focused on the goal of staying independent in their primary residence. By paying an annual fee, you have access to monthly ride and home services. You also have free access to most ongoing activities and special events, and you will have access to additional benefits soon.
- **Non-Member** - The Non-Member option exists for those without the steady desire or need for activities and services at Community Thread. There is no annual fee associated with this level, and individual activity or service fees apply to most benefits.

Step 2 - Fill out an appropriate application. If you haven't already received forms via mail or email, please call or visit us. Tell us which option is your preferred option, and we'll get you the correct form. We are available to meet with you to review your options - call us for an appointment.

Are you concerned about your ability to pay for membership?

Call us! Reduced and free membership options are available for those who qualify. We don't want anyone to avoid choosing the option that is best for them due to financial concerns. Please call us to learn your rate.

We are excited for you to join your neighbors in this next chapter at Community Thread! More than 60 individuals joined Thrive in just our first month of enrollment. Now, we look forward to connecting you to the option that is best for you.

Please contact Rachel or Kim with any questions at 651-439-7434.

ABOUT THRIVE AT COMMUNITY THREAD

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

Why Thrive?

Our population is growing, and so is the need for new types of services. Through Thrive, Community Thread will deliver more services to more people in a flexible and sustainable way.

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 or call Thrive Program Director, Rachel Presslein, 651-439-7434.

** Reduced and free membership rates exist for those who qualify.*

HAPPY HOUR

Stop by for happy hour at our Stillwater location to help us celebrate the launch of Thrive! Enjoy a wine tasting and light appetizers. Not a Thrive member yet? Come and learn more about the benefits!



Thursday, May 19 |
4:30 - 6:00pm
Registration is not required.



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SPECIAL PROGRAMS

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Tuesday, May 3
1:00pm | Stillwater
Free and Open to All

Call 651-439-7434
to register.



WRITING YOUR LIFE STORY

Have you ever wanted to write your life story, but you don't know where to start?

In this class, we will use a guided journal to start recording the stories of your life. During our three sessions, we will talk about the importance of recording your story, examples for inspiration, tips and tricks, share and work through your challenges, and complete four sections of the journal.

Led by Amanda Lanthrop of Leadsheep Productions, LLC

Thursdays, May 5, May 19, and June 9
10:00 - 11:30am | Stillwater

\$25 which includes a guided journal
Call 651-439-7434 to register by May 3.

CONTAINER GARDEN CLASS

Create your own container garden to take home with help from a designer at Rose Floral! Supplies include container, soil, and six plants.

Monday, May 23
1:00-3:00pm | Rose Floral
14298 60th St N, Stillwater

\$40, includes pots and six plants
Priority registration will be given to Thrive members.

Space is limited. Pre-Registration required.

Call 651-439-7434 to register.

SUPER SUMMER GARDEN PARTY

Join the outdoor garden party for music, games and treats under a tent. Bring your own lawn chair.

Back by popular demand – Bandanahhhh!
Dan and Judy will bring the songs that span the decades. Sing and laugh along with them.

Wednesday, June 15
1:00 pm | Stillwater

Free for Thrive members,
\$5 for non-members

Pre-Registration required
by June 13.
Call 651-439-7434
to register.



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

Free for Thrive Members

Cost: \$5 for Non-Members, Open to All

Tuesday, May 10

Presenter: Katie Moll, Comfort Keepers

Topic: Staying Safe and Healthy at Home

Home Care is an option available to those seniors who want to remain in their homes as long as possible. Learn how to get started, services that are provided, and what payment sources might be available.

Tuesday, June 14

Community Thread volunteer and participant, Dieter Wanderer, will share his journey of gold mining in Alaska.

DIAGNOSIS: DEMENTIA - AN UNEXPECTED JOURNEY

No one expects to find themselves faced with a diagnosis of dementia, for themselves or for a loved one. This presentation and conversation will provide resources, tips and caring suggestions on how to travel this road with grace, dignity, and even some humor.

Ruth Hjelmgren, MA, MED, CDP, works with Artis Senior Living as Director of Community Relations. She has presented online, on SCC TV and KSTP's Twin Cities Live, and is a writer, speaker, and educator on many aspects of dementia and caregiving.

Thursday, May 26

1:30pm | Stillwater

Free and Open to All

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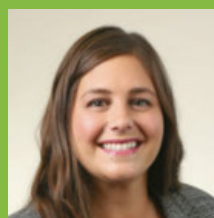
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Community Thread, Stillwater, MN

C 4C 02-1032

LET'S GET TOGETHER



Please note: Many events have a different price structure for Thrive members and non-members. Please see the details listed by each offering.

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

Free for Thrive members, \$5 for non-members.

MEN'S GROUP

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

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

Free for Thrive members, \$5 for non-members.

MEN'S BREAKFAST

Continental breakfast and conversation at our Bayport location.

Wednesday, May 25 | 8:00am

Thrive Member Cost: \$3
Non-Member Cost: \$6
Please call to register.

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

Free for Thrive members, \$5 for non-members

May 9

A Higher Calling

by Adam Makos

Presented by Bev Jellum

June 13

The Water Dancer

by Ta Nehisi Coates

Presented by Rita Rose

COOL IN THE CABANA

Hot in the Kitchen is now Cool in the Cabana!

Prepare delicious recipes with a group of fun cooks who come together each month!

Tuesday, May 17 & 24 - *strawberry tabbouleh*
Tuesday, June 21 & 28 - *healthy and delicious stir fry*

10:00 am | Stillwater

\$3 for Thrive members,
\$6 for non-members

Space is limited and pre-registration is required.

Call 651-439-7434.

LET'S GET TOGETHER

BAUBLES, BANGLES & BLING SORTING CREW

Join in the fun! Help sort through all the jewelry and purse donations to get ready for this fall's *Baubles, Bangles and Bling* jewelry sale. No experience necessary. Free and open to all.

May 12 10am-12pm
May 19 10am-12pm
May 23 1pm-3pm
May 26 10am-12pm

June 2 10am-12pm
June 6 1pm-3pm
June 13 1pm-3pm
June 16 10am-12pm
June 20 1pm-3pm
June 23 1pm-3pm
June 27 1pm-3pm
June 30 10am-12pm

WATERCOLOR PAINTING CLASS

Learn the basics of watercolor painting! Instructor Sylvia Benson will describe in detail the materials used for watercolor and explain how the water and pigment work together on the paper.

May 6 & 13
9:30 - 11:30am | Stillwater
Free for Thrive Members
\$5 for non-members
 Supplies available at class for \$5.



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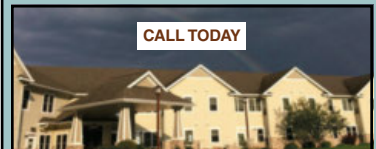
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Community Thread, Stillwater, MN

D 4C 02-1032

ACTIVITIES & GAMES



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

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

Reminder: Activities listed below (except bowling) are FREE for Thrive members and \$5 for non-members.

BINGO

Join a lively crew for Bingo and fun prizes!

1st & 3rd Friday/month

10:00am | Stillwater

Up to two packets free for Thrive members.

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

Call 651-439-7434 to register

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

Hand and Foot is a card game played with multiple decks of cards. Come to play or watch. New members welcome!

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

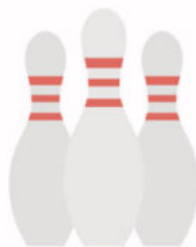
PINOCHLE

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

Every Thursday

1:00pm | Bayport

Call 651-439-7434 to register



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

June 2022

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	Notes:					
5	6 12p Bowling (O) 12p Hand & Foot (S) 1p BBB Social Sorting (S) 3p Aerobics (S)	7 9:30a Fun Bridge (B) 12:30p 500/Cards (B)	8 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 12p 500/Cards (S)	9 10a BBB Social Sorting (S) 10a Writing Your Life Story (S) 1p Pinochle (B) 1p Cribbage (S)	10 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S)	11
12	13 9a Health Ins. Counseling (S) 12p Bowling (O) 1p Book Club (S) 1p BBB Social Sorting (S) 3p Aerobics (S)	14 9:30a Fun Bridge (B) 10a Coffee Talks (S) 1p Cribbage (S) 4p Fare for All (S)	15 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 1p Super Summer Party (S)	16 10a BBB Social Sorting (S) 10:30a Wise Wdrfl Women (S) 1p Pinochle (B) 1p Cribbage (S)	17 9:30a Painting Studio (S) 10a Bingo (S) 12p Bridge (S)	18
19	20 12p Bowling (O) 12p Hand & Foot (S) 12:30p Dominoes (B) 1p BBB Social Sorting (S) 3p Aerobics (S)	21 9:30a Fun Bridge (B) 10a Cool in the Cabana (S) 12:30p 500/Cards (B) 1p Cribbage (S)	22 9a 55+ Driver Discount Prog. (B) 9:30a Mahjong (B) 10:30a Fun With Yarn (S) 12p 500/Cards (S)	23 10a BBB Social Sorting (S) 10:30a Men's Group (S) 1p Pinochle (B) 1p Cribbage (S)	24 9:30a Painting Studio (S) 9:30a Bunco (S) 12p Bridge (S)	25
26	27 12p Bowling (O) 1p BBB Social Sorting (S) 3p Aerobics (S)	28 9:30a Fun Bridge (B) 10a Cool in the Cabana (S) 1p Cribbage (S) 1:30p Vision Loss Rsrcs (S)	29 8a Men's Breakfast (B) 9:30a Mahjong (B) 10a Techn. In Paper Crafting (B) 10:30a Fun With Yarn (S)	30 10a BBB Social Sorting (S) 1p Pinochle (B) 1p Cribbage (S)		

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 for Thrive members, \$20 for non-members.

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, May 25 - Faux Metal and Leather

Learn how to create patina metal finishes with inks and to make leather and faux metal from cardstock, tissue paper, masking tape and tinfoil for your art projects! Making your own embellishments from items you have around your house can save you money and enhance your cards or other projects.

Wednesday, June 29 - Heat

embossing and Faux Cloisonné

Cloisonné is an ancient decorative technique in which enamel, glass, or gemstones are separated by strips of flattened wire placed edgewise on a metal backing. This class will teach easy methods for achieving a cloisonné look for your art projects and cards. All you need is a glossy magazine to bring to class!



10:00am | Bayport

Cost: \$10 for Thrive members, \$20 for non-members
Pre-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: \$8 per class for Thrive members, \$16 for non-members. Space is limited.
Pre-registration is required. Call 651-439-7434.

Friday, May 13 and Friday, June 10 10:00am | Bayport

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

Free for Thrive Members, \$5 for non-members

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 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.

Every Wednesday

1:30-2:30pm | Stillwater

Free for Thrive Members,
\$5 for non-members



community thread

LIVING WELL

SAIL AEROBICS

Stay Active & Independent for Life (SAIL) is a 24 session, balance and fitness class from Juniper. Certified instructor Sara Thompson leads the class.

Tuesdays, Wednesdays, & Thursdays

May 3 - June 1

9:30-10:30am | Bayport

Wednesday classes will meet in Stillwater starting in May.

Cost:

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

\$2 per session for non-members

Class will not meet on April 20 & 27.

Registration is required.



AEROBICS

Instructor Sara Thompson will lead an aerobics class!

**Mondays in May and June
Stillwater | 3:00-4:00pm
Class will not meet on May 30.**

Cost:

Cost is \$2 for Thrive members
\$4 per session for non-members

Registration is required.

HEARING SESSION

Learn more about hearing aid technology, treating hearing loss, tinnitus, and wireless technology that works with hearing aids!

Dr. Kristi Albers, AuD is a licensed audiologist for HealthPartners Clinic in Stillwater. She will host a 90 minute discussion and Q&A session.

**Thursday, May 12
Stillwater | 3pm**

**Free and open
to all.**



LIVING WELL

GARDENERS NEEDED

It's time to grow and plant our community garden. Help is needed with planting, weeding, and harvesting.

If you enjoy digging in the dirt, give us a call at 651-439-7434.

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, May 19 & June 16 | Bayport

Schedule an Appointment:

Call Melissa at 715-222-9456 or email
SolecarenurseMelissa@gmail.com



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- Programs and events to promote socialization

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VOLUNTEER CENTER NEWS

FARE FOR ALL

Fare for All will be at Community Thread in mid-May! **ALL ARE WELCOME** and there's no pre-registration required. Come shop for fresh, tasty food at low prices, including produce, pork tenderloin tips, and turkey!

Tuesday, May 17 & June 14
4-6pm | Community Thread in Stillwater
Fare For All will take place indoors.



fare for all
a program of the food group

MEALS FROM THE HEART

We have invited Meals from the Heart to join us at Community Thread, during Fare for All, this May.

The opportunity offers a \$10 cash only food bag containing packaged grocery and food items that can be used to create several healthy and flavorful meals!

In addition, each food bag includes a \$5 *Kwik Trip* gift card and recipes!

All are welcome! No pre-registration required.



FOOD-BUDGET STRETCHER

Each Food Box includes a \$5 Kwik Trip gift card and recipes!

\$10
CASH PER FOOD BAG

*Some items will vary due to availability

Each FOOD BAG contains popular packaged grocery and food items that can be used to create several healthy and flavorful meals.

Community Thread
Tuesday, May 17 • 4:00-6:00 p.m.
Food Bags will be available for purchase onsite.

MEALS FROM THE HEART
FOODBOX
mealsfromtheheart.org

All Are Welcome!
651-829-3232 | Ext.2



VOLUNTEER CENTER NEWS

SPRING INTO SERVICE

Volunteer as a family, or a group for Community Thread's Spring into Service, during the month of May.

Spring into Service matches groups of community volunteers with local nonprofit organizations for this annual service event. Spring into Service allows volunteers to make a difference by assisting with projects such as packing kits, sorting food, planting trees, and much more. Volunteers must be 8 years of age or older, and volunteers between ages 8-18 must be accompanied by an adult.

Pick the project that's right for you! Help strengthen our community by volunteering for a project that benefits a local nonprofit. Once you are matched with a project, your group will be able to work with the nonprofit to arrange a date and time that works best.

For more information, visit www.CommunityThreadMN.org or call Leanna Miller at 651-789-4169. Forms due Monday, May 2.




**Mike DeRosier's**
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SPECIAL THANKS

**THANK YOU TO OUR AARP TAX AIDES
AND TAX GREETERS!**



**COMMUNITY THREAD HAS HOSTED
AARP TAX-AIDE VOLUNTEERS SINCE 1973!**



**THIS YEAR THEY HELPED PREPARE OVER 700
TAX RETURNS FOR OLDER ADULTS AND LOW
INCOME HOUSEHOLDS.**

VOLUNTEER OPPORTUNITIES

FUN NIGHT OUT CREW

Everyone deserves a night out. Unfortunately, sometimes people are too busy taking care of their spouse, parent, or other connection to do that. FamilyMeans' new program will allow caregivers a night out while their care receiver enjoys a fun, few hours in a safe environment.

If you like to have fun and help people, join the Night Out Fun Crew! This group will meet on the 4th Tuesday of every month for two hours from 5:30-7:30pm.



FamilyMeans
BETTER IS POSSIBLE

EVENING MEAL DONATION FOR SHELTER GUESTS

Donate an evening meal for shelter guests, including adults and children. The meal can be homemade, restaurant purchased, or purchased from grocery store.

Main dishes should feed 12 people and can be dropped off day of or before. Salad, fruit, and dessert are optional.



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

ARE YOU REACHING
THE MEMBERS IN
YOUR COMMUNITY?

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COMMUNITY INVOLVEMENT AWARD WINNERS

2022 COMMUNITY INVOLVEMENT AWARD WINNERS

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



**Legacy Volunteer Award:
Jennifer Schanedling**

Bethany Covenant Church
The Estate at Linden
TreeHouse
Young Life



**Lifetime
Volunteer
Award:
Jerry Wolters**

AARP Tax Assistance Program -
Community Thread - Salem
Lutheran Church - Stillwater
Country Club - Valley Outreach



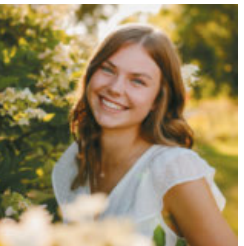
**Lifetime
Volunteer
Award:
Ashley
Bulmer**

Canvas Health - Career Launch
- COVID Food Delivery



**Outstanding
Volunteer
Award:
Winnie
Williams**

Christian Cupboard Emergency Food
Shelf - Open Door Community Theatre -
Minnesota Vaccine Hunters -
Spirit Song Choir - Washington County



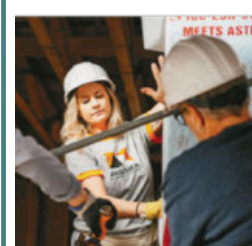
**Youth
Volunteer
Award:
Ella
Hamilton**

Ponies TRUST -
Special Olympics - Young Life



**Family
Volunteer
Award:
Huntley
Family**

622 Education Foundation



**Exemplary
Employer
Award:
Andersen
Windows &
Doors**

Community Thread - FamilyMeans -
Girl Scouts of the River Valley - St. Croix
Valley Habitat for Humanity - The
Partnership Plan - Valley Outreach

Congratulations to all of this year's winners! You are truly setting an example for others in our community and building your legacy.

GET TO KNOW US

MEET KATE KASTEN

Community Thread is fortunate to have Kate Kasten as one of our leaders, serving on our Board of Directors as the Treasurer. According to Board President Sharon King, "Kate has amazing energy and passion, especially when it comes to serving those in need."

Kate is a native of River Falls, Wisconsin and earned a Bachelor of Science in Biology at the University of Wisconsin, River Falls. She joined Andersen Windows and Doors in 1998, where she has worked in a number of positions involving accounting analysis.

Kate has a big heart for volunteer service, and her involvement through Andersen includes Habitat for Humanity and Junior Achievement. She currently leads the team at Andersen that supports our Holiday Hope program with sponsorships. Kate commented "I love how Andersen gives back to the community and I am grateful for the opportunity to be a part of their impact as well as making a difference by supporting Community Thread's work".



Thank you, Kate, for your service to Community Thread!

MEET MICHELE HANSEN

Michele Hanson is actively involved in the community. She is currently serving her third term on the Bayport City Council, is a member of the Afton Bayport Lakeland Lions Club and president of the Bayport Community Action League. Michele feels it is important to be involved and to give back to the community.

Michele has volunteered for many Community Thread events/activities, including Holiday Hope, Stuff the Bus, AARP Tax Program, Baubles, Bangles & Bling, Black Tie Bingo, and Rake-a-Difference Day.

A recently retired market researcher, she is putting those skills to good use at Community Thread. Michele has been active with the development of Thrive at Community Thread as part of the planning team and has used her research background to help design surveys and report results to help guide decisions related to that new program.

Michele says "It feels good to volunteer and Community Thread makes it easy. The staff are helpful, organized, and genuinely care about the community they serve. They also make me feel like I'm valued and that I can make a difference. "

Thank you, Michele, for all that you do!



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

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 at Community Thread in Bayport:
Wednesday, May 18 and Wednesday, June 22 | 9:00am-1:00pm

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.

Health Insurance Counseling

Trellis 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 are available to supplement Medicare coverage.

Appointments required. Call 1-800-333-2433. Appointments are held the second Monday or the month at Community Thread in Stillwater.

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

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Save the Date!

SUPER SUMMER GARDEN PARTY

Wednesday, June 15 | 1PM

2300 Orleans St. W. Stillwater

FREE for Thrive members, \$5 for non-members

Pre-register by June 13